

HEALTH NOTES

from the
Perry County Medical
Society

Address questions to "Health
Notes," P. O. Box 71, Perryville, Mo.

Heart Attacks

Patients often ask, "What is a heart attack?"

There are many conditions which may appear to the inexperienced to be a "heart attack," but which really are other diseases. Since,

however, what is generally called a "heart attack" is a coronary occlusion, we will confine our discussion to this particular condition.

The patient suddenly complains of a severe, constricting pain in the chest. This pain is accompanied by shortness of breath, weakness, nausea, pallor, and is prolonged for a period of many minutes to many hours. This is the classical picture of the patient who is having a heart attack, although it should be realized that, since an attack may be mild or severe, the symptoms may be milder or more severe than those outlined.

When this set of symptoms occurs, what may be happening is that one

of the coronary arteries, which supply blood to the heart muscle for its nourishment, is developing a clot in it. This is called, therefore, "coronary occlusion."

When a coronary occlusion occurs, a part of the heart dies, because it is no longer nourished and supplied with oxygen. If very much of the heart muscle is thus suddenly destroyed, the patient may die very suddenly. If only a small part of the heart muscle is destroyed, then with proper treatment, the patient has a good chance for a normal life after the heart heals and a scar has replaced the soft spot.

What you should know about coronary occlusions can be summarized as follows:

1. They occur usually in men, usually past the age of 40.
2. They are caused by hardening, narrowing, and clotting in the coronary arteries of the heart.
3. Anybody having severe pain in the region of the heart should be made as quiet as possible and the doctor should then be called.
4. The principal object of treatment of this condition, once it has developed, is to rest the heart until it heals. This may take many weeks.

Questions from Readers

Q. How much bleeding after the "change of life" is normal?—**Q. A.**, Perryville.

A. Any woman who has stopped having regular menstrual periods (usually between the ages of forty and fifty) and then develops any kind of vaginal bleeding, whether it be regular, irregular, slight, profuse or only spotting **MUST** have a thorough examination for cancer of the womb. This examination will usually include scraping the womb in the hospital. Too many women (18,000 women die of cancer of the mouth of the womb alone in the U. S. each year) wait too long because they think that bleeding after the "change" is normal.

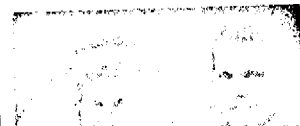
Q. What should I have done for my gall bladder? I have been told that I have gall stones.—**H. Z.**, Perryville.

A. You should have your gall bladder and the pebbles in it removed surgically. There is no other effective treatment. Even if the stones do not cause you severe symptoms now, the complications that people get from gall stones are too severe to warrant the risk of "trying to get by" without surgery.

The Men Service

Schindler of Ft. Ben- and Thomas Schindler athryn Schindler of St. Thanksgiving Day here

Are Married



ANNOUNCEMENT

Last winter the people of the Frohna community organized in an effort to procure a resident physician to locate in the Dr. Palisch residence. A committee was appointed, and this unit was very ably assisted by Dr. R. R. Grayson of Perryville and Dr. Theo. Fischer of Altenburg. The members and the doctors worked faithfully but unsuccessfully.

However, we feel that a permanent doctor will be found. Until that time Dr. Grayson will do part-time service at Frohna in the Dr. Palisch house, in an office furnished through the generous contribution of Dr. William Utterman, Dr. Fischer and the citizens of the Frohna community.

The committee wholeheartedly and gratefully thanks Dr. Grayson and recommends him to the people of the East Perry Community.

On Sunday, Dec. 6, from 2 until 5 p. m., an open house will be held at the Dr. Palisch house. We invite the public to see the new office.

THEO. POPP
E. R. MUELLER
ERWIN DREYER --

ANNOUNCEMENT OF OFFICE HOURS

My office in the Palisch building at Frohna will open Monday, Dec. 6, 1953. Consultation hours at this office will be only at the following times: Monday evenings, 7 to 9; Wednesday afternoons, 2 to 5; and Friday evenings, 7 to 9.

Consultation hours at my Perryville office will remain unchanged. These are as follows: Mornings, 9 to 12, Monday through Saturday; Afternoon, 2 to 5 except Wednesday afternoon at which time I will be in Frohna. No evening or Sunday hours.

R. R. GRAYSON, M. D.

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HEALTH NOTES

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Society

Questions from Readers

nance, with blower. Does that have a tendency to dry the air?—A Reader, Perryville.

A. During the winter, the humidity should be 70-80%, whereas, in most homes, the humidity at this season is much lower. With a greater amount of moisture in the air, you need less heat to keep you warm. Your type of heating plant is drying and tends to promote respiratory

infections. During the summer, the water content should be lower to be more comfortable. The only answer is complete air conditioning.

