

MULTIPLE SCLEROSIS NEWSLETTER

From the office of Roy L. Swank, M. D.
University of Oregon Health Sciences Center, Portland, 97201

EDITOR - Barbara Dugan

CIRCULATION - Ruth Selby

PRODUCTION-Ruth Stewart

HAPPY NEW YEAR!

Many contributions have been received and we would like to thank you for your support.

In this issue of the newsletter we initiate a series of discussions of factors which influence the clinical course of multiple sclerosis. Ground will be broken with a consideration of DIVORCE and its effects on the patient.

Divorce has become an ever increasing problem for multiple sclerosis patients. This has not always been the case. In Montreal from 1948 to 1954, divorces were rare. I can recall only two in 150 patients during this period. Divorces were also unusual from 1954 to 1970, here in Portland, but since then they have rapidly become commonplace. Hardly a week goes by without new cases coming to light. Often these have been announced by the spouse without warning, and without evident cause.

We are discussing the problem, because it is an important cause of increased activity and exacerbation of multiple sclerosis. The feelings of rejection and of financial insecurity which develops in women being divorced lead to emotional tensions, comparable to and in some cases exceeding that which results from death of a loved one. Men suffer the same feeling of rejection, which can be complicated by preceding job and financial insecurity. We have also observed divorce proceedings in which women patients were financially secure. In these few cases the tension from rejection alone has usually been well handled and significant aggravation of the disease has not occurred. In still others in which the marriage had been unsatisfactory for some time, the patients seemed to tolerate the divorce proceedings without hazard to their health, provided they were not subjected to severe financial deprivation.

We have also observed the flicker-fusion scores of patients during pending divorces and the period of rehabilitation which follows. Almost always these scores progressively decrease during the three to six months preceding finalization of the divorce and then slowly recover usually in about six months. Recovery may not be complete. The total period of depressed flicker-fusion scores is usually about one year, which agrees fairly well with the clinical evidence of aggravation of the multiple sclerosis.

The bad effects of divorce are increased disability which is sometimes permanent. One would expect something good in return at such a price, but my observations over the years convinces me that the gains are short lived, limited and largely ethereal. In the long run, the spouse usually trades one burden for an equally unpleasant one, and if there are children, their respect and love are lost.

Despite the above considerations there are cases in which divorce is practically unavoidable. In such cases, understanding, compassion and consideration can smooth the transition.

* * * * *

Michael Brezack would like to correspond with other patients in his area. If you live near Michael, drop him a line at 178 Sprague Street; Dedham, Massachusetts 02026

OUT DIET-----

Vitamin C - In 1750, it was shown that scurvy could be cured and prevented if fresh or preserved juices of oranges and lemons were eaten. In 1933, the antiscorbutic factor was identified as Vit. C, and since then has been produced in its synthetic form. Scurvy is no longer an important disease in any part of the world. Scurvy in adults is associated with poverty, alcoholism, famine and nutritional ignorance. There has, however, been a continued use of Vitamin C for treatment and prevention of the common cold, treatment of cancer, mental retardation and a variety of other diseases and disorders.

The FOOD AND NUTRITION BOARD feels that many of these claims are not sufficiently substantiated, or the effects are not of significant magnitude, and that routine consumption of large amounts of ascorbic acid is not advisable without medical advice.

FOOD SOURCES - Citrus fruits (oranges, grapefruit, lemons, limes), berries, melons, tropical fruits, such as pineapple & guavas, leafy green vegetables, broccoli, green peppers, cabbage and tomatoes are all good sources of Vitamin C. In northern areas, potatoes are often the basic natural source of Vitamin C.

RECOMMENDED DIETARY ALLOWANCE - The RDA for adults of both sexes is 45-60 mg. per day. Cigarette smokers require a higher intake.

TOXICITY - There is no evidence to show that large doses of Vitamin C serves any useful purpose. Prolonged ingestion of massive doses of Ascorbic Acid (5,000-15,000 mg/day) can produce toxic effects such as: development of kidney and bladder stones, studies have shown infertility or abortion or adverse effects on the fetus, alterations in some lab tests, Vitamin B12 destruction. It is also of interest that pregnant women taking large amounts of Vitamin C will have babies born with symptoms of scurvy. Large doses are sometimes also followed by withdrawal symptoms of addiction.

Over doses of any essential nutrient may result in a "conditioned deficiency," a relative lack of responsiveness to normal doses.

CHEESE - Many patients have been eating the skim milk cheeses now available. Remember, this is not an exchange diet. The nutritional benefit you receive from the one slice of cheese containing 3-5 grams of saturated fat is minimal. Use your saturated fat allowance wisely.

FABRICATED POTATO - Have you seen the new fabricated potato? If you are served a half-baked potato check it out carefully. This is a new product in the U. S. The skin comes from an industry that makes the instant potatoes or french fries. The skins are ground up and mixed with modified starch to act as glue and shaped into skins that are then filled with instant mashed potatoes. They are listed on the menu as baked potatoes. This information was passed on to us from the Finegold Association for hyperactive children.

* * * * *

Following are two letters to "Dear Abby" which one of our patients thought might be of interest to other multiple sclerosis patients.

Dear Abby: I must comment about the letter from the woman with multiple sclerosis. I speak from experience as a woman who has had "MS" for about 23 years. (the first 10 years I didn't even know I had it.)

I have been in a wheelchair for nine years, but it hasn't curtailed my activities. It's electric, and I zip around everywhere. I drive a van with a wheelchair lift, so I'm fairly mobile.

First, that woman should tell ALL her children that she has MS without making a big deal out of it. When I was finally diagnosed, our three boys were 2, 5 and 6. My husband said from the very onset that I should do only what I wanted to do and save my energy for family fun.

Continued -

She's packed me up five flights in temples in Japan and carried me on and off Mexican airplanes, without once hinting that being married to me was at times inconvenient. Our boys grew up sharing this attitude, and her children will, too. In return she'd better try to keep her weight down. She should also thank God it is she, not her husband, who has MS, because it would be harder for HER to get HIM up and down stairs. As for it being a "heavy burden" for her 13-year old to help at home, it won't be. By the time my eldest was 8, he could go to the bank, cash a check for \$100, do the grocery shopping from my list and come home with the correct change. All my sons can cook, sew, do the laundry, make beds and manage money. At first I used to lament to myself, "Poor boys, their mother can't play baseball with them," but I soon stopped after seeing how much more self-sufficient they were than other boys. My eldest, Kurt is now in his second year of college - 2000 miles from home. Our middle son, Dirk, is a super cook and baker, and the youngest (Clark) does the home repairs. They're just ordinary boys, now 19, 18 and 15. But they're very special to me. MS has brought our family closer together. We tend to do things NOW rather than postponing them; because things may get worse, we're having our fun while we can. If everyone lived that way, the world would be a happier place. MS is no fun, but there are worse things. I consider myself very lucky. I am only inconvenienced -- not handicapped.

