

# The Medical Roundup

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## Preparation for Skiing

We all know that skiing has become one of America's favorite winter sports, and thousands of people are taking it up. Unfortunately, many of them wind up with a leg in a plaster cast, the number of accidents at one big skiing resort is so great that they must have a hospital nearby with a good surgeon in attendance.

A writer in the Journal of the American Medical Association recently said that many of the accidents suffered by skiers are due to the fact that they go out the first day in poor physical condition, perhaps attempt too much skiing and remain out on the snow after they get very tired.

Experts say that for 8 to 12 weeks before the ski season opens, the person who intends to go up on the hill had better start strengthening his legs with exercises — squatting down and standing up for 50 times or more, and much walking on his toes. Important muscles that control the movements of the thighs can be developed with three exercises: (1) lying on the back and raising both thighs together; (2) lying on the back with the toes perhaps under the bed clothes and sitting up with the arms folded, and (3) standing and raising a thigh and perhaps moving it from side to side.

All beginners should receive some coaching, preferably from a certified ski instructor. The most important rule is, "Never ski alone."

Someone should be around who can go for help in case of need.

Also, the beginner should ski only on hillsides that are patrolled or supervised; he should learn early how to check his speed quickly when need arises; he should quit skiing as soon as he gets tired. (Then is when the skier can most easily fall and break a leg.)

## Diet for Kidney Stones?

People often ask me for a diet to prevent kidney stones, but I am not sure that any form of dieting will help. One difficulty is that kidney stones vary in their composition. Another difficulty is that we cannot always change the amount of lime or phosphates or urates (salts of phosphoric or uric acid such as are found in most kidney stones) in our blood and urine by changing our diet. The body has wonderfully efficient mechanisms for keeping the amounts of the several chemicals in our blood within narrow limits—except in the presence of serious illnesses.

One thing a person with a tendency to kidney stones must do is to have the amount of calcium (lime) and phosphorus in his blood measured. If this is done in all cases of kidney stones, a number of the patients will show signs of disease in their parathyroid glands. These are small nodules of peculiar tissue that are found back of the thyroid gland, below the Adam's apple in the front of the neck. They have much to do with regulating the amount of lime salts in the blood. Rarely, one (or more) of these glands has to be removed surgically.

As far as I know, there is no good way of dissolving kidney stones with medicine or diet.

People with perhaps a large "staghorn" stone, which fills the cavity in one kidney, should know that if tests show that the kidney no longer has any function, there is no sense in operating to remove just the stone and not the kidney. The kidney might as well be removed with the stone, because its function, once lost, does not return. Fortunately, a person can live comfortably with only one kidney.

## Leukoplakia

People occasionally ask me about leukoplakia. The root leukos in Greek means "white," and plakia suggests a tiny "plate" or plaque or small flat thin patch of thickened tissue, or even a "spot." Hence, the word is used to describe white patches which appear on the inside of the cheeks, on the tongue, the gums, the lips and the vulva of women. Such patches are common in the mouths of men who are heavy pipe smokers.

I doubt if there is any medicine which will affect these patches. Because there is a tendency for cancer to grow in them, if I had one in my mouth or on my lower lip, I would quickly get a surgeon to trim it off.

According to a recent poll, there are some 34 million people in the United States who are overweight, and one-third of them are trying to do something about it. About 90 per cent of these persons who are struggling against excess weight are women. Dr. Alvarez maintains there is only one scientific way to reduce in his booklet on "Weight Control." To obtain your copy, send 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

## A View of the Valley

# John Glenn Formally Commended For Aerial Look at Imperial Valley

By DICK WEST  
Washington—(AP)—Many honors have been heaped on Lt. Col. John H. Glenn for his pioneering space voyage a year ago, but one tribute was rather long in coming. Only this week did Glenn finally receive formal commendation for having been the first American astronaut to behold the Imperial Valley of California while in orbit.

I do not know the reason for the delay, but I, along with millions of other Americans, can rejoice with him now that his achievement has been fittingly acknowledged and immortalized.

A plaque commemorating his history-making glimpse of the valley was presented to Glenn by Rep. Pat Minor Martin (R-Calif.) on behalf of the Imperial Valley Development Agency.

Its beautifully worded inscription reads in part:

"Dedicated to Lt. Col. John H. Glenn Jr. for his historic flight through space on Feb. 20, 1962, wherein he recognized Imperial Valley, California, its irrigated fields, Salton Sea and El Centro."

