

Injection Treatment for Varicose Veins

Dr. Clendening Regards It as a Great Boon to Sufferers from Ailment

By LOGAN CLENDENING, M. D.
IN SPEAKING of the arteries in the last few articles this week, we noted that they are inclined to lose their elasticity with the advance of age.

The same thing is true, in a way, of the veins, the companion vessels of the arteries which return the blood to the heart. The vein wall may become chalky and weak, and the vein valves may break down. This is particularly likely to occur in the veins of the legs. The condition is called varicose veins.

It is commonly said that the veins of the legs become varicose because the blood column there is longest and its weight breaks down the valves in the veins. It is also said that the condition is commonest in people who stand on their feet a great part of the day, such as clerks in stores.

Filled With Lime

But it has been my observation that the varicose veins I have examined after removal by operation are quite stiff and filled with lime deposits. I am inclined to believe it is this change as much as the mechanical strain which brings on varicosities.

The condition is quite common. I should say that 40 per cent of those over 50 years of age have some amount of it. As for the occupational incidences among those who work on their feet, some of the worst cases I have ever seen have occurred in those who have been on their feet only at the rarest intervals and under the direst necessity.

The veins bring the blood back to the heart simply by the crowding of more blood from behind. There is no pump action from the heart to force the venous blood on. There-

fore nature has provided valves so as to hold a column of blood until it is crowded upward. When these valves break down, the veins are swollen at that point and become tortuous.

Old Treatment

Formerly the only measures of treatment available were wearing an elastic stocking and operation. In addition to those, there has now been developed the method of injection which is a great boon to many patients.

"The principle of the injection method," writes Dr. Otto Meyer, of New York, in the magazine Health and Wealth, "is to inject a non-poisonous solution into the varicose veins. This causes them to shrink (be obliterated). The inner wall of the vein swells all around, meets in the middle of the opening and grows completely together."

These treatments can be given in the doctor's office, and it has not been found necessary to rest after the treatment. The patient can go about the ordinary duties right away.

No general anaesthetic is required.

The length of time required for cure in a favorable case is about two to six months. There are no scars if the technique has been successful.

Altogether, in proper cases, it is a real boon on every count.

EDITOR'S NOTE: Seven pamphlets by Dr. Clendening can now be obtained by sending 10 cents in coin, for each, and a self-addressed envelope stamped with a three-cent stamp, to Dr. Logan Clendening, in care of this paper. The pamphlets are: "Three Weeks' Reducing Diet," "Indigestion and Constipation," "Reducing and Gaining," "Infant Feeding," "Instructions for the Treatment of Diabetes," "Feminine Hygiene," and "The Care of the Hair and Skin."

HAVE ANY TROUBLE GETTING TO SLEEP?

By LOGAN CLENDENING, M. D.

I HAVE FOUND a little book called "Sleep," by Ray Giles, quite amusing. I don't know whether reading it will improve anyone's insomnia, but at least it collects a large number of experiences.

It stresses the physical aids to sleep rather than the psychological aspects of the question. In my experience the psychological reasons for insomnia are the more important, but I will repeat some of the other remedies which Mr. Giles gives.

Getting the skin well aired is a method which has the authority of Benjamin Franklin. He and John Adams were sleeping together when John woke up and found Ben walking up and down the cold room in the nude. Ben said he had found it well high a specific for inducing sleep.

Exercise Has Fans

Exercise before retiring has many advocates. "You never saw a sleepless ditch digger," said Arthur McGovern, author of "The Secret of Keeping Fit". An accountant explains the effect of his nightly walks thus: "My walks at night are primarily to ease the tension I find all over my body from desk work. First I step outside and imagine myself a huge Newfoundland dog just getting out of the water. I shake myself all over as though trying to get dry. As I walk the street (I live in a very quiet neighborhood where I can act foolish without being seen), I begin to pull, wiggle, twist and otherwise contort those muscles which feel tied in knots. By the time I am back home I feel as limp as a kitten."

Common Mistakes

Asked to give the three commonest mistakes made about sleeping, Norman Dine, manager of Lewis and Conger's Sleep Shop, answered: 1. Too many married people, who sleep in the same bed, have only 54 inches of width to divide between

them. There should be 39 inches of space for each sleeper.

2. Some beds are entirely too short for the sleeper. Your mattress should be fully six inches longer than you are.

3. Most people do not prepare themselves for sleep by relaxing and other means. They throw themselves down on their beds while over-fatigued, falling off to sleep quickly perhaps, but rising still

Dr. Clendening will answer questions of general interest only, and then only through his column.

tired and not genuinely refreshed. Positions which induce sleep vary from person to person. Struthers Burt, the author, loves to sleep sitting up in chairs and in other queer positions. William Seabrooke "can sleep on my belly like a dog on the hard ground almost as well as in the best bed, and I can sleep in the daylight almost as well as in the dark. Probably due to the war, plus living with Arabs."

