

The Medical Roundup

by *Walter Alvarez*

Emeritus Consultant in Medicine
Mayo Clinic
Emeritus Professor of Medicine
Mayo Clinic
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Contact Lenses

In the "Sight Saving Review," Dr. Stephen J. Alexander of Crawfordsville, Ind., spoke of the four general groups of persons who benefit from the use of contact lenses: those with high refractive errors (errors that need correction with glasses), athletes, women such as beauticians, whose livelihood may depend on a good appearance, and that large number of persons whose vanity will not let them wear glasses. People in the entertainment world, fashion models, and some public personalities feel that they must wear contact lenses.

Much helped are those persons who are near-sighted or very far-sighted, or who have a marked astigmatism (a condition in which the curvature in the lens systems is much greater in one direction — like up and down — than in another, like from side to side). Also, persons who have had cataracts removed, if they wear ordinary glasses, must have very thick and unpleasant looking ones. Contact lenses are particularly helpful for persons who have deformed or badly shaped corneas (the clear window of the eye).

Dr. Alexander feels that contact lenses can do much to improve the personality and happiness of many people. Certainly these lenses are here to stay. People would be surprised if they knew how many of the persons about them are using contacts. It is a question if, in the course of the next 10 or 20 years, contacts will work an injury to some corneas; so far, little has been observed that is frightening. Occasionally, a person will get a little scratch on the cornea, and this must be treated quickly and carefully, because a chronic ulcer could cause much damage to the person's sight. According to Dr. Anthony Donn, bifocal contact lenses are being improved, but they still are not quite satisfactory.

We must note that many persons, no matter how much they would like to wear contacts, will be unable or unwilling to do so. Having fitted glasses in my early years, I know that there are persons who are un-

willing or unable to go through the needed period of a couple of weeks of training — until they can wear the lenses comfortably. This must be, because I have seen women put on bifocals and say right away, "I can't and won't wear these glasses."

Raynaud's Disease
As many people know, Raynaud's disease is one in which, from time to time, one or more fingers will turn almost white because of a nervous spasm in the blood vessels — a spasm which squeezes the blood out. In 90 per cent of cases, the patient is a woman. Fortunately, she does not have to worry much, because she is not likely to come to any bad end. Commonly, the disease is only a nuisance.

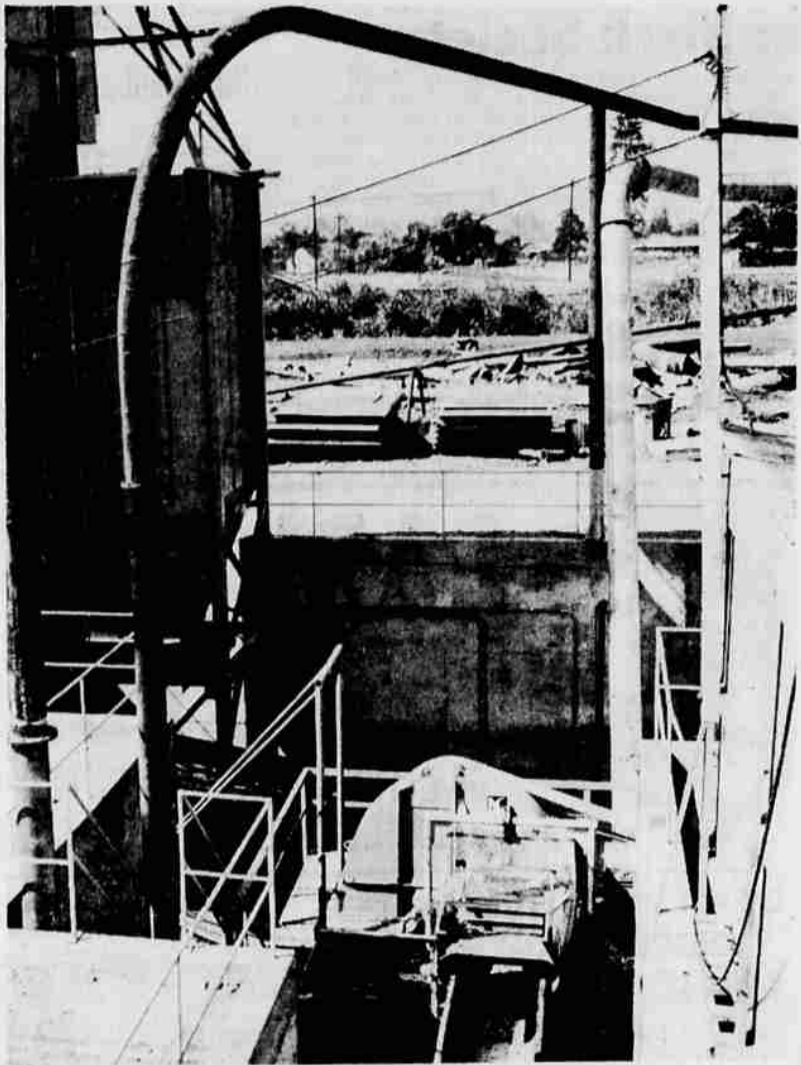
In many cases, I think we must assume there is a psychogenic cause. Usually, the woman is more than normally nervous. A number of the patients I have seen got their first attack of white fingers when they were much shocked nervously, as by the discovery that their husband had been unfaithful, or perhaps wanted a divorce. Naturally, the symptoms are worse during a northern winter, when the great cold is an added cause of spasm in the blood vessels of the hands.

