

Radiation May Provide Quick Roasted Turkey

WASHINGTON (UPI) — In a few years it may be possible to buy that Thanksgiving turkey at the supermarket, keep it in the pantry shelf and pop it in the oven for 20 minutes of browning before the family sits down to dinner.

If this comes about, it will be due to radiation of food.

Dr. R. G. H. Shi, scientific director of the research division of the Army Materiel Command, described research being done in the preservation of foods at the U. S. Army Radiation Laboratory, Natick, Mass., in a letter to Rep. John O. Marsh Jr., D-Va.

Marsh, whose district includes the Shenandoah Valley poultry-producing region, inquired about the research work at the request of the Virginia State

Poultry Federation.

Shi said the Army was working on meat products to be preserved in the raw state for shipment to parts of the world without refrigerated handling facilities.

"Chicken," Shi said, "turned out to be one of our most promising products from the standpoint of radiation preservation. We have tested radiation sterilized chicken kept at room temperature for 10 months. It proved as acceptable on the dinner table as chicken freshly procured from the grocers."

Shi said no petition has been filed with the Food and Drug Administration for public distribution of irradiated chicken. However, irradiated bacon and wheat have been approved by the administration.

The Doctor Says

Soldier's Heart Considered Not Serious And No Threat To Life

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

Q—My doctor had me get an electrocardiogram, and then, he said I had neurocirculatory asthenia. Is this the same as soldier's heart? What is the cause and what is the treatment?

A—Neurocirculatory asthenia goes under many names including soldier's heart, effort syndrome, vasomotor instability, nervous heart and cardiac neurosis.

The cause is a chronic state of anxiety that frequently stems

from being brought up as a child in an atmosphere of apprehension. It usually starts in adolescence and is chronic. The victim complains of tiring and shortness of breath after mild exertion. Palpitation (acute awareness of the normal beating of the heart) is usually present.

Physical examination may reveal a functional murmur. This is a heart murmur that is not due to a structural change in the heart resulting from an organic disease. The electrocardiogram may show a slight deviation

from the normal pattern, but this is without significance. The X-ray of the heart shows no abnormalities. Because of the palpitation, the victim worries a great deal about the possibility of heart disease.

Those who accept the reassurances of their physician that the condition is not serious and in no way constitutes a threat to life, make a satisfactory adjustment and are able to carry on a normal occupational and social life.

Q—I am taking Aristocort for

asthma. Can I stop taking it without any harmful effects?

A—Triamcinalone (Aristocort) is one of the adrenal cortical hormones. It is safer than many of the other drugs of this class but prolonged use will cause rounding of the face, growth of hair on the face and obesity. Softening of the bones and peptic ulcer may also occur if too large a dose is used, just as with other steroid hormones. If you contemplate stopping this drug you must taper off gradually.

Q—I recently read an arti-

cle that said aspirin causes internal bleeding and may lead to ulcers and anemia. Since aspirin has been a mainstay in our medicine cabinet for years this worries me. What is your opinion?

A—It has long been known that aspirin irritates the stomach lining. For this reason it should be avoided by anyone who has a peptic ulcer. Along with this irritation it may cause bleeding, especially if the tablets are slow to disintegrate. Manufacturers now make their tablets so easy to disintegrate

that they fall apart on the back of the tongue. Many people find that this irritates the throat so you can't win. When aspirin causes a loss of blood from the stomach repeatedly over several months, anemia may result.

A recent study indicates that buffered aspirin, although no more effective as a pain killer, will not, when taken in the usual doses, cause bleeding in the stomach.

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.

IN BOWL GAME
ALLENTOWN, Pa. (UPI)—Northeastern University of Boston, which completed its regular season unbeaten and untied, will play in the Eastern Bowl football game here Dec. 14. Its opponent has not been named yet.

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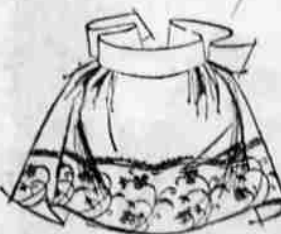


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