

The Medical Roundup

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Campaign Against Arthritis

The National Institute of Arthritis and Metabolic Diseases, of Bethesda, Maryland, plans this year to spend \$1 million dollars on research into the causes and cure of rheumatic diseases. So far, there is no real cure, but only pain relieving drugs, also drugs that sometimes produce a remission (a letting up of the symptoms), particularly in cases of rheumatoid arthritis.

There also are special drugs for the treatment of gout. Many aging people are crippled by osteoarthritis. Osteoarthritis means bone, so osteoarthritis means an arthritis in which there are changes in the bones.

There also are marked changes in bones in cases of rheumatoid arthritis. This is often the most crippling form of "rheumatism." It is seen most often in women. Some people with it are lucky when they have it for only a few years and then get over it. Other people, less lucky, suffer from it for many years. Another type of distressing arthritis is the one that attacks young men, and soon causes the spine to become one solid bone from the head down to the pelvis.

Of late, tests have been devised to detect the presence of the rheumatoid type of arthritis. One of these tests is called the Bentonite and another is called the Latex fixation. X-ray pictures often help the doctor in recognizing rheumatoid arthritis. Also, in rheumatoid arthritis, there is a high red blood sedimentation rate. Another test is for the so-called "rheumatoid factor." The patient, most often a woman, with a rheumatoid arthritis usually has a somewhat small hand. She may show anemia. Today, there is a suspicion that, in rheumatoid arthritis, there is a sort of allergy to the person's own tissues.

Small Doses
As most persons know, cortisone or cortisone-like drugs help in cases of rheumatoid arthritis. The "steroids" have to be used carefully and in small doses. Aspirin is still a good remedy. Some patients respond well to injections with compounds made from gold. Others are helped by phenylbutazone, and others are helped by certain synthetic drugs which are used to cure malaria. Physiotherapy can help a good deal. A good physiotherapist often can get the patient out of bed.

Arthritis must avoid being gyped by people who offer them sure-cures. The government people tell us that, each year, quacks get away with a quarter of a billion dollars which they take from people who often can ill afford to be robbed. The quack always says he has a secret remedy that the doctors do not know about. But this is silly; government chemists always can quickly analyze a quack remedy; they can tell what drugs are in it, and usually they find the main constituent of an arthritis cure is good old aspirin.

The other day, a friend came in and said, "At last, I have found a cure for my rheumatism." I said, "Let me see the label." Looking at the very fine print with a hand microscope, I read "acetylsalicylic acid" which, of course, is aspirin.

Diet Doesn't Help
Many people try a diet which was prescribed by a layman, but according to all experts, there is no diet that helps arthritis, except possibly a reduction diet when the arthritic person is too fat. The popular "racket" is to sell supposed "food additives" to trusting people. The government now is going after

some of these "esmen."

Many patients with arthritis get great comfort from soaking once or twice a day in a hot bath. Some get comfort from using a heat lamp over the affected joint. A point that many people should remember is that the arthritic who won't stand pain and hence stays quiet in bed gets stiff and crippled, while the person with guts who gets up and moves around is likely to do much better.

In some cases when the joints acutely are inflamed and very painful, placing them in a splint or cast can give comfort.

Dr. Alvarez goes into detail about arthritis and rheumatism in his book by that name. To obtain it, send 25 cents and a stamped, self-addressed envelope with your request for the booklet "Arthritis and Rheumatism," to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

Redden Speaks at Townsend Meeting

Candidacy for public office is the only way of performing the citizen's duty of participation in government. James A. Redden, Medford lawyer seeking the Democratic nomination for state representative, told the local Townsend club recently.

He congratulated the group on its interest in politics and governmental affairs and its long-standing policy of inviting candidates to speak.

In urging further political interest and activity, Redden stressed the necessity of individual participation as well as group endeavor.

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POINTS TO SKINDIVER

London - (UPI) - Police are seeking a thief they believe may be a skindiver too poor to buy a spear for fishing. He stole the hands from clocks at two swimming pools over the week end.

Newest in Hats



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The Family Council

Editor's Note: The Family Council consists of a judge, a psychiatrist, three clergymen, three editors and a woman's editor. Each article is a summary of an actual case history. The Council reports on problems that have been dealt with by responsible agencies and counselors. (Copyright by General Features Corp.)

Lottie H. - I've told Margo that Grandma is having a long sleep.

Nora C. - She should tell Margo the truth, that Grandma is dead.

Lottie H. - Our little daughter is only 6 and I can't come right out with it and tell her that her beloved "Nana," my mother, will never play with her again. Grandma was one of the victims of a recent accident. My sister and I are just about coming out of the numbness and the daze of the shock. And now we disagree about how to have in front of Margo, what to say to her.

My husband has handled matters beautifully up to now. We agreed that Margo should be told her grandmother was very tired, and God granted her a long, long rest. That satisfied her. But Nora has done a lot of reading and says a child should be told the truth, even about death.

