

The Medical Roundup

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

Tenosynovitis

People occasionally ask me about tenosynovitis. One woman writes asking me to tell her "all I know about it." Actually, I do not know much. "Teno" refers to a tendon, which is a tough cord running from a muscle to a bone. For instance, when I want to grab something and hold it firmly in my hand, muscles in the upper part of my forearm contract and pull on tendons that run to the palmar side of the several bones in my fingers. As I now glance at the back of my hand, I can see four tendons running to the backs of the bones in my fingers. When muscles pull on these tendons, they cause my hand to open.

Around each of these tendons is a little sheath, lubricated with a fluid called "synovia." Hence, tenosynovitis means an inflammation of the sheath around a tendon. Always, then, there is some soreness or pain, and there may be a little swelling and some reddening of the skin over the inflamed area.

The next question is, "Why does the inflammation come?" I imagine it comes most often in people like me who for all their days have spells of "fibrositis" — an arthritis-like disease which causes some irritation or inflammation of the several fibrous tissues in the body. In my case, every so often I will have some soreness around a joint. I may have enough pain in a hip joint or ankle joint so that when I get up in the morning, I will have to limp a bit. When that happens, I take a walk and usually after I have gone three blocks, the pain is gone for the day. A spell of pain may last for three days, a few weeks or, rarely, a few months. Occasionally, I will get a mild spell of tenosynovitis and it may hurt to move my fingers. But usually, in a few days or weeks, the distress is gone. I never take any medicine for it. If it were to produce enough pain to bother me, I would take some aspirin.

One of my correspondents

Small Worlds Around Us



By Lynn W. Watkins
 (Register & Tribune Syndicate, 1963)

Bootjack Took Off Boots That Protected Against Bootjack

The similarity between what used to be a common household object and the seed of a common plant is actually startling. Of course, if you never knew about that simple but necessary adjunct to a man's wardrobe — the "bootjack" — you will only see in the seed of the Spanish needle plant a two-pronged, flat seed that waits, along with hundreds of its fellows, to adhere to your clothing or the fur of any passing animal.

That's the idea, a clever scheme whereby this noxious weed sends its seeds to start new colonies far away from the parent plant. The Spanish needle's idea is well founded, and effective.

Boots Tailor Made

The well dressed gentlemen of yesteryear probably had his boots tailor made, and of a rather close fit — so firmly fitted, in fact, it required considerable pushing and stomping to get the feet snugly seated. This was often accomplished by the man jumping up and down, actually driving the boots onto his lower legs and feet. Everything was just dandy when putting boots on, but when night came and the man was ready to retire, a problem presented itself. If the man lived alone he had to employ a bootjack. Otherwise, he couldn't get his boots off, which probably explained why it was honorable to "die with one's boots on." Dying was easier than removing the tight fitting footwear.

The bootjack was a simple arrangement: just a board with one end raised off the floor a couple of inches, and two prongs extending from the higher end. The heel of the boot fitted in between the two prongs. The man stood on the board, placed the heel of the other boot in the slot and by muscular pull yanked off the boot. He changed feet and pulled off the other. So simple was the idea, it was silly.

Whoever the character was that figured the silly thing out in the first place probably thought himself a genius.

Boots Protected Legs

The high, leather boots the dandy of yesteryear wore also kept the bootjack's counterpart, as well as namesake, from cluttering up his lower limbs. For the bootjacks that are the seeds of the Spanish needle plant couldn't send their sharp pronged barbs into leather.

It would have had to be a pretty stupid individual that didn't notice the striking similarity between the seeds of the Spanish needle and the old fashioned bootjack; they look exactly alike. Because the two prongs on the seed of the plant are sharp, they were named "Devil's bootjack."

The flowers that appear on this common weed are showy, even pretty, and are of a golden yellow color or a pasty white. The leaves of the plant resemble those of the marigold. The seeds form a small ball, the blunt ends imbedded in the flower base and the sharp, two pronged ends outward, where the larva can hook onto any passing animal.

Those folks who never saw a bootjack often call the seeds of the Spanish needle "Devil's pitchforks," especially if the seed is equipped with four barbs instead of two. Less imaginative folks just call them "stickseeds."

LEGAL NOTICES

NOTICE OF SALE OF REAL PROPERTY IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY PROBATE DEPARTMENT

In the Matter of the Estate of IDA E. DRESSLER Deceased. NOTICE IS HEREBY GIVEN that the undersigned will, from and after the 15th day of March 1963, sell all of the right, title and interest of the above entitled estate in and to the following described premises situated in Jackson County, Oregon:

House and lot located at 31 Vancouver Avenue, Medford, Oregon, more particularly described as:

TRACT A: The North Half of the East 1/2 of Lot Five (5) in LINDLEY ADDITION to the City of Medford, Jackson County, Oregon, according to the official plat thereof, now of record.

TRACT B: The North Half of the following: Beginning at a point 200 feet South of the northeast corner of Block Nine (9) of MEDFORD HEIGHTS ADDITION to the City of Medford, Jackson County, Oregon, according to the official plat thereof, now of record; thence South 90.0 feet; thence West 31.35 feet; thence North 90.0 feet; thence East 31.35 feet to the point of beginning; being a strip of land 31.35 feet East and West by 90.0 feet North and South, lying directly East of Lot Five (5) of Lindley Addition to the City of Medford, Oregon.

House and lot located at 914 Beady Avenue, Medford, Oregon, more particularly described as:

Beginning at a point which is 415.20 feet North and 191.26 feet East of the southeast corner of the Donation and Claim No. 42 in Township 37 South, Range 1 West of the Willamette Meridian in Jackson County, Oregon, thence East 52.0 feet; thence North 158.44 feet to the south; thence along said line 32.0 feet; thence South 130.0 feet to the point of beginning.