Q. Is there any cure for high blood pressure?—A. L., St. Marys.

A. There is no single treatment for high blood pressure because there are many causes of high blood pressure. Briefly: Type One: cause unknown; many medicines available, some people helped, others not. Type Two: cause unknown; benefited greatly by operating on certain nerves in the back. Type Three: caused by kidney disease: if one kidney is involved, removing it may help. Type Four: caused by narrowing of the great artery from the heart; operation is curative. Type Five: caused by hardening of the arteries; not very dangerous—treatment useless. There are other less common types of high blood pressure, but in 95% of the cases, it is either type one or type two.

Q. What is subluxation of a vertebra?—B. G., Perryville.

A. Theoretically, this is the par-

tial dislocation of one spinal vertebra upon another. Actually, the existence of such a disease process is in serious doubt, since no responsible X-Ray specialist has ever demonstrated it on X-rays and no one has ever seen it upon operating on the spine.

Q. Should my children all have their tonsils removed?—A Reader, Frohna.

A. Tonsils (and adenoids) should be removed only for good reasons such as (1) great enlargement with obstruction to breathing, (2) very frequent episodes of tonsillitis, (3) recurrent tonsillar abscess, (4) chronic infection in the crypts of the tonsils.

Q. If a woman is Rh negative and her husband is Rh positive, what change is there that the baby of such a couple will have "Rh disease"?—Reader, Perryville.

A. Only one child in twenty of such a union will have trouble. The trouble would manifest itself as (1) Stillbirth; (2) Anemia; (3) Jaundice; (4) Edema (swelling); (5) Brain damage; (6) Or various combinations and degrees of these symptoms. Your doctor will be on the alert for this and has effective treatment for any such difficulty.

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**Dr. R. R. Grayson
Has Article in
Medical Journal**

Dr. R. R. Grayson of Perryville is author of an article which appeared in the October issue of Missouri Medicine, monthly journal of the Missouri State Medical Association.

The article, "Technic for Using Suction in Cases of Snake Bite," recognizes the commonly accepted therapy for snake bite—application of tourniquet, incision through the fang marks, application of suction to the wound, and administration of snake antivenom into the site of injury by intramuscular injection.

Dr. Grayson has devised an advanced method of applying suction to the wound, and has used it successfully in four cases, three of which were caused by poisonous snakes. After an incision is made in the fang wounds, he inverts the glass portion of an irrigating syringe and applies this over the wound. The small end of the syringe is attached by means of a rubber tube to a suction pump such as is found in an ear, nose, and throat unit. The forceful action of the pump pulls the blood and tissue fluid into the barrel of the syringe at a rapid rate. Dr. Grayson recommends continuing the suction for ten minutes, then repeating it every fifteen minutes for one hour.

ANNOUNCEMENT OF OFFICE HOURS

My office in the Palisch building at Frohna will open Monday, December 6th, 1953. Consultation hours at this office will be only at the following times: Monday evenings, 7 to 9 p.m.; Wednesday afternoons, 2 to 5 p.m.; and Friday evenings, 7 to 9 p.m.

Consultation hours at my Perryville office will remain unchanged. These are as follows: Mornings, 9 to 12 a.m., Monday through Saturday; Afternoons, 2 to 5 p.m. except Wednesday afternoons at which time I will be in Frohna. No evening or Sunday hours.

R. R. GRAYSON, M.D.

Is Approved As Preceptor for M. U. School of Medicine

Approval has been granted by the School of Medicine of the University of Missouri to Dr. R. R. Grayson of Perryville to act as Preceptor in General Practice for Mr. Turney, a fourth year medical student from Independence. During his sojourn in Perryville, Preceptee Turney will be in constant attendance with Doctor Grayson.

A program in preceptorships is being set up throughout the state by Dean Roscoe L. Fullen of the School of Medicine of the University of Missouri to acquaint future physicians with the opportunities for medical practice in rural Missouri.

He has served as a Senator in the Missouri State Senate for two terms in the 1930s. He has served as a member of the General Assembly of Perry County. He was elected to the office for two additional terms and was elected to the State Senate in 1950. He is a graduate of the University of Missouri School of Law and is a member of the American Bar Association. He served in the United States Army during World War II. He has served on the following important committees: Judiciary, Appropriations, Education, Agriculture, Labor, Roads and Highways, Unemployment and Workmen's Compensation, and State Departments.

His formal announcement will appear in this newspaper at a later date.

Lutheran P. T. A. Names Grayson To Presidency

The Perryville Immanuel Lutheran School Parent-Teacher Association, which was formed in November of last year, held an election of officers at its regular monthly meeting on Jan. 6.

Dr. R. R. Grayson was elected to head the organization, Mrs. Howard Dickman was named vice-president, Mrs. John Reimold the secretary, and Mrs. Harold Weber the treasurer.

The constitution of the newly formed association was adopted at the December meeting. The meeting nights are the first Wednesday of each month, starting at 7:30.