Becky Zeller in Portland

Dear Becky: Yours is one of the most heartwarming letters I've ever printed. Thanks for the "upper."

Dear Abby: I'm happy for that woman with multiple sclerosis who was carried up five flights of stairs in a Japanese temple and on and off airplanes by a husband who not once hinted that being married to a disabled woman was at times inconvenient. I wasn't that lucky. After I got MS and became less able to function, my husband divorced me and left me with two teen-agers to raise alone. Unusual? Not really. Statistics show that approximately 80 percent of the women with MS end up divorced, as compared to 15 percent when the husband develops it. That doesn't say much for the American male, does it? It's good to know that the words "in sickness and in health" actually mean something to some people, but as for me, so do the words,

"I'LL WALK ALONE

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Many of you have inquired about the "snake venom treatment" or "cure." Please read on. The following article was taken from the Victoria and Vancouver Island Multiple Sclerosis Society newsletter.

THE SIXTY MINUTE CURE

Medical Post editorial questions snake venom claims

The following editorial which appeared in the January 15, 1980 issue of the Medical Post is reprinted with permission.

One of the few pleasures left in television for those of us lucky enough to receive it, is a documentary called 60 Minutes which is produced in New York by the Columbia Broadcasting System (CBS).

It is hard-hitting television journalism--hard-nosed and iconoclastic.

But we have come across a story which indicates that the power of the program may have corrupted it. 60 Minutes might under certain circumstances be a subject for itself. In the late months of last year, the program started work on a segment centred on the possibility that Multiple Sclerosis (MS) might be helped by the administration of snake venom.

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 m therapy consists of injecting a mixture of cobra and krait venoms on the
 is cocktail cor ins nerve-growth factor (NGF). The theory has been for-

by Miami pediatrician Dr. Ben Sheppard and snake handler William Haast.
 Dr. Sheppard says that 20 per cent of patients treated with the venom show lasting
 improvement of symptoms, particularly bladder incontinence.

Dr. Sheppard has not offered records to substantiate his claims. He says he does not
 examine patients routinely nor does he confirm the diagnosis which experts say may be
 incorrect in as high as 20 per cent of cases. Dr. Sheppard injects the diluted venom
 into more than 1,000 patients a year.

Haast, who runs the Miami Serpentarium, says though he thinks that NGF is the active
 ingredient, he has never tested the preparation which is being used clinically for
 the factor. Some fractions are eliminated in processing.

One odd fact is that NGF is not found in cobra or krait venom, but only in viper poison.
 Neurologists have pointed out that even if it were present, the factor is active only
 in stimulating the sympathetic nervous system. Multiple Sclerosis has its devastating
 effect on white matter. And NGF acts on neurons and MS affects oligodendrocytes which
 produce myelin.

Until 60 Minutes started work on its segment, the Multiple Sclerosis Society (USA) had
 no plans to launch a clinical trial on the grounds that snake venom is not a likely
 solution nor a reasonable approach to the problem.

But the power of television--and particularly a program like 60 Minutes--is so strong
 that the MS Society has buckled.

Dr. Byron Waksman, a member of the Society's research program committee, says bluntly:
 "It is straight media pressure." Yet he says, perhaps with a backward glance at Laetrile,
 that the MS establishment would "be insane to ignore" the 60 Minutes story.

The MS Society is reported to have gone to considerable trouble to find good clinical
 neurologists willing to test the treatment in double-blind trials. Dr. Waksman says
 half the investigators he approached "wouldn't touch it with a 10 foot pole." However,
 two neurologists with considerable reputations have said they might take part in trials.
 They are Dr. Barry Arnason, who is professor and chairman of neurology at the University
 of Chicago and Dr. William Sibley, who is professor and chairman of the same specialty
 at the University of Arizona in Tuscon.

Apparently, there is no shortage of snake venom. One reported reason for this is that in
 1974, Haast supplied dilute reconstituted venom to a Maryland firm which sold it to help
 a wide variety of disorders. The preparation was removed from the market after the Food
 and Drug Administration and National Academy of Sciences Research Council found claims
 made on its behalf could not be substantiated.

What disturbs us most in all of this is the attitude of 60 Minutes producer Drew Philips,
 who is quoted as saying quite correctly that he doesn't know if snake venom works. "I
 just want to give hope to MS patients," he said, adding that there is no such thing as
 false hope.

And in a naked display of media power Philips boasts he has "enough clout" to get FDA
 approval for any trials the MS Society wants to organize. "I am 60 Minutes."

The point to be made to Philips is that what makes good television is not necessarily
 good medicine. The very nature of MS is puzzling. No physician tells a patient he, or
 she, has MS until the evidence for the diagnosis is overwhelming.

Muscle

RESEARCH IN MUSCLE THERAPY— Barbara Runnels, a student at Western State Chiropractic College, has recently contacted Dr. Swank with two research proposals for work in muscle therapy. She has been working for some time with two patients of Dr. Swank's both of whom are experiencing some help.

The first project is a Self-Help Program. The program will feature four massages (one per week for four weeks), exercises (non-stress) and self massage. The purpose of the program is to relieve muscle tension, aid in defecation, control urine leakage, aid in circulation and in general teach patients with multiple sclerosis to do things that will make them feel better. There is room for four people in the first group. They will be monitored by Dr. Michael Daley and by Barbara Runnels. This will be a pilot study for possible further expansion.

The second project will be measuring the results of a muscle-relaxing technique. Briefly, a sore spot will be identified within a muscle and pressure applied to it to release the pain. Hopefully, this will result in the ability to move more easily. There is room for twenty people in this project. Participants will be measured twice in one week and measured and treated twice a week for two weeks (a total of six sessions). The results of this research project may be published.

The first project will start as soon as possible. The second project will start in April or May.

Barbara Runnels will come to your home for the first project. For the second project, participants will be asked to provide their own transportation to the treatment center. There is no fee involved in either of the projects.

