

The Medical Roundup

by

Walter T. Alvarado

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
(Register and Tribune Syndicate,
1962)

A NEPHROSIS

Many anxious mothers write to ask about nephrosis, and what can be done for the child who has it. In a fine article recently, Drs. C. W. Daeschner, M. E. Haggard and A. A. Goldman of Galveston said that when nephrosis starts in a child, usually a remarkably large amount of albumin appears in the urine, and with this there appears a marked "dropsy" which causes the child to be bloated and swollen all over.

The marked loss of protein from the blood plasma (liquid part) upsets a certain balance, and this permits an abnormal amount of fluid to leave the blood and to go out into the tissues (causing the dropsy). For reasons yet unknown, much fat goes into the blood. In adults a nephrosis can be due to back-pressure in the big vein that carries blood into the right side of the heart.

In treating the disease, the drugs most often used are the cortisone-like ones. If used early, these drugs may give great relief. The treatment should be continued until all the albumin is out of the urine. The physician may do well then to keep giving a small dose of steroids for 6 months or a year, to prevent a recurrence.

Trouble with Finger Nails And Toenails

Many years ago, we physicians used to deny proteins to patients with nephrosis and then the late Dr. Thomas Addison, of Stanford, showed that the children with the disease lose each day so large an amount of protein in their urine that they must constantly be given a generous replacement amount in their diet—in the form of meat, poultry, fish, eggs, and milk.

Many people write asking what they can do for an infected nail on either a finger

or a toe—a nail is chronically inflamed and causing pain and distress. The average doctor like me doesn't know what to do with it, but Dr. Cleveland J. White of Oak Park, Ill., has for years been studying such diseased nails; and recently he, together with Dr. Thomas C. Laipply, had a fine exhibit on diseased nails at the meeting of the A.M.A. in Chicago.

The two doctors have studied some 1,252 cases, using the microscope to find out what type of organism was responsible. In 589 cases they found a type of mold that causes ringworms. In 181 cases they found a yeast called *Candida albicans*. In 178 cases they found that the trouble with the nail was part of the person's psoriasis, a chronic skin disease which is not always easy to clear up. In 72 cases, certain bacteria were at fault.

In other cases the trouble was due to some irritant that the patient kept getting his hands into while he was working in his shop or factory or store. There were 34 cases in which fungi, molds, and bacteria all combined to injure the nail. In 161 cases the doctors could not determine what the cause was. This was unfortunate because if treatment is to be successful, it should be one designed to get rid of the cause of the disease.

Fortunately, in many cases, the treatment designed to eradicate the mold or a germ quickly cleared up the infection, but in other cases the cure was a slow business.

Persons who get inflamed "nail beds" would do well to consult a good skin specialist who is interested in this particular problem.

ARBITRATION BEGINS

Washington — (UPI) — An arbitration board began its deliberations Tuesday toward settling remaining differences between the Chicago and North Western Railway and the Order of Railroad Telegraphers. The one-month strike of the line ended last Friday.

Coal Shovelers Feel Effects of Change in Times

New York — (UPI) — Among the men who have felt the effects of progress is a special group, dwindling today, found among older homeowners, building superintendents, locomotive firemen, and a few others.

They are those who remember what a coal shovel looked like, how to "heft" it, how common it was as a tool of home and industry.

Tells What Happened

The recently-issued biennial handbook of the National Coal Association entitled "Bituminous Coal Facts 1962" tells what has happened to the shovel as the essential for moving coal from where it was stored to the spot where it was burned.

The disappearance of hand-firing is not a new story, but the handbook tells how far automation has gone in putting coal to work as a producer of heat and energy, at home and in industry.

"Automation," says the NCA, "is a dominant characteristic of modern coal use. The pushbutton and completely automatic plant operation developed first in large industrial and electric utility plants, where both size and the need for economy dictated better-than-human control."

Available in Package

Many of the automatic firing contrivances, the NCA said, are available in a package, a single unit consisting of stoker, boiler, combustion controls, coal conveyor and ash removal system. These are usable by large and small industries, schools, hospitals, apartment buildings.

A research affiliate of the Coal Association, Bituminous Coal Research, Inc., pioneered in bringing out a completely automatic coal-fired steam or hot water generator that is assembled at a factory, shipped to a plant and put on line after service connections.

PRICE OF PROGRESS

Los Angeles — (UPI) — The electronic age is affecting emergency requests for ambulances. A woman called Central Receiving hospital for an ambulance Tuesday because: "I can't get up and I want someone to come over to turn off my television set."

Dennis the Menace



"HE DOESN'T LOOK LIKE HE COULD UPSET A WHOLE NEIGHBORHOOD, DOES HE?"

Russia Gaining In Power Field

Portland — (UPI) — Federal Power Commissioner Howard Morgan said here Tuesday Russia is catching up with the United States at an "alarming rate" in the power field.

Morgan spoke at the Western States Water and Power conference, where the delegates also heard one speaker after another urge election of candidates that support public power projects.

Morgan, former Oregon public utility commissioner, warned that the power race with Russia is serious, since power forms the basis for electrical capacity.

His warning was followed by a challenge from Assistant Secretary of the Interior Kenneth Holm for the delegates to work hard to elect members of Congress who are friends of power growth.

Holm said work in the power field "is not done — rather it is just well begun." His list of needed projects included the Rogue River project of Southwest Oregon.

BANDITS KILL SEVEN

Tunja, Colombia — (UPI) — Masked bandits killed five women and two men Monday in an attack on two homes in the rural village of Saboya, it was reported today.

