

# The Medical Roundup

by *Walter Alvarez*

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(Register and Tribune Syndicate,  
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## Child With Runny Nose

Many a mother knows that there are children who suffer from a runny, stuffy, itchy or uncomfortable nose. A pediatrician, Dr. George B. Logan of the Mayo Clinic, said the problem of finding out exactly what is wrong with such a child and what to do for him is so great that often a physician is glad if the mother leaves and doesn't bring the child back. Of course, the doctor may quickly prescribe nose-drops or an antibiotic syrup, or an antihistaminic agent or an injection of penicillin, but in many a case no one of these treatments will work.

The physician who is most likely to help the child is the one who can make an exact diagnosis as to what is wrong. A temporary runny nose can, of course, be the result of a cold. In that case it should dry up in a couple of weeks.

The physician must keep remembering that a small child pokes something—perhaps a small peanut—into his nose and this can give rise to a discharge. Every pediatrician must be expert in the use of a head-mirror and a speculum, which will enable him to look into the nose and the ear.

Some small children who keep having trouble in the nose have adenoid tissue behind the nose—tissue which should be removed. This little operation will often open up the airways so that a child can breathe much better at night.

## Must Look for Allergy

Dr. Logan said that often the pediatrician must keep looking for an allergic cause of the trouble. It is, of course, wise to get a good nose man to examine the child to see if he has a chronic sinusitis, or some obstruction that keeps a comfortable amount of air from going through his nose. Sometimes the septum between the two halves of the nose is deviated. Usually, one has to wait to operate on this until the child's face is well developed.

Especially when there is a chronic sinusitis, one side of the nose may contain polyps which are little soft white nodules. These can easily be removed, and they should be removed so that the child can breathe with comfort. Some children develop trouble in their nose because of a too zealous and long-continued use of nose drops.

When one suspects an allergic cause, the first thing to do is to find out whether the trouble lasts all year or whether it always comes at a certain time of year, as in the fall, during the main hay fever season.

The answers to such questioning will immediately tell the doctor whether the trouble can be due to some pollen, or whether it is likely to be due to some house dust, or some hair from a dog or a cat, or some mold, or some common food.

Occasionally, a child will become sensitized to chalk dust, or something else that assails him when he is at school. Dr. Logan tells of a child who used to have trouble with his nose each week end. Why? Because the teacher rewarded the "good children" by letting them clean the erasers on Friday afternoon. Occasionally the child will be

sensitive to some dust or chemical which his father brings home from work—perhaps on his clothes. If the child lives on a farm, there are many things there that can give him an allergic sensitivity.

## Skin Tests Suggestive

Sometimes skin testing will give the doctor a hint as to what is wrong, but no one should depend entirely on such tests. They are only suggestive. Often, what I call "home detective work" does better. I am glad to see that Dr. Logan says that skin testing seldom helps in finding out what food is causing an allergic reaction.

Sudden changes in the humidity and temperature of the home can cause a nose to choke up. If a child's nose is found to be sensitive to his dog, the parents ought quickly to get rid of the animal. The family must remember that a severe nasal allergy can eventually change into an asthma that could ruin the child's life.

Also, sometimes if a stuffy nose keeps involving the opening of the so-called Eustachian tube—which runs from the middle ear to the side of the throat—the child can lose some of his hearing.

If a child is highly sensitive to house dust, the mother must make every effort to keep his room clean. The room should then have a mastic simplicity—without rugs and draperies. The bed pillow may have to be covered with a thin plastic envelope.

An electric air conditioner takes much of the pollen and dust out of the air that comes into the room. Sometimes an antihistaminic drug will help the child. Perhaps this can be combined with ephedrine. Only rarely should cortisone-like drugs be used.

Additional help with this problem is in Dr. Alvarez' 25-cent little booklet, "Allergy, Hay Fever and Asthma." You may obtain a copy of it 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.

## Subscribers

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# Try and Stop Me

By BENNETT CERF

A BACKWOODS circuit rider in Kentucky had one vanity: a spirited, superb horse on which he made all his rounds. One morning a follower asked him jovially, "Parson, no offense, but how come your horse's coat always looks so much better than yours?"

"That's an easy one," shot back the circuit rider. "You see, I take care of my horse; my congregation takes care of me!"



Three short shorts from Minneapolis' jokester laureate, Mox Lindquist:

1. "This coffee," a waitress explained to a customer born in Sweden, "comes here from a place even further away than Sweden. It is imported from Brazil." "What do you know?" marveled the Swede. "It's still warm!"
2. A very stout lady at a seaside resort noticed a weighing machine with a sign attached proclaiming, "I speak your weight." She put a nickel in the slot and stepped on to the platform. Sure enough, a voice spoke up: "One at a time, please!"
3. Mr. and Mrs. Victor Borge met Sonja Heine, the retired skating queen, at a party recently. "My!" whispered Mrs. Borge. "Doesn't she look young?" "Why not?" countered Victor. "She's been on ice most of her life."

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## Runyon Completes OSU Short Course

Corvallis—George Runyon of the Jackson county health department completed a special three-day vector control short course at Oregon State university.