If you are interested in being a participant in either of these projects, please contact our office - 225-8370.

and now for some new recipes from our patients:

CHICKEN BROCCOLI

Brown chicken in 1 T. oil
 Mix 1 can chicken broth
 2 T. soy sauce
 ¼ cup sherry
 ¼ t sugar
 Pour all of the above ingredients over chicken; add broccoli flowerets, mushrooms (sliced), 1 can water chestnuts (sliced) and some chopped onion tops. Cook about 7 minutes.
 Mix 2 T. Cornstarch with ¼ cup water
 Thicken broth & cook 2 min. more.
 You can add celery or pea pods if you want

CHICKEN CHASSUR

1 lb. boneless & skinless chicken breast cut in strips
 1/3 c. corn starch
 ¼ t. Tarragon
 ¼ t. pepper
 2 c. chicken broth
 3/4 c. sherry
 3 tomatoes-cut in 1/8's
 3-4 c hot cooked rice
 Most people prefer more chicken & mushrooms
 You can also add celery or pea pods.
 Dredge chicken in corn starch, brown in lg. skillet the coated chicken in oil. Stir in seasonings and onion tops. Cook 2 min. longer, add broth & sherry. Cover, simmer for 10 min. Gently stir in mushrooms and tomatoes. Cover, simmer 5 min. Serve over rice.

¼ c veg. oil
 ¼ t. Thyme
 1 c. sliced onion tops
 1 c. sliced mushrooms-fresh or canned

the two batches with the lemon peel, vanilla and sugar. Pour into crust. Bake at 325 degrees for 1 hour.
1. Do the same with the other 1/2 of the tofu, 1 egg and 1 t lemon juice. Mix
out 1/2 of tofu (let the tofu) sit a few minutes after taking it out of the water it
res in), 1 egg and 1 t lemon juice in blender. Blend until smooth. Pour into a

- 1 graham cracker crust
- 1 1/3 lbs of Tofu
- 1 t lemon peel
- 1/2 cup sugar
- 2 T lemon juice
- 1 t. vanilla
- 2 eggs

TOFU CHEESE CAKE

Can make and store up to 5 days in refrigerator. To use after storage; shake or stir
Makes lots of pancakes.

Add 1 rounded Tablespoon baking powder
Beat in 1/2 cup oil and 1 tsp. real vanilla or 1 Tablespoon artificial vanilla
Add 2 1/2 to 3 cups flour; make smooth again
Add 1 can skinned condensed milk and 1 can water - whip until smooth
Add 1/2 cup sugar and 1 tsp. salt; beat until stiffens
3 eggs - beat until fluffy

UNCLE LOUIE'S PANCAKES

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TO:

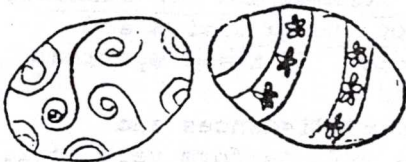
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HAPPY EASTER AND HAPPY SPRING



In our last newsletter, we talked about divorce and the effects it has on the multiple sclerosis patient. We would like to make it clear that the incidence of divorce among our patients is no more than twenty percent and these usually occur before disability is severe. IT IS NOT THE HIGH EIGHTY PERCENT WHICH ABIGAIL VAN BUREN (DEAR ABBY) INDICATED IN HER ARTICLE LIVING WITH M.S.

Also, in the last newsletter we indicated that we were going to discuss factors which have a deleterious effect on patients with multiple sclerosis. In that letter we discussed divorces. Today we would like to discuss the general problem of litigation in which the differences between the patient and his or her adversary is to be settled by a judge or jury. This often takes place during divorces, but it is also involved in damage suits, accidents, requests for pensions, etc. In each instance the verdict is uncertain, often for months. This uncertainty is the real stress factor. Once the lawsuit or hearing has been settled regardless of whether the patient wins or loses, the tension is released and the patient feels better. Of course, if he wins he feels better than if he loses, but none the less the decision, good or bad, is welcome.

This indecision and mounting tension and often agitation can lead to definite increase in disability, some of which can be permanent if the agitation is prolonged. It is therefore important to settle such cases quickly and avoid them if possible.

Social security hearings have been experienced by many of you, and in some instances they have been traumatic. The hearings have been the source of serious agitation and increased disability, and delays for added opinions can be frustrating.

* * * * *

Detroit, Michigan area patients: I would like to get together to talk about our experiences with the Detroit area medical community, good or bad. Some of us may have more support than others. Let's trade information. Please contact me, and I'll set up a meeting (maybe over a "legal" pot luck). Wendy Watson Cheyfitz, 19939 Lichfield, Detroit, Michigan 48221. Telephone number 313-342-4797.

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COD LIVER OIL - Our office has received many requests to mail the Cod liver oil capsules. We are sorry, but at the present time we are not mailing the capsules. They are available in the office only.

* * * * *

For those of you in need of some legal help in the area of disability contact Mr. Mike Haines, 1083 Wallace Road N. W., Salem, Oregon 97304. His office telephone number is 503-370-7414. He is the attorney who handled many social security hearings so expertly for so many of you. He is now living in Salem, Oregon.

DISABILITY AND LIMITATIONS - Disability is well understood by most patients with multiple sclerosis. In early cases it may be temporary, but in advanced cases it is apt to be permanent. In other cases periods of disability alternate with periods in which the patient is free of disability. It is relatively easy to convince patients to avoid fatigue when disability is present, but much more difficult once they have recovered from that state.

When free of disability almost all patients are limited to some extent in what they can do. However, many do not recognize these limitations and often exceed their tolerance for both physical and emotional stress. All too often this leads to aggravation of disease and sometimes to clear cut exacerbations. Symptoms such as increased fatigue and nervousness, increased numbness and leg weakness, painful muscles, double vision, foggy vision and dizziness may re-appear and force the patient to slow down and rest. If these symptoms are ignored disability or increase disability may become permanent.

A few examples may be helpful. A patient can walk normally for short distances and when examined in my office after a few minutes in the waiting area will perform very well. His gait and coordination are normal. At that time he displays no disability. However after walking a few blocks his legs become weak and feel like rubber and he starts to stagger and perhaps drag one leg. He then displays disability. Another patient may be able to walk for distances, but no longer can run or jog without numbness and weakness developing in the legs. When he rests he can again run, but again develops the same symptoms.

Both of these patients are limited in what they can do. In the first case the limitations are quite severe, in the second they are slight. In both cases, however, persistently exceeding these limits or limitations will result in increased disability.

THE RULE TO FOLLOW IS: AVOID EXCEEDING YOUR PHYSICAL AND EMOTIONAL LIMITATIONS!

I have observed over the years that in the early phase of multiple sclerosis, patients who have followed diet carefully gradually increase their tolerance for physical and emotional stress. In the beginning they are "fragile" and intolerant of excesses. By the third year of dieting their tolerance for stress significantly increases and by the fifth year they become stable and much more resilient. Those few early cases who have not done well despite following diet have persistently ignored the tell-tale warnings of excessive activity such as increasing fatigue and nervousness, re-appearance of numbness and tingling, aching and weakness usually of the legs, and fogginess of vision in one eye, double vision, or light-headedness.

