



Small Worlds Around Us

By LYNN M. WATKINS
(Register and Tribune Syndicate, 1963)

Ants Join Man and Dog in Suffering with Rheumatism

Stiffness and aching of body joints and muscles have been observed in ants, indicating that these insects, like man and dog and many other living beings, often suffer with rheumatism. It is a disease that has plagued mankind, as well as other animals, since the very beginning of time.

The caveman, living as he did in a damp hole in the side of a hill, thought the disease was caused by dampness. Grandfather, too, had rheumatism, but his home was dry and heated. Many folks today, in dry, comfortable surroundings, still suffer with this crippling disease.

The caveman, as well as the ant and the others, continued to suffer without trying to do much about it, but grandpa figured he had better sense. He listened to those who were supposed to know, and proceeded to do something about it. One very good remedy had to do with the magic of red.

Red woolen underwear — red flannels they were called. Wearing these all winter was supposed to end the reign of rheumatism for all time. When he continued to suffer, even after wearing the flaming colors for months on end, he began to question the effectiveness of the remedy. He gave red flannels up for another "sure-cure."

Copper Wire — This one was told to him by one who had cured himself. It consisted of wearing a heavy copper wire around the wrist. The advocates of this treatment were firm in their preference of the left wrist—that was the one closest to the heart. If the rheumatic pains were severe and a faster treatment was desired, then a copper anklet was to be worn around the left ankle. There were many deluded sufferers that wore these copper bracelets and anklets for years; some wore out several wire loops but still suffered from rheumatism. It was a terrible disappointment; taking a bath or pulling on a shirt over a loop of wire on the wrist or ankle took practice — and the disease still was present.

Of course, the treatments didn't end with the red flannels, the copper wires or any of the other sure-fire remedies. Some sufferers, still hopeful, were open to any other suggestion for relief. They tried anything or everything that promised a measure of relief. Simple remedies seemed better than the more complicated ones because they were easier to practice. One that was supposed to be pretty sure was the horse chestnut cure.

Body Contact — Like making rabbit stew—first catch the rabbit — so with the chestnut cure, first secure the horse chestnut. The nut was carried in the pocket at all times. The lady who suffered the pangs of rheumatism was advised to carry the chestnut in her purse and have it with her at all times;

better still was wearing the nut, on a string, around the neck. The idea was that the cure was always in direct contact with the body.

By now we have pretty well abandoned the red flannels, the copper wires and the horse chestnuts as cures. Of course, the ants, the dogs and the others that suffer from the effects of rheumatism never tried any of the remedies; they still suffer, as do so many people, with rheumatism.

Ironic that the same, suspected microorganism that probably causes this crippling disease is often present in an ant or an old family dog, and in all it causes the same suffering, even the same chronic disabilities of the joints.

Ice on Area Roads Causes Accidents

State police reported today that a series of accidents resulted from icy pavement last night.

Among the cars damaged was a state police car driven by Officer Carl Douglas Holly, 30, of 1470 Magnolia ave. The state police car was headed north on Interstate 5 when it spun out on the ice and slid into a divider railing at the Barnett rd. overpass just south of Medford. No injuries resulted and only moderate damage to the right rear fender.

Officers said it was the first accident resulting in damage to a state police car this year. Cars driven by Gordon Ardele Just, 33, of 745 Head rd., Central Point, and Leona Alice Hoffman, 61, of 317 North Fifth st., Central Point, collided on Head rd. at Hamrick rd., police said.

A truck and trailer driven by John William Fundley, 35, of Indianapolis, and a station wagon driven by Norman Clarence Eastridge, 31, of Grants Pass, sideswiped as both were northbound on Interstate 5 at Blackwell hill, state police said. The Eastridge car skidded on ice, they said.

Heavy damage, but no injuries resulted when a carry-all vehicle went out of control on Crater Lake highway at Eagle Point and rolled over. The driver, Don Leroy Carpenter, 20, Soquel, Calif., was not injured, state police said.

Funeral Pending for Movies' John Farrow

Beverly Hills, Calif. — (UPI) — Funeral arrangements were pending today for John Farrow, 58, who won an academy award in 1960 for his screen play of "Around the World in 80 Days."

Farrow, a native of Sydney, Australia, died Sunday of a heart attack. His wife, actress Maureen O'Sullivan, returned here Monday from New York, where she was starring in the stage play "Never Too Late."