As is the policy of all P. T. A.'s, membership is open to parents, teachers and any other interested adult members.

The February meeting, set for Feb. 3, will feature a talk by Walter Seibel, principal of Trinity Lutheran School at Cape Girardeau. His topic for the evening will be the various projects and activities of a P. T. A.

Perry County Memorial Hospital Notes

Thirteen babies were born during the past week, ten boys and three girls. (See New Arrival Column) Surgery patients during the week were: Mrs. Matilda A. McBride; Mrs. Claude P. of St. Genevieve; Mrs. Thieret of Perryville; Harold W. Arnold, 5, son of Harold W. Arnold of Perryville; Mrs. Theo. E. F. Melvyn J. Hur Edward A. F. and Mrs. C. ville.

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March 29, 1956

Medical Society To Sponsor Series Of Radio Programs

The Perry County Medical Society will inaugurate today a series of weekly radio programs over the Ste. Genevieve station.

The first program, of 15 minutes duration, will begin at 4:45 p. m., and will be on rabies. Dr. Howard Dickmann, Perryville veterinarian, will introduce the topic. Members of the medical panel will be Drs. O. A. Carron, R. R. Grayson, and G. H. DeGenova.

The following week, at the same time on April 5, a panel composed of Drs. W. F. Utterman, J. F. Fairchild, and J. F. Lutkewitte will discuss poliomyelitis and the new vaccine for this disease. The third program will be on tetanus (lockjaw). Panel members will be Drs. S. G. Legner, J. J. Bredall, and L. W. Feltz.

Future programs will include medical recordings from the American Medical Association, panel discussions by the nursing staff at the Perry County Memorial Hospital, a discussion on dental health by local dentists, and lectures on various medical subjects by local doctors.

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Perryville M. D. To Have Office Also at Frohna

Dr. R. R. Grayson of Perryville, who has an office in the Medical Arts Building at Perryville, is announcing this week the opening of an office in Frohna on Dec. 6. His regular consultation hours at the Perryville office will remain as before, and he will be at the Frohna office, in the Palisch Building, on Monday evenings from 7 to 9, on Wednesday afternoons from 2 to 5, and on Friday evenings from 7 to 9.

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THURSDAY, DECEMBER 17, 1953

Deep Well Operations at "Electric" Building

Deep well operations were begun Monday at the new building of the Citizens Electric Corporation building, corner Spring and North streets. A well recently was completed at the company's new building at Ste. Genevieve, where a sufficient quantity was struck at the 650-foot level. Water from the well will be used in operation of the buildings' air conditioning and heating plants, which, it was said, will require a flow of 30 to 40 gallons a minute. Purified "city water" will be used for other purposes in the buildings. The system of heating and cooling will require a second "well," described as a "dry well."

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Dr. Bredall, President of Medical Society

Dr. Jerome J. Bredall, Perryville physician, was elected president of the Perry County Medical Society at a meeting of the society on December 10. Dr. Richard Grayson was named vice-president and Dr. Joseph Lutkewitte, secretary.

DECEMBER 31, 1953

**Dr. and Mrs. Wm. H. Bailey
Express Their Gratitude**

Dr. and Mrs. Wm. H. Bailey wish to express their heartfelt thanks to the entire hospital personnel and medical staff of the Perry County Memorial Hospital, and to Doctor Jerome J. Bredall and Dr. Richard R. Grayson, and to Doctor and tender care during Dr. Bailey's recent illness. They also wish to thank those many friends for flowers, cards, gifts and food sent to them, and for household services at their home to relieve their needs and necessities. Words cannot express our true feelings.

Dr. and Mrs. Wm. H. Bailey

I wish to thank all those who sent cards and visited me during my illness and stay at the Perry County Memorial Hospital. Especially do I wish to thank Dr. Uferman, Dr. Grayson and the entire staff at the hospital. Your kindness will always be remembered by me.
Mrs. William G. Boxdorfer