For these reasons, I recommend that patients carefully observe their limitations during the first and second year on diet. During the second year, I recommend increasing activity, but still observe the rule - avoid exceeding your limitations. When this rule is followed considerable increase in the ability to tolerate physical and emotional stress usually develops.

"A word to the wise is sufficient" - pay attention to the subtle warnings from your body and obey them.

* * * * *

In an earlier newsletter we stated that patients who smoke run a high risk of experiencing persistent problems with vision. To more accurately evaluate the influence of smoking on disease, we have been studying immediate effects of a single cigarette on the balance and vision of regular smokers. Vision and balance are first tested as usual. Next, the patient smokes a cigarette and these tests are repeated a few minutes later. If time permits we repeat the test a few more times during the ensuing hour.

Of the twelve patients given the vision test, nine (75%) exhibited a deterioration of vision immediately following smoking. Of the ten patients given the balance test, four (40%) showed a deterioration of balance following smoking.

The onset of the deterioration occurs within ten minutes of the first puff and lasts for nearly an hour. Because of the speed in which the effect takes place, it makes us suspect that its cause is a reduction in the blood supply to the areas of injury due to contraction of the blood vessels.

T'S TALK ABOUT DIET -

Lean Strips - For those of you wondering about Lean Strips - THEY ARE NOT PERMISSIBLE ON DIET - SORRY.

SOY LECITHIN SPREAD - Soy lecithin spread which is very much like margarine, is available at the Fred Meyer Nutrition Centers. It is counted as an oil - two tsp. equals one tsp. oil. INGREDIENTS INCLUDE: Soybean oil, lecithin, honey, carrot oil, salt. I have checked with the company and the oil is not hydrogenated.

VITAMINS - PLEASE CHECK YOUR VITAMIN LABEL.

If any of you are taking extremely potent vitamins, i. e., Radiance Timed Release Magna II vitamins, we are concerned that you are getting too much Vitamin D. These vitamins are mega potency and are far above the RDA for all vitamins and minerals. The RDA for Vitamin D is 400 I. U. These vitamins contain 1,000 I. U. If you combine this with your Cod liver oil and the vitamin D in the foods you are eating, you could be exceeding a safe level. If you have questions place a call to the office. Excessive amounts of Vitamin D (above 2,000 I. U./day) are potentially dangerous. Some of the symptoms you might experience from excessive levels of Vitamin D would be loss of appetite, thirst, nausea, vomiting diarrhea, abdominal discomfort and loss of weight. The blood calcium level is elevated, leading to increased calcium excretion in the urine; calcium may be deposited in the kidney, resulting in damage to that organ and impaired function.

* * * * *

REMINDER

The dinner commemorating Dr. Swank's more than thirty years in the treatment of multiple sclerosis is to be held Saturday, May 16, 1981, at the Red Lion/Jantzen Beach. There will be no host cocktails at 7:00 P. M. and then dinner at 8:00 P. M. (Ballroom East). Tickets per person are \$13.00. Any amount above will be used as part of the group donation. Make checks payable to Oregon Trail Savings & Loan - Dr. Swank Dinner. Mail your check with the following information to: Kay Yasutome; 3900 SE Henry; Portland, Oregon 97202.

NAME _____
ADDRESS _____ ZIP _____
PHONE _____ NUMBER OF TICKETS _____

Anyone interested (attending or not attending) is welcome to join in the celebration by sharing in the making of a scrapbook gift. Include a picture of yourself and a letter to Dr. Swank. You can review your MS history with him and it would be a wonderful opportunity to say "Thank you."

- OREGONIANS: Send your scrapbook materials to: Tracy Kelly; 21625 SW Koehler Rd; Beaverton, Oregon 97007.
- OUT OF STATE PATIENTS: Send your scrapbook materials to: Norma Atkins; 5608 NE 45th Street; Vancouver, WA 98661.

The evening promises to be a gala event! It is not too late to join the people already coming from England, Canada, Seattle, San Francisco and the coast, in addition to those from Portland and Salem.

RECIPE CORNER:

Oatmeal Crunchies - from the kitchen of Sally Miller

Mix well

1/2 cup oil

1/2 cup brown sugar

1/2 cup white sugar

1 egg

3/4 : us (a little more than 3/4 cup) flour

2 cups oats

1/2 tsp baking soda

1/2 tsp cinnamon

1/4 tsp. salt

3. en Fried Chicken - from the kitchen of Helena Witter

2 1/2 quarts flour

1 cup corn meal

1/2 cup salt

1/4 cup paprika

1 tablespoon MSC accent (optional)

3/4 tablespoons garlic powder

1 1/2 tablespoons thyme

3/4 tablespoons pepper

1/8 cup poultry seasoning

Drop cookie sheet and bake at 350 de as for 10 minutes.

350 de as for 10 minutes.

1/2 cup walnuts

1/2 cup sunflower seeds

3/4 cup raisins

Stir in

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TO:

The evening program to be a gain event. It is to be held at the school. already
coming from the school. The program will be held at the school. already
from the school. The program will be held at the school. already

Skin chicken, place in shallow pan, baste with oil. Bake at 425 degrees, 30 min on each
side, or until done.
This seasoning mixture will keep in a closed container for several months. Also can be
added in half, if you don't want to keep so much on hand.

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Summer is here and we would like to remind you that over exposure to the sun can cause you problems. The following rules will help you have an enjoyable summer.

1. Avoid getting sunburned.
2. Avoid being overheated - wear a hat to protect you from the hot sun's rays.
3. Wear good sun glasses.
4. If you do become overheated and cannot reach an air conditioned or cool area, place your hands in cold water and place a cold towel around your neck covering the chest area, or take a cold bath.

*Refer to Newsletter #4 for additional information regarding the summer sun.

THANK YOU - We would like to thank the committee who worked so hard on the Testimonial Dinner for Dr. Swank. It was a most enjoyable evening. We sincerely appreciate the time, effort and thoughtfulness all of you dedicated.

SCRAPBOOK - For those of you who were not able to attend the dinner or anyone else, the committee would still like material for the scrapbook. Send pictures and letters to Norma Atkins; 5608 N. E. 45th St., Vancouver, WA 98661

FROM THE DESK OF DR. SWANK - In past newsletters we have discussed the effects on patients with multiple sclerosis of the psychological stress produced by divorces and litigation. If interested, review these sections in the preceding two newsletters (#7 & #8). In this newsletter I am going to discuss the effects on multiple sclerosis of physical stress such as operations, childbirth and severe trauma.

