

The Medical Roundup

by

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Maternity Care

In the June 1962 number of the "Redbook" is an article which will interest all women and especially those who expect before long to have a baby. Mr. and Mrs. Brecher begin by quoting Dr. Nicholson J. Eastman, an able obstetrician, who says: "The greatest weakness of American obstetrics today is lack of emotional support for the mother during pregnancy and labor."

One great difficulty is that in most hospitals the one person in the world most likely to give the wife comfort and support—her husband—is not allowed to come near her.

As one woman said: "It was both ridiculous and cruel to keep my frantic husband pacing up and down the 'daddy's room' hour after hour while I was lying miserably alone only a few yards away. Merely by the repeal of an obsolete hospital rule we could have been together."

There seems to be no question about the advisability of this. But I can see why many obstetricians absolutely refuse to have the husband in the delivery room while the child is being born. I can imagine that such a man might be "a bull in a china shop" if some emergency came up like a big hemorrhage. Actually, no one should be in a sterile room unless he has some knowledge of bacteriology and the need for not touching anything.

Touched a husband while he had been present at the birth of his little girl. "I felt tears rolling down my face for the first time since we were married. I felt closer to my wife than ever before. The birth of this child has touched me as nothing before ever has, and as nothing will again, until we experience the birth of our next baby together. The whole delivery was beautiful beyond words. Not pretty, but beautiful in the sense of a God-given natural beauty."

Today there are a number of hospitals in which the husband is permitted to be with his wife as she has her baby.

Dr. Howard P. Taylor, chief of obstetrics at the Cleveland Clinic, says that they have been giving couples their choice in this matter, and in 87 out of 100 cases the woman was glad to have her husband present.

I am sure many obstetricians would say that childbirth does not always leave a pleasant impression on the viewer, and it might even leave a bad impression on the husband. I am reminded of the story by Guy de Maupassant of the young man who was crazy about a girl. She married another man and became pregnant by him. One day, as the former beau was passing her lonely farm house, she called to him, saying that she was in labor and all alone, and she asked him if he would please come and help her. He did; he helped bring her baby into the world; but with the messiness of the process he lost all his old love for her. I can believe that this might happen.

Held Classes
Today there are more than 30 groups of people interested in this problem, and some have banded together to form the International Childbirth Education association, or ICEA. This society encourages people to hold classes for the

education of couples in regard to childbirth.

Dr. H. Lloyd of the ICEA says that the women who are well prepared have, on the average, a shorter and an easier labor than do other women. Among the prepared women, the obstetricians rarely had to use forceps—only 57 times in 4,576 deliveries—which is a remarkable record. The ICEA people do not urge a woman to refuse anesthesia. The decision about this should be left up to her obstetrician.

Some of the association people insist on letting the mother nurse her baby, which to me sounds like good sense. Today most physicians immediately put the child on a "formula." There are good reasons for believing that the child would be more healthy and less likely later to be allergic if he were to be nursed even for a week. Once when Dr. Corwin Hinshaw and I questioned with care 500 consecutive patients of ours, we found that one in four was allergic to cow's milk. I imagine many of these people became sensitized in their infancy when given cow's milk before their little stomachs was so well developed it could handle a foreign material. A number of eminent physicians have protested against the illogical refusal to let mothers nurse their children.

A stamped, self-addressed envelope sent to the Maternity Center association, 40 East 92nd street, New York 28, N.Y., will bring more information. Also, a letter will reach the ICEA at 1310 North 28th street, Milwaukee 5, Wisconsin. If a woman wants to know more about breast feeding, she can write the La Leche League, 3332 Rose street, Franklin Park, Illinois.

One of the many booklets Dr. Alvarez has prepared for his readers discusses the causes of head noises. If you would like a copy of the booklet, send 25 cents and a stamped, self-addressed envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 937, Des Moines 4, Iowa.

