

The Medical Roundup

by *Walter Alvarez*

Kemeritus Consultant in Medicine
Mayo Clinic
(Register and Tribune Syndicate,
1963)

The Pain Of Shingles

I have become much interested in the unhappy people past middle age who write to tell me that one or more years after having had shingles (little blisters in a row around their chest), they are still suffering with a severe pain in the region that was involved.

I am so anxious to help these people that I have read everything I could on the subject, and I am convinced that usually in these cases, the pain is arising not in the skin that was scarred by the little blisters, but up in the spinal cord or perhaps even up in the brain; this means that it is useless for a surgeon to cut all the nerves under the skin.

I recently read an article by Drs. G. T. Tindall, G. L. Odum, and R. G. Vieth. They say, as other physicians have said, that even the removal of all of the skin that seems to be the seat of so much pain may not do any good. One patient got his pain back, with all of its original intensity, four days after the operation, and another patient underwent a second operation for a recurrence of the pain.

I am sorry to say that as yet we physicians have had no success in trying to get rid of these miserable pains. About all a physician can do is to keep giving sedatives until the pain subsides.

With antibiotics quickly clearing up the acute forms of sinusitis, the chronic form is now much rarer than it used to be, as Dr. George F. Reed, Assistant Clinical Professor of diseases of the ear, nose and throat at Harvard Medical School, wrote in a recent article.

The maxillary sinuses (over the upper jaw and commonly called antrums) are the two cavities under the cheek bones on each side of the nose and above the palate bone (of the roof of the mouth). If an infection in one of these cavities is very severe, it can usually be cleared up by making a little "window" between the antrum and the mouth, just above a canine tooth. The diseased lining of the antrum can then be scraped out, and later a small permanent window can be made from the antrum into the nose. With the good drainage this gives to the cavity, and perhaps with the use of antibiotics, a chronic antral sinusitis should clear up. If necessary, for a while, the sinus can be washed out each day through the little window. This usually soon brings healing.

Sometimes the disease of one antrum spreads up from infected roots of the upper molar teeth on that side. The infection can get through because all that separates the roots of the teeth from the

antrum is a thin plate of bone.

In the case of chronic sphenoiditis, or inflammation of the sphenoid sinuses (deep in under the base of the brain), an allergy may start the trouble. Usually, with a chronic sphenoiditis, there goes a chronic inflammation in the ethmoid sinuses, which are next to the sphenoids. Ethmoid disease is also likely to be associated with a nasal allergy. Sometimes, with the dripping of secretion into the nose, a chronic ethmoiditis results in the formation of polyps (little soft white tumors, about as big as peanuts) in the nose. These should be removed so that the person can breathe comfortably. They can easily be removed under local anesthesia. Sometimes a small operation has to be performed which will enable the ethmoid sinuses to drain better.

The frontal sinuses lie under the forehead, just above the root of the nose, and just above the bony orbits in which the eyes are located. When possible, the nose and throat man avoids operating on these sinuses, because they work best when not opened up wide. However, when a chronically inflamed sinus must be drained, this can be done.

Dr. Reed believes that usually expert treatment can clear up a chronic sinusitis.

Other nasal symptoms also may indicate probable allergies. If you would like Dr. Alvarez's booklet, Allergy, Hay Fever and Asthma, send 25 cents and a self-addressed stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines 4, Iowa.

Dennis the Menace



"I SURE DON'T UNDERSTAND MOM, SHE SAYS WHEN I SIT HERE I'M HELPING HER!"

House Action May Have Killed Funds For Rogue Board

Salem - (UPI) - The future of the Rogue River Coordination board looked dim Saturday after the House tabled and thus probably killed its budget.

The board was created in 1959 to regulate muddiness in the river caused by placer miners and opposed by fishermen. The board is composed of a miner, a fisherman, and a neutral member, currently from Grants Pass.

House Speaker Clarence Barton, in an unusual speech on a bill, told the House the board has been "absolutely valueless" to sport and tourist interests at the mouth of the Rogue in the Gold Beach area.

The cards are completely stacked" in favor of upriver mining interests, he said. Rep. Richard Eymann (D-Marcola) said the regulation should be placed under the State Sanitary authority, and noted a bill in the House Natural Resources committee would do this.

Rep. Sidney Bazett (R-Grants Pass) said the board had been doing a good job and a "real service." The budget has been cut from \$1,250 to \$700, with \$500 to have gone to the board the first year and \$250 the second year in a phase out operation. The reduced budget was tabled by voice vote.

