721 The Common Cold and Stress Conditions. N. Dietz, Jr. Ind. Med. & Surg. 26, 229-233 (May 1957)

A controlled study of the incidence of common colds in a group of 96 medical, pharmacy, and allied students was conducted over a ten-week period, consisting of preliminary and pre-stress periods of four weeks each and a stress period of the two weeks of final examinations. The prophylactic agent given orally to part of the group consisted of 500 mg. of ascorbic acid and one gram of lemon bioflavonoid complex per day. Over the entire period the treated group reported fewer colds and had less nasal discharge and excess sputum, than the placebo group. The contrast was most marked during the stress period. The average duration of colds was also shorter in the treated groups during the pre-stress and stress periods. There were no side-effect symptoms reported from the administration of the ascorbic acid and bioflavonoid. The results tend to support the concept that the prophylaxis described as employed for young adults favorably influenced the common cold incidence and duration during a period of stress.

-- Cond. from author's summary

722 Traumatic Neurosis. D. W. Loria. Ind. Med. & Surg. 26, 253-259 (May 1957). (From Mich. State Bar J., July 1956).

Every time the body suffers an injury, there are concomitant emotional effects. Because these effects frequently exceed the physical damage, and sometimes are the only remaining vestige of the injury, the lawyer is being more and more forced to seek the aid of the psychiatrist and the psychologist. Twenty signs by which the lawyer may recognize neuroses are discussed. Preparation and conduct of a compensation case where neurosis is involved is more difficult than that of an ordinary case. A number of factors are discussed. It must be made clear to the court and the jury that the pain experienced by the neurotic is as real as if the physical basis were present. Through preparation of the case and the selection of an expert psychiatrist or psychologist are necessary. The psychiatrist should be permitted to testify as to his findings and diagnosis with far greater latitude than is permitted the nonpsychiatric witness. Direct examination and cross-examination of the psychiatrist are discussed. A typical case history is presented.

723 Ballistocardiography in Industrial Medicine. Ballistocardiographic Examination of the Circulation in Employment Examinations at Mines. E. Heymanns, F. Kazmeier, W. Schild, and H. J. Voigt. Zentr. Arbeitsmed. Arbeitsschutz 6, 260-266 (Nov. 1956). German.

Ballistocardiography is a simple and expeditious method for determining circulatory function in routine examinations. Published experience in the United States, where the method has been in use for several years, shows that a normal ballistocardiogram is obtained in healthy persons who are fit for work. An adaptation used by the authors is described, and results of examinations of 270 persons are given. It is concluded that the ballistocardiogram taken in the course of examination of the circulation is an important factor in reaching certainty in diagnosis and for deciding on capacity for work even when clinical findings and the electrocardiogram indicate a different course. The method has the advantages of causing no strain on the examinee and is independent of his cooperation.

-- Cond. from Bull. Hyg.

724 Programs for Weight Reduction in Industrial Groups. R. J. Murray and R. P. Jessup. Ind. Med. & Surg. 26, 249-252 (May 1957).

Group discussion classes on weight reduction are uniquely applicable to industrial medical practice. There is a realm of mutual interest and motivation that is not ordinarily found in other fields of group therapy. In the program reported, the executive groups were not put on a diet, but were gradually led into a form of living that adjusted their eating habits to sensible nutritional demands. Experience showed that use of an appetite-appeasing medication was helpful in the weight reduction program. Statistically, results exceeded expectations based on prior experience.

-- Authors' summary

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