

# The Medical Roundup

by *Walter Alvarez*

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## Mental Health Clinics

There are many thousands of persons who, when mental illness comes to them or to some member of their family, greatly want to know where they can find a clinic in which they can get expert advice. I am thinking particularly of people who cannot afford to pay large fees which many a psychiatrist gets for a half-hour or so of time.

I would advise these people to find a copy of the new "Directory of Out-patient Clinics and Other Mental Health Resources in the United States." It would be well worth the couple of dollars it costs. It is now obtainable from the National Association for Mental Health, 10 Columbus Circle, New York 19, N.Y., and its divisions and chapters throughout the country.

This directory also lists state mental hospitals, public institutions for mental defectives and epileptics, psychopathic hospitals, Veterans' Administration mental hospitals, mental health associations, state departments dealing with mental health and regional offices of the Public Health Service. From now on, each year this directory will be brought up to date and reissued.

As Robert H. Felix of the National Institute for Mental Health says, "This is one of the most exciting and promising movements in the entire history of the care and treatment of the mentally ill." I agree with him.

**Overweight Operation**  
Several kind readers sent me pictures of a young man, who, before his death, weighed 670 pounds. He said that with him, the eating of food was just as much a compulsion as the drinking of whiskey is to an alcoholic.

I can quite believe him, if only because recently I received a letter from a stout

young woman who said that her body keeps shrieking at her all the time, demanding more food and ever more food. Much as she hated to get fat, whether she wanted to or not, she always felt compelled at the table to eat huge meals, and then, between meals, to raid the refrigerator.

There is now a possibility for helping these excessively overweight people. Dr. Irvine Page, one of the great research men in medicine, and now at the Cleveland Clinic in Cleveland, tells me that some of his associates have been trying out the small in which is short-circuited, surgically, and put out of function.

The patient can eat all he or she likes, without being able to absorb much of it. Unable to absorb much food, the person stays thin. Before long, we will know whether this operation is suitable for many people, and entirely safe.

According to a recent public opinion poll, there are some 34 million people in the United States who are overweight. About one-third of them are trying to do something about their obesity. In his booklet on "Weight Control," Dr. Alvarez tells the one scientific way to reduce, and comments on other "so-called" weight reducing methods. To obtain a copy of this booklet, send 25 cents and a stamped, self-addressed envelope to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

**Tentative Approval Given To Bridge Bids**  
Salem - (UPI) - The State Highway commission has given tentative approval to two contracts for completion of the Astoria bridge, but final approval will be delayed pending approval of Washington state and the U. S. Bureau of Public Roads.

## Dennis the Menace



OH, SURE! I REMEMBER YA NOW! YOU LIVE IN THAT GREEN HOUSE BACK OF TOMMY! ONLY I NEVER SEEN YOU CLEANED UP BEFORE.



## Small Worlds Around Us

By Lynn W. Watkins  
Register & Tribune Syndicate, 1962

**Pretty Difficult to Improve On Nature's Fine Packaging**  
Ridiculous, it has been said, to gild the lily or perfume the rose.

Pretty difficult to improve on those things, for they are already beautiful. Equally silly it is, it would seem, to construct, design or use various packaging methods to wrap up an egg, when the thing is already packaged more perfectly than any extra covering could possibly accomplish.

Pretty packaging, some would have us believe, adds eye appeal, beauty or usefulness to any object. A cheap gift, for instance, is supposed to be made more attractive when done up in pretty wrappings, fancy bows and fillings. The merchant and filler says, "Things sell better when beautifully packaged."

In one way, at least, the packaging engineers have attained the ultimate, and should be proud of their accomplishments. They have wrapped many foodstuffs so securely the buyer or user must use a chisel, a pipe wrench and a hacksaw to get at the contents. If the intention was to make opening more difficult, the engineers have succeeded.

**Rose Packaged, Too**  
Even the lily which needs no retouching or the rose that is already fragrantly beautiful is now packaged in a pretty box, be-ribboned and festooned with gee-gaws and bric-a-brac. The hen's egg, already perfectly packaged, keeps many folks working nights knocking themselves out to design a better container or more ornate, artificial covering to make the things more "eye appealing" or longer lasting or fresher tasting.

Next time you open a gaily wrapped birthday gift and remark, "It's much too pretty to open," consider for a moment how very cleverly Nature packaged an egg... symmetrically perfect, ideally proportioned and hermetically sealed against contamination. There, in a lowly egg, is the "one perfect package."

You would never admit the eggs of that universally hated insect, the roach, are beautifully wrapped and packaged in a snug, moisture-proof case. The space-saving container is snugly cemented into some dark corner or crevice. Mrs. Roach is not at all concerned over a package with "eye appeal." What she aspires to, and attains, is efficiency. She accomplishes the ultimate in packaging.