The Medical Roundup

by *Walter Alvarez*
Emeritus Consultant in Medicine
Mayo Clinic
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Mayo Clinic
(Register and Tribune Syndicate, 1963)

Many persons want to know why occasionally they have a nosebleed. Obviously, there are many mild nose bleeds which affect millions of people, and soon stop by themselves, are hardly worth worrying about. In my lifetime, I have had hundreds of nosebleeds which quickly stopped by themselves. Rarely did I stuff some cotton into the opening in my nose from which the blood was coming. I imagine that most of these nosebleeds came because I had blown my nose violently or I had picked a disturbing crust out of my nose. Many nosebleeds came for no reason that I could see at the time.

I probably have had more nosebleeds than most people have — for two reasons: one, I have had a life-long tendency to sinusitis on one side, and two, in my youth I had a spur on my septum bone (the bone between the two nares of the nose) chisled off, and the scar tends to form crusts and then bleed.

Never has one of my nosebleeds continued for more than a few minutes. A fact that should cheer many people who now worry about nosebleeds is that only once in my years of general practice did I have to pack a man's nose with gauze in order to stop his severe bleeding. During all my years I have seen a number of persons badly frightened by a severe nosebleed, but always I stopped it quickly with the simple method I will now describe. All I had to do was to ask the man to lean forward or to lie on his stomach with his face down. Then he had to hold his nose closed for 10 minutes — by his watch. When he was lying with his face down, the blood had to stay in his nose and clot there. By holding his nose for 10 minutes, he gave the blood time to clot. The mistake people with a nosebleed commonly make is either to sit up or to lie on their back — thus allowing the unclotted blood to keep running down their throat.

Can Pack Nose — If my simple method does not work, a nose specialist can look in with his mirror and pack some cotton or gauze tightly against the bleeding spot. If the person has many severe nosebleeds, he ought to avoid picking his nose or blowing it hard. He should have a nose specialist examine him to see if he has any local disease that can be healed. In rare cases, a man will be found to have in his nose tiny little tufts of fragile blood vessels — a so-called hereditary telangiectasia. Often these red spots can be destroyed with an electric needle.

The man whose nose tends to bleed badly ought to have his blood studied to make sure that it clots normally, and that there is no tendency to leukemia or to a disease of the kidneys, or to a disease called purpura, in which black and blue patches appear under his skin. His blood pressure should be measured. In very rare cases, a young woman will suffer from what is called vicarious menstruation: every month she may bleed from her nose as well as from her womb.

The important point I would like to make here is that few persons need to get at all panicky about a nosebleed. The chances are several thousand to one that it will soon stop.

What does a blood pressure reading mean? What is normal blood pressure? What causes high blood pressure? If you would like to have the

answers to questions like these, send for Dr. Alvarez's booklet on "High Blood Pressure." To obtain your copy, send a 5-cent stamped, self-addressed envelope and 25 cents with your request to Dr. Walter C. Alvarez, Dept. MMT, The Register and Tribune Syndicate, Box 957, Des Moines 4, Iowa.

Belching — When a person asks me what to do for belching, I wish I could sit down with him and find out more about how he is belching, how long it keeps up and what painful emotion is causing him to belch. A single belch or two doesn't mean anything except, perhaps, a full stomach. But the belching that lasts for an hour or two always means a marked degree of nervousness or anxiety or fear of something. For instance, I remember a business man who would start belching soon after he went to bed and would keep it up until about 1:30 o'clock when, from sheer exhaustion, he would fall over and go to sleep. I just asked him what he was afraid of, and it turned out that he was manager of a company in which the several big stockholders were fighting bitterly among themselves and this made his position almost untenable.

Anybody who keeps belching for a half hour or more is swallowing air or bringing it right up again. It is a nervous habit which a man should promptly try to stop. It won't get him anywhere; it is like cracking one's knuckles. A sedative may help greatly, especially at night.

Two Ways Smart

Washington — (UPI) — Teamsters President James Hoffa said Monday night that his union faced new problems because bonding companies were refusing to underwrite teamster operations.

Hoffa charged that the Justice Department and other government agencies had threatened the bonding companies with "trouble" if they did business with the union.

Under the Landrum-Griffin Labor law, all union leaders handling union funds must be bonded by companies approved by the Treasury Department.

Hoffa said the government was using the provision to try to force removal of local and international union officers by means other than court action.