Incidentally, in a related ceremony, the "Friendship Seven" capsule from which Glenn viewed the valley was turned over to the Smithsonian Institution for display in its collection of aerial memorabilia.

The enshrinement of the capsule was staged almost directly under the "Spirit of St. Louis," Charles A. Lindbergh's famous old plane, which hangs from the roof of the Smithsonian.

Lindbergh, you may recall, flew across the Atlantic Ocean and therefore missed the Imperial Valley by several thousand miles, which is a pity as the development agency might have given him a plaque, too.

He did, however, get to see France, which is fairly scenic itself although lacking in irrigation.

Also hanging near the space capsule was the original Wright Brothers' plane. It barely flew far enough to get over an irrigation ditch.

One of the speakers at the ceremony noted that only 59 years separated the Wright flight from Glenn's orbital mission. His point seemed to be that a lot can happen in 59 years, and I guess he's right.

## Property Owners' Problems Discussed

Ashland—The three basic problems of concern to the owners of rental property, listed as fire damage or direct damage insurance, rental income insurance and liability insurance, were recently discussed by Floyd Hart, Jr., at a meeting of Jackson County Rental Property Owners Association at the Ashland library.

Hart told members of the insurance available over and above blanket liability insurance, vandalism insurance, earthquake and flood insurance.

The charter and bylaws for the new organization were read for consideration and will be submitted to a vote of the membership at the next meeting.

Willard Richards, legislative chairman, read information received on bills being presented to the House and Senate which are of concern to property owners.

The next meeting of the organization will be held at Medford High school at 7:30 p.m. March 19.

## Freedom Awards Won in Oregon

Valley Forge, Pa.—Three individuals, three schools and a radio station from Oregon were honored with awards by the Freedoms Foundation today.

Roy Paul Nelson, journalism instructor at the University of Oregon, received a George Washington Honor Medal Award for his cartoon, "To Make an Opinion Count."

Henry L. Slater, Burns, received an Honor Certificate Award for an essay, "Long May It Wave."

R. Harlow Schillios, Lake Oswego, received \$100 and a George Washington Honor Medal Award for a public address, "Our Basic Beliefs."

Keizer elementary school of Salem received an Honor Medal Award and Richmond school, also of Salem, a Distinguished Service Award. Forest Hills elementary school of Lake Oswego received a Principal Award.

Radio Station KXL, Portland, received a George Washington Honor Medal Award for "Message for Americans" in the radio category.

## Delegates Attend District Assembly

Five delegates from the Medford YMCA recently attended the Southwest Oregon district pre-legislative assembly at Oregon Technical Institute at Klamath Falls.

The assembly, a prelude to the YMCA Youth and Government sessions in the Oregon State Capitol scheduled for March 28-30 was highlighted by buzz sessions on governmental problems.

Judge A. W. Piper spearheaded the refining of bills in the discussion and committee work session and Edwin Geary, former member of the Oregon legislature, briefed delegates on what to expect in Salem.

Attending from Medford were Sheri Keele, Janet Kolkemo and Judy Kime of Dodge Tri Hi Y, and Mike Christian and John Dent of Tornadia Hi Y. Bob Jones, YMCA general secretary, and Bud Geren, acting youth director, accompanied the students.

## Grazing Fees Noted For Klamath Forest

Yreka—Forest Supervisor Joseph F. Thornton of the Klamath National forest has announced that grazing fees for 1963 on the forest are 61 cents per head per month for cattle and 11 cents per head per month for sheep.

Thornton said more than 5,800 cattle and 2,500 sheep from 90 ranches graze on the forest for periods ranging from April 15 to Oct. 15 each year.



By the time another 59 years go by, the Imperial Valley itself may be lying.

