

# The Medical Roundup

by *Walter Alvarez*

Emeritus Consultant in Medicine  
Mayo Clinic  
Emeritus Professor of Medicine  
Mayo Clinic  
(Register and Tribune Syndicate,  
1963)

## ENLARGED PROSTATE GLAND

Many men write, asking if there isn't some medicine they can take to shrink their large prostate gland. Dr. Edward N. Cook, a urologist of the Mayo Clinic, says a synthetic female hormone, has been given to men for this purpose, but it is seldom of value.

At the Mayo Clinic, between 1953 and 1957, inclusive, transurethral operations (performed through the tube which carries urine from the bladder to the outside) were performed on 20,938 men. The mortality after this operation was only 1.04 per cent, which is much lower than that of any other prostatic operation. Usually, with this operation the patient is up and walking around within a few hours.

The suprapubic (the public region is the front part of the pelvis) operation is performed for the removal of very large prostate glands, such as those that weigh more than three ounces. Another operation is the retropublic (behind the public region) and another is the perineal (through the crotch). In all these three operations a big cut has to be made through the skin.

The Mayo urologists feel that with adequate training and experience a man should be able to remove the obstructing part of a large prostate gland through the urethra in more than 90 per cent of the patients.

## Reclaimed Sewer Water Useable

SEATTLE (UPI) — Waters reclaimed from sewage plants can be treated and used safely for recreation purposes, even swimming and fishing, a San Diego County, Calif., health official said Tuesday.

Roderick F. Botts told the Water Pollution Control Federation meeting here that water reclaimed from sewage plants at Santee, Calif., was being used for recreation purposes and that the public was willing to use these lakes even though they know the source of the water.

He said a cooperative study by the U.S. Public Health Service, the California Department of Public Health, the San Diego County Department of Public Health, and the Santee County Water District was made to determine the degree of treatment necessary to make reclaimed water suitable for recreational use.

"Our work so far shows that viruses have not been found in the recreational waters and the nutrients have been removed to levels where fish can propagate," Botts explained.

Botts was speaker at a special research session along with 90 other engineers, control officials and research and disposal experts.

About 2,000 delegates are attending the federation convention which continues through Thursday.

## Smylie To Present Gov. Rockefeller

BOISE (UPI) — Gov. Robert E. Smylie will introduce New York Gov. Nelson Rockefeller when the latter speaks Saturday at the Western Republican Conference at Eugene.

Rockefeller, oft-mentioned GOP presidential possibility, speaks at noon at the McArthur basketball court at University of Oregon campus. Smylie also introduces GOP National Chairman William Miller at a Friday night dinner called "National Headquarters Night."

**TRIAL POSTPONED**  
MANCHESTER, England (UPI) — The trial of Samuel Waters, 25, accused of wounding with intent to murder, was postponed Tuesday when lawyers said Waters was under treatment for a razor blade and water glass fragments he swallowed in prison.

hearts. I know a plastic surgeon who spends his Sundays operating on children and others who cannot pay him anything. In some places there is a Shriner's hospital in which children of poor families can have the work done.

**Myasthenia Graves**  
Because quite a few anxious people ask me if there is anything new in the treatment of myasthenia gravis, I will say that in the New England Journal of Medicine for March 28, 1963, Dr. Robert S. Schwab, of the Myasthenia Gravis Clinic in the Massachusetts General hospital in Boston, spoke favorably of the use of Mestinon Time-span, which can give a sustained effect for from six to eight hours. Ephedrine may help, also Protolone and Tension; ACTH appears to be of doubtful value. All drugs must be used with care because an overdose can throw the person into a crisis. The dose has to vary with the needs and degree of sensitivity of the individual patient.

Recently, Drs. Kermit E. Osserman and Gabriel Jenkins of New York, discussed 47 crises (flare-ups) which they have had to treat in 35 patients with this rare disease in which the person's muscles become very weak. Up until some years ago, such crises commonly caused death, perhaps because the patient would become too weak to breathe. Today there are several drugs commonly used to help — drugs such as neostigmine bromide, neostigmine methylsulfate, pyridostigmine bromide, and ambenonium chloride. With medicines, many patients can now be saved.