QUESTIONS FROM READERS

T.: "Will bad enlarged adenoids cause swelling of the eyelids and severe headaches?"

Answer: Adenoids will cause lots of things. Why not have them removed?

G. O. A.: "Please tell me where I can secure nicotinic acid for pellagra. Also tell me where I can get Vitamin D and E extracts."

Answer: Doctors are using nicotinic acid now very widely. All drug stores sell extracts of the vitamins.

H. O. C.: "Will you please advise in your column what to do for cracking of the joints of the ankles?"

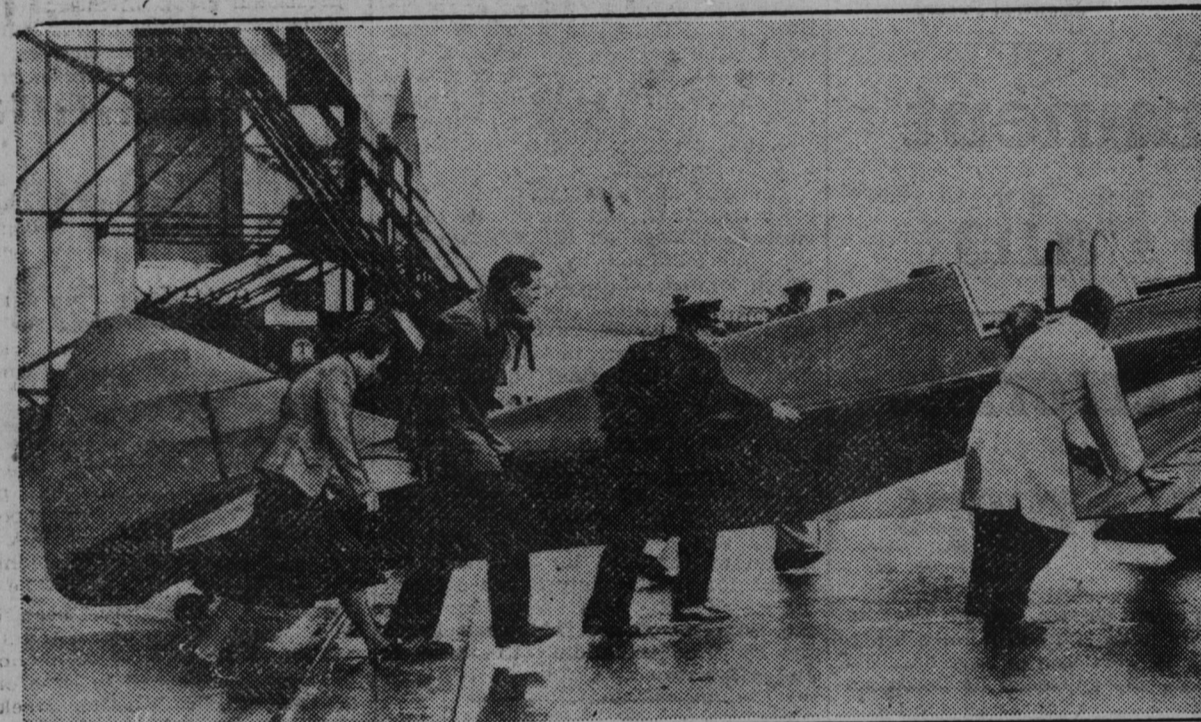
Answer: The thing to do is not to worry about it. It has no significance and everybody, especially after the age of forty, has some of

A Rowboat Pulls the Queen Mary



Well, that tiny rowboat with the two men in it isn't actually pulling the Queen Mary, England's huge 82,000-ton liner, into its berth at New York, but because the tugs were on strike the huge ship had to warp into the pier under her own power. The two tiny men in rowboat carried one of the hawsers to shore. (Central Press)

Lindberghs Lend a Hand in Paris



When Col. Charles A. Lindbergh and Mrs. Lindbergh arrived at Le Bourget Airport for the flight to Berlin, they found a shortage of help at the airport. The fliers are pictured aiding the mechanics to wheel the plane to runway. A few days later they arrived in Berlin to attend the convention of the Lillenthal Society for Aerial Research. (Central Press)

Implies Griebel Bribe



George C. Dix (above), attorney for Johanna Hofman, who is on trial in Federal court, New York City, on espionage charges, told the jury a suggestion was made to Dr. Ignatz Griebel, indicted fugitive, that a bribe be paid in order to avoid indictment.

