

# Stewart Presented Decoration for His Service to Corps

Portland — W. Henry Stewart, chief of the water resource planning section of the Portland U. S. Army Engineer district, received the Department of the Army's second highest award to a civilian, a decoration for meritorious civilian service, today.

The presentation was made by Col. Sterling K. Eisminger, Portland district engineer. Stewart also received a citation signed by the Chief of the U. S. Army Corps of Engineers, Lt. Gen. Walter K. Wilson Jr., for his outstanding achievements in the field of water resources planning and development and his preparation of a report for flood control and water resources development for the Rogue River basin in Oregon.

Stewart, who is also deputy chief of the planning branch of the Engineering division, was born in Albany, Jan. 23, 1917. He received his bachelor of science degree in civil engineering from Oregon State University in 1939.

He was employed by the Portland Engineer district in June, 1939, and has been in continuous service with that organization.

From 1939 to 1941, Stewart worked on the Willamette Basin project. At the start of World War II he was on military planning for the Portland district. Later he joined the U. S. Navy and served in Construction Maintenance Unit 564 as an Ensign.

## OSU Seismograph Confirms Temblor

Portland — The seismograph at Oregon State University Tuesday confirmed reports of a temblor in Portland Monday just before midnight.

## Choir Sings at Rotary Luncheon

Approximately 250 Rotarians and their wives attended the annual Rotary club Christmas luncheon Tuesday at the Rogue Valley Country club.

The meeting was presided over by O. D. Martin, Rotary club president. Dr. George G. Roseberry, pastor of the First Methodist church, gave the invocation.

## The Medical Roundup

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

### What Caused A Chest Pain?

I see each year many persons who are fairly certain that they have had a heart attack because they have had some pain in their chest. Some of these people have been to many physicians and have had many electrocardiograms made, but still they are puzzled as to what caused the pain. Often, in a few minutes I can be fairly certain that the pain did not arise in the heart. Why? Because it does not come with exertion.

The man may tell me that he can walk rapidly along the street or he can run up a flight of stairs. He is not short of breath; his wind is good, and he can lie flat in bed at night — with only one pillow. His ankles show no swelling. As he talks to me in the office he shows no shortness of breath. Evidently he has a good heart. Most important of all, he has a "good cardiac reserve." He is like an automobile that has plenty of reserve power that will enable it to go not only along the level, but up a steep mountain grade.

In typical cases of angina pectoris, or heart pain, the man is likely to say that he is most likely to get it in the winter when, after breakfast, he walks against a stiff cold wind. It is likely to be relieved quickly with a tablet of nitroglycerin. In some cases the anginal pain comes with anger.

As Dr. Tinsley R. Harrison recently pointed out, the physician who would make a good diagnosis must take a good history and then must know what it means.

Many of the men who sometimes have anginal pain can also have a chest pain due to arthritis of joints in the front or back of the chest wall, or some soreness in the muscles of the shoulder girdle, due perhaps to a Saturday spent in painting a room. Or the man may get some pain from gas in his bowel or in his stomach, gas which is pressing up against his midriff. Or he may have some pain referred up into his chest from a diseased gallbladder or a diseased pancreas (the large digestive gland just back of the stomach).

Rarely, pain in the chest can be due to a little "hiatal hernia," or the squeezing of a bit of the upper end of the stomach through the hole in the midriff through which passes the gullet. This pain is likely to come when, after a large meal, the person leans over to untie his shoelaces. On rare occasions, I get a pain in my chest wall which I can recognize as due to a cramp in a bit of the muscle which lies between two ribs.

Often I think to myself that it is fortunate that I am a

physician, because otherwise I would worry needlessly — mistaking some harmless chest pain for that of a heart attack. Occasionally I see a person whose pain is due to an arthritis in the joint between the lower end of the breastbone and the little piece of cartilage that lies just below it. Sometimes I get a fairly severe distress in my chest which I think is a form of heartburn. This has nothing to do with the heart but is due to acid juice from the stomach regurgitating upward into an overly sensitive gullet.

Sometimes nowadays a man with a harmless chest distress is supposed to have a heart pain because someone read too much into slight and insignificant changes in his electrocardiogram.

As Dr. Myron Prinzmetal of Los Angeles has shown, if an electrocardiogram can be made while the person is having a heart pain, definite changes in the electrocardiogram usually can be found.

When a man has typical attacks of angina, with normal electrocardiograms, I often get great help from the "two-step" test of another friend, Dr. Arthur Master, of New York City. When the patient is made to walk back and forth over two steps, if he has a narrow coronary artery in his heart, certain typical changes will appear in his electrocardiogram. Then one knows that the man has a narrow coronary artery that has not yet plugged up.

Should you expect sudden exertion to cause a heart attack? This and other interesting questions about heart attacks are answered in Dr. Alvarez' booklet, "Heart Trouble." You may order a copy of it by sending 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

**A Large Ovary**  
Some middle-aged women write to say that their doctor has found what he thinks is a large ovary, and he wants to operate and remove it. The woman wonders if I would disapprove of this operation and I disapprove of a hysterectomy for a few silent and symptomless knobs of muscle on a womb.

No, if the doctor can be sure that the mass he feels is a large ovary, I think it had better be removed. Cancer in an ovary is a bad disease which, if neglected, is very likely to cause the death of the woman.

However, in all such cases, I like to get a second opinion. If the woman with the large ovary were my wife or sister or daughter, I would ask a wise gynecologist to examine her and tell me what he thought should be done. His expert fingers might feel something different from what the first doctor thought he

**Reflects Great Credit**  
The citation states that Stewart's work reflects "great credit to himself, the Corps of Engineers and the Department of the Army." Specifically, the honor was for the period from July 1, 1958, to June 30, 1962.

### Color, Style of Vase To Be Noted in Order

Washington — Specify the color and styling of the container as well as flowers when ordering arrangements for your home, the Society of American Florists suggests.

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## Try and Stop Me

By BENNETT CERF

DAVE BALCH, passing a fish store on Vesey Street, spotted two tubs of live soft-shell crabs, side by side. One tub had a sign reading "\$2.50 a dozen," the other a sign reading, "\$1.50 a dozen."

While Balch watched, a crab in the \$1.50-a-dozen tub pulled himself up laboriously from among his fellows, attained the rim of the tub, and climbed into the \$2.50-a-dozen receptacle.

"That's the sort of thing," opined Balch with great satisfaction, "that can happen only in the U.S.A.!"

The headmaster of a famous old prep school in New England once had the temerity to expel the dissolute son of a powerful New York millionaire. The irate father drove up to the school in a fine rage and cried, "You obviously believe you can run this biased institution any confounded way you please, don't you?"

The headmaster answered quietly, "Your manner is objectionable and your language vulgar—but somehow I believe you have gotten this point."

An angry customer summoned a waiter in a new roadside tavern and demanded, "Why do you serve cloudy water in this joint?" "There's not a thing wrong with that water," insisted the waiter. "The glass is dirty—that's all."

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