About 1950 while I was still in Montreal Dr. Primrose, who was head of Obstetrics and Gynecology told me that he had had bad luck with a number of multiple sclerosis patients following childbirth. At about this time Dr. Leo Alexander had completed studies of the effects of transfusions on multiple sclerosis patients. His studies were a continuation of three earlier similar studies in Germany and France before World War II. Alexander confirmed that whole blood transfusions and infusions of plasma prolonged the periods of remissions between exacerbations of disease. On the basis of these observations we began giving our multiple sclerosis patients one unit of whole blood immediately after delivery. The results were very satisfactory and convincing to Dr. Primrose. Shortly after we initiated the same treatment to patients with multiple sclerosis having major surgery. These patients also had a strong tendency to have an exacerbation of disease after their surgery. We soon found that when one unit of whole blood was transfused after the operation exacerbations failed to materialize. Since then, we have attempted to transfuse patients after delivery and operations with very satisfactory results. Now and then patients have been operated on without our knowledge and in about 50% of these a clear cut relapse of multiple sclerosis has occurred or recovery from the operation has been prolonged due to deep and unremitting fatigue.

Because of shortages of whole blood we have recently been using blood plasma. Two units of fresh frozen plasma is infused intravenously immediately after delivery and also after major operations. Where the patient has been on diet carefully for five (5) years or more, and has had a continuous good remission we do not insist on the transfusion of blood plasma. In these cases the patients also do very well.

We have had virtually no experience in the case of multiple sclerosis patients after severe trauma, but would advise the whole blood or plasma treatment just as I have described above.

The benefits from whole blood and plasma are probably due to several factors. First, the blood volume is increased slightly at a time when blood pressure is inclined to fall. This improves the blood flow to tissues including the brain and spinal cord. Second, we have shown that the plasma of patients with multiple sclerosis differs from the plasma of "normal" subjects (see the Research letter of October 1, 1979). It is my suggestion that this difference reflects a deficiency of some necessary substance (probably a protein) in the plasma of patients. By transfusing blood or plasma into an multiple sclerosis patient this deficiency is temporarily corrected.

DRUGS - There are several drugs in general use which influence the course of multiple sclerosis. Two of these are tobacco and marijuana. Marijuana has been hailed recently by the press as beneficial to multiple sclerosis patients. We have had the opportunity to follow and observe a few marijuana using multiple sclerosis patients for a number of years. The drug appeared to calm the patient and put aside his anxieties. It also led to a breakdown or perversion of the personality - patients became irresponsible, careless and shiftless. We also observed deterioration of the vision as measured by the flicker-fusion tests and by clinical observations. When the marijuana use was discontinued the vision in these patients improved.

Our general impression is that patients with multiple sclerosis may feel relaxed and calm after the use of marijuana, but these "short periods of feeling good" do not add up to overall improvement; just the opposite happens. Also to be kept in mind is the fact that marijuana has been shown to cause many physical and emotional problems, not the least of which is chronic lung lesions, not unlike those caused by cigarettes.

Tobacco and multiple sclerosis will be discussed in another newsletter.

SENSITIVITY TO ALCOHOL - Multiple sclerosis patients usually find themselves sensitive to alcohol. They find after the first symptoms develop that their tolerance for alcoholic beverages decreases, and sometimes markedly. As a result they are unable to drink very much without becoming intoxicated and upon awakening the next day will have a hang-over. Knowing this, I have not recommended that patients refrain from alcohol completely, but I do suggest that they drink no more than they can easily tolerate. Socializing is usually enhanced by libation in moderation, but also made more difficult by excessive imbibing. Therefore, tread this path with care.

In a practical sense if you could handle three or four cocktails before developing multiple sclerosis, then limit yourself to one or two cocktails. Also a very good general rule is to never drink wine with dinner if you have had cocktails before. The entirety will return to haunt you the following morning. If you enjoy wine with dinner, avoid the enjoyable cocktail before.

There are many helpful antidotes for the heavy head the next day. One that is good is to drink a glass of water at bedtime with a teaspoon full of soda bicarbonate mixed in it. This tends to prevent dehydration (the dry mouth) the next morning.

You may wonder why this is all so. There are several reasons which can be mentioned, but others are obscure. One reason is the low fat diet. This tends to decrease tolerance because it favors quick passage of foods and alcohol through the stomach to the intestines where it is more quickly passed through the wall to the vascular system. However, in many cases, before going on the low fat diet this intolerance to alcohol has already been noticed. It must, therefore, be that the patient is more sensitive to alcohol. In patients with slight unsteadiness alcohol greatly increases the unsteadiness, very much like sedatives (such as phenobarbital). This is probably due to increased sensitivity of the nervous system itself to the effects of alcohol.

COD LIVER OIL- Cod Liver Oil capsules are now available in our office and for mailing. All money received from the sale of the CLO goes to multiple sclerosis research. Purchased in the office the cost will be \$10.00/800 capsules or \$12.50 if mailed. Make your check payable to MEDICAL RESEARCH FOUNDATION.

APPOINTMENTS - Because of very tight scheduling, please notify our office if you are unable to keep your appointment. Thank you.

S TALK ABOUT DIET -

CARBOXY-METHYL CELLULOSE, BUTYLATED HYDROXYTOLUENE, SODIUM BENZOATE, BENZYL ISOEUGENOL

Have you seen these words before? If you are a label reader, and I hope all of you are, you have probably seen this lingo and felt you were safe because it did not look like a form of the word hydrogenate. They are big words for chemicals known as additives to keep foods looking and tasting fresh for months.

You find additives in almost all of the foods you consume. Some are good; some are very bad. The thing to remember is that most of your additives are found in processed food. Since we eliminate almost all processed foods from your diet, your consumption of these additives will be low. Let's go over a few of them and the foods you will find them in.

<u>ADDITIVES</u>	<u>FUNCTION</u>	<u>FOODS</u>
Lecithin	Thickeners and stabilizers (Improve texture)	Peanut butter
Monoglycerides-diglycerides		Cakes
Gum Tragacanth		Ice cream and other
Carrageenan		frozen desserts
Agar agar		Salad dressings
Methyl cellulose		Chocolate milk
Pectin		Baked goods
Gelatin		Evaporated milk
Carboxy-methyl cellulose		
Salt	Preservatives (Prevent spoilage)	Breads
Sugar		Margarine
cium propionate		Fruit juices
ium propionate		Cheeses
Sodium benzoate		Syrups
Sodium or potassium sorbate		Pie fillings
Butylated hydroxyanisole (BHA)	Antioxidants (Prevent or retard rancidity)	Cereals
Butylated hydroxytoluene (BHT)		Potato chips
Erythorbic acid		Cake mixes
Propyl gallate		Hydrogenated short- ening
		Pancake flour
		Dry puddings
		Whipped toppings

These are just a few. Next time, I will give you a few more to become familiar with.