Offer Son's Blood



Mr. and Mrs. Joseph Papa, of Morristown, N. J., are pictured with their son, Joseph, Jr., who recently recovered from sleeping sickness. Moved by plight of Mary Ellen Reardon, of Elmwood Park, Ill., a victim of the disease, they offered their son for blood transfusion.

Young Lehman Makes His Bow



Peter D. Lehman, son of Gov. Herbert H. Lehman, of New York, is shown in New York City making his political debut as he welcomed his father to the speaker's stand at a meeting of young voters. Young Lehman will cast his first vote this year. (Central Press)

In Mexico's Latest Rebellion



Left, is General Jose Tafolla Caballero, military commander of Sonora, Mexico. Right, is General Roman Yocupicio, Governor of the State. General Caballero is reported to have started marching in open revolt at head of a numerous "farmers' army" against the conservative regime of Yocupicio.

Pilots Who Cheated Death



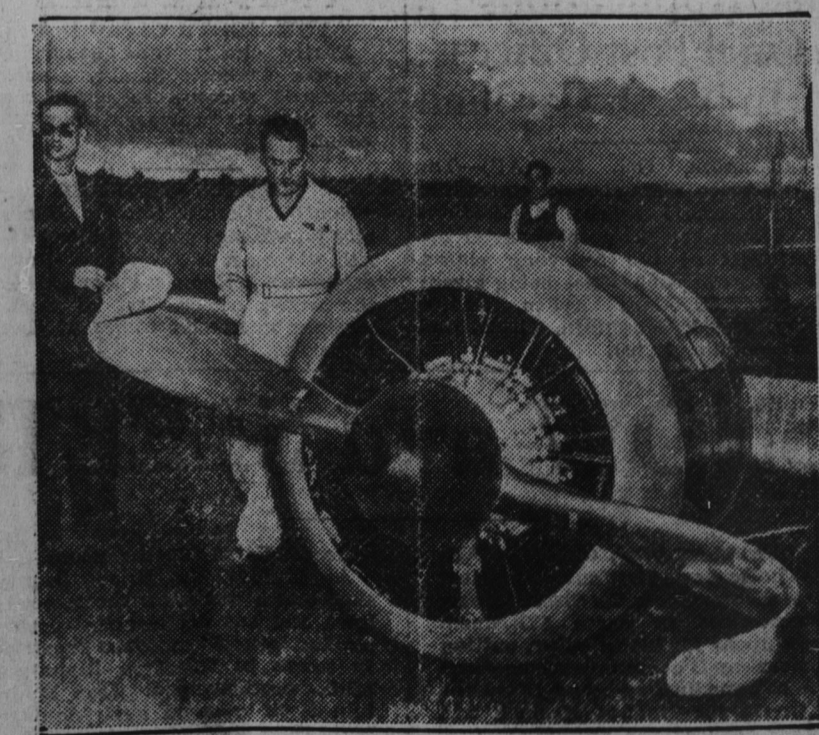
Head and hands bandaged, Pilot Dave Hissong (right) is shown with his co-pilot, Clyde R. Russell. Their huge Eastern Air Lines ship caught fire after an engine dropped out when it took off for Atlanta from Montgomery, Ala. Hissong, last man to leave the ship, was the only one to suffer burns. The ship was destroyed by flames. Eleven passengers were aboard the airliner. (Central Press)

Tugboat Strike Ends



Well might Mayor Fiorello LaGuardia look pleased, for on his right is James G. Conway, president of the Tow Boat Exchange, and on his left is Joseph P. Ryan, president of the International Longshoremen's Association, shaking hands after reaching an agreement ending New York's tugboat strike. (Central Press)

Second Crash Halts Papan



Captain Alexander Papan (in white), Rumanian aviator, and his flying companion, Max Constant (left), are shown at Miami, Fla., after their twin-motored ship crashed in the take-off for Curacao, Dutch West Indies, on the second leg of their projected flight to Rumania. The plane crashed once before at Hartford, Conn., during preparatory trip some months ago. (Central Press)

NOAH NUMSKULL
YOU NEED A WARM BATH AND QUIET!

DEAR NOAH—DOES A WINDOW LOOK BLUE WHEN IT HAS A DIRTY PANE?
MISS BETTY FEHR EASTON, PA.

DEAR NOAH—IF YOUR GIRL ACCEPTS A PASTE DIAMOND, WOULD SHE BE CALLED STONE BLIND?
F. W. STONE LIBERTY CORNER, N.J.

NOW'S THE SEASON TO MAIL YOUR NUMSKULLS TO NOAH CARE OF THIS PAPER.

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Wife Preservers

10-29

A little kerosene on the floor mop and furniture dusts acts as both cleaner and polisher.

SALLY'S SALLIES
Registered U. S. Patent Office

YOU USED TO SEE ME OFTEN, BILL

Many a girl speaks volumes—and finishes up on the shelf.