



MAKING THE SCENE — NEW YORK: "Meter Maid" Batty Atkinson poses for photographer during ceremony here August 13 introducing first squad of a fleet of three-wheeled vehicles which will patrol New York's streets. Traffic Commissioner Benjamin Ward said the half-ton scooters will offer increased mobility and provide a more efficient means of enforcing parking violations.



GETTING TO KNOW YOU — NEW YORK: Getting to know the kids on the block is New York City Policewoman Arlene M. Becker, who joins in a bit of rope skipping on her beat in Brooklyn's 77th Precinct here. Policewoman Becker, a 10-year veteran on the force, patrols a 34-block area in the precinct, to which she's been assigned for past 18 months.

Brief Informative Health & Science Features

A YEAR-ROUND FORM OF HAY FEVER

Some people seem to have a persistent form of hay fever and can sneeze violently at any time of the year, without any other evidence of an upper respiratory infection.

This chronic form of nasal allergy is called perennial allergic rhinitis, and sometimes the symptoms can be very severe—sneezing and nasal congestion and discharge. The most usual causes are house dust, animal hairs, feathers, molds, occasionally, foods.¹

Relief of symptoms may be obtained with use of a nasal spray such as NTZ, containing both an antihistamine and decongestant. If definite allergens can be identified, every effort should be made to eliminate them from the allergic person's surroundings. Desensitization injections also may be successful in controlling the allergic response.²

¹What Do We Know About Allergies? by Michael H. K. Irwin, MD. (Public Affairs Pamphlet No. 486) — 2 NTDI, 1972

FIRST AID FOR NOSEBLEEDS

When called about a nosebleed, the doctor can advise the patient to "pinch his nose shut" with firm pressure by thumb and forefinger for 20 minutes, says Jack L. Barga, MD, of Walla Walla, Wash. in the "Journal of the American Academy of Family Practice." This procedure is probably the best home treatment and will stop most nosebleeds. Dr. Barga said, noting that ice packs or damp cloths on the forehead or back of the neck will do little to control nasal bleeding. If pressure on both nostrils does not control the bleeding, office treatment will be necessary, he adds.

²August 1973 SELF-CHECK FOR EMOTIONAL MATURITY

Knowing the direction to emotional maturity provides a basis for inner security and for

understanding oneself and others, say Walter Smitson, MD, director of the Cincinnati (Ohio) General Hospital's Central Psychiatric Clinic.

Dr. Smitson provides a checklist for evaluating progress towards emotional security. Factors to be rated include:

Emotional independence from parents; ability to accept reality; adaptability; readiness to respond to expressed and unexpressed human needs; capacity to balance emotional giving with receiving; development of empathy (putting oneself in someone else's shoes); and channeling anger into constructive outlets.

—News, University of Cincinnati Medical Center, June 6, 1973

MD URGES VIGOROUS EFFORT TO REACH COMMUNITY ON HPB

The need for a vigorous effort to make clear to "the community" the need for early detection and medical control of high blood pressure was urged by Edward W. Hawthorne, MD, of Washington, D.C., at the recent annual convention of the National Medical Association. Dr. Hawthorne said that such an effort would result in better health and longer life.

"At the present time, we think we have enough effective drugs to lower high blood pressure to normal limits," the physician stated. "We have the ability, but not the opportunity to deal with the problem."

At the NMA meeting, Dr. Hawthorne, who is chairman of the department of physiology at Howard University College of Medicine, presided at a seminar on high blood pressure, sponsored by CIBA Pharmaceutical Company, as part of its Medical Horizons Postgraduate Education Series.

Although high blood pressure is now recognized as a national health problem, it is twice as prevalent in black people.

—*Aug. 16, 1973

OPEN TRY-OUTS FOR ROLES TO BE CONDUCTED

Open try-outs for roles in a production of Charles Gordone's "No Place To Be Somebody" will be conducted at North Carolina Central University's B.N. Duke Auditorium at 7 p.m., Monday, September 10.

The play was the first by a black playwright to receive a Pulitzer Prize for drama. It was first produced on Broadway in 1970 and deals with the owner of a bar in a black neighborhood who attempts to make the big time in organized crime.

Roles are open for six black actors, five white actors, two black actresses, and three white actresses. Linwood Taylor will direct the play, which will be presented by the NCCU Department of Drama, October 17-19.

Further information about the production may be obtained by calling 682-2171, Ext. 242.

HEREDITY AND INTELLIGENCE: AN UNANSWERABLE QUESTION

Intelligence "evolves" as a child grows, and the question of how much heredity contributes to intelligence is unanswerable, David Elkind, Professor of Psychology, University of Rochester, writes in a recent issue of the "American Journal of Diseases of Children."

"IQ tests assess current intellectual functioning and not innate intellectual capacity," Elkind says. "Human intelligence has to be thought of as closer to an evolving organ system than it is to a fixed physical trait."

"If an individual is born with a good heart, the heart is likely to remain strong throughout life. But if the individual becomes obese, smokes to excess, and fails to exercise, he can undo his good endowment. Contrarywise, a person with a heart murmur who watches his diet, and exercises regularly, can have a long and productive life. Intelligence works in much the same way."

—*August, 1973

TREATING ARTHRITIS WITH ACUPUNCTURE

To test the effectiveness of acupuncture treatment of arthritis, a Canadian research team recently studied patients with rheumatoid arthritis and knee involvement. One knee of each patient was treated with steroid injection. In one half the patients, the other knee was treated with acupuncture; in the other half, the needles were put in the wrong place—"placebo" acupuncture—as a control.

Pain relief with acupuncture was 90 per cent, with steroid injection, 80 per cent, with placebo, 10 per cent, S.C. Man, MD, University of Manitoba, reported at a meeting of the Arthritis Foundation.

Dr. Man and his colleagues are now evaluating how often an arthritic patient requires acupuncture to remain relatively pain-free; they estimate that mild cases would require treatment every three to six months; severe cases every week.

—The Sciences. July/August 1973

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