

Russian Transport Discharges People

Washington —(UPI)—Rep. K. W. (Bill) Stinson (R-Wash.), said Monday a Russian transport that landed in Cuba last week discharged "several hundred" passengers and picked up less than 200.

Stinson, one of eight House members returning from a week end inspection trip to the U.S. Naval Base at Guantanamo Bay, said he was told this by "various Cuban leaders" he and other lawmakers were able to interview among the Cuban workers on the Navy base.

The freshman House member also reported that one Cuban said his contacts had seen a Russian tanker dock "with 21 Russians getting on and 125 getting off."

"According to the Cubans contacted, at least 70 per cent of the population would fight against Castro right now if the Russians were removed from Cuba," Stinson said.

LOGGER KILLED

Estacada —(UPI)—Lawrence O. Hadley, 45, of Eagle Creek was killed Monday when he was crushed by a tree he was felling. Eagle Creek is a community about four miles north of here.

The Medical Roundup

by

Walter C. Alvarez

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(Register and Tribune Syndicate, 1963)

Adams Stokes Disease

People occasionally ask me about Adams Stokes disease (or Stokes Adams disease): what is it due to and what can be done to cure it? In this disease, there usually is a pulse of perhaps 40 beats a minute, instead of the normal 70 to 80, and occasionally, for some seconds, there is no beat at all. Because of this and a lack of blood going to the brain, the person falls unconscious.



A heart specialist will tell us that there is a "block" in the "conducting system." This system is a band of specialized tissue along which the beat, beginning in the upper part of the heart, shoots down to the apex. The block is due probably to the destruction

of a bit of the "conducting bundle" and this followed the plugging up of a small artery by a blood clot.

With an Adams - Stokes "heart-block", every other beat which starts at the base of the heart fails to get through to the "ventricles"—the big powerful pumping chambers of the heart. As a result, the pulse-rate is markedly slowed. This slowing might be put up with by the person, but every so often several beats will fail to get through; the brain will lack blood, and with this the person will lose consciousness, perhaps for a few seconds or minutes. These fainting spells may occur a few times a day or once or twice a month.

Some appear to be brought about by an irritation of certain nerves running to the heart. Often the fainting spell follows immediately after a little exertion, such as lifting a heavy suitcase.

A rare form of Adams-Stokes disease, with the fainting spells, can be seen in persons who have a normal heart beat, and very little change in the electrocardiogram. What these persons probably have is a much narrowed artery in the heart, which every so often fails for some seconds to carry enough blood to the heart so that it will beat. As in the more common form of the disease, when the heart fails to beat and the brain does not get enough blood, there will be a brief spell of unconsciousness. I remember a man who, while chatting with me, would lose consciousness; then after perhaps 20 seconds he would wake up and continue with what he had been saying.

Naturally, these people live a precarious life, because if some day the heart should stop pumping for too long a time, two things can happen: one is that the person can fail to wake up, and the other is that serious damage can come to the brain because of the lack of oxygen.

Lately, some of these persons have been greatly helped by a little electrical apparatus which is placed under the skin of the chest wall. Two little wires carry perhaps 80 impulses a minute to the heart — impulses which keep the heart beating regularly.

In cases of the rare type of Adams-Stokes disease in which the pulse rate is usually normal, certain medicines may cause the heart to keep beating; also, surgeons are now trying to enlarge with a patch the badly narrowed artery.

One of the commonest diseases of man is the one in which, over the course of perhaps several years, a middle-aged or elderly person is pulled down and aged — step by step — by dozens or scores of little dizzy or woozy spells, each one of which is due to the plugging-up of a small or tiny artery in the brain. Dr. Alvarez talks about this disease in his booklet on "Little Strokes." To obtain a copy, send 25 cents and a stamped, self-addressed envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

Bullseye Hit With Pershing Missile

Cape Canaveral —(UPI)—The Army scored a bull's-eye Monday night with a Pershing missile fired from a mobile launcher parked on a sloping sand bank.