Before starting treatment, it is well to x-ray the neck to see if there is any abnormality of the bones, such as might put pressure on a sympathetic nerve. A neurologist might also be asked to check the functioning of the nerves of the arms and hands.

The first thing the physician should do is to reassure the woman that she is not likely to get into any serious trouble because of the spasm in her blood vessels. In winter, she should protect her hands against cold by wearing fur lined gloves; also, she might wear heavy overboots. Only in extreme cases need the woman think of moving to a warm climate.

Should Stop Smoking
If the woman is worse at the time of menstruation, or later, during the menopause, she can try taking ovarian hormone. The woman who is smoking heavily would do well to stop for a while to see how much good that would do. In some persons, a single cigarette causes a marked spasm in the blood vessels of the hands. In my experience with the disease, drugs did not help much.

The sympathetic nerves in the



NEW CHIPPER — Installation of another new chipper and conveyor system at Timber Products company, Medford, is one more step in the continuing quest for complete utilization of timber resources in Jackson county, and another step by local timber industry to eliminate burning waste materials. Representing a sizeable investment, this new equipment will operate from material supplied by the plywood plant and will convert the veneer scraps which

are not usable in plywood into wood chips for use by paper mills in California. The material will move via conveyor belts underground from the plant to the chipper where it is then processed and blown through pipes to the rail car-loading point, or will be sent to the burner when rail cars are not available. Timber Products operates four of these chipping machines. (McCorkle photo)

neck can be cut, and this can for a time relieve the spasm in the arteries, but the operation is seldom used, partly because, in some cases, severe and constant pain has resulted. Curiously, the similar operation performed on the sympathetic nerves in the back of the abdomen will give good and permanent relief in those rare cases in which there is a severe Raynaud's syndrome in the feet.

In his booklet, "How To Safeguard Your Vision," Dr. Alvarez discusses not only contact lenses but many common eye defects. You may obtain a copy of the booklet by sending 25 cents and a self-addressed, stamped envelope with your request for it to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines, Iowa, 50304.

Dutch Beauty To Wed Californian

SEATTLE (UPI)—Stanny Van Baer, Dutch beauty who was crowned Miss International Beauty of 1962, and a Long Beach, Calif., dentist will be married here Saturday night.

Miss Van Baer, 21, will marry Dr. Gene P. Meyer in the Glendale Country Club.

Miss Van Baer and Meyer, a graduate of the University of Washington School of Dentistry and a native of Seattle, met at a charity ball in Los Angeles last year.

Following their wedding, the couple will honeymoon at Banff, B.C., before returning to Long Beach.

CHURCH CARDS

LEEDS, England (UPI)—Vic-ar of Leeds Canon Fenton Morley Thursday night suggested that the Church of England issue membership cards "so that when people move to new churches they can introduce themselves by card."

The Family Council

Editor's note: The Family Council consists of a judge, psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by Mrs. Alma Henry. Copyright by General Features Corp.

Denise R. — I don't want to stray far from my doctor.

Barry R. — My doctor says we can take the trip.

Denise R. — My husband is a sick man with diabetes and a heart condition. Now that he has retired all he talks about is a trip to Europe and I'm completely against it. Why look for trouble? Suppose his condition flares up in a country where we don't know the language. How explain matters to a strange doctor? It's healthier all around to forego the trip and take no chances.

Barry R. — Europe is full of good doctors, and if I'm careful I won't run into trouble. I'll be as safe taking my medicine there as here, and in an emergency I'll trust any competent medical man. Denise wants a guarantee that the trip will be solid pleasure — if I can't as-

sure her of that, she'd rather stay home and deprive me of the adventure. In this life one must take some small risk.