Logger's Safety Night Scheduled

"Safety in the Woods" will be the theme of "Logger's Safety Night," Saturday, Sept. 15, at the American Red Cross building, 60 Hawthorne ave. Logging contractors and their employees, accompanied by their families, will meet at 7:30 p.m. with safety representatives of the state industrial accident commission in a joint effort to learn improved methods of reducing logging accidents in Jackson county.

Loggers of Jackson county have been asked to take their families for the educational program aimed to minimize the costly as well as tragic accidents in the woods. There will be several awards for achievement presented by the industrial accident commission to contractors as well as workers for excellent no time loss injury records while on the job.

Those desiring more information should call 772-4988.

IN SEPARATE CLASSES
Streatham, England—(UPI)—Teachers at the Bishop Thomas Grant school said today they have put four new pupils in separate classes to help identification. The pupils are the 11-year-old Coles quadruplets—Marie, Patricia, Frances and Edna.



Small Worlds Around Us

By LYNN M. WATKINS

(Register and Tribune Syndicate 1962)

Tried Them All—Found Some Plants Would Heal

It sure wasn't easy. Many must have aggravated their ailments while experimenting with a strange berry, root, bark, or herb, trying to find a particular one that would give some relief for what ailed them.

They were the very early pioneers, unfamiliar with what plants might relieve a sickness. There were no reference books pertaining to the subject; they couldn't ask anyone else, for no one else knew either. So they "cut and tried" and by trial and error they learned. It was a slow, tedious and often painful process.

If the baby continued to suffer with the earache, they administered various substances until they happened onto one that seemed to bring relief. Some earaches, as well as other afflictions may have "cured themselves," or some substances gave promise of a cure. If that happened they told their neighbors and folk-medicine took a hesitant step forward.

Other Discoveries

In their search for remedies they naturally discovered other properties of common materials which could be advantageously used for other purposes. These too became common property and were handed down, by word of mouth, and gradually certain herbs, leaves, roots, or bulbs became recognized treatments for specific ailments or uses.

Those early citizens were desperately short of other things, aside from remedies for sicknesses. Someone, while messing around for a "sure cure" for something discovered the root or bark they were using foamed and lathered

and sudsed in wet hands. He may have noticed the dirt on his hands came off easier with the suds along with the water.

So he went on experimenting; maybe excitedly told his friends, many of whom may have wanted to be cleaner themselves. So they too began trying various substances. Someone hit on a common weed, one we now know as the "soapweed" whose leaves sudsed in water. Just stirring the leaves in a little water produced a soapy solution. He dipped his hands in and the dirt rinsed off easily.

Other folks tried other things. The early American Indians discovered that the root of the yucca plant would also lather in water. Just a small piece rubbed between the palms of the hands, in water, produced a rich suds. It probably did not have the cleansing power of today's soap, but it was sudsy and soapy. At least they thought they had a cleaning agent.

Once, a very long time ago, a young lady, anticipating a visit from her boyfriend, happened to rub a mullein leaf on her face; it felt smooth, cool and soft. Her complexion became a little more radiant; cosmetics nudged forward another step.

Bad Breath may have been a problem back then too. Perhaps the young man had a "friend that told him"; probably he chewed a piece of sassafras root just before the date and "being close" ceased to be a problem. He knew his breath was sweet and clean. We've come a long way.

Portland—UPI—Most streams in the Pacific Northwest had an average runoff in August, the Interior Department said Monday.

The Lumber Problem

Lumber Situation Expected To Get Worse in Northwest

Editor's note: The United States softwood lumber industry is in difficulty. Lumbermen blame growing Canadian imports, the high cost of production and U.S. government timber policies. This is the first of a three-part series analyzing the problems and the outlook for the future.

By JAMES DOYLE

Portland—UPI—The problems of the Western lumber industry are a Gordian knot. They can be simply stated, but there are no easy solutions.

