



THE DOCTOR SAYS Individual Needs Determine Cream

By W. G. BRANDSTADT, M.D.
Written for
Newspaper Enterprise Assn.

Q—In a recent column concerning creams for dry skin, you advised oily creams rather than vanishing creams. Aren't vanishing creams more softening?

A—Almost any kind of cream applied to the skin will help to soften it. The softening is accomplished by getting water back into the skin. Oily creams prevent evaporation of perspiration from the skin and permit rehydration from within. In the case of vanishing cream, some moisture in the cream may be absorbed by the skin or, if put on thick enough it, too, may dam back the perspiration. For the best procedure to suit your special needs, consult your doctor.

Q—You said in a recent column that taking adrenal hormone over a long period of time rendered a person's adrenal glands sluggish, and made him dependent on hormones supplied from outside the body. My uterus and ovaries were removed six years ago. I take an estrogen tablet every day. I get very uncomfortable if I skip the tablets. Is this because my body can no longer produce its own estrogens?

A—You do not say in what way skipping your tablets makes you feel bad, but if you were to stop taking them entirely you would have what is known as a "postoperative change of life," with its accompanying symptoms. Your doctor should arrange for you to taper off gradually.

Q—I was interested in your article about eye banks. Our daughter has cerebral palsy. Her third cranial nerve is affected. With her right eye she can only distinguish light from dark. Could I exchange eyes with her in order to make her life more complete?

A—The retina is the ending of the third cranial nerve. It is this network of fibers that receives visual images. Your unselfish offer wouldn't work. There is no way to transplant a retina or a whole eye. Only those persons whose blindness is due to clouding of the cornea are benefited by a corneal transplant. The corneas are taken only after the death of the donor.

Q—In your column on constipation you advised against taking laxatives. Does this apply to Metamucil?

A—Psyllium hydrophilic muciloid (Metamucil) is a non-irritating preparation that gives soft bulkiness to stools. Persons who have such an irritable bowel that they can't tolerate any roughage in fruit and vegetable form may be benefited by the "smoothie" of this substance. It can also be safely used by elderly persons greatly troubled by constipation, who find that even enormous amounts of vegetable and fruit are inadequate to give a normal bowel movement.

Please send your questions and comments to Dr. Wayne G. Brandstadt, M.D., in care of this paper. While Dr. Brandstadt cannot answer individual letters, he will answer letters of general interest in future columns.

Car Found In Eugene

A car stolen from Klamath Falls March 25 was located abandoned in Eugene over the weekend and two men and a teen-age girl admitted breaking into the Roosevelt Elementary School, Feb. 22, after they were arrested by Medford authorities Friday on similar charges.

City police said Jack L. Allen, 34, and Melvin E. Snodgrass, 22, Ashland, probably were involved in several school break-ins in Klamath Falls, but they had broken into so many schools in a three-state area they couldn't differentiate one school from another during questioning.

Oregon State Police also questioned the pair concerning break-ins at several county schools, but although the pair readily admitted many school break-ins in the area they couldn't pinpoint specific schools.

Apparently only some canned tuna fish and milk were taken in the Roosevelt School theft.

A 1963 Chevrolet pickup owned by Clay Thomas, 2942 Altamont Drive, was returned after the vehicle was discovered by Eugene city police abandoned in that city.

Khrushchev On Vacation

MOSCOW (UPI)—Soviet Premier Nikita Khrushchev vacationed on the Black Sea today with no indication of being in political hot water as reported abroad.

Veteran Western observers strongly discounted speculation outside the Soviet Union that Khrushchev may be losing an internal struggle for Kremlin leadership.

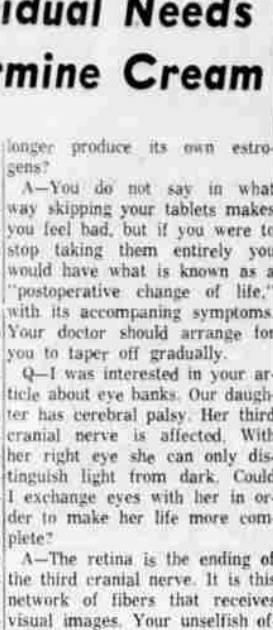
The "Khrushchev in trouble" reports were stirred by an article in the Italian Communist party newspaper *Unita* which claimed Moscow was in a "delicate political moment" because of last fall's Cuban crisis, farm problems, cultural disputes and the rift with Red China.

American authorities on Soviet affairs in Washington said it was obvious that the Kremlin had problems, but they doubted Khrushchev's job was in danger.

Unita's article, published Sunday, was followed Monday by reports from the Italian news services A.R.I. and the *Agenzia Italia* and the Paris newspaper *Aurore*. All three quoted unidentified Communist sources as saying there was a Kremlin power struggle threatening Khrushchev's position.

Wednesday, April 3, 1963

HERALD AND NEWS, Klamath Falls, Ore.



CITED FOR TRANSPORTATION WORK — M. Sgt. William T. Hall, motor vehicle maintenance technician for Material Squadron, is presented the Air Force Commendation Medal for distinguished service during his performance of duties as non-commissioned officer-in-charge of motor transportation at Santa Rosa Island Air Force Station from September, 1961 to February, 1963. Sergeant Hall was reassigned from the Air Force Station to Kingsley Field last month. A veteran with 19 years' service, the sergeant is married and has two daughters and two sons.

Constitution Victory Called Romney Triumph

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But National Republican Chairman William E. Miller found praise for the darkhorse GOP presidential possibility and said the victory Monday, despite its narrowness, showed Romney had turned the Democratic stronghold of Wayne (Detroit) County into a competitive two-party area.

The document won largely because of a tremendous outpouring of "yes" votes in the governor's home county, Oakland, and surprising support in Wayne.

With 5,200 of the state's 5,200 precincts reporting the tally was: yes 807,847, no 796,223.

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Girl Chorus Rates High

MOUNT SHASTA—The Mount Shasta elementary school girls' chorus, directed by Mrs. Sinobia Manley and accompanied by Mrs. Anne Messenger, received a number one rating at the county music festival held in Mt. Cloud last week. Under the direction of John Day, the Sisson band was awarded a superior minus.

Dr. Ferrell Madsen of Chico State College judged the festival and used a different method than had been previously used to judge the contestants. Each selection was tape recorded, and at the same time Dr. Madsen gave his praise or criticism of how the number was being performed. The tapes were later mailed to each school participating.

One of the numbers sung by the chorus, the "Lord's Prayer," was arranged in three parts by the girls as a class project, with the assistance of Ms. Manley. Forty-seven eighth grade girls from Sisson School are members of the chorus.

DETERMINED EXTENT

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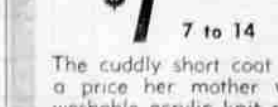
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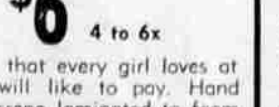
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