Nursery Education Group Discusses Pre-School Class

There were 21 private kindergartens, nursery schools, day care centers and related public agencies in southern Oregon represented at the January meeting of the Southern Oregon chapter of the Oregon Association for Nursery Education here.

Raising and maintaining an excellence in the standards of pre-school education was the purpose and theme announced for the session.

The members reviewed the nationally approved standards for kindergartens in relation to facilities and materials used. Curriculum programming was outlined.

The main purpose of kindergarten is to provide an enriched environment in which the child may grow mentally, emotionally, socially and physically at a rate in keeping with his level, the members noted.

Achieved in Location — This can be achieved only in a healthy and attractive location with materials that are interesting, stimulating and safe and under the direction of a specially trained kindergarten teacher, it was emphasized.

Chapters 3 and 4 of the study manual, "Observing and Recording the Behavior of the Young Child," were reviewed and it was generally agreed that making and keeping such individual records would be most valuable to the teacher in determining the needs of the child.

The meeting was held in the O.K.K.A.E. Kindergarten with Mrs. Sammy Harris as hostess. Jane Coverstone, president of the association, presided.

Mail-Order Firearm Sales Investigated

Washington — (UPI) — A Los Angeles police officer testified at a Senate hearing today that the rising juvenile crime rate is being accelerated by the mail order sale of firearms.

"Anyone, virtually anyone, can get a gun," Sgt. Kenneth Carpenter, investigator for the Los Angeles board of police commissioners, told the subcommittee on juvenile delinquency.

The Senate group is investigating interstate traffic in mail order firearms.

Carpenter said even though California and Los Angeles have strict regulations over sale and use of firearms, dealers are able to operate mail order businesses there "virtually uncontrolled."

In addition, Carpenter said, "There is no way of knowing how many of these weapons are being collected to form the secret arsenal of some subversive or revolutionary group."

Game Commission Fell Down On Public Relations Program

The Oregon state game commission has fallen down badly in the field of public relations. The public should have been informed in advance of the high winter kill last year in the deer population.

The statement was made by Mike Miksche, public relations director for Hudspeth Industries, Prineville, at the Monday noon luncheon of the Medford Chamber of Commerce Roundtable.

Miksche's remarks about the game commission, currently under fire around the state in connection with the deer season, were incidental to his main talk, which was concerned with an explanation of Hudspeth's private hunting program on its some 200,000 acres of wooded land in six eastern Oregon counties.

Beginning in 1956, when the Hudspeth family acquired much of the property, the land was opened up for public hunting with no restrictions.

Only With Permission — "But the amount of deprivations and evidence of carelessness and poor sportsmanship that resulted was such that the following year the family decided to grant hunting to the public only with permission," Miksche said.

Even that didn't work. In 1957, apparently angered at being kept off the land, the hunters caused even more damage to the livestock and property. In 1958, the Hudspeths closed their land hold-

ings and posted no hunting signs.

Shortly after that, Miksche said, a program of providing "recreation at a reasonable fee" was worked out. The Hudspeths agreed with the game commission theory that "game can't be stockpiled."

Must Be Harvested — "Game animals and birds must be harvested," he said, "or nature will take care of it herself, and waste will result."

In fish, deer and game bird seasons, permits are sold at \$25 each. An annual membership is sold for \$65, which permits the bearer to bring his family onto the Hudspeth land for individual excursions at half the normal price.

The fees aren't all profit. "We know what recreation costs on a private basis," Miksche said, "and it's very expensive."

The speaker said that, for example, Hudspeth has planted over a period of time some 500,000 fish of several varieties in a half-dozen reservoirs in order to improve fishing for his clients.

Also, in order to properly exercise supervision over their vast holdings, the Hudspeths found it necessary to set up a communications network, including two-way radios, jeeps and even an airplane. The communications system, Miksche said, can be used to assist the member, but it is also used to spot and apprehend game violators.

A Natural Resource — "Recreation is a natural resource," Miksche said, "and on the whole the game commission has been doing a good job of protecting it."

But the speaker said he felt the commission has erred in the past in not working more closely with the private land owner and in not being careful to keep the public fully informed on its activities.

"I'm not here today on behalf of the game commission," he said, "far from it. But I do think it is unfortunate that all this criticism has developed recently. Because of it, the commission is going to have to devote time, energy and funds to answer the charge."

U.S. TRADE SUFFERS

Washington — (UPI) — President Kennedy has reported to Congress that the U.S. share of world trade declined in 1961, largely because of competition from the European Common Market countries.

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