

# The Medical Roundup

by

*Walter Alvarez*

Emeritus Consultant in Medicine  
Mayo Clinic  
Emeritus Professor of Medicine  
Mayo Clinic  
(Register and Tribune Syndicate, 1962)

## Patient Who Wants Consultation

Scores of people write me, upset and confused because some doctor has said after



Alvarez

perhaps a brief interview. "Go right out to the hospital now and I'll operate on you tomorrow morning." These people naturally are puzzled and uncertain. They are not sure that the operation is needed, or they wonder if it could be put off for a while, and many wish that they could have one or more consultations in regard to the matter.

What impresses me is that so many of these kindly, gentle people say they don't want to hurt the doctor's feelings, or they are not sure that they have the right to ask for a consultation, or they are afraid of doing something that would be against medical etiquette.

Actually, I wish all people knew that they are free agents; they always have a perfect right to a consultation and a good doctor will always welcome a consultation.

He will be glad to have his diagnosis confirmed; he will be glad to have someone share the responsibility with him, and he will be glad to have the patient reassured and satisfied. I always respect greatly the physician who offers the puzzled patient a consultation, and I greatly admire him when he says to the consultant, "You go ahead and make your study and, then, right here before the patient, you tell me what you think. If I am wrong, I will be glad to be corrected."

Constantly Consulting  
One of the most wonderful things about practicing in a big clinic is that it is so easy to get consultations. Actually, the doctors in a clinic are constantly consulting with one another. For instance, during my years at the Mayo Clinic, when a woman came in with a pelvic tumor or difficulty with menstruation, it never occurred to me — a stomach specialist much interested in nervous troubles — to decide what should be done for her. I would immediately call a gynecologist and perhaps also a neurologist and perhaps also a surgeon to see what these two men thought should be done.

I always would take their advice because they knew much more about a pelvic problem than I did. Similarly, if I had a woman with a bad facial neuralgia, I would turn her over to a specialist in that field, and he would discuss her particular problem with a neurologist, and perhaps a dentist, an ophthalmologist (eye man), a nose and

throat man, and an expert in operations for facial neuralgia.

The important point I want all my readers to know is that the fine type of doctor who thinks primarily of the good of his patient always will be ready to consult with an expert. He will not have his feelings hurt if the patient or his family want a consultation. When a person's health and perhaps life are at stake, there should be consultations. Would Walk Out

If I were a patient and my doctor tried to keep me from getting a consultation, I would walk out and leave him. I have known some doctors who felt that they knew all that they needed to know about every disease — but obviously they just could not know so much. Today, the field of medicine is so huge that no man — no matter how brilliant a student he may be, or how fast he can read — can know all that is needed to be known even in a specialty he has worked for 40 years.

To show what I mean: For much of my life, I was a stomach specialist. I was once President of the Gastroenterological (Stomach Specialists) Association, and for years I was editor of their journal. But when I saw a patient with trouble with his gut, or his liver or pancreas (large digestive gland) or colon (large bowel), I always turned him over to a man who specialized — within my specialty.

Similarly, today, a brain surgeon never takes out an appendix, and a heart surgeon is never likely to take out a gallbladder. A urologist who operates on the prostate gland would never think of operating for a stomach ulcer. Naturally, a man who practices alone out in the country has to do everything as well as he can, and I have always marvelled at the great wisdom and ability of many a general practitioner. How he can do so many things so well is a puzzle to me.

Trichinosis  
A few people write to ask if there is much danger of their getting trichinosis — a disease due to eating undercooked pork which contains tiny worms. These worms, if present in the pork and still alive, can enter their way out of the eater's stomach and into the muscles of the victim. There they can produce soreness that may be mistaken for arthritis.

Once there are in the man's muscles, there is no good way of killing the worms, and then the person must wait until the body surrounds each one with a little cyst or bag. The important thing is not to eat poorly-cooked pork which might contain the tiny worms.

Have you ever heard of gallbladder colic? Just what is the gallbladder for? Dr. Alvarez answers your questions in his booklet, "Gallstones and Gallbladder Disease." If you would like to have it, send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

## LITTERBUGS CLEAN UP

Monticello, Ind.—A mile-long stretch of road here is clean today because of two litterbugs. Sheriff Charles Miller gave two men he caught dumping waste paper on the road a choice of prosecution or a three-hour clean-up job. They swept.

## Applications Are Being Taken for New Project

Eugene — Applications are still being received from persons desiring to be considered for membership in the Carnival Theater, a new project in summer theater at the University of Oregon.

Conceived by Horace W. Robinson, director of the University Theater, Carnival Theater will be composed of three companies: resident, regular and apprentice.