DST Bill Becomes Law Sans Signature

Salem - (UPI) - Oregon's summer daylight saving time will run to the last day in October instead of the last Saturday in September.

Gov. Mark Hatfield filed a bill extending the period Friday with the secretary of state. Hatfield let the measure become law without his signature.

From Mouths of Babes

Caroline Kennedy's Contemporaries Scribble Requests To Congressmen

By DICK WEST
Washington - (UPI) - If I told you that a book had just been published under the title "How to Run a Country," who would you guess to be the author? Leo Durocher? David Susskind? Liz Taylor? Wrong.



West

This book is a compilation of views on statescraft by a group of Caroline Kennedy's contemporaries. It was put together by Harold Dunn, a school teacher, from letters that children have written to members of Congress.

Now let me say at the outset that when anyone mentions bright sayings by children, my inclination is to run, not walk, to the nearest exit.

I hold with the old adage that "out of the mouths of babes oftentimes comes Wisdom."

But I find that when kids are writing to their congressmen they display far more erudition and perspicuity than when they are talking to their parents, or Art Linkletter.

For instance, no one who has ever engaged in a sibling rivalry could help but admire the little girl who wrote to Rep. Paul A. Fino (R-N.Y.) asking him to "send me the form to disinherit sisters."

This shows that civilization has made real progress in the last few decades. In my day, we would have asked for rat poison.

It is also reassuring to note that tattle-telling has become a great deal more sophisticated than it was when I was a boy.

The kids apparently no longer squeal on each other to parents or teachers. Now they turn each other in to the Senate internal security subcommittee.

A letter received by Sen. Thomas J. Dodd (D-Conn.) of that group reads as follows: "... Jan keeps her fingers crossed when she sings the Star Spangled Banner."

A child's world in respect to sex likewise has changed considerably, as witness the letter a schoolgirl addressed to the "birth control section" of Congress.

The book doesn't say to whom it was delivered, but the text of the missive went like this: "For my class project I am to get all the information I can about birth control. Can you help me or am I too expectant?"

A juvenile constituent named Gilbert wrote to Rep. Thomas M. Pelly (R-Wash.) seeking the congressman's opinion on China. Gilbert added that he has already formed his own opinion "so don't give any facts."

If Gilbert continues to refuse to be influenced by facts, he probably will be elected to Congress himself some day. Although their letters are characteristic of the modern generation of the book makes clear that there is one area in which kids haven't changed a bit. They still can't spell worth a dime.

Small Worlds Around Us

By LYNN M. WATKINS
(Register and Tribune Syndicate, 1963)

Paleozoic Animals Still With Us As - Scorpions

It would seem that it should be quite a distinction being the very oldest and earliest of the known fossils. That was the era in the geological past that dates back a mere million years, in the time we now call the Paleozoic, when the ancient seas were populated with the trilobites.

They had a little company, for there were some varieties of sponges, as well as various members of the protozoans, along with some shelled creatures.

As near as we can ascertain now, the climate back there was mild and humid. The trilobites swam about all of the North American continent, for those ancient seas covered nearly all the earth. They are all gone now - the trilobites - but their remains in stratas of Paleozoic rock testify to their presence.

Some how or other they have left some near relatives, still alive today - the spiders and the scorpions. Both the primitive scorpion, and the others lived in the sea.

There was a brief interval of a couple hundred million years until the scorpions and the spiders moved out of the water and became air-breathing. For some obscure and unknown reason the scorpions stayed on, in fact they are still abundantly plentiful today in all the warmer parts of the world.

Between the time the scorpion became land-dwelling and air-breathing and the now known appearance of

the higher order of mammals, at least 500 million years went by.

Ten million years later, the modern, meat-eating animals put in an appearance; another ten million and the horse and the elephant showed up, these predated the first known appearance of the cave man by eight or nine million years.

Evidences we can find today indicate the world was pretty swampy, back in the time the dinosaurs were rambling over the land. Those ungainly creatures occupied a space on this earth for about 30 million years.

They lasted pretty well and quit entirely for no reason we actually put our finger on today. Of course, there must have been a great deal about them we have been unable to figure out.

Mountains Grew

That was the time when the mountains were building. It was about 30 million years later that the Alps attained their mountainous stature; takes time to build a mountain, but they are worth it, especially if you like scenery.

By the time the elephant, horse and the more highly developed meat-eating animals developed, the world's climate showed a definite cooling tendency. None of the living creatures knew it at the time, but the glaciers were forming.

The cave man was there at the time but he didn't know what all the freezing and ice movement was all about. He occupied his time trying to keep warm and hunting the mammoths and other gigantic mammals that were cluttering up his landscape.

