

# The Medical Roundup

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## Duodenal Ulcer

Many men write asking me whether they should have an operation for a duodenal ulcer. Often I cannot say because I don't know whether the ulcer is bothering the man at all, or whether he can control his symptoms well enough by taking milk every two or three hours, or whether he can avoid pain by calming down, and perhaps getting free from some annoyance.

It is many years since I ordered an operation for a person with a duodenal ulcer. In the first place, our operations for ulcer have never been entirely safe or satisfactory. Years ago surgeons used to make a gastroenterostomy, with a new opening between the stomach and the bowel. Sometimes it worked perfectly, but there was so large a percentage of persons who promptly developed an even worse ulcer just outside of the new opening, that nearly all surgeons gave up the operation. The operation continued to be used for people with an ulcer of the stomach, or a cancer of the stomach, or for an ulcer in older people, or for people with a perforating ulcer, or an obstructed ulcer. In their cases, the operation usually worked well.

The surgeons then tried to help people with a duodenal ulcer by removing two-thirds or three-fourths of the stomach. This operation was in some ways better than that of gastroenterostomy, but still stomach specialists much disliked it. Many people who lost their stomachs never had strength enough to work again, or they never could gain back the large amount of weight they lost. Some of them after every meal suffered greatly from what is called a "dumping syndrome"; as soon as they ate they felt nauseated, dizzy, sick, sweaty, somewhat shocked, with perhaps a feeling as if they were going to have a diarrhetic bowel movement. Still there were some who got a new ulcer.

## Operation Worked Badly

Because surgeons soon saw that this operation was not entirely satisfactory, for a while they tried cutting the two big vagus nerves that come down from the brain to the stomach. Theoretically this operation should keep harmful influences from coming down from a worried brain to the ulcer, but actually the operation often worked so very badly that perhaps most surgeons soon quit performing it. Sometimes it left a man with a badly dilated stomach, which caused him to keep belching foul gases all the time, or caused him to suffer constantly with a diarrhea, or great abdominal misery. I certainly would never permit anyone to perform the operation on me. It might work all right, but if it did not, my life might become almost unbearable.

In my experience, few men have a duodenal ulcer so painful that it MUST BE operated on. What is sad is that if a man has a very bad ulcer and is operated on, he is likely to be the one who gets a new ulcer — because in him the tendency to get an ulcer is so strong. The older I get and the more patients with ulcers I see, the less interest I have in giving them either a diet or medicine or an operation.

My first question always is: "When this ulcer came, what had just happened to you to upset you terribly?" My impression is that in the last ten years almost every time I have asked this question, the man has said: "My hemorrhoids (or my abdominal pain) came the day after I had to face a great sorrow, or a disaster in my business (or my personal life)." One man had a big hemorrhage from his stomach the day after he discovered that, for years, his partner had been stealing from him; another man died heavily the morning after he had a violent argument with his boss; another got an acute ulcer when he was fired; another got a severe ulcer when gangsters tried to muscle in on his business; another got an ulcer when a big shipment of Christmas merchandise was lost, and he was threatened with great financial loss. Another got an ulcer when he learned that his adored wife had cancer of the breast; another got his ulcer when his important invention was rejected; another got a bad ulcer when he was sued; another got an ulcer when his company went bankrupt; another when he overworked in the advertising business, and

another when he got a "dry hole" in a wild-cat oil drilling venture. I could tell dozens of stories like that.

## Became Ulcerated

Years ago Dr. Harold Wolff showed, in the case of a man who lived with a big hole in his stomach, that when the fellow was happy the lining of his stomach was thin and pink and healthy-looking, but when he got angry or worried, it became purplish-red and slightly ulcerated.

The most remarkable thing I know about patients with an ulcer is that when a man who for months has been walking the floor at night with ulcer-pain closes his desk and takes a plane to see a doctor halfway across the country, he is likely that day to lose all of his pain. So I say to such a man, "Why have a big dangerous operation, and one that may leave you worse off than you were before, when you can so easily relieve your pain by taking a rest and finding peace of mind?"

Dr. Alvarez goes into greater detail about ulcers in his booklet, "Ulcers of the Stomach and Duodenum." To obtain your copy, 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.

## 4-H News

**Rogue Saddle-lites**  
The executive meeting of the Rogue Saddle-lites 4-H Horse club was held at the home of the leader, Gail Hammond.

Gail Hammond handed out the records to new officers. Kathi Kula is president; Donni Jones, vice president; Marlene Campbell, secretary; Marty Steeck, reporter, and Courtney O'Dell, song leader.

We also planned our 4-H program for the next year.

Our club is going to have a training session Sept. 8 at the Medford Fair grounds at 10 a.m.

Marty Steeck, Reporter.

## TO RECEIVE VACCINE

Washington — (UPI) — Members of the National Guard will be given oral polio vaccine, probably beginning in early autumn. United Press International learned Wednesday that the National Guard will allot money to the states to buy the vaccine for 470,000 guardsmen.



**ATTEND MEETING** — Among officers and directors of Pacific Northwest Bell, which held a board meeting here last week, were Miss Myrta Otterdale, chief operator here; Jack Creager, manager of the local office; Walter W. Straley, Seattle, president of Pacific Northwest Bell; Tom Bolger, Portland, vice president and general manager for Oregon; Sid Shaw, wire chief here; Frank McCaslin, Portland, and Marion Weatherford, Arlington, directors; Nor-

man Geasley, Seattle, vice president and director; Edwin C. Dwyer, Portland, and Raymond Reter, Medford, directors. While in the valley the group visited Medford Corporation's new plywood plant, packing operations at Bear Creek Orchards, and Reter Fruit company, as well as the Pacific Northwest Bell offices. Creager said that the directors and officers gained a new understanding of the Rogue valley and its telephone operations.



## Grange News

**Central Point Grange**  
Colored slides of a study tour of Europe were shown members of Central Point Grange preceding a recent meeting.

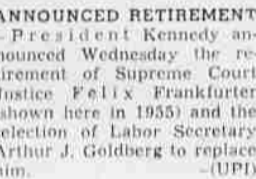
Mr. and Mrs. Chester Wendt attended a conference and tour with county commissioners from other states. The meeting was held in July prior to the tour of Europe which many of the commissioners and wives took. They met government people of several overseas countries and saw much that the usual tourist never sees.

Articles brought from several of the countries visited were exhibited on the display table by Mrs. Wendt.

Standing committee reports were given by A. Bohner, B. Boyce, Delmar Smith and Ed Gobhard. Mrs. Walter Riels gave the HEC report in the absence of the chairman Mrs. Morris Frink.

Smith reported on preparing exhibits for the State Fair. Following a report of the house committee by Fred Kuest, chairman, members voted to re-roof the woodshed and entrance roofs, and to do other minor repairs.

Guests for the evening were Mr. and Mrs. Clarence Pfister of Rosy Ann Grange, who recently returned from a two-month tour of Europe and W. H. Arnold, of Griffin Creek Grange.



## ANNOUNCED RETIREMENT

— President Kennedy announced Wednesday the retirement of Supreme Court Justice Felix Frankfurter (shown here in 1955) and the selection of Labor Secretary Arthur J. Goldberg to replace him. — (UPI)

## NUMBERS DECLINED

Washington — (UPI) — The number of persons on public assistance rolls dropped by more than 100,000 during June, the government said Wednesday. The Bureau of Family Services said seasonal job increases were believed responsible for the drop.

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