

Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D. A change in your bowel movements if often the first sign that something is wrong within your body.

Chronic ulcerative colitis is an example. This is a long-continued inflammation of the large intestine, with ulcers or sores forming in the bowel.

First Indication The disorder comes on gradually, as a rule. Usually, the first indication is increased bowel movements, mild pain in your abdomen and the appearance of blood in the bowel movement.

As the condition becomes worse, you might have as many as 10 to 20 bowel movements a day. Often you will have cramps, too. You probably lose your appetite and you might have a slight fever during the evenings.

Usually Hits Middle-Aged Anyone may get ulcerative colitis, but it usually occurs in persons between 20 and 40. Children sometimes get it; elderly persons seldom are bothered. If you are under great emotional stress, you are a better candidate for this ailment than a calm person.

We don't know the exact cause, but there are theories that ulcerative colitis is due to nervous disorders, infection with streptococcus germ or even allergy.

Generally, the disease is a prolonged one. You will probably feel quite improved for a while, have a relapse, and then feel better again.

While there is no specific treatment, there are several general rules to follow.

First, you must get plenty of rest, both mental and physical. One of your doctor's most important jobs in such a case is to keep up your spirits. You can do a lot for yourself, too. Above all, stop worrying.

Maybe reading, or short walks, will get your mind off your troubles.

During the acute stage, you must remain in bed and have absolute quiet. When your temperature subsides, your doctor probably will allow you to return to your regular activities gradually.

Take a nap, or at least rest in bed for one hour after your noon meal each day. Be as completely at rest as possible when you are not working.

Use of Heat I think you'll find application of heat to your abdomen helpful. Use either an electric heating pad or a hot water bottle.

Proper diet, of course, is extremely important, too. I'll tell you what you should and should not eat in my next column.

In some cases, surgery is needed. Most conditions are greatly improved by ileostomy and maybe later colectomy.

QUESTION AND ANSWER Mrs. E. T. W.: How long can a person take sleeping sedatives continuously, and do they damage the nervous system?

Answer: Preparations for producing sleep should be taken only under the direction of a physician. Excessive use may be harmful to the nervous system.

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Understanding CHILDREN

By ANGELO PATRI The baby soon arrives at the stage where he begins to get around. He begins to explore his world, all of which is new to him.

To do this he needs to use all his senses. He must see, feel, hear, smell and taste.

Of course he will find queer things now and then which were never intended to be here. He will put his hands into things, even things that will hurt him.

Nothing within his reach will be handled. None of this, trying as it may be, is meant to be annoying to anyone. He is performing the essential investigations he must make to feed his intelligence.

He is growing his body and mind by gathering firsthand experiences—which is the best possible way for him to fit himself into his world of people and things.

Certainly he endangers himself and perhaps others in his attempts to learn. That is why everything possible is to be done for his protection while allowing him every possible freedom to explore.

The heirlooms that might be breakable would better be placed in safety during this period. All pots and bowls and bottles containing dangerous things like boiling water, lye, poisons, must be kept well beyond his reach.

And somebody responsible must know where he is and what he is doing every waking moment of his day.

Even when the creeping child starts off on his feet, even when he is able to join a playgroup outdoors, he must be guarded against injury to himself and others.

Tricycles, scooters and wagons are fine for these children but the streets are tempting and very dangerous so again those little ones must be watched.

Indoors or rainy days or during inclement weather of any kind, these children want to ride their vehicles. If there is big clear space in the cellar or the attic, or a rumpus room, well and good but when there is no such space they must not use them in the house.

ON TELEVISION TODAY

Table listing TV programs by time slot (6:30 AM to 11:30 PM) and station (WABC, WISN, WISN-TV, etc.).

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TODAY'S RADIO PROGRAM

Table listing radio programs by time slot (6:30 AM to 11:30 PM) and station (WABC, WISN, WISN-TV, etc.).

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1167 PEMBROKE ST. BPT. PHONE: ED 3-1385

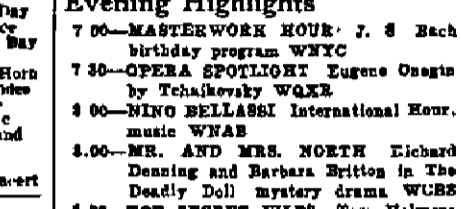
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