Said property will be sold at private sale for cash on credit at the office of DeForest & Handen, 222 Franklin Building, Medford, Oregon, subject to confirmation of the above entitled Court. Dated and first published February 11, 1963.

Arthur F. Dressler, Executor

NOTICE OF HEARING ON FINAL ACCOUNT

Notice is hereby given to heirs, creditors and others interested in the Estate of Elmer L. Van Lindt, who known as Elmer L. Van Lindt and also known as E. L. Van Lindt, deceased, a probate proceeding in the Circuit Court of the State of Oregon for Jackson County, that the hour of ten o'clock a.m. on Monday, March 18, 1963, in the Circuit Courtroom of the Jackson County Courthouse at Medford, Oregon, has been set by said Court as the time and place for hearing on objections, if any, to the final report of the Administrator With The Will Annexed, determining heirs and discharging said Administrator.

Jens Peterson, Administrator With The Will Annexed
 220 S.E. H Street
 Grants Pass, Oregon

NOTICE TO CREDITORS

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY, PROBATE DEPARTMENT

In the Matter of the Estate of DOUGLAS IRWIN PETERSON Deceased. NOTICE IS HEREBY GIVEN that the undersigned, being duly appointed by the Circuit Court of Jackson County, Oregon, executor of the estate of the above named decedent, and all persons having claims against said estate are hereby notified to present same with vouchers duly verified as provided by law to the undersigned at the offices of Haviland & Clinkinbeard, 1005 East Main Street, Medford, Oregon, within six months of the date of first publication of this notice.

DATED and first published this 4th day of February, 1963.

EILEEN MARY PETERSON, Executor
 HAVILAND & CLINKINBEARD, Attorneys for Executor

NOTICE OF HEARING ON FINAL ACCOUNT

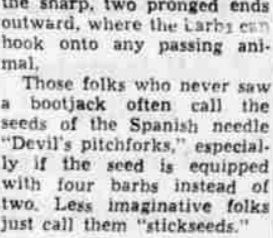
Notice is hereby given to heirs, creditors and other interested in the Estate of Mary Leah Van Lindt, deceased, a probate proceeding in the Circuit Court of the State of Oregon for Jackson County, that the hour of ten o'clock a.m. on Monday, March 18, 1963, in the Circuit Courtroom of the Jackson County Courthouse at Medford, Oregon, has been set by said Court as the time and place for hearing on objections, if any, to the final report of the Administrator, determining heirs, and discharging said Administrator. Ruth A. Robertson, Administrator
 220 S.E. H Street, Grants Pass, Oregon.

MARRIED 50 YEARS

Jersey City, N.J.—UPI—Actor-singer Frank Sinatra helped his parents celebrate their 50th wedding anniversary Saturday with a filet mignon and champagne party attended by about 200 friends. Sinatra's anniversary gift to his parents was a \$60,000 home in Fort Lee and a \$25,000 diamond bracelet for his mother.

HOW COME

Fluhrer's Holsum BREAD NOW TASTES BETTER THAN EVER?



LEGAL NOTICES

NOTICE OF SALE GIVEN THAT on the 5th day of March 1963, at the hour of 9:00 o'clock A.M., I shall at public auction, for cash to the highest bidder sell all of the right, title, estate and interest of Ernest E. Gibson in the following described real property, to-wit:

The Northeast quarter, the East half of the Southeast quarter, the Southeast quarter of the Northwest quarter of Section 11, Township 35 South, Range 2 East of the Willamette Meridian, Jackson County, Oregon.

The Northwest quarter of the Southwest quarter of Section 12, Township 39 South, Range 2 East, Willamette Meridian, Jackson County, Oregon.

SAID SALE is made pursuant to an Execution issued out of the Circuit Court of the State of Oregon on the 21st day of January 1963 and a Certificate of Levy filed January 31, 1963, wherein R. E. Bugbee is Plaintiff and Ernest E. Gibson is defendant. Dated February 4, 1963.

De Leigh Sheriff
 Jackson County, Oregon.

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4th MARGARINE	TASTEWELL	lb.	10^c	
EGGS AA LARGE	Strictly Fresh	Doz.	47^c	
CORN COTTAGE	Whole Kernel or Cream Style	No. 303 Tin	10^c	
GREEN BEANS	Cottage Cut	No. 303 Tin	10^c	
FACIAL TISSUE	CHIFFON	200 Count	10^c	
LUNCHEON LOAF	Hamlet	12-oz. tin	29^c	TOMATO SAUCE ARGO 15 for 99^c
STEWED TOMATOES	Premium	No. 303 6 for	99^c	
PEACHES	Modoc - Freestone Halves	No. 2 1/2 tin 4 for	99^c	
CHOCOLATE CHIPS	Bakers	6-oz. pkg. 19 ^c 12-oz. pkg. 37 ^c		

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Completely Tenderized

SHANK 1/2	lb. 39^c
BUTT HALF	lb. 49^c
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PORK CHOPS

Lean Tender Chops from the Middle of the Pork Loin.

69^c lb

PORK LIVER SLICED

lb. **19^c**

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Cotton Panties	2 for 25^c
Girls' Capris	Fully Lined, Good Choice, Reg. 3.49. \$1.87 pr.
Boys' Sweat Shirts	Reg. \$2.29. 99^c ea.

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Sugar or Glazed **DONUTS** Doz. **49^c**

Jelly or Lemon **ROLLS** **39^c**

Cinnamon **BREAD** **29^c**

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All No. 1 Golden Ripe Hands

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Large Juicy Sweet Navels

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