Ten full time professional performers will make up the resident company; 15 part time performers of mature amateur theatrical experience will be the regular company; and 20 full time participants selected largely from recommended college and high

school students will be included in the apprentice company. Only members of the resident company will receive full-time salaries. Courses are available for credit in the program, which is entirely separate from the university's usual summer drama program.

Scheduled to operate from June 20 through Aug. 11, Carnival Theater will play nightly except Sunday. Musicals, revues, melodrama, comedy, drama and children's theater will comprise the revolving repertoire.

Information and application forms may be obtained from Horace W. Robinson, director, Carnival Theater, University of Oregon, Eugene.



APPEZIZER HOUSING—Pineapple half-shells, quarters or thirds make handsome housing for appetizers, main dish or dessert. Here we fill shells with fresh pineapple wedges and papaya cubes for stunning color interest and flavor divine; these to be eaten with cocktail picks. Macadamia nuts may be served on the side.

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Plenty of Papaya in Hawaii

Mainlanders Enjoy Freshness  
Honolulu—The exotic papaya, the melon that grows on trees according to the natives, now is an any-day delight among mainlanders. Arriving by air daily, papaya reaches our west coast consumers within 48 hours from the time of picking at its luscious best.

Papayas are to Hawaiians as oranges are to Californians. Long grown in Hawaiian gardens, papayas, however, are comparative newcomers to markets on the mainland. First imports on a commercial basis started coming in 11 years ago but traveling waterways for days changed the distinctive flavor and texture of the fruit, proved expensive. All this is changed now. Papayas are zooming in popularity as plane-loads arrive at Los Angeles, at San Francisco and at Pacific Northwest commercial airports. Their quality is excellent; their cost is reasonable.

Nutritionists are pleased because the vitamin C in papayas is triple that of oranges and is extremely stable. A papaya can be cut and 2½ hours later there will be no appreciable loss of vitamin C. Cut papayas do not darken as many fruits do.

Ways With Papayas  
Papayas may be purchased fully ripe or slightly green, depending on how soon the homemaker plans to use the fruit. They are ripe when greenish yellow to full yellow and when the fruit yields to gentle pressure from the palms of the hands.

If the papaya is purchased slightly green, it should be ripened at room temperature and then stored in the refrigerator.

To serve, cut papaya lengthwise and remove the small black seeds. Serve papaya halves chilled, garnished with wedge of fresh lemon or lime, the juice of which enhances the flavor of the papaya.

Papayas may be served much the same as any melon; as a breakfast fruit, in salads, fruit cups or as a special dessert. It may be combined with other fruits—bananas, pineapple, mango, orange segments; then perhaps sprinkled with coconut.

Broiled Papaya Halves  
Select firm papaya. Cut in half and remove seeds. Peel, if desired, for easier eating. Sprinkle with lemon juice and dot with butter. Broil until brown and papaya is heated through.

Remember that papayas lost almost none of their vitamin C in cooking, so this delightful breakfast change continues to provide more than the daily requirement of vitamin C even when cooked.

Papaya à la Mode  
Cut ripe papayas in half and scoop out seeds. Fill cavity with lime sherbet and top with maraschino cherry. Colorful, delicious and loaded with nutrition.

Papaya Shake  
In blender or electric mixer bowl combine at high speed one ripe papaya, one pint vanilla ice cream and the juice of one fresh lime. Pour into glasses and top with grated coconut.

Polynesian Parfait  
Cut fresh papaya in cubes; sprinkle with fresh lime juice. In sherbet or parfait glasses alternate layers of papayas with vanilla ice cream and chopped macadamia nuts. Place in freezer until ready to serve. Top with almond flavored whipped cream.

Exotic First Course  
This will start a dinner party off with an exotic bang. Add small cubes of fresh papaya to bouillon; heat until papaya is thoroughly heated and serve.

## On beautiful Waikiki Beach in Honolulu, one is apt to see children munching on frozen pineapple spears. This is a delightful and different snack for children and adults alike.

Simply cut fresh pineapple in strips; insert a small lollipop stick in the end and freeze in your home freezer.

Fresh pineapple spears served in punch are a typically Hawaiian idea. Serve fresh pineapple spears in all types of cold beverages: iced tea, old fashioned punch, garnish desserts and salads with pineapple spears.

Fresh Pineapple Casserole  
Cut pineapple in half, beginning at base of fruit and cutting through the leaves, leaving leaves intact on each pineapple half. Cut core out of each half to facilitate removal of fruit. Remove fruit from shell with grapefruit knife or paring knife.