The course, which emphasized mosquito control, was jointly sponsored by the OSU department of entomology; state board of health; and the U.S. public health service.

Instruction covered mosquito control, mosquito-borne disease, biology of mosquitoes and mosquito identification.

## Pawlowski Receives Foundation Grant

Corvallis—Norman E. Pawlowski, route 1, box 8, Jacksonville, has won a \$2,400 National Science Foundation fellowship to continue graduate study in 1963-64 at Oregon State university.

He was one of eight OSU graduate students chosen for the coveted national study grants. Pawlowski is working for his doctorate degree in the department of chemistry.

## Sexton Receives Funds For Continued Study

Corvallis—Harold C. Sexton, 2536 Lyman ave., Medford, has won a \$2,400 National Science Foundation fellowship to continue graduate study in 1963-64 at Oregon State university.

He was one of eight OSU graduate students chosen for one of the coveted national study grants. Sexton is working for his doctorate degree in the department of chemistry.

## Measures Passed By Legislature

Salem—(UPI)—Measures approved Wednesday by the legislature:

**By the House:**  
HB2057—Limitation and appropriation of expenditures.  
HB2062, 2078, 2098—Budgets for Military Department, Public Employees Retirement board, Water Resources board.  
HB1181—Department of Employment.  
SB118—Deposit of money by state treasurer.  
SB181—Life insurance.  
SB302, 303—Veterinary medicine.

**By the Senate:**  
SB203—Insurance.  
SB321—Continuous substantive law revision.  
SB415—Excluding compensation payments to Japanese from gross income.  
HB2022, 2034, 2103—Budgets for Columbia River Gorge commission, State Fair commission, and aid to certain children.  
HB1046—Highway use taxes.  
HB1054—Inheritance tax.  
HB1403—Teachers certification.



**SIGN OF SPRING**—University of Tulsa coed Betty Lawson inspects the blooms of a pink dogwood tree to make sure spring really has arrived in Tulsa, Okla. She is a freshman music student. (UPI)

Soak cauliflower in salt water at least 30 minutes before cooking. There are three basic types of ceramic tile—mosaic, glazed and quarry.

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- C. Star flower embroidery embellishes this simply-styled bodice and scalloped hem. Your choice of pure white or blush pink. Average length,

## STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Friday, read words corresponding to numbers of your Zodiac birth sign.

ARIES MAR 21 APR 20 3, 4, 9, 34 46-75-89-90	TAURUS APR 21 MAY 21 12-13-24-38 58-69-78-83-84	GEMINI MAY 21 JUNE 21 1-16-19-36 40-48-81-82	CANCER JUNE 21 JULY 21 57-59-66-68 70-76-85-86	LEO JULY 21 AUG 21 2, 9-28-31 37-45-53	VIRGO AUG 21 SEPT 21 5-23-29-38 61-64-67	LIBRA SEPT 21 OCT 21 11-14-18-38 42-50-55	SCORPIO OCT 21 NOV 21 22-25-27-52 54-62-65	SAGITTARIUS NOV 21 DEC 21 15-17-23-26 43-49-87-88	CAPRICORN DEC 21 JAN 21 51-56-60-63 71-77-79-80	AQUARIUS JAN 21 FEB 19 20-21-29-44 47-72-73	PISCES FEB 19 MAR 21 4-7-10-35 37-41-74
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2 Poetry 22 Eyes 62 Tie 62 Decisions 82 Decisions  
3 Someone 33 Waste 63 Family 63 Countrywide 83 Or  
4 Cows 34 Greens 64 Wives 64 Duties 84 Hostess  
5 Don't 35 Guts 65 Wives 65 Countrywide 85 Professional  
6 Masts 36 Change 66 Duties 66 Duties 86 Week-end  
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8 And 38 Could 68 Then 68 Then 88 Be  
9 Or 39 Your 69 Be 69 Be 89 New  
10 Money 40 Partners 70 Film 70 Film 90 Enthusiasm  
11 A 41 Be 71 Gather 71 Gather 91 Neutral  
12 Surprises 42 Flatten 72 Of 72 Of  
13 Evident 43 Now 73 Conspirators 73 Conspirators  
14 Foolish 44 And 74 Yours 74 Yours  
15 The 45 Your 75 With 75 With  
16 Time 46 You 76 For 76 For  
17 Advice 47 Life 77 For 77 For  
18 Fancy 48 Or 78 Host 78 Host  
19 To 49 Should 79 Father 79 Father  
20 You're 50 Your 80 Occasion 80 Occasion  
21 The 51 Funds 81 Make 81 Make  
22 Walk 52 Out 82 Decisions 82 Decisions  
23 You 53 Tension 83 Or 83 Or  
24 Prepare 54 Into 84 Hostess 84 Hostess  
25 Or 55 Pursue 85 The 85 The  
26 Accept 56 Relatives 86 Week-end 86 Week-end  
27 Drive 57 Complete 87 Be 87 Be  
28 Soft 58 Professional 88 Professional 88 Professional  
29 Love 59 Ordinary 89 New 89 New  
30 To 60 And 90 Enthusiasm 90 Enthusiasm

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