**Clever Wrapping**  
We call the outer covering of an orange or an apple a rind, but it is a mighty clever piece of wrapping material, much more perfect than any artificial covering man has ever made. The peel on the banana is rather neat, too. It protects the contents, possesses all kinds of eye appeal and can be opened with a flick of the finger.

The hard, outer covering on the crab, lobster and a few hundred other living creatures comes pretty close to perfect packaging, also. These animals discard the wrapping when they are cramped for room. Shortly thereafter, they grow another efficient covering, tight-fitting and carefully sealed.

The bark of a tree, scales of a fish, feathers of a bird and skin of a human being are all other perfect examples of packaging. No bows, ribbons or colored paper... but these are "package deals" that have never been equalled.

## Khrushchev Says He Will Have To Quit Some Day

Moscow - (UPI) - Premier Nikita Khrushchev has publicly declared that he will someday have to give up one or both of his posts as leader of the Soviet government and Communist party, the official Tass News Agency reported Thursday.

The agency said the premier, speaking to a Kremlin meeting of Russian Federation Industry and Construction Workers, stressed the need for acceptance of the authority of the Communist party and its Central committee. "I believe that no one will suspect me of stating this. I have no special standing of my own in the party. I am already 69 and I have the right to say so. For everyone understands that I cannot hold for all time the position I now have in the party and the state," he said.

A Tass summary of the premier's speech did not indicate if Khrushchev had any time limit in mind for relinquishing the posts he now holds as party first secretary and premier (chairman of the Council of Ministers).

The premier, who celebrated his 69th birthday earlier this month, has held the top party job, the most powerful post in the nation, since 1953. He has been premier since 1958.

His statements gave added impetus to periodic speculation that he would give up one or the other of his posts to concentrate on one job only.

## Research at OSU Improves Quality of Storage Pears

Corvallis - Fresh, delicious pears can now be on your table almost year-round, research conducted at Oregon State university during the past ten years shows.

According to Elmer Hansen, OSU horticulturist, improved storage methods now enable winter pears, which are harvested in September, to be sold the following June without any loss in quality.

What does this mean? To Oregon growers, it means that more fruit can be sold because there is a longer time in which to market it. Pear production in Oregon has increased rapidly, and the extra marketing time gives growers a better chance to sell their surplus fruit. In addition, longer storage means that Oregon can now better compete with Eastern growers.

**1962 Production Figures**  
Oregon's production of pears in 1962 totalled approximately 153,750 tons - 82,500 tons of the winter variety and 71,250 tons of Bartlett's. The latter are used mainly for canning, while winter varieties are packaged for fresh markets. In 1961, Oregon's pear crop brought approximately \$18,000,000.

With pears, as with other food products which are marketed in the fresh state, there has always been the problem of maintaining quality during the interval between harvest and sale to the consumer. Without proper storage practices, winter pears break down, become mealy, scald, and otherwise deteriorate.

ate rapidly, Hansen explained. The early 1950's marked the beginning of a new era in the pear industry when the use of polyethylene film for lining pear storage boxes was initiated. Fruit packed in plastic kept longer than with previously used methods, suffered less damage in handling, looked fresher, and, at that time, sold for premium prices. Polyethylene which is now almost universally used, seemed to be the answer to the storage problem until it was discovered that pears stored in polyethylene developed a condition known as brown core.

**Ask for Help**  
Growers and shippers turned to the OSU Experiment station immediately for help. It was soon found that the immediate cause of brown core was a build-up of carbon dioxide inside the plastic storage bags.

As an immediate measure, researchers recommended that the plastic liners be perforated to allow the carbon dioxide to escape. This was strictly a stopgap measure however, because the holes also allowed oxygen to infiltrate. Low oxygen content is desirable for maintaining keeping-quality of the fruit.

Following the lead of a Canadian scientist, a paper pad containing hydrated lime as a carbon dioxide absorbant was developed. Growers could then return to the unperforated, sealed box liners - thus maintaining the proper oxygen content - while the chemical would maintain a safe level of carbon dioxide.

**Shortcomings Noted**  
Use of polyethylene bags still had its shortcomings. One small hole accidentally made during handling would allow oxygen to leak in and lower

the keeping-quality of the fruit. Hansen and his associates are now working to solve this problem by conducting research on controlled atmosphere storage whereby the levels of carbon dioxide and oxygen can be precisely controlled.

Research has shown that by properly controlling the atmosphere, it is possible to extend the storage life of winter pears another six to eight weeks without pears becoming dry and mealy as they did late in the season when stored by conventional cold storage methods. Controlled atmosphere storage has been used successfully for apples for approximately 20 years.

Hansen, cooperating with the branch experiment stations at Hood River and Medford, is currently doing research on another pear storage problem.

He is trying to determine the cause of pear scald - a physiological disorder of storage which occurs late in the stor-

age season - and developing improved methods for eliminating the condition by controlled atmosphere studies. This three-year study is being conducted under contract to the United States Department of Agriculture.

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