



AMERICAN BEAUTY—Joyce Bryan, 20, of Miami, Fla., has been named The American Beauty in the International Beauty Pageant at Long Beach, Calif. The shapely beauty will compete with girls from 45 other nations for the International crown Friday night. (UPI)

The Medical Roundup

by

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Some Remarks on Sleep

It is remarkable that with all the studies that have been made on sleep we know so little about what actually takes place in the brain when a person drowns off. As an expert has recently said, the wonder is not that we go to sleep, but that we ever wake up! As one might guess, sleeping is a far less complicated process than staying awake. Actually, sleep is the daytime natural condition of nocturnal animals—like cats, and it is the condition of the human fetus in his mother's womb.

In adults, there is a decided difference between the waking and the sleeping electroencephalograms, while in premature-born infants there is no difference. As we all know, the new-born infant sleeps most of the time.

Experts tell us that they suspect that the human need for sleep diminishes with age. Different people claim to require different amounts of sleep. I sometimes doubt this when I see that a young person who loves to stay up till one or two in the morning, soon gets what looks like a "sleep deficit." He is like a man who, after overdrawing for a week on his bank account has to pay back what he owes. Certainly, when Sunday comes, many a "night-hawk" youngster sleeps most of the day, and "catches up."

It used to be said that the famous Thomas A. Edison needed only four hours at night; but men who watched him in his laboratory said that he took several "cat naps." Dr. Will Mayo used to say he could sleep only four hours a night, but he got much help from one nap, and sometimes two, taken during the day.

Interestingly, experts tell me that while there are brain injuries which can cause the victim to sleep for a day or even weeks or months or years, there is no lesion that will keep him awake for similar periods of time.

Cause Awakeness

There are drugs, of course—the commonest of which is coffee—which if taken at supper time, will keep some of us awake. A benzadrine type of drug must not be taken in the afternoon because it can cause the person to stay awake at night. As we all know, when at a meeting we have to listen to a speaker who is droning along, we are likely to get sleepy.

Some people driving in a car along a level and fairly straight road may seem to hypnotize themselves, or the monotony may cause them to fall asleep at the wheel. Sufferers from insomnia try to create monotony by counting the breaths they take, or they count imaginary sheep.

Curiously, when we are asleep and hear a sound, perhaps with the lower part of our brain, we seem to refer the matter to the upper part of our brain. If that part says "No, that was just your wife

having a night-mare in her bed," we do not wake up; but if the upper part of the brain says, "That could be a burglar coming through your window," we wake up.

The stomach specialist is particularly interested to know that when the normal man goes to sleep, his stomach quiets down and stops secreting acid. The tense man's stomach is likely to go on producing acid, and this probably helps to keep an ulcer open and active. This is why I tell my ulcer patients that if they can stop worrying and getting tense their ulcer will heal, and will quickly stop hurting. A wise thing for an ulcer patient to do is to set his alarm for 12 midnight, so that he can wake and take a glass of milk to unite with the excess of gastric acid that is in his stomach.

Men like Prof. Nathaniel Kleitman of Chicago, when they have taken motion pictures of sleeping persons, have found that many of them jump around, and roll over every so often, without waking up. Children who walk in their sleep usually belong to highly nervous families. All people who jump about in their sleep or who go sleep-walking should have electroencephalograms made to see if they have a mild variant of epilepsy without seizures.

Interesting Disease

Narcolepsy is an interesting disease which can cause the person much embarrassment. I remember a banker who used to fall asleep at a board meeting, in spite of every effort he made to stay awake. Such a person should have electroencephalograms made.

With the help of drugs one can keep a highly nervous person asleep for quite a few days or even a week, and this can sometimes save the person from going into a nervous breakdown.

A barbiturate, when taken—perhaps at 10 o'clock—may give good sleep until 2 or 3 or 4 o'clock, when the person wakes. If then he or she cannot get back to sleep again, perhaps half the dose of the drug taken at bed-time—or a full dose of a weaker drug with a "short action" should be taken.

Peace of mind probably is the main factor in the treatment of ulcers—and will keep the acid from flowing while a man sleeps. Dr. Alvarez discusses this in his little booklet on ulcers which you may obtain by sending 25 cents and a stamped, self-addressed envelope with your request for it Dept. MMT, Box 957, Des Moines 4, Iowa.

Westerberg Re-elected By Oregon Beef Council

Portland—(UPI)—Richard Westerberg, Ashland, was re-elected chairman of the Oregon Beef Council during a meeting of the group here.

Other re-elected officers included Richard Rathbun of Joseph, vice chairman, and Harry Stearns of Prineville, secretary-treasurer.



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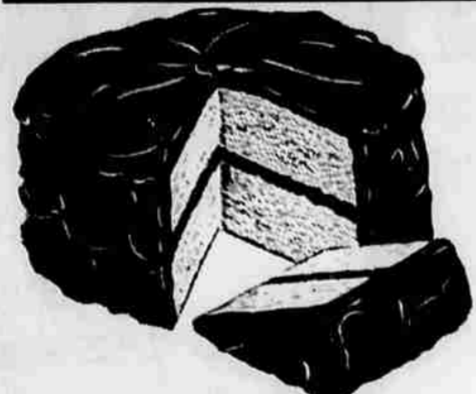
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