Nora C. - Margo is a bright child. She'd have to be pretty dumb not to catch on that something terrible has happened to Grandma. She sees her mother and me breaking into tears every time we mention our mother's name. She hears us change into whispers about Mother when we come across a piece of embroidery she made, or a postcard she sent us.

I don't want to butt in. I won't tell Margo the truth. But I think Lottie and Ned should. I can't go on playing-acting whenever I'm at their home, keeping up the fairy tale that Grandma will be back when she's not tired any more.

Surely there must be a way to get the idea across to Margo, without upsetting her, that sad things happen and must be accepted.

The Council: The fact that Margo has continued bright and smiling doesn't mean that she's satisfied with Lottie's explanation of Grandma's long absence, of the long faces, sighs and tears around her. Lottie mistakes silence for contentment. But Margo may be bursting with questions, thoughts and fears

which she can't or doesn't dare put into words. Nora has the imagination and the knowledge to read Margo's silence correctly.

Raise the subject again Lottie. As Dorothy K. Whyte says in "Teaching Your Child Right from Wrong": "Without words, fears cannot be talked about and you may be unwittingly withholding needed comfort and courage by your silence about death, however well-intentioned." As with other subjects where fancy-talk is substituted for facts, your child's trust in you is at stake. Margo trusts you to set her straight.

Death is not hard to explain in a child's terms. Margo has seen death and the decay of physical remains. She has seen rose petals fall, dry and turn to dust. She has seen fruit wither on a vine. And she may have come across a dead bird, a lost pet. So it is best to explain that the end of one part of life is called death. Grandma is not resting, sleeping or "away." Her earthly life is ended. She is in Heaven, if you wish to put it that way for Margo.

Any other explanation may have difficult consequences. We hear of children who become afraid to sleep or rest because they may never come back, "like Grandma."

Whether or not you continue your explanation to Margo with a discussion of the hereafter depends upon your own belief and faith. But you must be sure to dig out all her questions, no matter how creepy. One child worried about how Grandma could breathe in "that box." She had to be assured Grandma could not feel anything ever, any more.

On the positive side, Margo can be told that Grandma is alive in the hearts, minds and memories of those close to her. They'll feel her presence and influence forever. She can be reassured, too, about Mother, Dad, Aunt Nora and herself. They'll keep on living a long, long time. Thus, grief needn't be concealed in front of Margo. She will understand it and, as a full-fledged relation, share it.

Next Spacecraft Will Tow Balloon

Washington - (UPI) - America's next manned spacecraft, due to go up later this month, will tow a balloon and carry liquid in a clear container to tell scientists more about what takes place in space.

Astronaut John Glenn disclosed this Friday night in a taped-for-television discussion marking the end of Soviet cosmonaut Gherman Titov's visit to Washington.

Glenn said M. Scott Carpenter, pilot for the coming orbital shot, will trail the balloon behind his capsule to measure the amount of drag exerted by the tiny bit of atmosphere at the edge of space.

Determine How
Carpenter will observe and take pictures of the liquid in the clear sphere to determine how it behaves in the absence of gravitational pull, he said.

Glenn appeared on the program with Titov; Dr. Hugh Dryden, deputy director of the National Aeronautics and Space Administration, and Anatoly Blagonravov, Russia's top space scientist.

Looking deeper into the future, both Glenn and Titov said that one day the public will be able to watch astronauts and cosmonauts on their television screens during earth orbits.

Glenn said American scientists are working on very light, compact television equipment for use in space. Such devices have not been carried up to now because of the weight problem, he said.

Titov said the vehicle in which he made 17 orbits last year carried television equipment, but that for unknown reasons did not produce a signal clear enough for transmission on regular television circuits.

The cosmonaut said this was one field in which the United States and Russia might work together in line with recent and future Soviet-American discussions.

Conservative Wins Colombia Election

Bogota, Colombia - (UPI) - Sen. Guillermo Leon Valencia, a moderate Conservative running on the Liberal-Conservative coalition ticket, was a landslide winner today in Colombia's presidential election.

As the candidate of the coalition, Valencia is committed to carry on President Alberto Lleras Camargo's program of social reforms and friendly relations with the United States. His term is for four years.

Incomplete returns from Sunday's balloting showed Valencia capturing at least 65 per cent of the vote.

Under a political truce that took effect four years ago, Conservatives and Liberals alternate as president and other elective posts are shared equally among the two parties.

Since outgoing President Lleras Camargo is a Liberal, the next president must be a Conservative.

BISHOP DUN RETIRES

Washington - (UPI) - The Rt. Rev. Angus Dun, 70, was succeeded as Episcopal bishop of Washington Sunday by the Rt. Rev. William F. Creighton in a colorful service at the Washington Cathedral.

Since outgoing President Lleras Camargo is a Liberal, the next president must be a Conservative.

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St. Louis - (UPI) - John J. Hartford went all over the neighborhood trying to buy a baby bottle, but storekeepers wouldn't sell one because it was Sunday and they did not want to risk arrest for violation of Missouri's 135-year-old Sunday closing law. Hartford was able to buy cigarettes. He was told at the stores that a baby bottle was not classified as a "necessity" under the law.

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