

# The Medical Roundup

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(Register and Tribune Syndicate,  
1963)

## The Strain of Life

Today, many of us physicians, especially in America, tend to blame certain troubles such as coronary heart disease, on the strains and stresses of modern business life. But some thoughtful physicians remind us that even the Romans at times complained bitterly about the unhealthy effects of "the strains of modern life." In fact, in the old days, when a man had no rights he could count on; when he might be thrown into jail or executed without a trial, the strains of life may have been even greater than they are today.

At a recent meeting of the Student American Medical Association, Dr. Butterworth remarked that, "If more of us were concerned with the art of living and fewer with the quest of longevity, we might live more happily and productively, and perhaps longer, too."

At the meaning, Dr. Willis J. Potts thought that the main causes of heart disease are over-eating, lack of exercise, over-weight, and a failure to pick the right ancestors. Dr. Potts' one bit of advice, which he follows himself, and gives to many high-pressure executives in business, is to take a little nap after lunch.

My old friend Dr. William J. Mayo, always used to take a brief nap after luncheon, and sometimes one before supper. I often take one after lunch, and then it gives me great energy for the work of the afternoon and evening.

At the meeting, Dr. Irvine H. Page, Director of Research at the Cleveland Clinic Foundation, said, "My heart needs no special protection against the stress of modern living," and he lives strenuously. Perhaps one reason why he gets along so well is that he is always in such a good humor, with a merry twinkle in his eye.

Dr. George W. Calver, the physician who takes care of the United States senators and representatives, advises them to "practice the hygiene of a quiet mind."

In these days when we doctors keep handing out tranquilizers to almost everyone, I am amused when a wife says to me that she would rather have me put a fire cracker under her quiet husband than to give him a bottle of sedative pills.

The heart is a tough organ, says Dr. Alvarez, who offers much information on this subject in his little booklet, "Heart Trouble," which you may order by sending 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

## Don't Eat Pink Pork

Every house wife ought to know that she should never put pink (undercooked) pork on her family's table; and every hog-raiser should know that he must not feed his pigs uncooked food. Unfortunately, as the editor of the Journal of the A.M.A. recently said, in spite of many warnings, trichinae (the tiny worms found in the meat of some hogs) keep getting into the bodies of quite a few men and women and children.

Commonly, in man the disease is not recognized for what it is because it produces queer symptoms that suggest an infection with some germ. Often, when the infestation is a mild one, it produces so few symptoms that the person may not even consult a physician. If many worms enter the person's body, the first symptom may be a diarrhea, which appears within 24 hours after the eating of the infested pork. After this can come fever, swelling of the eyelids, soreness and pain in several muscles, and perhaps a skin rash.

Soon in the blood their appear many white blood cells called eosinophiles, because they stain red with a dye called eosin. The coming of these cells will suggest the presence of trichinosis. A skin test may be used, and in some cases, the tiny worms may be seen with the microscope in a specimen of blood.

Proper smoking of pork, and thorough cooking will destroy the worms. Unfortunately, no method of inspection in slaughter houses will detect the infested carcasses. When pathologists (students of disease in dead bodies) make a careful search for trichinae in the muscles of a hundred persons, they find a surpris-

ingly large number containing a few of the worms. In most cases, these worms had probably never been present in numbers large enough to cause trouble.

The wise housewife will always cook pork for at least one-half hour per pound. Pork sausages should also be well cooked.

As yet, there is no good treatment for trichinosis, except in the first stage when the worms are in the person's bowel. Then they can perhaps be killed with the drug, piperazine citrate. In all but a few cases, the person recovers. The tiny worms in the muscles will become sealed off with little capsules of scar tissues.

## "Count Calories" Is Fashion's Cry

Count those calories! Don't skip the exercise! And don't bypass the foundation department for those gentling line tapers, because spring '63 is going to be one of the slimmest fashion seasons in years! "Slim," "skimmer," "soft," "light," "natural," "pretty," "supple"—these are the words that describe spring fashions. When you see the clothes that inspired them—right in your local stores, you will add another word of your own. It will be "wonderful!"

To be out of shape is to be out of fashion when the leading dress silhouette is the beltless, unbroken skimmer—when emphasis is on the hips with low-placed, torso-styling—when supple, eased fashions depend upon the figure under them to give them shape; when coats hang straight as rajah robes or are more demilitarized to the figure.

The weight of all spring fashion is light, lighter, lightest! Fabric mills subtract ounces from coatings and suitings by added cotton, silk or synthetics; they styled 100 per cent silks and cottons to look like tweeds and worsteds and feel like air conditioning.