DIET CHECKS - Please remember to bring one week recorded diet with you each time you have an appointment to see Dr. Swank. This is very important for our research studies and most important in treatment of your disease. Just because you have been on diet for 15-20 years does not mean you are exempt from this.

In every newsletter you will find definitions of words frequently used around the office to help you understand the diet more clearly. To begin with is the all too familiar word HYDROGENATION which means the addition of hydrogen to a compound, especially to an unsaturated fat or fatty acid; adding hydrogen at the double bond will solidify soft fats oils.

LINOLEIC, LINOLENIC and ARACHIDONIC ACIDS which are all essential fatty acids. They are like vitamins, essential for human nutrition, but the body cannot synthesize or produce them. They must therefore, be eaten. Linoleic and linolenic acids are found in vegetable oils; Arachidonic acid is found primarily in fish oils, for example Cod liver oil.

OXIDATION which is the change in an atom, a group of atoms, or a molecule that involves one or more of the following: (a) gain of oxygen (b) loss of hydrogen (c) loss of electrons.

Licensed Massage Technician - We have had several inquiries regarding a LMT. Recently, we have been working with Kathy Jones, who is a LMT and willing to work with our patients. Many patients have found that massage relaxes them and helps with the elimination of headache and other pain. If you are interested, contact Kathy at her home - 223-1314 or at work - 243-5766.

MS RAP GROUP - SOLANO COUNTY - An MS rap group is organizing in Solano County. The group will provide an opportunity to share information about MS and community resources, provide mutual emotional support and to meet and socialize with other people. They need your support. The meetings will be held the fourth Thursday of each month - 7:00 - 9:00 PM. For more information contact Kathryn Hart; 348 S. Orchard; Vacaville, CA 95688. Her phone number is area code 707-448-8651.

A Pennsylvania patient has sent us information about a new cookbook she has found -- LIVE HIGH ON LOW FAT, by Sylvia Rosenthal, printed in 1975 by J. B. Lippincott. If it is not on the shelves, it can be special ordered. She informs us that the book contains many good tasting low fat recipes.

RECIPE CORNER

BAR B Q SAUCE

1 pint of apple cider vinegar
1 lemon (juice and peeling)
1 large onion
6 cloves garlic

} Blend

2 - 20 oz bottles of catsup
1 - 20 oz bottle of water
1 - tablespoon of paprika
1 - tablespoon of black pepper
2 - tablespoons of salt
1/2 cup of worchestershire sauce
1 - 6 oz jar of mustard
2 - cups of sugar

Cook covered on low heat for 2 hours
Makes 6 pints.

BREADED TOFU

1 cup cornmeal or flour
3 tablespoons dried parsley
1 1/2 teaspoons each ground thyme, rosemary
and sage
1/2 teaspoon each salt and pepper
1 pound tofu, drained thoroughly and cut
into flat squares
oil
soy sauce (optional)

Mix all ingredients except tofu and oil.
Heat oil in skillet, roll tofu in cornmeal
mixture. Saute on med. high heat until
lightly browned. Turn and fry other side
Sprinkle with soy sauce, if desired.
Drain on paper towels or wire rack.
Serve immediately.

LIME BREEZE FREEZE

2 Tablespoons lime juice
1 1/2 cup frozen crushed pineapple
1/2 cup buttermilk
1/8 teaspoon vanilla

Blenderize all ingredients until smooth.
Garnish with lime slices.

VEGETABLE TEMPURA WITH TOFU

3/4 cup water
1/2 teaspoon salt
1 cup unbleached white flour
1/4 cup flour
1 pound tofu, drained thoroughly and cut
in 1 inch squares
1/2 carrot, sliced in 1/4 inch slices
3 to 4 mushrooms, quartered or thickly
sliced
2 to 3 broccoli flowerettes, about 3/4
inch in diameter

Heat oil to 350 degrees in deep fryer or
skillet. Mix water, salt and flour lightly,
even to the point of leaving some lumps.
Roll tofu in flour, then dip in batter.
Gently drop in oil. The tofu should rise
fairly quickly to the top of the oil - if it
stays on the bottom the oil is too cold.
Turn and deep fry second side. Remove and
drain. Repeat with other vegetables. Serve
immediately with dipping sauce, soy sauce
lemon juice.

DIPPING SAUCE - Mix 1/2 cup soy sauce and
2 teaspoons juice squeezed from fresh grated
ginger.

TO:

Roy L. Swank, M. D.
University of Oregon
Health Sciences Center
3181 S. W. Sam Jackson Park Road
Portland, OR 97201

Tofu Whipped Cream

1 pound tofu
2 1/2 tablespoons honey
1 teaspoon vanilla
pinch salt

Blend half the ingred. at a time in blender. This makes 2 cups of whipped cream and is excellent as a dessert topping. For a tangy, sour cream or yogurt taste add lemon juice in place of honey and vanilla.

Tofu Burgers

3 pounds tofu, well drained and pressed
1/2 cup finely grated carrot
6 tablespoons minced onion
3 tablespoons finely minced celery
3 tablespoons chopped nuts
1 tablespoon fresh parsley,
minced, or 1 1/2 t. dried
1 cup wheat germ
1 teaspoon salt
oil for deep frying

Drain tofu at least 30 minutes or until a slice can be picked up by the side and gently shaken without breaking.
Mash tofu thoroughly then add carrot, onion, nuts, celery and parsley, blending well.
Take half or third of mixture and knead in hands several minutes until it is smooth and fine textured. Form into 1 1/2 inch balls and flatten into 2 inch patties, taking care to keep surface smooth. Deep fry until crispy and browned. Drain. Serve immediately with soy sauce, mustard or tomato sauce.
Makes 24 patties.

From the office of Roy L. Swank, M. D.
University of Oregon Health Sciences Center, Portland, Oregon

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Dr. Swank was in Europe the last week of August and the first week of September. He reports that in England ARMS (Attack Research in Multiple Sclerosis) is now giving major support to nutritional therapy of multiple sclerosis. ARMS is a private charity which decided that the National MS Society in England and British Government were too restrictive in their support of MS research... In view of lack of progress in the virus and immunological fields where almost all support was going, ARMS decided to support alternative areas of research. They finally decided to back nutrition. ARMS now supports a major clinic in London for diagnosis, evaluation and treatment of MS. They use a low fat diet including essential fatty acid treatment which is similar to what we have been doing since late 1948. In addition, they are developing satellite clinics in the British Isles for MS treatment along the same line. At present nine (9) are in the process of organization.

