



**Plant your studies outside**

A class leaves the classroom to learn the Latin and common names of plants around campus. Of course, this taxonomy class is examining plants around the Plant Sciences Building. Instructor is Ann Ruing. Battalion photo by Ben Po

**Arthritis pain reliever tested by Vet school**

Direct injection of drugs into arthritic joints holds promise as an aid to relief of pain, tests at Texas A&M University's College of Veterinary Medicine have shown. Michael Herron of Texas A&M's Small Animal Medicine & Surgery Department says his studies showed injection of the organometallic compound Palosein to be 100 percent effective, to varying degrees, in relieving pain. The study said that unlike cortisone, the classic treatment, the

Palosein caused no deterioration of cartilage. The irritant Osteum, which causes tissue to heat up, thus injecting self-healing, was also highly effective and likewise showed no immediate cartilage damage, Herron said. Unfortunately, notes Herron, the drugs and their method of injection does little to alleviate the cause of arthritis and proper diagnosis should be carried out before either drug is used.

Direct joint injection with the two drugs is carried out as part of the treatment regimen at Texas A&M's small animal clinic, where Herron and other faculty oversee students as they diagnose, prescribe and carry out clinical phases of their training. One of the features of Texas A&M's College of Veterinary Medicine is its acceptance of cases in which owners agree to new and untried methods that may help their animal and ultimately benefit other animals and humans.

**Patients jog fears away?**

**Running may help neurosis**

United Press International MADISON, Wis. — A University of Wisconsin psychiatrist is trying to determine if running, already known to be an effective treatment for depression, can also help people suffering from cardiac neurosis. It involves fear of an imminent heart attack. Dr. John H. Greist said his research will involve directly confronting the neurosis with vigorous exercise. He believes it can help patients overcome the problems. "We'll try to convince them to more correctly perceive the feedback they are getting from their bodies," Greist said. Cardiac neurotics are convinced they will suffer a heart attack even though they may be in excellent health and repeated visits to a doctor and tests show no problems. "They need constant reassurance from everyone. They drive their families buggy. They distrust what feedback they're getting from their bodies. We're hoping that a gradual increase in fitness will increase their awareness of their bodies," he said. Greist, 39, who is a runner and competes in races and marathons, has contacted 300 area physicians for patient referrals for the study. He said all patients will get a treadmill test and be screened before becoming involved in the research. Half the group — selected by a flip of a coin — will go into the exercise program. The other half will remain on traditional psychotherapy as a control group, with the two groups being compared on the basis of how many visits they make to their regular doctors in connection with the neurosis. Greist said cardiac neurosis is a common psychiatric problem which appeared to climax during the 1960s. He said it appears to have diminished somewhat recently and it may be due to the fact that more people are exercising. The cardiac neurosis research stemmed from an earlier project involving running as a way of treating depression. Greist found that running was at least as effective as traditional psychotherapy. That study, which was a pilot project, is now being repeated by Greist in greater detail. He said more factors, such as the effect of meditation and the impact of combined running-psychotherapy are being taken into consideration. There was resistance within the psychiatric community to Greist's original work. Some apparently stemmed from a reluctance of psychiatrists to accept a new idea that could drastically alter treatment of depression. "The big problem is the psychiatrists make their money by seeing people in offices. If you can find a way to treat them at one-fourth the cost with running, there's obviously going to be resistance. "On the other hand there are a lot of psychiatrists that want to do everything for these people," Greist said. The UW graduate school and research committee provided \$2,000 for the pilot project. Another \$10,000 was approved for the expanded study on depression.

"We will specifically focus on depression," Greist said, "but we will look at anxiety as well." He said the two are often related in psychiatric patients. Greist said some runners in the pilot study reported that becoming competent at running made them feel competent in other areas. He

said the runners noticed new bodily sensations which took their minds off annoying physical symptoms of depression. Runners also developed "positive addiction" to running, he said, substituting that for more negative and neurotic defenses and habits, he said.

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