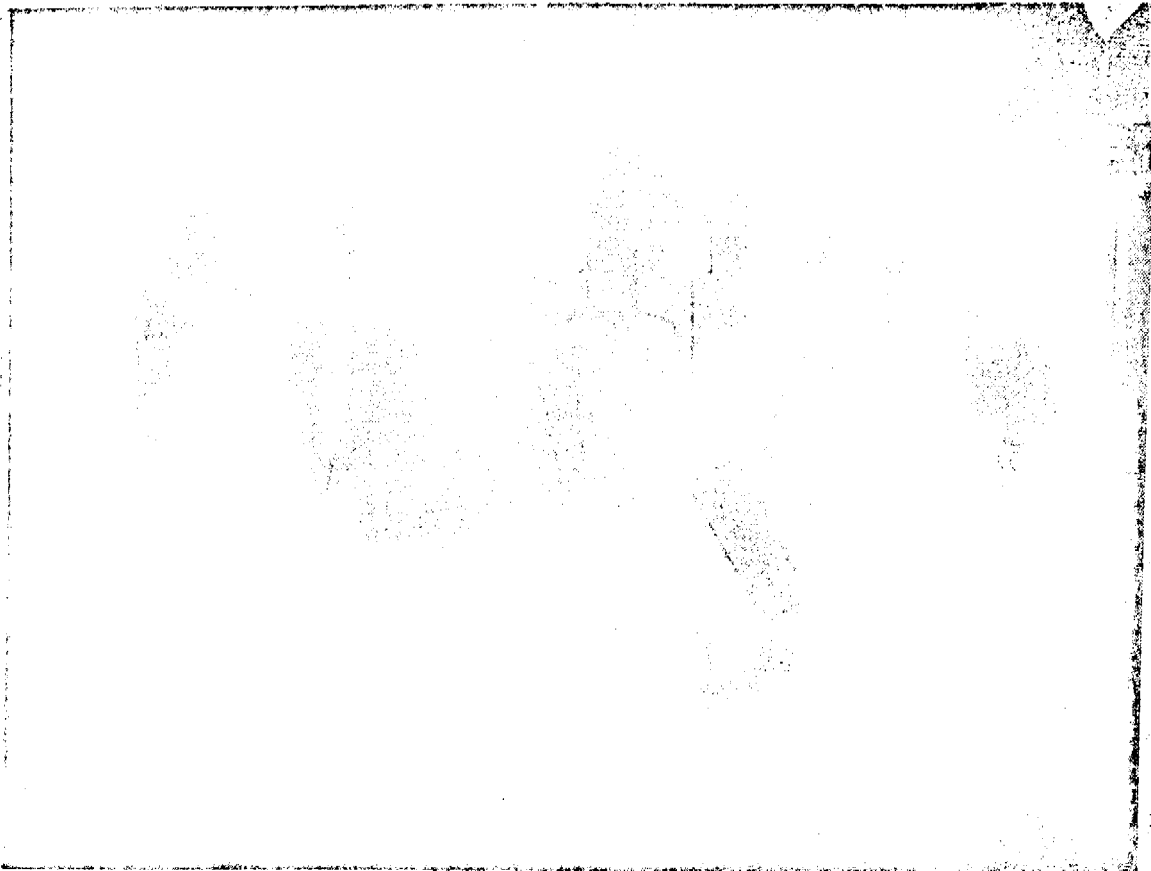
Card Of Thanks

We wish to invite all our relatives and neighbors to help celebrate the 50th wedding anniversary of Mr. and Mrs. Leo Lanthier on Nov. 22 at Sunset Inn. Basket supper at 5 o'clock.—Adv.

An Invitation

weather, allowing ample time to finish. Mr. and Mrs. J. Kansas City, Kan. days with Mrs. Louth other relatives.

NOV. 12, 1953



MEDICAL FORUM, a radio program presented by KSGM and the Perry County Medical Society as a public service will be heard every Thursday afternoon at 4:45 o'clock. The first program featuring the above panel members, will be aired this afternoon, March 29, on the subject of rabies. Pictured above, left to right are: Dr. R. Grayson, Dr. H. Dickmann, Dr. DeGenova, Dr. O. A. Carron and the program moderator, Wally Wehmeyer. —Staff Photo

ANNOUNCEMENT OF OFFICE HOURS

My office in the Palisch building at Frohna will open Monday, December 7th, 1953. Consultation hours at this office will be only at the following times: Monday evenings, 7 to 9 p.m.; Wednesday afternoons, 2 to 5 p.m.; and Friday evenings, 7 to 9 p.m.

Consultation hours at my Perryville office will remain unchanged. These are as follows: Mornings, 9 to 12 a.m., Monday through Saturday; Afternoons, 2 to 5 p.m. except Wednesday afternoons at which time I will be in Frohna. No evening or Sunday hours.

R. R. GRAYSON, M.D.

THURSDAY, 1953

Deadline Date for Conservation Work

Farmers of Perry County still have time to sign up for conservation practices with the PMA Committee. The committee is urging every farmer to sign his farm up for conservation practices.

Every farmer in the county is eligible to use the conservation program. Under this share-the-cost program, the farmer receives assistance to encourage and aid him in carrying out soil and water conservation practices which guard against the forces which destroy the land and waste water.

The deadline date for signing farm plan is December 10, 1953. Do not delay in signing your farm plan.

Completion Deadline

The committee wishes to urge farmers who have approvals for conservation practices under the 1953 conservation program to complete their practices as soon as possible and report them to the county office immediately.

All sales slips, receipts, invoices and etc., for materials purchased must be presented to substantiate the evidence for the practices completed. Anyone who has completed their conservation practices may make their report at any time.