ARMS is also financing investigation of basic aspects of essential fatty acid metabolism and requirements and also supporting work on the diagnosis of MS. You will recall from previous letters that we had confirmed the Fields and Joyce method. Dr. Seaman's laboratory in collaboration with our laboratory showed that the red cells fixed in glutaraldehyde could also be used. These have the advantage of being easily shipped to distant places. ARMS is supporting further work on this method by Dr. Foerster, and they are now using the method in their clinic in London. As a special check on the method, they sent us recently twenty samples coded so we did not know their results. I am happy to report that we were able to confirm every one of their results.

In the next letter, the Christmas research letter, I will elaborate more along these resting lines of research.

We are now approaching the Fall period when usually there is an increase in activity of MS. We expect also to encounter more patients with aching and pain in muscles and joints, without or with tenderness, is a common complaint in active patients with MS. This fact has so far not found its way into text books of neurology and many physicians deny its occurrence. However, that is the way it is; pain of this type is common to MS.

We have found this pain difficult to deal with. If it occurs at night, Lioresal 10 to 20 mgs. at bedtime may help. Bathing the aching legs in warm water, or warming them with a heat pad, massage of aching muscles and joints, or mild sedation may help. Occasionally treatment with calcium (8 oz. skim milk to which is added 2 tsp. Brewer's yeast between meals and at bedtime) and at other times addition of potassium contained in one banana daily will lessen the pains. In Montreal, we advised patients to wear long light-weight or heavy underwear from October to well into May. This was very helpful there and should be employed here as well.

Remember that exacerbation of disease is best treated by going to bed for a few days to one week and by mild steady sedation for several weeks. Call the office if this does not help and we will advise you further.

The MS Society of Portland has informed us of a warehouse shopping plan. It is called Cascade Food Products. Their objective is to maintain a low overhead cost and to these savings on to the customer. Advantages listed include monthly price list mailed the customer, no minimum order, no driving from store to store for advertised sale items (Cascade will match or beat advertised items), shop by phone, custom cutting of meat. They have a Quality Guarantee which states, "Return any of our products you are not fully satisfied with for any reason for a cash refund." They will also take the order out to the car or van if the customer will just beep the automobile horn, when the customer arrives at the warehouse. Contact Jane Fresh at 652-1526 for more information.

Many patients have inquired about a substance that has been called B15 or Pangamic Acid. Most of the research has been done in Russia. There are a few reports from Japan and Canada.

It is thought that Pangamic Acid produces increased brain oxygen utilization without an increase in actual blood flow. The literature suggests that Pangamic Acid stimulates oxidative metabolism and tissue oxygen consumption.

The use of B15 has never been approved by the Food and Drug Administration as essential for human nutrition. There has not been enough research done in this country on B15 for it to be recommended safely. No limits have been set for the use of this substance, therefore, it could be harmful.

LET'S TALK ABOUT DIET

In the last newsletter, I discussed food additives and listed several to help you understand what you are reading on the labels. Following are a few more.

<u>ADDITIVES</u>	<u>FUNCTION</u>	<u>FOODS</u>
Carotene	Coloring agents	Candy & confections
Cochineal	Prevent browning	Baked products
Sulfur Dioxide	in dried fruit	Soft drinks
Sodium Sulfite		Jams
Vitamin A	Nutrients (to	Wheat flour
Vitamin D	improve	Cereals
Thiamin, niacin or niacinamide	nutritive value	Macaroni and noodles
Riboflavin	of certain foods)	Margarine
Sodium iron pyrophosphate		Milk
Ascorbic Acid		Iodized salt
Iron		
Potassium iodide		

VEGETABLES - Are you eating your vegetables? You should be. A variety of light and also dark green and yellow vegetables in your diet will give you large quantities of Vitamins A and C and many trace minerals.

Rules to follow when preparing vegetables.

1. When peeling vegetables try to cut thin so you do not throw away valuable minerals.
2. When possible eat your vegetables raw.
3. Use the least amount of water possible when cooking - steam whenever possible.
4. Cook only until tender.
5. To retain color you can add a small amount of lemon juice.

Look for the following when purchasing your vegetables.

Broccoli: Select stalks that are clean with compact green clusters. Avoid those with yellow flower clusters. The stalks should be dark green, tender and firm. Dirty spots may indicate insects. Store in refrigerator in a plastic bag and use within 1-2 days.

Brussel Sprouts: Select firm sprouts of good green color. Avoid those that have worm-eaten or wilted leaves, or a dirty appearance. Store in the refrigerator in a plastic bag and use within 1-2 days.

Cauliflower: Select a white, clean, firm and compact head with fresh green leaves. Avoid spotted or bruised heads. Store covered in the refrigerator and use within 3-5 days.

Spinach: Select leaves that are clean, crisp and fresh; green in color. Avoid wilted, bruised or yellowed leaves. Decay appears as a slimy spot. Wash and dry. Wrap in paper toweling and store in the crisper of the refrigerator. Use within 1-2 days.

Lettuce: Select crisp, clean heads that are firm and heavy for their size. Avoid those that have rust spots and those with an excess of outer leaves. Wash and dry before storing; wrap in paper toweling and store in crisper of refrigerator. Use within 1-2 days.

STRESS AND THE MS PATIENT:

by

John Hale

This is the first of an ongoing series of articles for the MS newsletter which will deal with the subject of stress. Although the principles elaborated are universal, we will focus on the problems of MS patients and their families.

The concept of stress is receiving much attention in the professional as well as the popular literature. There are over 120,000 articles that deal with different aspects of stress.

Because of negative implications the word stress needs clarification. First, it should be considered in all its aspects. There is an optimum amount of stress for each individual. Some stress is beneficial. It motivates growth, learning, change, etc. Stress can add spice to a life. A lack of stimulation which normally would have a positive effect on some people, could produce a negative effect on other people. On the other hand, too much stimulation, too much stress, and the same individual could begin to suffer not only psychologically but very definitely physically. The important point to understand is that stress is a negative only as it becomes too frequent, intense or not frequent enough.

It is surprising to many to realize that stress can result from seemingly positive stimuli. For example, even though a certain holiday or vacation may be seen as positive, our body responds to that vacation or holiday and all that goes with it negatively. This has been called by Hans Selye, a pioneer of research on stress, the General Adaptive Syndrome or GAS. What GAS implies is that the body is unable to read the differences in stresses and reacts much the same way regardless of the source of the stress. We know that severe stress probably leads to trouble sleeping, and to mood swings that are not predictable or understandable. Display changes in eating, sexual and other habits also result.