The Council: Stop quibbling, Denise, and start poring over travel ads. If everyone with a chronic "condition" hugged the heart and the doctor's hand, this would be a nation of recluses. A large per cent of both the work and the play of the world is engaged in by people with a diagnosed ailment, held under control by medication and a few don'ts. Evidently Barry's doctor sees no real reason to turn Barry into a frightened stay-at-home, and thanks to the A.M.A. he can carry a card in his wallet indicating his medical problems, prescriptions, allergies, plus a signal device which tells, by a universal symbol, that he has a major health problem and that details are available on the wallet card or from his next of kin. These devices are now being sold by jewelers as charms for neck, wrist, ankle, or key chain. The doctor can see that Barry is equipped with full Emergency Medical Identification protection. So, ship ahoy and bon voyage sums up our counsel to the R's.

Beaverton Man Drowning Victim

TILLAMOOK, Ore. (UPI) — Oliver J. Thorud, 72, Beaverton, drowned Thursday when a boat in which he and two companions were riding overturned in the surf of Nehalem Bay about 20 miles north of here.

Thorud and his companions, Peter Tighe, 42, Beaverton, and Orville McCoy, Aloha, apparently mistook the north jetty at the harbor entrance for the south jetty, which was under water. The boat was caught in the surf north of the entrance and capsized.

Tighe was treated for shock and released from a hospital at Wheeler later in the day. McCoy was uninjured.

PEELED OFF TROUBLE
CHATTANOOGA, Tenn. (UPI) — Carl Wesley Bowman peeled off a bill from a big roll of money Thursday and gave it to Policeman James Mallette to buy himself breakfast. Mallette, however, took the bill to police headquarters for checking, and officers later arrested Bowman and three other persons in connection with the burglary of \$500 from a service station.

They'll Do It Every Time By Jimmy Hatlo



Your Money's Worth

By SYLVIA PORTER
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ECONOMY AT PEAK AND HEADING HIGHER

Where is the U. S. economy right now? At the highest levels in history.

Where is business heading? Up to still higher records.

At what pace is business rising? At a moderate, steady speed.

How broad is the advance? Across-the-board, involving heavy and light industry, hard and soft goods, things and non-things.

How long will the upturn last? A vital key to its duration will be the timing and magnitude of that tax cut.

What are the odds on its life? The odds are good that this advance, already into its 31st month, will continue well into 1964—thereby making the 1961-2 cycle the second longest peacetime upswing in over a century.

Will this expansion reduce our unemployment rate to the so-called tolerable 4 per cent level? Not in the foreseeable future.

Will rising paychecks and profits produce enough tax money to balance the federal budget? Not in the foreseeable future.

There's no disputing the evidence that our economy is moving sturdily, steadily upward now and chalking up better than seasonal gains in many areas. Industrial production has continued to reach new peaks this summer in the face of reductions in steel and auto output. Sales of autos remain excitedly strong. Consumers are buying and borrowing freely. Almost as many new one-family houses were sold in April and May as in the entire first quarter of 1963. New construction spending in August was 4 per cent above a year ago and manufacturers' sales of durable goods are 8 per cent ahead of last summer. Prices are firming, after-tax corporation profits are increasing, business failures are down.

The evidence also is persuasive that the economy will stay in an upturn in the months ahead. Personal incomes are rising, are up \$21 billion over a year ago and are laying the base for bigger consumer spending. Government spending is rising, adding fuel to the economic machine. Most significant now, businessmen plan to spend at an annual rate of \$41.1 billion in the current quarter and \$37 billion in the first quarter. With all three types of spending pointing up, the economy can't move in any other direction except up.

When the statistics are in on the nation's total output, they'll probably show that our gross national product rose by nearly \$8 billion in the July-September period on top of an \$8 billion rise in the April-June months. It's increasingly likely that GNP will be nearing the \$595 billion annual rate as the year ends.

But the very fact that our economy is still turning in an impressive performance adds urgency to the need for major tax cuts to give businessmen incentives to invest more in modern plants and individuals cash to spend more on goods and services.

Solid and prolonged though this upturn has been, it has not been sufficient to reduce the overall unemployment rate below 5 1/2 per cent. Although the rise in industrial production in this upswing is now 22.8 per cent, this is still below the percentage rise in the 1958-60 expansion and it is far below the rise of 1949-53.

Even if auto sales in 1964 again hit the 7 million mark—for the third year in a row—this would just be maintaining the very high level of sales and would not accelerate the economy. Even if construction spending smashes all peaks in coming months, this spending already is so huge that it can't rise enough in the near future to give business a significant spur.

Given tax reductions, though, both businessmen and consumers would hike their spending and add new power to this "old" expansion. Then, the 1961-2 upswing could live to challenge the 50-month advance of 1933-37 for the record of the longest peacetime business rise in 110 years of United States history.

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