Crop Insurance

Any farmer having wheat crop insurance is urged to come to the county PMA office at their earliest convenience to report the amount of acres seeded for harvest and sign their acreage report. This is very important and should be done as soon as possible.



County House
NEWS

County Court

February 16—Court met with the following members present: Joseph F. Lurk, Presiding Judge; Edward B. Leimbach, Associate Judge; John R. Maddock, Associate Judge; Curt M. Vogel, Prosecuting Attorney; William F. Milner, Sheriff; and Edwin F. Unverferth, County Clerk.

Now on this 16th day of February, 1953, it appearing to the Court that Alphonse C. Carlemy of Perry County, Missouri, has filed with the Court formal application for treatment for pulmonary tuberculosis at the Missouri State Sanatorium at Mount Vernon, Missouri, in which application the said Alphonse C. Carlemy states that he is a resident of Perry County, Missouri, and that he has no means with which to pay for said treatment.

And it is also appearing to the Court that R. R. Grayson, M.D., a reputable practicing physician of Perryville, Missouri, has filed with the Court information that he has examined the said Alphonse C. Carlemy with pulmonary tuberculosis and is lemy and finds that he is suffering a suitable case for admission into the State Sanatorium at Mount Vernon, Missouri, and the Court, after due consideration, orders that the said Alphonse C. Carlemy be admitted to the said Sanatorium for treatment for pulmonary tuberculosis.

And it is further ordered that the Clerk of this Court transmit to the Superintendent of said Sanatorium a certified copy of this order, with the request that the said Alphonse C. Carlemy be admitted to the said Sanatorium.

Lannie Turlin Is Home From Hospital

Street Commissioner Lannie Turlin, who has been receiving treatment at Memorial Hospital for a heart condition, was brought home yesterday afternoon by Young & Sons ambulance.

HEALTH NOTES

from the
Perry County Medical
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Address questions to "Health Notes," P. O. Box 71, Perryville, Mo.

How To Have A Safe Accident

Many think that the way to prevent the terrible death toll on our highways and streets each day is to reduce the number of accidents. This is not true.

The number of accidents probably will never be appreciably reduced on the highways for several good reasons. The first is that there are more vehicles every year. Next, these vehicles each year move faster. Furthermore, ideal highways are not the answer: witness the carnage on straight Texas roads and on the Pennsylvania Turnpike.

The solution to the 30,000 deaths per year on our streets and highways is in making it safer to crash.

All the propaganda put out in advertisements by the Detroit automobile makers about how safe their automobiles are is pure nonsense. Their automobiles get more dangerous every year. They go faster and nothing is done to correct the causes of death and injury to the occupants.

All right then, what are the causes of death and injury in an auto crash? There is a sudden, jolting stop and:

1. The car stops, but the person inside keeps on going and is smashed against the dashboard or windshield.

2. The car stops, but the car-seat and the person on it continue in a forward direction, crushing him.

3. The car stops, but various articles such as cameras, shoes, etc., in the back of the car do not, and thus strike an occupant with terrific force.

4. The door springs open, and the occupant bounces out of the car instead of just bouncing around inside of it.

All automobiles are safe to drive in; they are not safe to crash in. They will be relatively safe to crash in when steps are taken to prevent the above four major causes of death and injury.

The solution, then, is to learn some simple lessons from aircraft design. Airplanes are designed to minimize injury in case of a crash. Why are not automobiles?

The two most important changes that should receive serious consideration are:

1. All car seats should be designed to withstand a decelerating force of at least six "G's." In other words, car seats should be made very sturdy, and should be bolted and welded to the auto in such a way

that they will not tear loose.

2. Aircraft type safety-belts and shoulder-harnesses are essential. You say people will not use them. The answer is that they will when they get into the habit. All airplane passengers use safety belts; why should not auto occupants?

Questions From Readers

Q. What is the most frequent cause of cancer of the liver?—A Reader, Perryville.

A. Cancer of the liver is very rare and the cause is entirely unknown. Many cases of so-called cancer of the liver that you hear about are actually cases in which cancer has spread to the liver from some other organ, such as the colon, and the original source of the cancer was not found. Once it has spread to the liver in this way, there is no hope for cure.

Q. What are some of the abuses that should be avoided to preserve a healthy liver?—Reader, Perryville.

A. The main one, much to the chagrin of some, is the type of chronic alcohol poisoning you see going on daily. More people die from drinking too much than is generally appreciated. Cirrhosis of the liver occurs almost always in heavy drinkers.

Other items are diet and weight. The diet should be well-balanced and nutritious. The weight should be normal. A fat person has a fatty liver and is unhealthy.

Questions From Readers
Q. Why is night air bad?—B. C. Perryville.

A. Night air is not "bad"; it is the same air you breathe in the daytime. This superstition was started hundreds of years ago by people who lived in swampy areas who knew that they would get malaria at dusk; they did not know that it was the mosquitoes at that time of the day, rather than the air, which were responsible.

