

The Medical Roundup

by

Walter Alvarez

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
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Is There Danger In X-raying Teeth?

After a lot of scary articles in lay magazines, some people have become afraid even to have their teeth or their chest x-rayed. One woman writes me today saying, "My dentist says there is absolutely no danger, but why then, when he turns on the switch, does he always go back to the screen?"

I have no fear at all of getting x-rayed, and for 36 years now, I have had a check-up every year in which my chest, stomach, and bowel were x-rayed—often also my teeth. But if I were x-raying people all day, I would have to avoid an over-exposure; and so I would stand back of the screen. In most x-ray departments today, every worker has a little piece of apparatus about as big as a small match-box attached to his coat. With this, he can check up every so often to see that the total dosage of x-rays which he gets every month is not too large.

I have known as close

friends many of the pioneers in x-ray work—men like Dr. Cannon who began using x-rays in 1896—within a year after they were discovered. Many of these pioneers, before they learned that the rays were dangerous, got their skin changed a bit so that it looked like that of an old man. But many of them, like Dr. Cannon and Dr. Pfabner, lived to a ripe old age. So far as I have heard, most of them died of a disease that was not definitely related to their early over-exposure to the rays.

The important point is that experts do not worry about even a yearly check-up with x-rays. People can take comfort in the fact that, today, x-ray films are being made "so fast" that they require only a small fraction of the exposure used a few years ago.

Canker Sores in the Mouth

For some 35 years, I have kept saying in lectures and in print that in my experience painful little white canker sores in the mouth—which last for five days and then go away—are due to the eating of some food. For years, I suffered tortures with these sores, and then my old friend, Dr. Albert Rowe of Oakland,

Calif., told me that they were due to food allergy.

Then, by keeping a list of the unusual foods I had eaten the evening before a canker sore came, I soon found that my enemy was chocolate. Since then, by leaving chocolate alone, I have had no more canker sores, and I have helped scores of people to get relief, also, by giving up some food. Some persons got their sores from chocolate, and others from other foods, such as tomatoes or oranges or pineapple. They had to keep a record to discover the food.

A canker sore begins as a little sore bleb. The top of this sloughs off, leaving a little round, painful ulcer with a white floor. In my case, always on the fifth day, the pain went and the ulcer healed.

For many, the hay fever season is just around the corner. If you have any kind of allergy, you'll want to read Dr. Alvarez' booklet, "Allergy, Hay Fever and Asthma." To obtain 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.

POLICE PIN NEEDLER

Monroe, Wis. (UPI)—A young magazine salesman was ordered out of town Thursday by police who thought he was "needling" customers with his premium offer. Police said he told prospective buyers he was working his way through medical school and offered in return to give them free penicillin shots when he completed his studies.



KENNEDY'S SON—This is the young son of the President, John F. Kennedy Jr., standing in his carriage on the White House grounds. In the foreground is the Kennedy dog, Charlie—a Welsh terrier. The picture was made when Mrs. Kennedy was taking the Empress Farah of Iran on a tour of the White House grounds. (UPI)

Milan Fair Shows Interest of U.S. In Common Market

New York (UPI)—If more figures were needed to show extent of U.S. interest in the opportunities of the European Common Market, Dr. Ugo Morabito says, they could be found in what has happened in one year to enrollment in the 40th Milan Fair.

A year ago, 513 U.S. firms had exhibits at this, the most all-embracing of the world's permanent trade fairs. Two years ago, there were 498. This year, when the Milan Fair got under way April 12, at least 550 American companies have exhibits.

Interest Stirred
Morabito is commercial counselor of the Italian Embassy at Washington. In that post he has helped to coordinate the activities of Italian trade commissioners in New York, Chicago, New Orleans, Los Angeles and San Francisco who, together with representation from Washington, have stirred the present American industrial interest in the fair.

"The Milan Fair is not like a 'world's fair,' or like the county fairs in the United States," Morabito explained. "One can go where the buyer and seller of goods in international trade can meet and examine opportunities—and sit down and make a deal."

Easy To Do Business
"Buyers from all over Europe—and most of the nations of the world—come to Milan for the fair," continued Morabito, who was in New York on a business trip connected with the enterprise.

"Everything has been set up to make it easy to do business. While the public is admitted most of the time, some days are set aside for attendance by buyers and sellers only."

