

The Medical Roundup

by *Walter Alvarez*

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

People Who Hate To Go "On the Shelf"

A mother has written me as many do to tell me that she feels terribly distressed because her children have grown up into a dolescence, and in a way, have left her—mentally and spiritually. They no longer depend on her and need her as they once did; instead, they are finding their own friends and their own interests; so now she is left feeling lonely and lost. She says, "My babies are gone!"

She admits that this sounds silly—she knows that children must grow up; if they didn't, it would be a tragedy. But she asks, "What will I do when they have really left me?" She says she has a fine husband whom she loves devotedly, so she will not be left entirely alone. She already has found some outside interests; she is teaching part-time, which is very good, but she still feels the need for something to keep her busy and to keep her from thinking.

She wonders if she should have another child. I think this would be unwise. The time to have children is when a woman is young, and can easily stand the loss of sleep and the constant strain of watchfulness that is needed. The woman wisely says that she hopes she won't now "over-protect" her children in an effort to hold them for a while longer. She feels a nervous breakdown coming—and she wonders where she has gone wrong.

I think this woman needs to learn to accept the "step-downs" that come with the years; she must accept them, and must quietly face the fact that such changes come to all of us. Also, there are compensations.

I was just talking to a woman whose children are now all married and in their own homes. She says she enjoys the peace that has come to her after 50 years of hard work well done every day. She enjoys the privilege of sometimes sleeping a little later in the morning, and she enjoys the quiet in her home. She has been wise enough to go out and help others. For years she has been a volunteer assistant in a hospital; and now, while she is still a fast and accurate typist, she is working as part-time secretary to the pastor of her church.

Aging men also greatly need to learn to "step down" gracefully and without painful emotion. A man who perhaps for years was president of a bank can now, after several years of retirement, go into his old place and be almost unnoticed. This hurts him. He, who was once one of the officers of a Bankers Association, can now go to a meeting of this group and no one will ask his opinion about anything; the chairman will not ask him to "say a few words."

This will, of course, hurt him, but he must say to himself, "That is the way life is, so why fuss. The younger men are now fighting their way to the top—as I once did. I am glad I don't have to make that fight any longer."

A while ago I was talking to a man of 60 who in his youth was his college campus's greatest hero—their All American "end" and pass receiver. He said, "Isn't it strange? Now when I go to the campus, only the head coach knows me, and remembers who I once was. Only he pays me a little respect. Luckily, it does not hurt me any more, like it used to."

One of the hardest things that comes to many a man is retirement at 65. He is wise then if he goes right out and finds himself a job; or better yet, four or five jobs, as I did 12 years ago when I "retired." Because of the joy these jobs have given me, I have had more fun than I ever had before in my life. Retirement is all right if men and women will only accept the step-downs from positions of power and respect, and will then fill their days with useful work.

Porphyria
I suggest that the people who ask me for information about the rare disease porphyria watch for the book written by my good friend Dr. Geoffrey Dean of South Africa. It will probably be out in about six months and will be published by Lippincott and Co., Philadelphia.

In the meantime, the essential thing for people with porphyria to remember is to keep away from barbiturates, and especially the anesthetic that is given as an anesthetic in brief operations. Some persons with porphyria and an extremely sensitive skin, must keep out of strong sunlight. There is yet no known drug that cures the disease. People with it should tell their relatives that all of them should be on the watch for the typical symptoms—great nervousness often with abdominal pain.

Disease of the gallbladder is seen 3 or 4 times as often in women as in men. If you want to know about this disease, send for Dr. Alvarez's booklet, "Gallstones and Gallbladder Disease." Address your request, enclosing 25 cents, to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

Three Accidents Are Reported in City

Three automobile accidents were investigated by Medford police Tuesday.

Treated at Sacred Heart hospital for injuries suffered about 1 p.m. in an automobile accident at the intersection of Eighth and Fir sts., was Maxene Freda Dungey, 42, of 2558 Table Rock rd. She was treated and released, it was reported.

According to police, the Dungey vehicle was involved in an accident with a car operated by Asa Lee Lewis Jr., 27, of Glendale, Ore. Maxene Dungey was cited by police for failing to yield the right of way, and Lewis for not having an operator's license.

Cited for improper lane usage following an accident on South Grape st. between 12th and Monroe sts., about 3:45 p.m. was Theodore Gunnerson Thompson, 76, of 26 Newtown st. Operator of the other vehicle was Lyle Garvin Mann, 43, of route 1, box 217, Medford.