Q. Can you suggest how to prevent ingrown hairs of the beard? These ingrown hairs occur in the neck

region and often get infected.—A. Z. Frohna.

A. The use of an electric razor, because it cuts the hairs off squarely, might be helpful. Also, an effort should be made to shave in one direction in order to lessen irritation.

Q. Can cats have tuberculosis?—A. L. St. Marys.

A. Yes, cats can get T. B. from their masters and then can spread it to other people or animals. (Send in your questions to P. O. Box 71, Perryville.)

JANUARY 22, 1953

Chiefs of Service at Local Hospital

At the regular meeting of the Medical Staff of the Perry County Memorial Hospital on January 8, 1953 the Chiefs of the Services were selected for 1953 as follows:

The Consulting Chief of Surgery is Dr. Warren G. Marsten of St. Louis, and the local Chief of Surgery is Dr. Jerome J. Bredall.

The Consulting Chief of Obstetrics is Dr. Grey Jones of St. Louis, and the local Chief of Obstetrics is Dr. O. A. Carron.

The Consulting Chief of General Practice is Dr. Raymond Muetter of St. Louis and the local Chief of General Practice is Dr. Richard R. Grayson.

The Consulting Chief of Laboratory is Dr. O. E. Hagebusch of St. Louis, and the local Chief of Laboratory is Dr. L. W. Feltz.

The Consulting Chief of X-Ray is Dr. Milton Schoss of Cape Girardeau, and the local Chief of X-Ray is Dr. Jerome J. Bredall.

Jan 8 1953

HEALTH NOTES

from the
Perry County Medical
Society

Medicines from Your Back Yard

You never know where you will find the good things of life. You might even find some valuable medicine growing in your own back yard.

For example, once there was an old woman in Shropshire, England, who treated people for dropsy. She used a mixture of herbs and often obtained cures after the regular practitioners had failed. The year was 1775.

Then, William Withering, a master physician and botanist of Birmingham, England, heard of this old lady's medicine. He went to Shropshire and found that she was using a tea made from many herbs. He found that the most important plant in her brew was the Foxglove plant, also known as Digitalis (because of its finger-like leaves). He then began to use the powdered leaf for treatment of dropsy very successfully.

Tablets made of the powdered leaves of the Foxglove are still used for various heart conditions. The medicine is still called Digitalis, and is considered to be one of the most important medicines in the world today.

Almost everybody has heard of the use of quinine in malaria. Quinine is a medicine that comes from the bark of a tree. It was over three hundred years ago that a Spanish official was first treated for malaria with the powdered bark of the Cinchona tree of Equador. That was in 1630, just a few years after the Pilgrims first came to America.

By 1640, the use of the powdered bark had spread over all of Europe for treatment of "Ague." It was not until 1820, however, that the active principle, quinine, was isolated from this powder.

Until a few years ago, quinine was the only medicine we had for the treatment of malaria.

The familiar penicillin, for example, comes from a plant, but of another kind. It comes from a mold that was first discovered growing in a laboratory in England in 1927.

Opium, of course, is the most famous, and the oldest of our drugs to come from plants. Opium was known to have been extracted from the seeds of the Poppy plant in Arabia as early as 300 years before Christ.

And so we could go on, to write volumes about how many of our modern medicines have been handed down from ancient times where they were discovered by accident.

Who knows? Those weeds you just cut down in your back yard might have been good medicine.

PERRYVILLE, MO., JAN. 15, 1935

HEALTH NOTES

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Questions will be answered in this column. Address them to Health Notes, Post Office Box 71.

ARE YOU "NERVOUS"?

You have heard of people who are "worried sick." Actually, a good many of the patients the doctor sees every day are just that: so worried and nervous that they have made themselves sick.

Many of these patients realize it's "just a case of nerves" and recognize this for what it's worth, even though most are unable to conquer their fears and tensions.

Other people actually develop symptoms of the body from unrecognized nervousness, such as headaches, numb feelings, vague pains here and there, and so on.

Still other people with nervousness, develop real disease, such as stomach ulcer, migraine headache, and colitis.

For "nervous" people, and, indeed, for all of us, certain rules are of great help. Read and remember them:

1. Approve of yourself. You are as good as the next fellow. If you are given a compliment, take it and make use of it.

2. Tolerance makes understanding the other fellow easier and saves you from vexation.

3. This is not a perfect world. Everybody and everything has faults. Be satisfied with less than perfection.

4. Stop feeling so guilty. We are all human beings and we all make errors. Give a little and you will get a lot—maybe even a reduction of that pain in your head.

5. Speak up if you want to. You cannot please everybody, and honesty and directness makes friendship easier.

6. Do not be a slave to the clock. Work at your own pace; do as much as you can. Trying to meet too many deadlines only creates tension.