**More Dangerous**  
The small thymus gland in the chest is abnormal in about 85 per cent of all those cases in which it can be examined. Sometimes there is a tumor in it (called a thymoma), and this may make the disease more dangerous. Dr. Schwab feels that all the tumors of the thymus gland should be removed surgically, if the patient is strong enough to stand the procedure. Other surgeons believe in removing them only in certain cases.

X-ray treatment before removal of the tumor increases the chances of success in helping the patient. About half of the 60 patients who, according to Dr. Schwab's report, had this treatment were helped. Women under 40 years of age, who have had the disease for less than five or six years, who have had the thymus gland removed, and who did not have a tumor in it, have a 35 per cent chance of becoming apparently well. The operation worked better for women than for men. A person who does not have such surgery performed has only a five per cent chance of going into what is called a remission (like a cure). Once a complete remission sets in, it lasts indefinitely.

Dr. Alvarez's new booklet, "An Enlarged Prostate Gland," will be of interest to many men. You may obtain a copy by enclosing 25 cents and a self-addressed, stamped envelope with your request to Dr. Walter C. Alvarez, Dept. MMT, Box 957, Des Moines, Iowa 50304.

## SEE FOOTBALL OR HOCKEY

SPECIAL

Holiday in Portland

2 PEOPLE

\$6 or \$10 for 2 Nights

With This Coupon

- Swim in the Sky
- Free Sauna Baths
- Free Garage—Phone
- No Tipping for Luggage

**THE PARK HAVILAND**  
A Metropolitan Hotel  
S.W. Park & Salmon  
226-7831

S. W. Park at Salmon  
Phone 226-7831

Come to Portland for Football Games or see the exciting hockey contests at the Coliseum. Have a wonderful time right downtown at the Park Haviland.

NOT VALID  
OCT. 25 & 26



# 3rd Birthday SALE

We Opened Just Three Years Ago and Now Celebrate Our Third Birthday! We Have Assembled a Tremendous Stock of Brand Name Merchandise to Offer Our Customers at Super Discount Prices. This is our way of thanking you for your continued patronage.

Jerry Larson, Mgr.

TERRIFIC BARGAINS!

**HIP BOOTS**  
Knee Strap Steel Shank. 1st Quality, reg. 10.95. Anniversary Sale

7.66

**INSULATED RUBBER PAC**  
1st Quality 12" Full Lace. Completely Insulated. O.D. Color. Heavy Rib Sole. Reg. \$12.95. Anniversary Sale

6.88

**OD JUNGLE CLOTH TANKER JACKET**  
16-oz. Insulated Bi Swing Back. 12 1/2" oz. Jungle Cloth. List \$18.95. Anniversary Special.

10.66

**BLUE NYLON Tanker Jacket**  
100% Nylon Outer Full Zipper, Knit Sleeve, Heavy Quilted. List \$9.95 — Anniversary Special

7.66

**12" RUBBER BOOT**  
3 Eyelet Steel Arch Support. Reg. \$6.95. Anniversary Sale

3.96

**TENNIS SHOES**  
Low Cut, Boys' & Men's Sizes. Reg. \$4.95. Anniversary Sale.

2.88

**B-29 JACKETS**  
Full cut and length, water repellent, shark skin outer, heavily quilted, extra knit cuffs in sleeves. No. 7 heavy zipper. List \$16.95. Anniversary Sale

10.66

**SKI & SPORTS JACKET**  
Your choice of plain or beautiful Swiss Print Nylon Outer & Inner. 100% Dacron. Rolled in hood. List \$19.95. Anniversary Sale

13.88

**CAULK BOOT**  
Famous Chippewa F&F Lace Toe or Plain Toe Logger or Spring-heel. List \$35. Anniversary Sale

26.98

**OXFORDS - LOAFERS**  
By Friedman Shelby-Weyenberg Crusader-Endicott-Johnsonian Calumet. Values to \$14.95.

5.88

**THERMAL UNDERWEAR**  
Seamless Waffle-Knit soft to skin. No sagging, shrink resistant. Traps body heat, keeps cold out. Reg. \$2.95 each. Anniversary Sale