Place pineapple shells in a moderate, 325 degree, oven for 10 minutes to heat through. Fill one half with curry and the other with rice. Serve with choice of condiments.

Broiler Special  
A delightful accompaniment for broiled meats. Marinate fresh pineapple slices in French dressing 15 minutes. Broil with meat until golden brown on the edges. The juicy fresh flavor is a perfect accent for any meal.

Shrimp Curry Goes Hawaiian  
Few think of Hawaiian cookery as regional to our Pacific coast, yet this fascinating school of cooking is very much our own and being increasingly adapted by adventurous and imaginative cooks.

This shrimp curry goes Hawaiian in style by being spooned into papaya halves and baked in the oven. Recipe is for six servings.

3 fresh papayas  
½ cup salad oil  
½ cup minced onions  
2 large apples, peeled and diced  
2 tablespoons curry powder  
5 tablespoons flour  
4 cups chicken broth or bouillon  
2 pieces ginger root  
1 clove garlic  
2 cups cooked, deveined shrimp  
Flaked coconut OR freshly grated coconut

Cut papayas in half, peel and remove seeds. Place papaya halves in shell dishes or individual casseroles.

Prepare curry as follows: Heat the oil and add onions and apples. Cover and cook until tender. Stir in flour and curry powder until well mixed. Add chicken broth slowly, stirring constantly. Press ginger root and garlic through garlic press into curry mixture. Cover and cook slowly one hour over low heat, stirring occasionally. Add shrimp and heat through.

Fill papaya halves with curry mixture and top with coconut. Bake in moderate 350 degree oven for 15 minutes, or until coconut is lightly browned and papaya is heated through.

Serve with rice and a choice of condiments such as chopped macadamia nuts, crisp bacon, chopped sweet pickle, chopped green onions, grated yolks and whites of eggs served separately and, of course, chutney.

## EASTER RECESS

Washington—The House will start its Easter recess at the close of business Thursday, April 19, and return Monday, April 30, Democratic Leader Carl Albert said Wednesday.

Bradshaw  
**HONEY**  
2½-lb. Tin **69¢**

Maxwell House  
**COFFEE**  
Regular or Drip  
2 lb. Tin **97¢**

Swift's  
**Spaghetti & Meat Balls**  
24-oz. Tin  
**3 FOR 1.00**



# THE SAVINGS ARE... GREAT

Award margarine  
MORE THAN 75% UNSATURATED VEGETABLE OIL  
**30¢** lb.  
With Coupon, Page 8A

Potato or Ranch Style  
**BREAD**  
LARGE LOAF  
**5 FOR 1.00**

**STRAUSS CHOICE MEATS**  
Randy's Veal or Beef  
**Cube Steaks 10 for 98¢**  
Fresh Lean  
**Ground Beef 3 lbs. 1.29**  
Lean Country Style  
**Pork Sausage lb. 49¢**  
Center Cuts  
**Round Steak lb. 89¢**  
Bridgman Bros. Pan Ready  
**Fryers Fancy lb. 45¢**  
OUR FRESH MEATS ARE NOT PRE-PACKAGED

Avalon Bonita  
**Tuna Flakes ½ Size Can 6 FOR 1.00**  
Gold Medal  
**FLOUR 25 lb. bag 1.79**

Staley's Pure  
**Corn Oil**  
FULL QUART  
**59¢**

Betty Crocker  
**Cake Mixes All Except Angel Food 4 FOR 1.00**  
M.J.B.  
**Tree Tea 48-Bag 49¢**  
Staley's  
**Waffle Syrup Full Gallon 1.29**  
Kraft Miniature  
**Marshmallows 10½-oz. Bag 2 FOR 39¢**

**LETTUCE**  
Large Size  
**2 heads 29¢**  
Thin Skin  
**AVOCADOS each 10¢**

**Oranges**  
Sweet Juice  
**3 DOZ 1.00**

**ARTICHOKES** Extra Fancy **2 for 29¢**  
**SPINACH** Local—Cello Pack **Pkg. 19¢**

**Thrift Market**  
126 East Pine  
**CENTRAL POINT**  
• Amana  
• Motorola  
• Easy  
• RCA Victor Color  
• Tappan  
• Hoover  
**PAULSEN & GATES**  
Prices Effective Thurs., Fri. and Sat.  
Limit Rights Reserved  
LOTS OF FREE PARKING

**EASTER LILIES!**  
• Wholesale & Retail •  
Short, dark green foliage and large white blooms  
**ROGUE VALLEY Greenhouse & Florist**  
Phone SP 2-9384  
625 Franquette  
OPEN FROM 7:00 A.M.-7:00 P.M.