7. What's the hurry? You'll be here tomorrow and for many years after; relax!

Questions from Readers

Q. What is a "virus infection?"
—C. L., Perryville.

A. An infection of the body caused by a germ so small that it cannot be seen through a microscope. Many viruses produce conditions we know so little about that we have no names for them. Others are well-known, such as measles, mumps, polio, and the common cold.

Q. Do you advise a truss for a rupture?—L. V., Ste. Genevieve.

A. The only good treatment for a "rupture" is an operation. A truss is acceptable for those who should not have surgery, for one reason or another, if it is fitted and used correctly.

Q. What causes "Sciatica?"—A. W., Perryville.

A. "Sciatica" is the name given to the condition in which low back pain spreads down the back part of one leg or both legs. Now days this condition is recognized to be almost invariably due to a crushed disk in the spinal column. Usually the pain goes away after one to four weeks of conservative treatment. If it is severe, prolonged, or very frequent, then an operation on the back is usually needed.

HEALTH NOTES

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CANCER CAN BE CURED

There is nothing new or startling about the statement, "Cancer can be cured."

It has been realized for many years that in the early stages of most cancerous growths, invasion and spread of the cancer has not occurred yet and the growth is localized to a small area. Thus it is that the cancer can be removed or destroyed, leaving the patients "cured."

The secret, obviously, of curing cancer lies in recognizing and treating it early, before it has spread too far to be entirely removed.

Cancer is a wild, uncontrolled growth of body cells. These cells may arise from any tissue in the body; thus it is that a patient may have a cancer of the lung, the stomach, the liver, or even the bone marrow.

The causes of most cancers are not well known. The causes of a few, however, are partially known. It is now thought that tobacco-smoking causes many cancers of the lung. X-rays can cause cancer of the skin. Prolonged exposure to sunlight, as occurs in farmers and sailors, can cause skin cancers.

What the individual should know about cancer, primarily, is the signs that can be caused by cancer. The following is a list of symptoms that sometimes are caused by cancer (but not always), and which should be brought to the attention

of the doctor:

1. Any unexplained bleeding.
2. Any unexplained lump, particularly in the breasts.
3. A mole that is enlarging.
4. Persistent hoarseness.
5. A chronic cough.
6. A definite change in bowel habits.
7. Unexplained weight loss of more than five to ten pounds.
8. A sore that does not heal.

Modern medicine and surgery have much to offer patients with cancer. Many times complete cure can be promised. Even if the cancer cannot be cured, very definite things can be done to prolong and make more comfortable the patient's life. Some cancer patients live as long as twenty years with proper treatment, even if they cannot be cured. There is always hope, and a person who fears that he might have cancer denies himself not only hope, but also the possibility of real help if he delays his visit to the doctor.

Questions from readers.

Q. My mother made me stay in a darkened room when I had measles. Was this really necessary?—Mrs. A. C., Perryville.

A. No, it was not. Measles (the 7-10 day variety, not German measles) causes a sensitivity only of the eyes to sunlight. Sunlight causes the patient discomfort, but definitely does not damage the eyes or make them weak.

Q. Is there any way to prevent mumps?—Mrs. C. V. Lithium.

A. Yes; there is now a vaccine which will prevent mumps, but it is not advised routinely. It is advised, however, in adolescent boys or men who have been exposed, but who have never had mumps.

Q. I've heard that you can get

shots for measles. Should my children take them?—Mrs. O. M. Perryville.

A. Gamma globulin, the same substance used to produce temporary protection against polio, is the substance also used to provide temporary protection against measles (the "red," or 7-10 day variety). These injections are given only to children who have recently been exposed to measles, preferably during the previous week. It is advisable to give a larger amount to children under two years of age to prevent the measles entirely. For those over the age of two, a smaller amount is given to allow the child to have a mild form of the disease so that he will thereafter be immune to measles. This is a great advance, because measles can be dangerous in infants.

Q. My heart "skips" a beat once in a while. Do I have heart trouble?—Mr. A. B., Perryville.

A. Only your doctor can determine whether you have heart trouble, but it can be safely stated that almost everybody has "skipped beats" now and then. They ordinarily mean nothing and do no harm. Even athletes have skipped heart beats.

Q. How can I cure my corns?—Mr. C. W., Longtown.

A. Corns, calluses, and ingrown toenails are caused by poorly-fitting shoes. Get some shoes that fit you.

Q. What is the best antiseptic to use for a cut?—Mr. B. W., Perryville.

A. Soap and water in liberal quantities.

PERRYVILLE, MO., DEC. 25, 1952

HEALTH NOTES

FROM THE PERRY COUNTY MEDICAL SOCIETY

Rabbit Fever a Constant Danger

The occurrence of a case of Rabbit Fever in this area recently points up the fact that this condition is a constantly-present menace for which we should all be on guard.