1.33

**QUILTED 6-OZ. MAROON INSULATED SUITS**  
Complete Jacket & Pants. Full zipper. 20 Denier Nylon. Reg. \$10.95. Anniversary Sale

6.46

**FAMOUS RAINIER BOOTS**  
Famous "Rainier Boots" made by Curran Green. All Heights. Leather and Tarp Soles. Reg. \$24.95. Anniversary Sale

12.98

**AIR MATTRESS**  
5 Tube Canvas & Rubber Metal Valve. Reg. \$10.95. Anniversary Sale.

4.88

**RAIN PARKAS JACKET PANTS**  
Finest Gum Rubber. Fully vulcanized. Reg. \$5.95. Anniversary Sale

3.88

**FLASHLIGHT BATTERIES**  
Choice of 3 Sizes. Anniversary Sale

5¢

**RAIN "LEVI" WOOL SHIRTS**  
Fully Washable. Choice of solids or Plaids. Choice of styles. Reg. \$12.95. Anniversary Sale

7.88

**CAPS Summer & Fishing**

9c

WE CARRY SAVAGE • RUGER • WEATHERBY & COLT

ALL AT SUPER DISCOUNT PRICES!

**NORMA AMMO. 20% OFF**

303, reg. 4.75	\$3.76 per box
30.06, reg. 4.75	\$3.76 per box
308, reg. 4.75	\$3.76 per box
270, reg. 4.75	\$3.76 per box
243, reg. 4.30	\$3.44 per box
30 Cal., reg. 3.00	\$2.40 per box
30-30, reg. 3.75	\$3.00 per box

**DUPONT POWDER**

No. 4350	1.99
No. 4320	
No. 3031	
No. 4064	

Per Lb.

**GIANT DEER BAGS** 7' Long, Full Size **86c**

**EVERYTHING GOES!**

From Hook to Sinker, from Lure to Line, from Tacklebox to Rods and Reels. All brand name, 1st quality Fishing Tackle at

40%

OFF MFG. LIST

**SKIN DIVING EQUIPMENT**

Tanks  
Fins  
Wetsuits  
Spearguns

Gauges  
Regulators  
Fins  
Weights

EVERYTHING GOES

33 1/3% OFF

MFG. LIST

**LET'S TRADE, BUY, SWAP GUNS**

Highest Prices Paid in Cash or Trade

USE OUR FREE LAY-AWAY PLAN

**rainier**

QUALITY TENTS & SLEEPING BAGS AT ANNIVERSARY PRICES

**CABIN TENTS**

7 Only. 8x10 Finest Boatall Outer. Built-in Floor, 7'6" Ridge, 5' Side Wall. Reg. \$97.50. Anniversary Sale

52.66

**VACATIONAIR TENTS**

5 Only. 8x12 All Aluminum Interior Assembly. Free Standing. 4' Sidewall, 7'6" Ridge. Finest Boatall Drill. Sea Green. Reg. List \$97.50. Anniversary Sale

52.66

**SLEEPING BAGS**

7 Only. Rainier 6 lb. Jumbo Size Flannel Plaid Lined. Boatall Outer. Pair model. Reg. \$29.95. Anniversary Sale

14.88

**SLEEPING BAGS**

12 Only. 5 lb. Collacloud Full Size Pair Model. Sealcloth Outer. Reg. \$21.95. Anniversary Sale

8.46

**SLEEPING BAGS**

8 Only. 3 lb. Collacloud by Rainier, Full Size, Pair Model. Sealcloth Outer. Reg. \$19.95. Anniversary Sale

10.46

**UMBRELLA TENTS**

All Metal Pole Assembly. Built-in Floor and Screen. Reg. \$55.00. Anniversary Sale

27.66

**SLEEPING BAGS**

13 Only. Rainier 3 lb. Dacron 88 Sealcloth Outer. Pair Model. List \$25.00. Anniversary Sale.

12.86

Medford Sports & Surplus Sales

225 EAST 6TH • PHONE 773-3458 • OPEN 7 DAYS

—A WEEK