The other accident investigated occurred about 9:40 a.m. and involved cars operated by Howard W. Pincock, 56, of route 3, box 222A, Medford, and William Dody Littlefield, 27, of Eagle Point rural route, Shady Cove, according to police.

Springfield Man Held On Weapons Count

Gerald Thomas Peetz, 29, of Springfield, Ore., was arrested by Medford police early yesterday after it was discovered he was carrying a loaded revolver without a permit.

Police questioned the man after a Trailways Bus company hostess told officers a man on the bus told her he was a detective with a California police department and had showed her the revolver.

Morris Returns from Reserve Training

First Lt. Brad Morris, U. S. Army Reserve, recently returned from two weeks of active duty at Ft. Lewis, Wash., where in addition to his other duties as a quartermaster officer he taught a class on the threat of Communism to the members of the Strategic Army command unit.

He was attached to the 114th Quartermaster Company, a unit assigned to the Sixth Army.

Morris is battalion supply officer for the local Second Battalion, 414th regiment, (BCT) headquartered at 701 North Columbus ave.

Record High Use Of Electricity Is Noted by Company

Portland, Oregon — Record high use of electricity by customers of Pacific Power and Light company and completion of major power transmission interconnections for delivery of new power supplies to its service areas marked progress of the company during 1962, stock holders were told Thursday.

In the year's annual report to shareholders, Paul B. McKee, chairman of the board of directors, said PP&L's 396,466 electric customers used 7,371,407,000 kilowatt-hours of electricity, a gain of 5.4 per cent over power use in the year previous.

The record use also pushed

the one-day peak load on the system to a new high of 1,664,000 kilowatts, more than 100,000 kilowatts above the peak of the previous winter.

Residential consumers used an average of 9.111 kilowatt-hours, a gain of 325 KWH over 1961, and a total that is more than double the national average household use. In most Oregon and Washington districts the average use exceeds 10,000-kilowatt-hours annually, the company noted.

Supplying electric and other utility services to 240 western communities and neighboring agricultural areas resulted in total operating rev-

enues of \$100,158,000, an increase of 5.1 per cent. The earnings of the company after provisions for the preferred share dividends, amounted to \$18,298,000 compared to \$15,530,000 in 1961.

Completed in 1962 The earnings were equivalent to \$1.28 per share on the 14,276,325 shares of common outstanding at the end of the year compared with \$1.15 per share on the 13,445,978 shares outstanding at the end of 1961. Four quarterly dividends of 24 cents a common share were declared.

Completed during 1962 for the transmission network were a 230,000-volt capacity

interconnection near Walla Walla, Wash., and similar capacity lines between Medford and Roseburg and Roseburg and Albany, Ore., and in central Wyoming. PP&L started service to U. S. Steel's big iron ore mining and milling operation, one of the largest new

industries in the West. It also finished a hydroelectric plant of 18,000-kilowatt capacity on the Klamath river and started work on a 200,000-kilowatt steam-electric addition to its big generating plant serving Wyoming.

The new unit will double

the size of the plant, which is located near the company's Glenrock coal field.

LOOK! LOOK!
ELLIS MARKET
Crater Lake Ave.
Have LOCAL DAIRY PRODUCTS ONLY!
S&H Green Stamps

Speaker Noted for Clinic Meeting

Dr. Joseph H. Trevleaven, state administrator of the mental health division, will speak at the 10th annual meeting of the Family and Child Guidance Clinic Wednesday, April 17.

The dinner meeting starts at 7 p.m. at the Rogue Valley Country club.

Edward Collins president of the clinic board noted the clinic is now in its 10th year of operation.

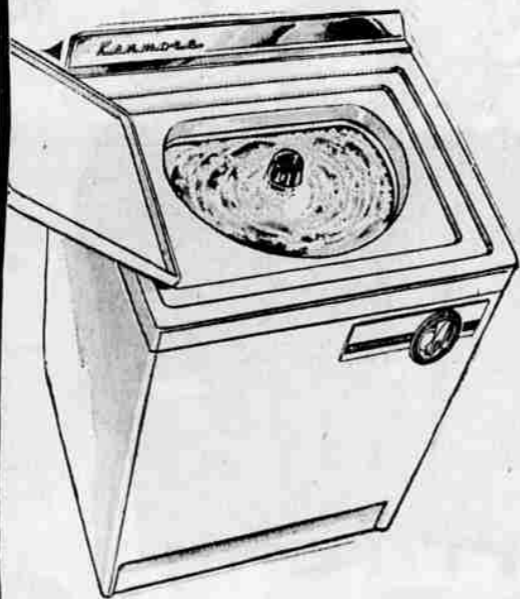


GIGANTIC SPRING SPECTACULAR SEARS SHOPPERS CERTIFIED VALUES!