The saber-tooth tiger and a great many other equally fearsome creatures were stalking the earth. The cave man had about all he could do getting enough to eat without bothering his pointed head about what would happen when that ice came creeping down upon him.

It was a time of great change. One ice mass after another pushed down, pressed and gouged, and froze things. Came then, or thereabouts, the "age of man," roughly 550 million years after the relative of today's scorpion, the trilobite was alive and active.

We can see today the remains of the trilobite, in Paleozoic rock; or their close relatives, the scorpions - who are still with us.

Aeronautics Board Budget Approved

Salem - (UPI) - A trimmed budget for the State Board of Aeronautics, designed to cut down on state ownership of airports, passed the House Saturday 35-23.

It involves two budgets. The governor's proposed budget of \$202,359 for services and administration was cut to \$136,371.

The governor's proposed \$230,398 for airport construction was not cut, but \$79,347 was shifted from outright construction to grants-in-aid.

MEN DROWN

The Dalles - (UPI) - Two men drowned when their small rowboat capsized in the Columbia River about 10 miles west of here Friday.

Brando In Hospital; Illness Not Serious

Santa Monica, Calif. - (UPI) - Marlon Brando was hospitalized Friday when he was taken suddenly ill on the movie set of "King of the Mountain."

Attendants at St. John's hospital said tests will be made to determine the nature of the illness. They indicated it was not of a serious nature and that the actor probably would be released "in a few days."

Try and Stop Me

By BENNETT CERF

"NOW," SAID a psychiatrist to his new patient, "we're going to find out just what makes you tick."

"That won't be enough," mourned the patient. "I also want to know what makes me chime every quarter of an hour."

When the late Gertrude Stein and her lifelong companion, Alice Toklas, were visiting Chicago in the 1930s, they prevailed upon the head of the police department to take them for a midnight round in a police squad car. Earlier in the evening, Miss Stein entertained Critic Fanny Butcher and Chancellor Bob Hutchins of Chicago University, at dinner. All of these distinguished figures were both articulate and sure of their opinions and an argument ensued that grew louder and more vehement by the moment. At its height the maid rushed in, white as a sheet, and reported, "Miss Stein! The police are here!"

Overheard at a college prom: "She reminds me of Bardot." "Brigitte?" "No, Guy Lom."

© 1963, by Bennett Cerf. Distributed by King Features Syndicate

THIS WEEK

The Flag Flies ...in Honor of...

Veteran KENT W. SMITH 1937-1959

Memory Gardens

Just off Jacksonville Highway

MEMORIAL PARK ● FUNERAL HOME
WEDDING CHAPEL ● MAUSOLEUM
COLUMBARIUM ● CREMATIONS
1395 Arnold Lane ● Phone 773-7338

POWERFUL PLUNGER CLEARS CLOGGED TOILETS in a jiffy!

NEVER AGAIN that sick feeling when your toilet overflows

TOILAFLEX Toilet Plunger

Unlike ordinary plungers, Toilaflex does not permit compressed air or messy water to splash back or escape. With Toilaflex the full pressure plows through the clogging mass and swishes it down. Can't miss!

DESIGNED TO FLEX AT ANY ANGLE
RECESSED RIM TRAPS AIR & WATER
STAINLESS STEEL, CAN'T RUST AROUND
TAPERED TAIL GIVES AIR-TIGHT FIT

Get the Genuine Toilaflex \$2.65 AT HARDWARE STORES EVERYWHERE

Take home BARGAINS by the BAGFUL!

For Cook Outs, Picnics or Eating at home - You'll Find Them At Your Friendly MARK'S Groceteria

NO SALES TO DEALERS

6th and Grape

Thrifty Green Stamps

Ruby Red

TOMATOES Red Ripe 2 LBS. 29¢

Grapefruit 12 FOR 99¢

JELLO 3-OZ. 5¢

LOOK!

KRAFT COTTAGE CHEESE Pt. Ctn. 25¢

DEL MONTE FRUIT COCKTAIL 303 TIN 5 FOR 99¢

Doumak's MINIATURE MARSHMALLOWS 10-OZ. BAG 4 FOR 99¢

Bisquick Great for Shortcake 60-OZ. PKG. 49¢

PEARS Grater Lake Brand BIG 2 1/2 TIN 4 FOR 99¢

PEACHES Medford Brand BIG 2 1/2 TIN 4 FOR 99¢

PEAS Supermarket Frozen 10-oz. pkg. 10¢