Physiologically what appears to be occurring is described very well by Pelletier in his book, *Mind is Healer, Mind is Slayer*, (Dell Publishing Co., 1977). Some of the things that happen during excessive stress include increased heart rate (palpitation) and a corresponding rise in blood pressure. This furnishes more oxygen and nutrients to the body so that one is prepared to fight or run. Breathing becomes very rapid, but also shallow during stress. The body perspires because the metabolic rate is increased. Blood flow is directed to the head and major muscles and is taken away from the digestive system and directed away from the surface of the body and extremities. This can be measured by cold hands and cold feet. All of the muscles become prepared to either run away or to fight so that tension in the body increases dramatically. Pupils dilate to let in more light and chemicals (hormones) are released into the blood. The liver releases sugar to fuel the response to the oncoming threat. This is one of the problems in eating sugar and combining sugar and caffeine. The body may read the sudden rise in sugar in the system as a response to threat, and when any of the body's organisms respond as though a threat is eminent, the rest of the body falls into the related stress response. Therefore, if the liver or any other source is releasing sugar into the blood stream and caffeine is stimulating the metabolism, the body will assume that it is under stress and the hands can become cold, breathing more shallow, etc. Remember, any part of the stress response when activated can trigger a total stress response. Should these responses stay in effect too long, chronic tension develops.

Because of the progressive nature of stress development, the stress cycle can be broken at a number of points. This will break the cycle and reduce the stress and lead to relaxation. For example, we can focus on reducing heart rate. This is difficult without good biofeedback equipment, although I know one person in an MS family who without equipment was able to reduce the heart rate during meditation. A person can also focus on breath control, muscle relaxation, or blood flow to the extremities. Intervening at any one of the stress response levels with the relaxation response can produce the entire relaxation response. In the newsletters to come, we will focus on different approaches to producing the relaxation response. It is important to approach a stress reduction program with the right frame of mind. If one fails to get results because the expectation was too ambitious in the first place, additional stress can result. It is, therefore, important to start a simple and easy program, one that you can faithfully and accurately follow. Researchers are confident that two twenty sessions per day of meditation for example will produce extremely beneficial physical results, but it is a rare person who seems to be able to find two twenty minute segments of time in any given day. Any kind of ritualizing of the time for stress reduction, the place for stress reduction and perhaps the partners for stress reduction would be beneficial.

THANKSGIVING is coming very soon. Try to order fresh turkeys this year as the frozen turkeys are usually injected with palm oil, etc. We want to wish all of you a very Happy Thanksgiving.

 From one of our patients in Salem comes information about the new products being carried at the Cheese Factory; 1080 Lancaster Dr., N. E.; Salem, Oregon 97303. (NEW ADDRESS.)

1. Italian Ice - a sherbet-like dessert in several flavors and packed in individual containers. Also great for a quick daiquiri.
2. A line of fat-free, salt-free and sugar-free soups in one serving sized containers. Flavors include tomato, vegetable, cream of mushroom, green split pea, chicken noodle, vegetable beef, beef noodle and chicken broth.
3. Pierre's sourdough breads: There is black bread, french bread, rye and so on without oil or fat.
4. A very good new cracker called Bran Crisp Bread. It's fat free yet has a lot of texture and flavor.
5. The cost of Count-down at the Cheese Factory is still \$4.65 for a 2 pound block. Some stores reportedly carry it and charge up to almost \$8.00 for the same thing.

The address of the Cheese Factory in Gresham remains at 2015 E. Burnside; Gresham, OR

Recipe Corner

Lentil and Rice Casserole

2/3 cup dried lentils
 1 cup rice
 1 onion, diced
 1 clove garlic, minced fine
 5 stalks celery, diced fine
 2 1/2 cups cooked tomatoes

1 teaspoon dried thyme
 1/4 teaspoon white pepper
 1 teaspoon dried dillweed
 1/4 cup whole wheat bread crumbs

Soak lentils in water overnight. Simmer slowly in the same water until lentils are tender, about 2 hours. Place rice and 3 cups water in a saucepan; bring to a boil, then cover and simmer for 20 minutes, fluffing once with a fork during cooking. In the meantime, cook onion, garlic and celery in 1/4 cup water until soft, about 7 minutes. Add tomatoes, drained lentils with 1/2 cup of the lentil cooking water, rice, thyme, pepper and dillweed. Mix well. Pour into a 2 quart nonstick-surface baking pan. Pour lentil-rice mixture into baking dish. Sprinkle crumbs over the top. Bake in a 350 degree oven for 30 minutes. Makes 6 servings.

Tofu Cream Cheese

1 cup tofu
 2 tablespoons oil
 3 tablespoons fresh lemon juice or vinegar
 1 tablespoon sugar
 1/2 teaspoon salt

Combine ingredients in a blender and blend until smooth. Scrape the sides of the blender often with a rubber spatula, pushing the tofu towards the center of the blender. Pour into a dish and chill.

Tofu Sour cream

1 cup tofu
 3 tablespoons oil
 3 tablespoons plus 1 teaspoon vinegar or fresh lemon juice
 1 tablespoon sugar
 1/2 teaspoon salt

Blend ingredients until smooth. Scrape the sides of the blender to push the tofu into the center. If you want a thinner sour cream, add a little liquid. Pour into a bowl or jar and refrigerate. This is good served on baked potatoes with chopped chives.

Ruth's Favorite Zucchini Bread

3 eggs	3 cups flour
2 cups sugar	1/4 t. baking powder
3 t. vanilla	1 t. salt
1 cup oil	1 t. baking soda
2 cups grated pared zucchini	3 t. cinnamon
1 cup chopped nuts (optional)	

Beat eggs until light and fluffy. Add next three ingredients. Blend well. Stir in grated zucchini. Blend sifted ingredients with creamed mixture. Fold in the chopped nuts. Bake in two 9x5 loaf pans at 350 degrees for one hour.

Zucchini Gems - from Helena Witter

1 cup flour	} Sift together	4 eggs	} Mix together until blended
1 t. baking powder		2 cups sugar	
1 t. soda		1 cup oil	
1 t. salt			
1 t. nutmeg			

Add flour mixture to egg mixture. Add 4 cups grated (unpeeled) zucchini. Then add 1 cup chopped walnuts, 1 teaspoon vanilla and 1 cup finely snipped raisins.

Stir only until the dry ingredients are moistened. Fill muffin cups 3/4 full (can use paper liners).

Bake in 350 degree oven for 25 minutes. These may be frozen and used as desired.

Waffles

2 T. oil
 2 1/4 cups water
 1/3 cup cashews
 2 cups oats - if you use the quick cooking oats use 2 1/2 cups
 1/2 t salt

Combine all ingredients and cook for 6 - 8 minutes.

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