HERE IS THE BIGGEST SPRING SALE OFFERED BY ANY STORE IN THE VALLEY ... 3 BIG SALE DAYS ... THURS., FRI. AND SAT. SHOP THURSDAY AND FRIDAY EVENINGS 'TIL 9 P.M.

Priced Low

1963 KENMORE AUTOMATIC WASHERS 3 DAYS ONLY



\$158

- Saves time — set it, forget it.
- Single timer and temp. control.
- 24 in. wide; 10-lb. capacity.
- Safety Lid Switch, much more.

Sears Does Not Establish Artificial "List" Prices to allow so-called "discount" or "trade-in" prices. Sears original prices are low prices.

No Trade-in Required
NO MONEY DOWN
on Sears Easy Payment Plan

UP TO 36 MONTHS TO PAY—Ask Sears salesman how you may have up to three full years to pay for Sears Home Appliances. Prices include Delivery and Normal Installation

EXPERT SERVICE is always as near as your phone anywhere in the U.S.A. Replacement parts readily available for reasonable life expectancy of appliance. Ask about extended service protection for just pennies a day.

1963 KENMORE ELECTRIC

DRYERS 3 DAYS ONLY



\$98

SAVE NOW

- One dial for all-fabric drying.
- Normal cycle; Air for fluffing.
- 12-lb. capacity saves work.
- Safety Door Switch, lint screen.

ZIG-ZAG

SPANKING NEW KENMORE CONSOLE SEWING MACHINE

Cabinet Included

36 Off

Guaranteed 20 Years

Sees Double Lock Stitch!

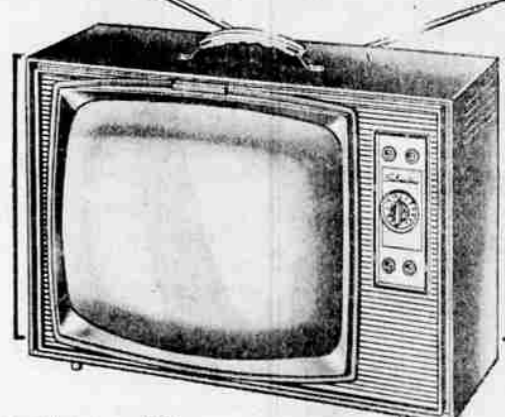
Sees Fancy Zig-Zag Stitches!

Makes Buttonholes. Sew on Buttons!

Comes in a Choice of 4 Smart Finishes!

Silvertone Portable TV

WITH **Free TV STAND**



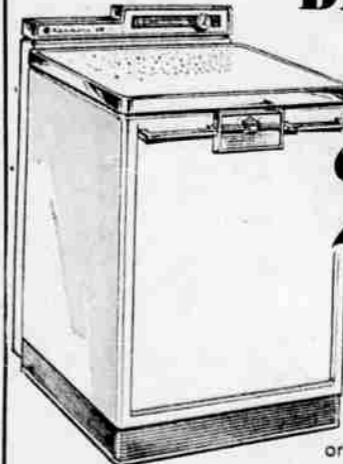
1 FULL YEAR GUARANTEE On All Parts & Picture Tube

19-in. overall diagonal screen, 172-sq. inches of viewing area. Front controls and sound. Beige finish metal cabinet. Dipole antenna attached. Size 15 1/2-in. x 23-in. x 11 3/4-in. deep.

\$144

COLOR TV AS LOW AS \$479

NEW 1963 LADY KENMORE DISHWASHERS



OUR BEST AUTOMATIC
SAVE \$10—Regular 219.95

209⁸⁸

No Money Down
On Sears Easy Payment

Washes best by actual test in our laboratory! 2 wash cycles for normal or heavy soil. Exclusive 2-level wash action with revolving Roto-Rack and 140 degree rinse. Washes service for 12.

Mr. Sam Roberts
Representing J. C. GILL CO.
Will Be Giving An
Art Demonstration
April 1, 2, 3 & 4—10 a.m. to 5 p.m.
FREE OF CHARGE
Sims Cycle & Hobby Shop
23 N. Fir Ph. 772-2472

Bring Your Art Problems To Us.

Shop at Sears and Save Satisfaction Guaranteed or Your Money Back

SEARS

501 E. JACKSON ST.
PHONE 773-6661
FREE PARKING

STORE HOURS
Tues., Wed., Thurs., Sat.
9:30 A.M. - 5:30 P.M.
Monday, Friday
9:30 A.M. - 9 P.M.