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by Mrs. Alma Denny. (Copyright by General Features Corp.)

Theodore A. — Suddenly she gets religious and wants a church wedding.

Mabel S. — It makes a marriage something to stand out and remember.

Theodore A. — I have known my fiancée and her family for many years and have never known any of them to attend a church service. In fact, they avoid any religious commitments and consider themselves agnostics. I'm not particularly devout myself, and Mabel's views on religion are quite acceptable to me.

What amazes me, however, is her insistence that we have a church wedding. I'd be willing to go through a religious ceremony if it meant her family had suddenly "got" religion. But I don't want to be partly to something that's merely a show. I don't want to be outright disrespectful toward the church. It would be all right if Mabel really believed in the prayers and wanted to raise our children as churchgoers. But I know she won't step into a church again, except for someone else's wedding.

Mabel S. — No matter how

far a person strays from the church, it's the place in which she wants her marriage solemnized. I'm not the only one who clings to it for the big moments. I know many people who don't go near it after the day they were brought there for baptism. Yet, on their wedding day, there they are, marching down the church aisle.

A wedding ceremony held outside the church just does not seem impressive. And it's never so dignified and picturesque as when it takes place before an altar. I'm sure Ted will be glad we had a church wedding, and it will provide a beautiful memory for both of us, as well as for the bridesmaids and attendants.

As to the future, I'm open-minded. Maybe I'll become a true believer. But right now I believe in being married in a church.

The Council: Unfortunately for the churches, many people view them as does Mabel. They're great as a place to be married in, baptized in, buried from. And in between, they're great as a place to stay away from.

Those who maintain the churches and who attend them regularly may well feel like the parent who "keeps up" the ancestral homestead with its many "guest rooms," just for the blessed day when a child may feel like paying a visit. The child, in turn, is quite content knowing someone else is keeping the sanctuary going so that it's there whenever he needs it. But the church, like the parent, is long suffering and is accustomed to being "put upon." It acknowledges its tenuous hold upon the general public.

Recently, a high church official in England, Canon G. A. K. Hervey commented that "the great bulk of the population are very glad indeed that the church is in the background," and he added that, while they like to be married there, it "practically makes no impact at all on them as a way of life."

Theodore is fighting the church's battle in his effort to have a holy place mean more to Grace than a fancy stage set for their nuptials. We adjure Mabel to respect his stand. While he enters no demurrer against her and her family's personal convictions, which he apparently shares to some extent, he wants no toying with a sacred rite.

Being married in church speaks some loyalty to the church which has opened its welcoming and sheltering arms to the couple. Okay, says

Kennedy Signs Bill Halting 'Junk Mail'

Washington — (UPI) — President Kennedy Tuesday signed into law a bill cutting off a congressman's privilege of sending free "junk mail." Congress voted this year to discontinue the practice of allowing the legislators to use their franking, or free mail, privilege on unaddressed or "occupant" letters, pamphlets or other mail.

Oregon Senators Split on Aid Bill

Washington — (UPI) — Oregon's Democratic Senators split Tuesday as the Senate passed its \$4.4 billion foreign aid bill 57-24.

Sen. Wayne Morse voted against the bill. Sen. Maurice Neuberger voted on the winning side for the measure.

Theodore, I'll agree if you pledge to stay close to the church after the wedding, and to raise our children under its wing. If, however, you plan to participate in the religious responses with mental reservations, with a secret resolve to disassociate yourself from the faith, then forget it. Let's stick to a civil ceremony. Let's be honest.

This isn't a fashion show you're discussing, Mabel. It's a sacrament. Honor it with sincerity. A tongue-in-cheek religious ritual would be a sacrilege.



LIGHT GUARD

Dusk-to-Dawn Protection... Automatically

One Of The Most Popular Services Ever Offered By PP&L

More than 5000 Pacific Power customers have already taken advantage of this exciting new offer. For a small monthly charge, LIGHT GUARD provides a zone of protective illumination around your property all night long, every night. Fully-automatic, mercury-vapor LIGHT GUARD gives an extra measure of security, safety and convenience for homes, farms and businesses.

LIGHT GUARD YOUR PROPERTY — ONLY \$4.00 PER MONTH!

- Discourage vandals and prowlers
- Eliminate dark zones and accident areas
- Illuminate driveways, parking lots, walkways
- Brighten outdoor work and recreation areas



PP&L's LIGHT GUARD service includes installation of the mercury-vapor lighting unit, operation and maintenance—all for this low monthly charge. LIGHT GUARD is one more way dependable PP&L electricity serves you conveniently, efficiently, and economically.

CALL YOUR PP&L OFFICE ABOUT LIGHT GUARD SERVICE TODAY!



Pacific Power & Light Company

You Live Better...Electrically!



Your best reasons for choosing Vigran multi-vitamins

They learn from their earliest days—from your very care of them—that vitamins are "good for them." Later, in school, they learn why.

But not until much later do they come to know why the name Vigran is such a symbol of assurance in the purchase of vitamins. And the reason is—Vigran is the name of the multi-vitamin preparation from Squibb, and Squibb is one of the best known and respected names in the pharmaceutical industry.

Squibb rigid quality control, including more than 200 quality control tests, is designed to assure you that every Vigran capsule has the full label potency when you take it as it had when it was tested at the laboratory.

This is the reason so many people buy Vigran. And what better reason could you have than your family itself—for whom you naturally want the very best.

At your drug store.

SQUIBB
LABORATORIES
New Brunswick, N.J.