The exhibits range from antiques to aircraft, from nuclear power applications to livestock and poultry.

In the Day's News

By FRANK JENKINS

Japanese vignettes:

Washing machines and TV have swept Japan like a prairie fire. As yet, refrigerators and household freezers have not caught on to any considerable extent.

Why not? The explanation offered in reply to questions is that by long habit the Japanese people prefer to shop every day in small quantities.

THE area of Tokyo, now the world's largest city, is approximately 300 square miles. The streets aren't laid out in the checkerboard pattern that is common throughout the United States, and in much of the rest of the world. They just ramble in whatever direction will take them to where they need to go. And over much of Tokyo's area there are no street numbers.

How do you find people? The answer offered in reply to that question is that you keep ringing doorbells and asking where so-and-so lives until you find somebody who can tell you how to get to his house.

THE University of Tokyo now has about 20,000 students, and the list of applicants for admission is long. In Japan, you don't just take a notion to go to college and then go to the University of Tokyo, or elsewhere. You have to pass a long and rigid series of examinations.

Independence Migrant Center Receives Praise

Salem (UPI)—The Oregon Agriculture Department has praised the migrant community center pioneered by citizens in the Western Oregon town of Independence.

James F. Short, state agriculture director and chairman of the governor's committee on migratory labor, said Independence "has set an outstanding example for Oregon of community friendliness and good relations with seasonal working visitors without whose presence many of our crops would not come to full harvest."

A minister in Independence conceived the idea of a migrant community center last year. Merchants, church and lay leaders, and the citizenry in general contributed money, equipment and time to establish the center in a rented building on Main st.

The Oregon College of Education student body at Monmouth gave \$75 toward a stereo record player for the center, which is stocked with books, games, furniture, a writing table and supplies, floor lamps, a television set, magazines, pictures, potted plants, a ping pong table, card tables, and other items.

There is even a children's corner, with toys. Last summer the center was open Friday nights, all day Saturday and Sunday nights, Sundays until 10 p.m., and on rainy week day afternoons when harvesting slowed down.



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tions to prove that you have a good enough mind and seriousness of purpose sufficient to make it worth while to permit you to go to college. In the University of Tokyo area there are 3,000 bookstores. The Japanese people in these modern days are avid readers.

THE Ginza is Tokyo's big shopping street. How come the name? GIN is the word for silver. Z/A means a place where money is exchanged.

The Ginza is Tokyo's Fifth Avenue... or Saville Row... or Rue de Rivoli... or Rue Sainte Honore... or Via Veneto.

It is a tremendous shopping place, with some of the biggest stores in the world.

JAPANESE highways are utterly inadequate to Japan's highway needs—which are growing by the hour. They are narrow and crooked. And CROWDED beyond belief. We think we have traffic jams in America. We just don't know anything about traffic jams. We need to come to Japan to find out what traffic congestion can really be like.

Broadly and generally speaking—there may be exceptions to this rule, but if so they do not meet the tourist eye—they have only two lanes. Traffic runs bumper to bumper. Speed limits are low of necessity. There isn't room for even moderately high speeds.

Keep to the left, incidentally, is the rule of the road.

ONE reason why Japanese highways are so poor—by American or even European standards—is that ground on which to build them is so precious that it can't be spared for great multi-lane freeways such as we are building—or even for moderately wide and reasonably straight two-lane roads.

High speed modern roads need to be built on flat land—or at least reasonably flat land. In Japan flat land is scarce, since 75 per cent of the country's area is mountainous, and what there is of it is needed to grow crops on and to build houses on.

Houses in Japan are so closely spaced that in order to build the kind of highways we have in America, TOO MANY HOUSES WOULD HAVE TO BE PUT OUT OF COMMISSION. That would create social problems here in this jam-packed land.

IN AMERICA, when we want to build a new freeway—with maybe a dozen lanes—we just turn in and buy the

land, condemning it, if need be. So the dispossessed owner takes his money and goes somewhere else and buys land on which to build a new house. But in Japan the land suitable for houses is so scarce and so precious that difficulty would be encountered in finding another suitable place on which to build.

So—The government of Japan, which has growing respect for popular opinion, hesitates to take the land needed for big wide, straight modern highways.

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