Pounding Stilled by Music

THUMP-thump-thump, pounded the patient for hours and hours, lying on the floor of his room at the Topeka State Hospital.

He was a very sick mental patient, so aggressive that two aides resigned because they were afraid of him.

Then music was piped into his room. At first it was primitive music, with a rhythm that matched his pounding. Then the rhythm was gradually changed to something softer and less exciting. The patient changed his rhythm, soon stopped pounding and was able to discuss music with the music therapist. Later, other personnel of the hospital could approach him. Now he is well enough to have freedom of the grounds.

This case is cited at one example of how music is being used along with other kinds of treatment to help mental patients at the hospital in Topeka, Kans.

The music is piped into treatment rooms and wards over an abandoned telephone system. The type of music is varied according to whether something relaxing or something stimulating seems needed. Records play constantly in a remodeled basement tunnel. The ward doctor can call the telephone operator and ask for one of four kinds of music or no music.

The same system serves as the hospital's fire alarm. In case of fire, the operator could cut out all the music and make announcements over the loudspeakers.

Will you RETIRE YOUNG ENOUGH to enjoy it?

Do you really want to work all your life?

You can take life easy a lot sooner than you think. If you want to, it costs less to live, and where you can earn a small income from a part-time business or job, you can afford to retire sooner, even now perhaps.

One of the best features of "Where to Retire on a Small Income" is that every town, city, or region described was selected because it offers opportunities to get part-time or seasonal job or to open a part-time business.

This book tells you where are the best places in the U. S. to retire. It covers Florida, California, New England, the South, the Pacific Northwest, etc. It also includes Hawaii, the American Virgin Islands and Puerto Rico.

With this book, you learn:

--where living costs, rents, and real estate are low (even where you can buy a farm for only $5000);
--where you can live inexpensively on an island far from the world, yet close to neighbors;
--where you can go fishing, hunting, bathing, swimming, and always have a good time;
--where your hobby will bring you an income;
--where you stand the best chance of living longer.

You'd spend months, plus hundreds of dollars if you searched for the hundreds of facts in this book by traveling around the country. But all these facts in little known beauty spots, America's favorite retirement areas, and many undiscovered towns, cities, and regions, are years for just $1.

Order now or in ten years to come—you will want to be independent. Order today, while you think of it. Money back, of course, if you're not satisfied.

Don't bother writing a letter. Simply tear out ad, send remittance, and mail with $1 bill to Harian Publications, 78 First Ave., Greenlawn, N. Y.

MEDICINE

Sterilization Urged For Breast Cancer

STERILIZATION of young women with breast cancer was advocated by two doctors reporting at the meeting of the Radiological Society of North America in Chicago. The doctors are Dr. Rieva Rosh and George G. Green of Bellevue Hospital, New York. Sterilization, they reported, suppresses female hormones and with the X-ray method they use, it has a favorable general effect on the body and helps to heal and to check the formation of cancers that have spread to the bones.

Pointing to the high death rate from cancer of the breast each year, 12 per 100,000, the New York doctors said that "every effort to increase the salvage of these patients, whether by operation, irradiation, hormone or combination therapy is worth the greatest consideration."

Sex hormone treatment made about half the patients feel better, but improvement that the doctors could see occurred only in about one-fourth of the 40 patients. X-ray treatment combined with male hormone treatment has given the maximum relief in most cases.

Deep X-ray treatment to the pituitary gland in the head was advocated for cancer of the prostate gland in a report by two other scientists, Drs. Walter T. Murphy and Harry Schwippert of Buffalo, N. Y. Object of this is to decrease male hormone production.

In a series of 30 cases of cancer of the prostate treated by X-rays to the pituitary gland together with castration and the synthetic female hormone, stilbestrol, in most cases, a significant number obtained relief from pain and a temporary let-up of the disease beyond which could be expected from either castration or stilbestrol alone.

ENGINEERING

Oak Ridge Scientists Read by Facsimile

BORROWING from the library with the speed of electricity will soon be commonplace at the Oak Ridge National Laboratories.

A high-speed, long-distance facsimile system has been installed to allow scientists at widely-separated laboratories to consult library reference without leaving their buildings.

Developed by RCA Laboratories, Princeton, N. J., the system uses a tiny spot of light focused on the page to "read" the copy. This light is converted into electrical signals that are then transmitted over an ordinary telephone line. The recorder reproduces a clear, legible copy at the rate of 128 square inches per minute.