

MEDICINE

Find First Line Of Defense Against Colds Is in Nose

Thin Moist Coating Is Barrier to Invaders; Dryness For Even Half an Hour Allows Colds to Gain a Hold

WHEN you are under emotional or physical strain and your nose and throat feel dry, your first line of defense against troublesome and dangerous colds is being smashed, even though you have not sneezed your first "kerchoo."

This was revealed by Dr. J. Kent Leasure, of Indianapolis, to the American Academy of Ophthalmology and Otolaryngology meeting in Chicago.

The thin, moist coating of mucus in the nose is the body's barrier to the cold invaders. Let the glands secreting this mucus be put out of action for even as short a time as a half hour, the defense is penetrated. The cold-causing organisms can get into the human system and produce their unpleasant and dangerous effects.

Nerve control is the secret of cold prevention. When one set of nerves gets the upper hand over another set of nerves, production of the mucous coating that holds back invading cold organisms is stopped. The second set of nerves stimulates mucus production. The antagonistic set of nerves does not, and these are the nerves that go into action in emergencies such as shock, sudden changes in temperature and fatigue.

This seems to explain why people get colds from sitting in a draught, getting chilled or overheated, or staying up too late at night after a hard day of work.

Science News Letter, October 21, 1939

Rare Eye-Beat Condition

ARARE kind of eye trouble, in which the eye protrudes from its socket and beats or throbs in time with the heart beat, was reported by Drs. S. J. Meyer and H. Saul Sugar, of Chicago.

Skull fractures from automobile accident injuries or other hard blows on the temple may cause the condition, but it is most often due to rupture of the carotid artery, the big artery running up the side of the neck, at the place where it passes through the large venous channel behind the eye.

Besides the severe deformity of the eye, the patient hears the disagreeable

noise of the blood rushing from the artery into the vein. The physician can hear this by listening through his stethoscope applied at the temple, and a whirring sensation is felt through the eyelid.

For relief, it may be necessary to tie the internal carotid artery.

Science News Letter, October 21, 1939

Vitamins for Eye Trouble

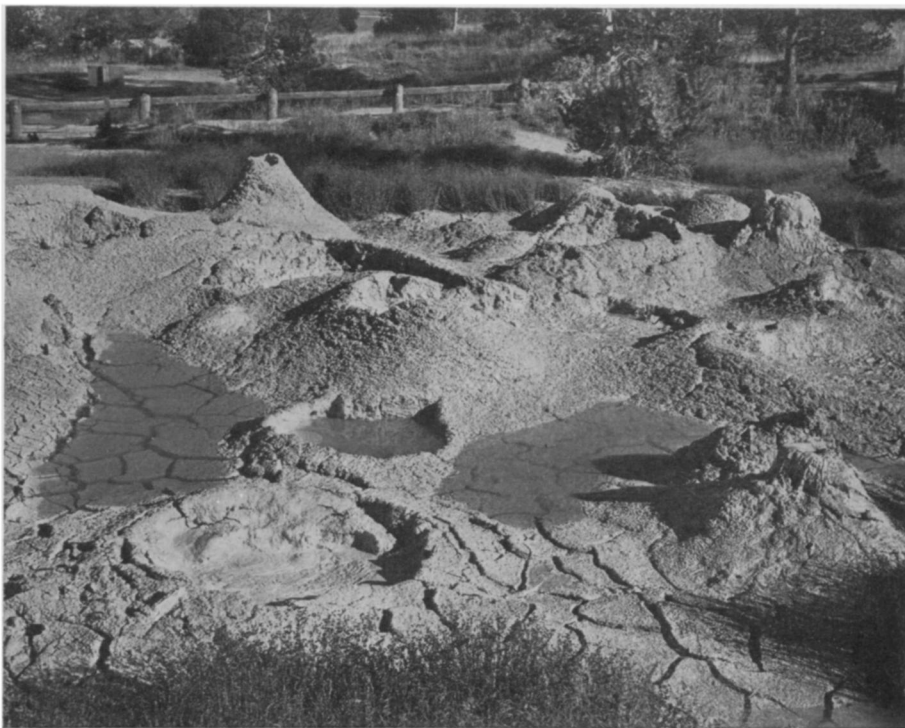
DIABETIC patients whose vision has been impaired by bleeding into the retina of the eye have been helped by large doses of vitamins B and C, Dr. Jonas S. Friedenwald, of the Johns Hopkins University and Hospital, reported.

In these patients the tiny veins and arteries of the retina have very fragile walls and consequently bleed easily. Ordinarily, vitamin C, the scurvy-preventing vitamin of citrus fruits and tomatoes, makes these fragile blood vessel walls sturdier, thus controlling the bleeding tendency. Tendency to bleeding from tiny blood vessels because of deficiency of vitamin C is one characteristic of scurvy itself.

Diabetic patients, however, apparently do not always utilize vitamin C normally, so even when given large doses of it, their eye condition does not improve. But when vitamin B, the vitamin found abundantly in yeast and liver, is given with vitamin C, the resistance of the small blood vessels in the eyes of diabetics is restored to normal, Dr. Friedenwald found. He reported "marked improvement" in the eye condition of a small group of diabetic patients who were given the double vitamin treatment.

Vitamin B is made up of a number of different vitamins which scientists have recently been separating. Which part of the B complex is responsible for the improvement is not known yet.

Science News Letter, October 21, 1939



LUNAR LANDSCAPE IN MINIATURE

Looking almost like a model of the surface of the moon, the famed "paint pots" of Yellowstone National Park always attract their share of fascinated attention from tourists. They are more like what the moon may have been a billion years ago, however, for they are still alive and actively changing, as hot steam constantly works up from underneath. This photograph was made and copyrighted by J. E. Haynes.