

The Medical Roundup

by *Walter Alvarez*

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Insomnia

Because of the many distressing problems of modern civilized life, insomnia is a common complaint. The man who works all day with his brain is likely at night to be too "lit up" mentally to sleep. This is particularly true of the man who works with his brain in the evenings. The man who works all day with his muscles can usually drop off to sleep right after supper — because he is tired all over.

An important point that I was never taught in college is that there are two main types of insomnia: one in which the person's only trouble is to get to sleep around 10 p.m., and the other, in which the person wakes perhaps at 4 or 5 a.m., and then cannot get to sleep again.

There are some people who from early infancy are good sleepers while others are poor sleepers. Some people keep waking and going to sleep again all night, while others sleep like a log and perhaps can hardly be waked at seven. Many old people are forced to get up half a dozen times a night by an irritable bladder. Some people lie awake much of the night trying to solve some life puzzle or trying to decide what to do about some urgent matter. They ought to try to learn to do their thinking and deciding during the day. I know this is far from easy because many a time I have had to struggle to force a problem out of my mind. But with much self-discipline one can learn the trick.

Muscles Contracted

Many persons cannot get to sleep because their muscles are tense and perhaps even contracted. Their head is not even resting on their pillow. If the person could relax and stay relaxed he might sleep. A man of this nervous type ought to spend quiet evenings at home, doing nothing that will add to his feelings of tension and fatigue.

Many mothers develop insomnia during years when with perhaps an asthmatic child they learned to sleep "with one ear open." Some married people develop insomnia partly because they share a bed, and when they wake and would like to thrash around or sit up and read a

while, they cannot do it. They do not want to wake the spouse. Some women cannot sleep because of a husband's snoring. Other persons are kept awake by the pain of arthritis and others feel wide awake because in the evening they drank too much coffee, which is a brain stimulant, or so much water that their bladder keeps waking them. A person who is kept awake by intestinal gas may get relief from this by emptying his bowel (perhaps with an enema) just before he goes to bed.

Many persons who wake around five with a bad coughing spell might cure this early morning insomnia by giving up cigarettes. Insomnia that comes suddenly in later life can be due to a little stroke. Severe insomnia can be due to a toxic goiter or, in the cases of women, to the frequent hot flashes of a hard menopause. For most persons with a severe insomnia, I recommend the use of a barbiturate. Many of us physicians are too much afraid of these drugs. I am not, because in the last 50 years I have seen only a few undisciplined eccentrics, perhaps alcoholics, who when given a dozen pills took half of them the first night; they did not have good sense.

Often it is a good plan to go to bed and read for an hour before hoping to get to sleep. Usually an experienced insomniac can tell a few minutes after going to bed if he has any chance of getting to sleep. If he hasn't, he had better take a pill. Quite a few married insomniacs tell me that if the spouse will read to them for 15 minutes, they will go to sleep; the reading keeps their minds off their problems.

Obviously Asleep

People who suffer from insomnia should know that often when they think they have been awake for an hour, the spouse can tell them that they spent much of the time breathing heavily — obviously asleep. It is a good idea not to be panicky about losing sleep; great fear of insomnia can keep a person awake. In many cases, an insomniac should get out of a double bed and sleep alone where he can toss about when he wants to. Persons who tend to have nightmares should keep a food diary to see if their bad sleeping is due to the eating of some particular food for supper. Sometime a glass of port wine or a pint of beer will bring sleep. A barbiturate should be prescribed by the person's physi-

They'll Do It Every Time



150 Students Are Expected at Tourney

Ashland — One hundred and fifty high school speakers — the largest group ever to attend a Southern Oregon Speech Conference — will debate the issue concerning the adoption of a policy of free trade by the United States, extemporize on problem concerning the Far East, and will present impromptu talks on the executive branch of the United States government.

Radio speakers will comment on current affairs, original orations will be presented, and others will read poetry. Among mild sleep-makers to be taken at 10 p.m., are Seconal, Butisol sodium, Adalin or Carbrital. A more powerful drug — needed by those who are highly resistant to sedative drugs — is Nembutal. Among the short-acting drugs that can be taken at 4 or 5 in the morning are Butisol sodium and Bromural. The commonly used phenobarbital often has an undesirable long action. It certainly should not be taken after 10 p.m., if the person is not to have a "hang-over." The curse of many poor sleepers is their hatred of taking a pill; because of this, they will lie awake until 1 or 2 a.m. Then if they take a powerful or long-acting drug they will find it hard to wake up at 7.

Unemployment Claims Down in Mid-January

Salem — Unemployment insurance claims and rates for the week ending Jan. 17 were down in most areas of the state compared to mid-January last year. A year ago there were 31,788 weeks of unemployment insurance claimed and the rate of insured unemployment was 8.0 compared with 27.136 weeks and a rate of 6.7 this year.

