

The Family Council The Medical Roundup

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.)

Annette B. - If I can't have romance, I'd like a good night's sleep.

Stanley B. - Instead of companionship from her, I get snoring.

Annette B. - We've been married 28 years. Now that our son is married and has moved out, I think my husband should move into his room and stay up there all night if he wants to. Instead, he reads books in bed, plays the radio and keeps me up half the night.

Stanley B. - Of course, I'd prefer the company of my wife to that of a book or canned music. But try and get it. I thought after our son grew up that Annette would have more time for me. But I discovered she's fallen into a habit of life I can't possibly share - turning in right after supper. After a heavy meal, I like to take a walk, sit around and talk a while, read or watch a show. My wife, on the other hand, disappears into the kitchen, makes quick work of the dishes, and the next thing I know she's in the bedroom, snoring. At this time I haven't even begun to think of sleep.

I work hard all day. The evening is my big time to light up a cigar and relax. If Annette can't keep me company, I'll enjoy my radio and solo pastimes. Instead of moving me out of our room, she should try to join me, or move out herself.

The conclusion: There are only two conclusions Stanley may draw from Annette's flight from his to Morpheus' arms. Either she suffers from an inordinate urge toward sleep (some form of Narcolepsy) which should be investigated by a physician for a physical cause, or, she's avoiding him like the plague, which should be investigated by a marriage counselor.

But before permitting Stanley such a self-excusing out, let's see whether he and Annette can improve their state relationship with a few do-it-yourselfers. If these don't work, the outside help mentioned above may then be enlisted.

Why is she so sleepy, if her health is good? She can doze in the daytime. Is her escape into the Land of Nod a defense against having to face Stanley? It seems to be.

After all, people marry for more than a few physical comforts, and financial benefits! How about sympathy, reassurance, warmth and cozy unity?

The issue of the spare room may be merely a red herring here. It doesn't matter who slips off into the quiet room—whether it's Annette to get her solid slumber, or Stanley for his bright-light night-life. What does matter is that these two enlarge the number of hours they enjoy in each other's presence, they are of overlapping interests and enthusiasms.

Armed Robber on Most Wanted List

Washington - (AP) - Thomas Welton Holland, a fugitive armed robber and child molester, was placed today on the FBI's list of 10 most wanted criminals.

Holland, described as "very dangerous," has been sought by Baltimore police since May 23, 1961, when he vanished to escape arrest as a parole violator. A federal warrant of last Aug. 29 charged him with unlawful interstate flight to avoid confinement.

The 30-year-old wanted man is known for "antisocial and uncontrollable behavior" which includes vicious sex attacks on children. In his robberies, he has used both knives and guns.

Suppose Stanley slips into the kitchen to help Annette with the supper dishes? That should open her drooping eyes, but wide. This might irritate her enough for that walk Stanley craves. Then, suppose Annette has spent part of her quiet day boning up on the same book Stan will be reading that evening? This should provide some lively conversational fodder for the way home.

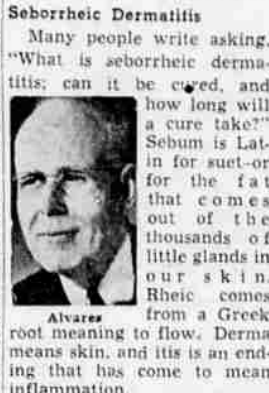
This marriage needs the shot in the arm of deliberate effort by both parties. Let him bring home a small token some night, instead of the same old lunch box to be re-filled. And let her practice staying awake by inviting friends over, or sending away for theater tickets once a month. She can't snore standing up, Stan.

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Seborrheic Dermatitis



Many people write asking, "What is seborrheic dermatitis; can it be cured, and how long will a cure take?" Sebum is Latin for suet or for the fat that comes out of the thousands of little glands in our skin. Rheic comes from a Greek meaning to flow. Derrma means skin, and itis is an ending that has come to mean inflammation.

Hence, the words mean that the person tends to have an abnormally greasy skin. Often, he has little fatty scales, perhaps in the central part of

his forehead, in his scalp, and perhaps down over his breastbone. When I was 28 or so and started to lose my hair, I consulted some of my friends who were able skin specialists and all prescribed for me the same type of ointment for my "seborrhea." As I remember, it consisted of 10 per cent sulfur and one per cent salicylic acid. It did not save my hair, and today I still have some seborrheic dermatitis between my eyebrows. Long ago, I quit trying to treat it. Sometimes, it causes a little itching.

There doubtless are cases in which the disease of the skin must be treated by a skin specialist because it is causing much more distress than my trouble has caused me. In some people, it affects the back of the ear and the external ear canal, and it may cause the affected areas of skin to be subject to slight infections. If I had the disease in a troublesome form, I would go to a skin specialist and let him struggle with the problem.

Because thousands of readers have written Dr. Alvarez asking about pulmonary emphysema, Dr. Alvarez has written a booklet, "Pulmonary Emphysema (A Common Cause of Shortness of Breath)"

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Woman's Diet of Cigarettes Ended

Edinburgh, Scotland - (UPI) - Mrs. Mary Campbell said today she has been cured of her special craving for cigarettes - she now smokes them instead of eating them.

"It was when I was pregnant that I first started eating cigarettes," she said.

"The craving grew stronger and stronger until I was getting through as many as 100 a day," she said.

Mrs. Campbell said she finally sought medical advice when she began to get continually sick after eating cigarettes. And then there was the expense.

Cigarettes cost about 60 cents a pack in Britain and she said, "I was getting into debt." Doctors treated her in a hospital. She said the doctors told her "mental stress" caused her special craving.

"Now I am down to about 10 a day—but only to smoke," Mrs. Campbell said.

WIFE SPOTS PANTS

Chicago - (UPI) - Mrs. Fannie Smith, 30, noticed something familiar about a taxi driver Thursday so she notified police who ordered cabbie Eddie Lee Falconer, 29, to take off his pants. A label in them indicated they belonged to Mrs. Smith's husband and had been stolen in an April 9 burglary. Falconer claimed he bought them for \$3 from a stranger.

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