## They'll Do It Every Time

By Jimmy Hatlo

**PROGRESS REPORT—30 YEARS AGO THE BOYS ALL GOT AROUND A RADIO TO HEAR THE BIG FIGHT...**

**BUT NOW WE HAVE TV—SO WHAT DO THE BOYS DO? STILL HUDDLE AROUND THE RADIO!!**



## Life Prisoner Tells Student Assembly About His Mistakes

Cornelia, Ga. — WPK — He was introduced only as "Wink" and when the crew-cut youth stepped to the center of a high school auditorium platform here a hush fell over 700 teen-agers.

"I wanted to be a man before I was ready," he said soberly.

"When I was 17, I decided all it took to be a man was to do the things I saw men doing. I got married, but when things got rough, I picked up a gun. I pulled the trigger."

"Wink" is serving life imprisonment and is one of 800 youths committed to the Georgia Industrial Training Institute on a mountain ridge in the North Georgia Blue Ridge foothills.

He is one of six volunteers in a dramatic "Operation Teenager" program that is sending young convicted criminals into the schools of the state to tell teenagers what the end of juvenile delinquency looks like.

"I've been coming to assemblies here for four years, but I've never seen this crowd of students so quiet," Jack

Scroggs, of Cornelia, a senior at South Habersham High school.

Kennon Davis, principal of the school, invited "Wink" and four other prisoners to address the student body. They were called only by their first name.

"We have had five or six in our school end up the same way these fellows have," Davis told a reporter. "I'm enthusiastic about the response to what they say. I don't think any high school boy or girl should fail to hear facts like that."

Walter Matthews, superintendent of the industrial institute, said the idea for the project came to him "out of the conscience" of four Texas prisoners who were using the same technique on adults.

On "Diving Board" "Being a teen-ager is like standing on the end of a diving board," Wink told the students here. "We are so anxious to jump into the water of adulthood. But instead of a clean dive, too many of us do a belly bust. That was me."

"Marriage is not for boys and girls. We fought that out

the hard way. It takes more to be a man or woman than the emotional dream you see on television.

"We thought we were different. We went into marriage with the amazement of wide-eyed children. But our high school dreams faded. Our vows became warped. There was blame and recrimination. Then I picked up the gun and ended the dream for good."

Davis said student dropouts because of matrimony are among his school's most perplexing problems.

"Crime isn't choosy about who it picks," an adult prisoner, "Jim" told the Cornelia students. "Our place at Alto a few miles south of here represents all sides of the track."

"We've come here because some of you may be well on your way to where we are now. You still have a chance to change. It's too late for us because we can't take back our records."

Civilian employment in California increased from 2,703,000 in 1940 to 6,051,000 in 1960.

## Handbag Shapes Give Smooth New Elegance

With the new soft feminine silhouette setting the tone for spring fashions, leather handbags follow suit in slim, demure styles and delicate leather colors and textures.

The wide variety of shapes in leather handbags have one thing in common, reports Leather Industries of America—elegance. In smooth or grained leather, suede or patent leather, this season's bags are rounder in line, softer in hand and more petite to the eye. And the black-and-gold "Genuine Leather" tag hanging from its handle emphasizes its quality.

**Suit Bags**  
The new lady-like look is underlined in curves and circular lines—drawn by rounded bases and semi-circular cut-out handles. Suit bags in antique leather or gleaming black patent leather frequently exhibit this fashion curve.

In other handbag shapes—such as the pouch or the envelope—flat lines or rectangular bases supply the sleek narrow look which goes equally well with the tailored costume.

Even career bags for the business woman have been trimmed down—at least in

appearance, if not in capacity. In either smooth or grained leather, the career bag stands up to wear without scratch, scar or soil.

**For Sportswear**  
In casual or sportswear, the demi-shoulder bag is a leading feminine fashion. Shorter overall, and swinging on a slightly shorter strap that brings it riding in under the arm, the demi-shoulder bag is seen in deeply grained, smooth and brushed leathers.

The texture of the leather also contributes to the elegant, feminine feel of this season's handbags. Quilted leather, re-introduced in many forms, leads the parade of softer leather bags.

Late day, evening and "bisto" bags also feature softer suedes and smoother polished leathers. An occasional spray of tiny jewels on a cocktail or evening bag sounds a lavish note.

When it comes to color, women will exercise their well known prerogative and change their minds. Though delicate neutrals will be found in caramel shades, creamy beiges, pale bones and white leather, the big news will be in carnival colors.

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