Tularemia is best known by its name "Rabbit Fever". It is an infection of a very serious nature which can be acquired from any animal, but which is usually acquired from rabbits; thus its name. It is caused by a particular kind of germ, which is a cousin of the plague bacillus.

The patient's story usually is that he shot a rabbit. Usually a "settin" rabbit, which would not run; (thus, a sick rabbit.) Then the hunter dressed the rabbit. Within two to six days a sore appeared on his finger, followed by painful, swollen glands in his armpit, high fever and muscle pains.

Before specific treatment became available in 1946 with the use of streptomycin, patients were sick for months to years, and about six per cent died from the disease.

What we should all know is that Tularemia can come from all kinds of animals, from ticks, and even

from polluted water.

Most cases are acquired by handling the carcasses of infected cottontail rabbits. Some cases arise from eating insufficiently cooked rabbit meat. Jack rabbits and snowshoe hares are sometimes responsible.

Contact with, or the bites of other wild animals such as skunks, ground squirrels, musk rats, beavers, bobcats, opossum, and game birds of various kinds are occasionally responsible.

Sheep, cats, dogs, and even hogs occasionally transmit the disease to man.

Next to rabbits, the bites of ticks are the most important source of human infection; the ticks bite infected animals, and then bite human beings, thus transmitting the disease.

Thus far, no case caused by the use of contaminated water has been reported in this country, but outbreaks of water-caused Tularemia have been reported in Russia and Turkey.

Tularemia is not a rare disease; it is a common one, and it is constantly present in our wild animals and tick population. Therefore, certain common-sense precautions are in order for all of us to observe:

1. Stay away from sick animals; if you are a hunter, do not kill an animal that does not act right — it may be sick.

2. If possible use clean rubber

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gloves when dressing game.

3. Cook all wild meat thoroughly.

4. Do not drink stream water that has not been boiled or treated.

5. If bitten by a tick, remember to tell your doctor about it if you become ill at any time during succeeding weeks.

Questions From Readers

Q. What is "milk sickness"? — C. V., Ste. Genevieve.

A. This is a very serious illness caused by ingesting the milk, butter, or cheese of cattle which have fed on one or the other of two weeds: snakeroot and rayless goldenrod. It is a fact of no little interest that many of the apparently purposeless moves of the Lincoln family during the boyhood of the future President were in reality flights from this disease. Lincoln's mother and least three of his close kin died of it.

Q. What do you think of taking a purgative once in a while to clean out the system? — A. B., Perryville.

A. Old fashioned nonsense. The intestines do not require flushing; only the commode does.

Q. How do sulfur and molasses act? — C. L. Altenburg.

A. Another bit of useless folklore; sulfur and molasses are not medicines and exert no known medicinal effect on the body.

Osteopaths May Practice In County Hospitals

Osteopaths are entitled to practice in county hospitals of the state under a ruling made Dec. 16 by the St. Louis Court of Appeals. The case was sent to the higher court on appeal from a circuit court ruling in Audrain County, where the board of trustees of the Audrain County Hospital in 1950 excluded doctors of osteopathy from practicing in the hospital.

The appellate court declared the bar on practice by doctors of osteopathy to be illegal and void. "Osteopathic physicians and surgeons are practitioners of a school of medicine and are physicians and surgeons within the meaning of the Missouri statutes regulating their practice and rights," the court held. The court added, however, that the practice of osteopathy is not governed by the state law regulating the practice of medicine.

Under the law, the court ruled, osteopathic physicians are entitled to take their patients to the Audrain County hospital for treatment "subject to reasonable rules and regulations promulgated by the board of trustees of the hospital. Appellants in the test suit were Audrain Co. Hospital Board and the Missouri State Medical Association, which sought clarification on Missouri laws governing doctors of medicine and osteopathic physicians. Defendants were the Missouri Osteopathic Association and Osteopathic Physicians of Audrain County.

Medical Society, Hospital Staff Elect Officers

The Medical Staff of the Perry County Memorial Hospital and the Perry County Medical Society elected officers at the joint meeting held last Thursday night, Dec. 11.

New officers for the hospital staff are as follows: President, Dr. William Utterman; vice-president, Dr. L. W. Feltz, and secretary, Dr. J. J. Bredall.

The new society officers are: President, Dr. O. A. Carron; vice-president, Dr. R. R. Grayson, and secretary-treasurer, Dr. Joseph Lutkewitte.

DECEMBER 18, 1952

"It seems obvious that the Legislature in prohibiting the boards of county hospitals from discriminating against any school of medicine used language that included osteopathic physicians," the court said. The opinion noted, also, that state law provided a hospital patient has "the absolute right to the physician of his choice."

Nearly 21 per cent of practicing physicians in Missouri are osteopaths, and there are 51 osteopathic hospitals in Missouri with an estimated replacement value of \$13,710,000.