

## MEDICINE

# Eat In a Crisis

**Ulcer patients, when emotionally upset, should eat every hour or two to avoid a flare-up, hemorrhage, or perforation.**

► IF YOUR best friend lets you down, if you make a tragic mistake, or if you receive bad news from your own sector of the war front—better raid the ice box right away.

This advice to eat in an emotional crisis is offered to all those who have had a stomach or duodenal ulcer by Dr. Walter C. Alvarez, of the Mayo Clinic. (*Journal, American Medical Association*, July 29)

Eat every hour or every two hours, especially between midnight and 3 a.m. and you may avoid a flare-up, hemorrhage, or perforation, Dr. Alvarez advises. You can easily set an alarm clock to wake yourself at midnight, perhaps, and again at 2 a.m.

Explaining the reasons for this advice, Dr. Alvarez says:

"A man of 50 who had always been well discovered one day that the man who for twenty years had been his brother-in-law, his closest friend and his business partner had been falsifying the books in order to steal from him. All that night he lay awake in great mental distress, and next day he had a big gastric hemorrhage.

"Another man, a physician, after examining a woman's stomach with a roentgenoscope (an X-ray apparatus for viewing the body on a screen), discovered that he had used a current of 60 milliamperes instead of the usual 3 milliamperes. After lying awake all

night worrying over the expected burn and resultant damage suit he found himself almost incapacitated by the pain of a bad ulcer.

"Another man, when a violent strike in his factory distressed him terribly, had a big hemorrhage. A woman who adored her peppery little daughter-in-law one day inadvertently offended her and brought down on her head a storm of abuse which nearly killed her. Next day a long-healed ulcer flared up and perforated. A woman who heard that her soldier husband had just been killed at the front promptly had a hemorrhage.

"Many such experiences will doubtless spring to the mind of every busy physician who reads these words, all illustrating what is well known today, namely that the patient with an ulcer is most in danger of a flare-up or a catastrophe during the hours immediately following a distressing emotional storm. Then is the time when, probably with an increase in the acid gastric secretion, and perhaps a decrease in the alkaline and neutralizing secretions that flow into the duodenum, or a combination of these two processes, the acidity of the contents of the first portion of the duodenum becomes so high that an ulcer either develops or, if present already, promptly becomes greatly deepened."

*Science News Letter, August 12, 1944*

## AERONAUTICS

# Feeder Line Airplane

► FIRST OF the new postwar planes to be designed especially for feeder-line operation is a high-wing, twin-engine, all-metal monoplane with a tricycle landing gear named the "Skybus." Intended for operation at a 5,000-foot altitude, the 24-passenger plane will cruise at speeds approaching 200 miles an hour. It can take off and land from small airports with 3,000-foot runways.

The new plane was designed by the Douglas Aircraft Company. The high wing makes cargo loading easier and

permits full downward vision for the passengers.

The cargo compartment door is exactly the height of truck-beds, facilitating easy, rapid loading of cargo and mail directly from the truck to the airplane. Passenger loading and unloading is speeded up by having two doors, one at each end of the cabin, making it possible for passengers to enter or leave the plane by either door, using steps which are carried with the plane in flight. Both of these new adaptations

reduce the time that the plane has to be on the ground.

The cabin interior is simple and modern in design. Wide windows take full advantage of the high-wing arrangement, affording maximum visibility for all passengers.

Equipped with two 700 horsepower engines, and a fuel capacity of 300 gallons, the new plane will have an operating range of 600 miles. This necessitates fewer fueling stops.

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