For the past two years the amount of Canadian lumber imported into U.S. markets has increased by more than 100 per cent. Lumbermen say this is the major problem.

They contend it will get worse because Canada has immensely more standing timber than the Western states, can produce it more cheaply, ship it more cheaply and can double its exports into U.S. markets unless some protective measure is taken.

Lumbermen have been groping in the halls of government during the past several months for help.

Ships and Quotas

Their pleas have centered on two points: A quota on Canadian imports above 10 per cent of the U.S. softwood market, and a change in the Merchant Marine Act of 1920 to enable U.S. producers to compete in intercoastal shipping.

The Merchant Marine Act, commonly known as the Jones Act, is a tough hurdle. Under its terms U.S. shippers must use American flag vessels under conference rates. Canadian shippers can ship in world carriers. The Jones Act demands a cost of \$36 per thousand board feet for green lumber. The same cargo costs a Canadian shipper \$24.

The results of this can be seen in two markets. On the East Coast of the United States, Canada has penetrated to 70 per cent of the market during the past two years. It has taken 100 per cent of the market in Puerto Rico. The U.S. used to have 70 per cent of that island market.

Western lumbermen also

\$18,089 Collected In Cancer Crusade

Reese Alexander, Crusade chairman of the Jackson County Unit of the American Cancer Society, has announced that voluntary contributions during the past year have totaled \$18,089.14.

The tumor registries at both Sacred Heart and Rogue Valley hospitals are financed by the society, as well as educational programs and the service program which provides free dressing and sick-room supplies to cancer patients, he noted.

The Jackson County Unit will hold its fifth annual dinner meeting Tuesday, Sept. 18, at 6 p.m. at the Rogue Valley Country club.

Dr. Alfred C. Hutchinson, chairman of the Oregon division's professional education committee, and a member of the American Cancer Society's National Committee on Professional Education, will be guest speaker. He will report on the International Cancer Conference which was held in Moscow, Russia, in July, 1962.

Program committee for the event includes Dr. Robert Turner and Mrs. Philip Selby of Ashland and Mrs. Richard Geary and Mrs. Philip Stansbury, Medford.

are losing the Hawaiian market. The Northwest, during the previous 10 years had 48 per cent of the market. It dropped to 38 per cent in 1961 while Canada climbed from 16 to 38 per cent.

Domestic Opposition

Lumbermen now believe that the Jones Act will not be changed. There is opposition from every quarter.

Southern pine producers, also hurt by Canada, say a change would enable Northwest shippers to further penetrate their markets in the East and Midwest.

Shipping companies would lose money. Railroads would lose business. The unions side with their marine brotherhood. Some large lumber companies own their own ships. And other industries—zinc, copper, iron—would want to know why they also cannot have lower cargo rates.

A tariff or quota once was considered a hopeful area. But hope is dwindling.

Canada has said it will not impose self-limitations and the Kennedy administration has shown no indication it will limit imports.

Diplomatic Sensitivity

But one is a country with diplomatic relations with the U.S. government, the other is an American industry—a part, not the whole—of an economic tapestry.

Any agreement will have to come at the government level and Canada's ace in the hole is the bedfellow relationship of lumber and diplomacy. This pushes the ball game on to two separate fields and the U.S. government is tiptoeing with some agony between the two.

In the Northwest lumber industry some 14,000 persons are out of work. Production dropped 1.3 billion board feet last year. The payroll loss in the Douglas fir industry alone

was \$23 million. But economic failure is a contagious malady. The recognized job loss to related industries is six to one. That means 84,000 persons drawing unemployment compensation.

That's one segment, the Northwest. The American lumber industry, the nation's fourth largest industry, employs 3 million workers, and a quarter of a million of them are out of work.

Policies under which the industry must work, including the lack of a reciprocal trade agreement with Canada on softwood lumber, have the effect, lumbermen say, of exporting jobs to Canada while importing its product.

Next: Possible solutions.

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