Col. O. M. Hirsch, Pershing project manager, said the missile, designed for field army support, met all test objectives. He said the Pershing's warhead impacted in a target area after a comparatively short range flight.

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Your Money's Worth

By SYLVIA PORTER
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Editor's note: Sylvia Porter is on vacation. During her absence a column by Ralph McGill is being substituted. McGill is currently on a tour of African nations, about which he is writing.

Guinean Notes: In Conakry the best restaurant is kept by M. Boubacar Diop at the 5th Boulevard and the 9th Avenue. It is called, not unreasonably, Chez Diop, a fact which mildly distresses M. Diop, who has a sign proclaiming it to be the Royal St. Germain. This is the name of a famous place in Paris where, for a time, M. Diop, as a young Senegalese venturer in France worked as a bus boy and, later, as an assistant chef. After six years service in the French navy he settled in Conakry.

M. Diop is writing a cook book of West African dishes. He hopes there will be an American publisher, as M. Diop once spent 48 hours in New York, when his ship put in there, and he thinks the cooking and food could be better. Over a dish of rice and beef-en-brochette, liberally inflamed with chili-pepper sauce, he explained that the virtues of Guinean cooking, unhappily, go unnoted. It is true, he says, that rice is the basic item, but there are dozens of sauces. Mr. Diop is putting all of these down and in time will be seeking a publisher.

Guinean cooking is good. The Western visitor may even find it exciting and—testing. There are, true enough, many sauces. The best of them are the varieties of health-giving chili-pepper. The hot red peppers are cooked in oil, either peanut or palm. The peppers are then removed and tomatoes and onions are minced into it and cooked. The result is excellent.

The visitor will do well to use chili-pepper sparingly until the taste buds are attuned to the shock. A liberal supply of chili-pepper applied to a plate of rice and fish will cause the scalp to burn, the tears to flow, and the throat to constrict. First-time diners at Chez Diop have been known to leap to their feet, clutch their throat, and run around making mewing noises. For these Mr. Diop always recommends holding a drink of gin in the mouth for a few seconds. The guest may then either swallow gin or eject it.

The choice is his. But, as aforesaid, one learns by trial and error. The fact is that chili-pepper is an exciting and delicious condiment. M. Diop insists, eloquently, that the peppers cure ills and assure health.

Rice is served with fish, fresh or smoked. It also may be had with very tasty brochettes of beef, fish, mutton, or goat. The sauces are many, but most of them contain peppers, mild or hot, and always tomatoes or tomato sauce. It is really quite a rich variety.

Chicken also is popular. Rice, of course, comes with it. For chicken there is a sauce of which peanuts are a base. Flour and milk are stirred into peanut or palm oil and cooked. The result is something which looks like creamed chicken gravy. There are small bits of crunchy peanuts in it and it adds greatly to the chicken and rice.

There are two or three root-like vegetables of the family from which tapioca is made. They are to be found in the market either in the root form or ground up and marketed in huge mounds. There are special sauces for these to give taste to what is a somewhat bland vegetable. A third vegetable produces something which looks like hominy grits and has about the same taste. Sauces are added to it, as consumers of grits in the U.S. grits-and-gravy belt use ham or chicken gravies, or liberal dollops of butter to give it flavor.

A small, round millet-like grain is eaten as a vegetable or cereal. It also is a base for additives of meat, fish, or vegetables.

The market abounds, of course, in lettuce, cucumbers, tomatoes, and egg plant. The latter two are small in size but the taste is good. The fresh vegetables here are readily edible with a little washing, as the West Africans do not use human excrement as fertilizer, as do the Chinese, Middle Eastern and most Asian countries. Salads in Guinea are quite good.

At any rate, the U.S. cooks may anticipate M. Diop's book. It will give all the recipes, including the 30 or more for chili-pepper.



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