MEDICINE

Glands Aid TB Resistance

Doctors find "striking correlation" between amount of 17-ketosteroids excreted in urine, patients' behavior patterns and character of TB lung injuries.

► THE ADRENAL glands, famous as producers of anti-arthritis cortisone, play an important part in the mechanisms of resistance to tuberculosis, three Seattle, Wash. physicians reported at the meeting of the National Tuberculosis Association in Los Angeles.

The physicians are Drs. Edmund R. Clarke, Jr., and Daniel W. Zahn of the Firland Sanatorium and Dr. Thomas H. Holmes of the department of psychiatry, University of Washington School of Medicine.

The stresses of life, by causing changes in adrenal gland functioning, may influence resistance to the disease, these doctors conclude.

They used the urinary excretion of 17-ketosteroids, chemicals found in the urine, as an index of adrenal gland functioning. There was a "striking correlation" between the amount of these chemicals excreted, the behavior patterns of the patients and the character of the tuberculosis injuries in the lungs.

The excretion of the 17-ketosteroids, index of adrenal gland functioning, was about 10 times as much in 24 hours in patients with fibrotic disease as in patients with exudative disease. The fibrotic is the kind in which scar or fibrous tissue forms. The exudative is the kind in which cells and other material are poured out into inflamed tissues.

The fibrotic disease was characteristically found in tense, anxious, restless patients who were neither acutely ill nor feverish but whose interpersonal and social adjustments were conflict-ridden. The patients with exudative disease and low 17-ketosteroid excretion were acutely ill patients with fever who were also withdrawn, apathetic or depressed.

Patients who had 17-ketosteroid excretion in between these two groups showed superficial calmness and acceptance of the hospital situation.

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PSYCHIATRY

Dancing Aids Mentally Ill

► SOME ACUTELY sick mental patients are dancing their way back to mental health. The patients are at St. Elizabeths Hospital, Washington, and Chestnut Lodge Sanitarium, Rockville, Md.

How and why dancing is helping them to recovery was reported by Miss Marian Chace, recreation leader at the two institutions, at the meeting of the American Psychiatric Association.

"People everywhere know about dancing," she explained. "They say they like it or they don't like it. Most people like to dance. Few people ever wonder about why they don't like it, if that is true, or when they stopped liking it, since all small children and babies dance without being taught.

"Mental patients dance to express their feelings, too. Even when they would rather not talk with other people, they can dance with them."

Many patients, Miss Chace found, use their dancing as a means of communicating with her. They can show when they dance whether they feel lonely or angry, that they need companionship and understanding, even while they still cannot speak of these feelings.

As the patients find that this activity in a group is a comparatively safe one for them, they temporarily discard the behavior patterns which they have been using as a protection against their environment. When this happens, they are able to get back to using words and talking to others about them, and to forming relationships in the dance group which seem to be acceptable to them.

The usual methods of communicating with patients who are not using verbal speech often fail. The dance method, when it succeeds, brings the patients to a stage where the psychiatrist can help them even more.

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ARCHAEOLOGY

Man Was Hunter 15,000 Years Ago in America

► MAN WAS living and hunting wild game in America more than 15,000 years ago, Prof. Alex D. Krieger, of the University of Texas told a meeting of anthropologists in Urbana, Ill.

Most authorities on ancient man in America have believed that Folsom Man was the earliest inhabitant of this continent. The distinctive stone weapons of Folsom Man have been found associated with the remains of an extinct bison. It is estimated that Folsom Man lived about 10,000 years ago, and radio-carbon dating confirms this estimate.

The earlier inhabitants of America are also known to us by their weapons, a peculiar sort of spear point known as "Clovis fluted points." The animal remains found with the Clovis points are almost always mammoths, animals which roamed in America some 15,000 years ago, Prof. Krieger said. Prof. Krieger spoke at a joint meeting of the Society for American Archaeology and the Central States Anthropological Society.

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