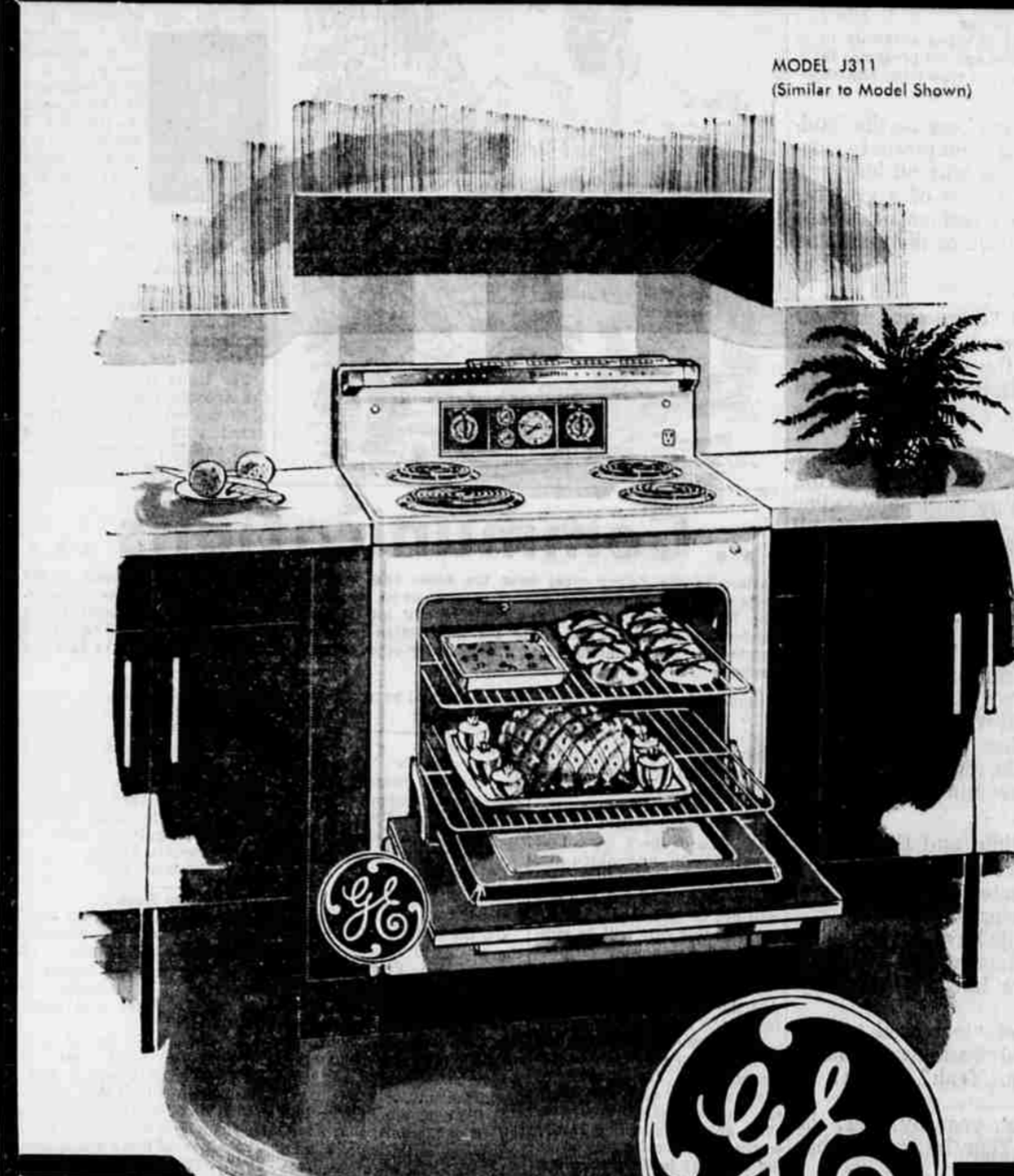
As I was leaving the Smithsonian, I noticed that it also had on display an ancient

"sedan chair," which is an aerial vehicle of sorts although it rarely reaches an

altitude of more than six feet unless it is being carried by a basketball team.

Wonder if they would give someone a plaque for crossing the valley in that?

New York—(AP)—Various writers have called the fight game, Cauliflower canyon, Tinear terrace, Resin ravine, Gladiators gulch, Slapstrasse, Belt boulevard, Battlers' bund and Jacob's beach.



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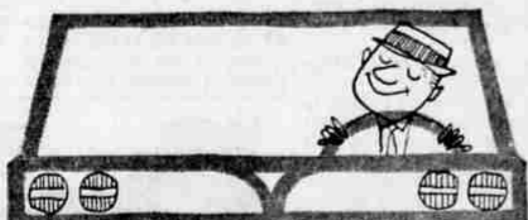
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