

MEDICINE

Surgeon Suggests Golden Rule To Combat Nervous Troubles

Causes of Backache Analyzed, Safe Hospitals Advised And Delicate Operations Described at Meeting of Surgeons

THE "GOLDEN RULE" as an essential aid to happiness was advocated in a talk by Dr. A. W. Adson, associate professor in surgery at the Mayo Foundation. Dr. Adson spoke on nervousness, at the community health meeting sponsored by the American College of Surgeons gathered in St. Louis. He said that treating one's neighbor as one's self increases one's circle of friends, which is essential to happiness and contentment.

"Selfishness and jealousy need be controlled in order to radiate friendliness," he declared. "The stress of modern life, with the anxiety and fear of being unable to compete with friends and neighbors in financial and social circles, results in unhappiness which often leads to broken homes. Phobia, that is, the fear of having a disease, gives rise to nervous symptoms which often are more difficult to treat than the disease itself.

"Ugly disposition, insomnia and various forms of dyspepsia are symptoms of nervousness which are brought on by fatigue, worry, unbalanced diet and the lack of proper recreation."

Backache Has Many Causes

Your back may ache because you do too little or too much work, because your posture is poor, or because of many other factors, including such serious ones as tuberculous infection of the spine. The many causes of backache and some remedies for it were described by Dr. Philip H. Kreuscher of Loyola University School of Medicine, Chicago, before the American College of Surgeons.

"The actual treatment of backache is not by the use of pills or plasters," Dr. Kreuscher warned. "Not by the rubbings of those who rub; not by the adjustments of those who adjust, but by an annual, systematic examination by your family physician and then upon him falls the duty of keeping you well and avoiding the ache in your back.

"Some take their play and recreation too seriously while others because of

lack of exercise permit conditions to develop in the bones and muscles and joints of the body which predispose to aches and pains," Dr. Kreuscher said of the causes of this common complaint.

"Some people are too thin and have backache because the bones and nerves are not covered sufficiently with fat. Others are too fat and the carrying about of the extra weight gives them backache."

2,294 Hospitals on List

If you want to choose a safe hospital to care for you when you are ill or injured, consult the list of hospitals approved by the American College of Surgeons, advised Dr. Malcolm T. MacEachern, associate director of the organization.

The list of approved hospitals is published in leading newspapers throughout the United States and Canada each October, Dr. MacEachern said. There are now 2,294 such institutions, as compared with 89 which the College of Surgeons found came up to its standards 15 years ago when it first took up standardization of hospitals. If you missed the list in your newspaper, your family physician can tell you which hospitals in your neighborhood are on it, Dr. MacEachern said, or you can tell it yourself by the Certificate of Approval displayed near the admission

desk of most of the approved hospitals, just as your doctor has his M.D. certificate framed and hanging in his office.

The death rate has been reduced more than one-half in approved hospitals during the past ten years, Dr. MacEachern pointed out. Methods of giving anesthesia and of treating various conditions have been greatly improved and the patient's average stay in the hospital is only half the number of days it was ten to twelve years ago. A specialist inspects each hospital before it is approved and resurveys it each year, Dr. MacEachern said.

Bullet Taken from Brain

A delicate operation in which a bullet was removed from its four-year-old lodging place in the patient's brain was described by Sir William I. de Courcy Wheeler, distinguished Irish surgeon. Removal of the bullet restored to normal the patient's memory, vision and hearing, which had all been distorted during the four years that the bullet was in his brain. The bullet had lodged in the "association area" which Sir William described as one of the resting places of the intellect which are centers for memories of things you have seen and things you have heard.

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