Dr. Alvarez comments on little strokes — dizzy or woozy spells, each one of which is due to the plugging-up of a small or tiny artery in the brain — in his booklet on the subject. To obtain a copy, send 25 cents and a 5-cent stamped, self-addressed envelope with your request. Address Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

By Jimmy Hatlo

THEN CALL TO TAKE HIM UP ON HIS OFFER AND IT'S STRICTLY NO DICE--NO HELP--NO NOTHIN'!!

Hazing Probe at UO Continuing

Eugene — UPI — A spokesman at the University of Oregon said Wednesday that a hazing investigation was continuing at the school but its results were not available. The spokesman said the results of the investigation, which is being conducted by Donald DuShane, dean of students, would not be announced until after a report was made to Dr. Arthur S. Flemming, president.

The spokesman made the statement in response to a report which said that the investigation had failed to substantiate any charges of serious hazing. Flemming's office said Sunday any fraternity at the university found guilty of hazing its pledges would be closed for one year unless there were extenuating circumstances.

URGED TO COMPETE

Washington — UPI — Oregon college and university seniors and recent graduates have been invited to compete for a year's appointment as research intern in the Washington office of Sen. Maurine Neuberger (D-Ore.).

Court Records

MUNICIPAL COURT

Central Point
Clyde Edward Chamberlain, violation of basic rule, \$10.
Donald Merie Ivie, violation of basic rule, \$10.
Oscar William Swanson, improper passing, \$5.
Margie Marie Seymour, violation of basic rule, \$10.
David John Bergman, violation of basic rule, \$10.
Edward Allen Poole, violation of basic rule, \$15.

JUSTICE COURT

Gold Hill District
Phyllis Zeldia Frankel, violation of basic rule, \$10.
William Arthur Baker, no lights, \$10.
Richard Dean Glenn, violation of basic rule, \$20.
Henry August Botchek, disobeyed stop sign, \$10.
Robert Gene Morris, truck speeding, \$25.
Fred Gottfried Peste, violation of basic rule, \$10.
Paul Charles Hicks, bus speeding, \$25.
Eugene Wayland Pratt, no lights, \$10.
Barnett Smith, truck speeding, \$10.
John Henry Sims, failure to obey operator's restrictions, \$5.
Following truck too close, \$15.
William Fuller Andrews, Jr., Anthony Glenister Lavender, violation of basic rule, \$10.
Lewis Wayne Nickola, no lights, \$10.
Bruce David Williams, violation of basic rule, \$25.
Leroy Edward Harris, truck speeding, \$10.
Leonard Milton Williams, failure to drive right side of highway, \$15.
Gerald Estel Hankins, truck speeding, \$10.

MEDFORD MUNICIPAL COURT

James Ralph Daugherty, disobeyed traffic signal, \$10.
David Lee Vingling, violation of basic rule, \$25.
Gail W. Casper, disobeyed stop sign, \$10; no operator's license on person, \$5, suspended.
Jim Joe Hobbs Jr., expired vehicle license, \$5, suspended.
David Edmond Walsh, disobeyed traffic signal, \$5.
Sennie Dale Kinney, disobeyed traffic signal, \$5.
Freeman E. Johnson, violation of basic rule, \$10.
Patricia Violet Ford, disobeyed stop sign, \$5.
Keith Harry Butts, no tail lights, \$10, suspended.
Heleen Williams Harper, violation of basic rule, \$10.
Rosemary Lane Jones, violation of basic rule, \$25.
Gene Arlo Dalbec, frosted windshield, \$10.
Gary Franklin Hart, violation of basic rule, \$10.
Dorris Helen Reed, violation of basic rule, \$10.
Ethan Everett Ward, disobeyed traffic signal, \$10.
Rosa Mitchell Conner, disobeyed yellow light, \$10.
Kenneth Dale Bushars, disobeyed traffic signal, \$10.

GRAND OPENING OASIS BALLROOM

SATURDAY, JANUARY 26th

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Physical Fitness of Youth Said Lower

Eugene — A second physical fitness test by Oregon State university and the University of Oregon of incoming freshmen reveals that those who did not participate in physical education classes in their junior and senior years in high school have significantly lower physical fitness scores than those who did participate.

Grants Pass Man Among JC Finalists

Portland — UPI — The Oregon Junior Chamber of Commerce has named the 10 finalists for its "Three Outstanding Young Men of Oregon Program." The names of the Jaycees' three outstanding young men will be announced at a banquet at Bend Feb. 9. The finalists, who were picked from more than 400 entries, are: Paul R. Nordstrom, Lake Oswego; Corland H. Mobley, Portland; Paul Reynolds, Bend; Donn D. DeBernardi, Oceanlake; Edward J. Warmoth, Salem; Floyd Bennett, Milwaukie; Gordon Burns, Grants Pass; Norman H. Silver, Beaverton; Richard E. Miller, Eugene, and Paul A. Thalhofer, Pendleton.

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