

CROSSWORD PUZZLE

ACROSS

1-Evil  
2-Hurry  
3-Becky  
4-Guido  
5-high note  
6-up to  
7-linnet  
8-Scottish cap  
9-Stalk  
10-Form  
11-Put in a particular position  
12-Maiden loved by Zeus  
13-Parent (colloq.)  
14-Knock  
15-Roasted  
16-Limb  
17-Roundness  
18-Expires  
19-Click beetle  
20-Graceful bird  
21-Inhabitants  
22-Suffer like  
23-Puffs up  
24-Man's nickname  
25-Conjunction  
26-Printer's measure  
27-Shuts noisily  
28-Periods of time  
29-Quarrel  
30-Devoiced  
31-Republican party (init.)  
32-Platform  
33-Constellation  
34-Poem  
35-Anxieties  
36-Abstract being

DOWN

1-Wager  
2-A state (abbr.)  
3-Wet  
4-European cavalryman  
5-People living in opposite portions of the earth  
6-Flat, it stand  
7-Mark's nickname

8-Spanish article  
9-Greek letter  
10-Lubricate  
11-Spread for drying  
12-Frames of mind  
13-Conjunction  
14-Electrified  
15-Participle  
16-Spanish for father  
17-Fairy in "The Tempest"  
18-Fenced-in ground surrounding a dwelling  
19-New Zealand bird  
20-Babylonian hero  
21-Units of force  
22-Tableland  
23-Measure of weight

24-Locations  
25-Lair  
26-Large edible fish (pl.)  
27-Printer's measure  
28-Box  
29-Transaction - 55-A state (abbr.)  
30-Staff  
31-Simian  
32-Musician as written  
33-Number  
34-Dawn goddess  
35-A state (abbr.)

1 2 3 4 5 6 7 8 9 10 11

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27

28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59

Distr. by United Feature Syndicate, Inc. 3

Inherited Metabolic Disorder Causes Brain Damage in Infants

By K. H. Sutherland, M.D., L. A. County Health Officer

Phenylketonuria, often abbreviated to the letters PKU, is an inherited and rare metabolic disorder that causes damage to the infant brain in most cases that occur. On the basis of the prevalence of PKU found among the mentally defective confined to institutions in the United States, it is estimated that the disorder occurs about once in every 20 to 40 thousand babies that are born alive. Practically all of the children thus afflicted will be mentally retarded in some degree unless medical treatment of the condition is started in the first few weeks of life. Uncommon indeed is the untreated PKU baby that escapes this tragedy.

The disease was first described by a Norwegian physician in 1934 following the discovery of phenylpyruvic acid in the urine of two retarded children belonging to the same family. The simple and reliable ferric chloride urine test that he then employed in diagnosis is still in use today.

2 or 3 years, mental deficiency in untreated PKU children is usually quite obvious; as a matter of fact, less than one-half per cent have a normal mentality at this age.

There is no specific drug for prevention or cure of the disease, but in 1951 experiments in diet therapy were successfully conducted on a PKU child by a German scientist. Further research soon established the fact that a diet low in phenylalanine started in early infancy prevented the mental deficiency caused by PKU. While not a cure, it was certainly the next best thing.

It is now known that the sooner the diet is started in the PKU child the less likely it is that intelligence will be impaired. There is little evidence of mental improvement when dietary treatment is delayed beyond 3 years of age, although the extent of the brain damage already done—which varies considerably for reasons unknown—has some bearing on the results of dietary treatment in the older child.

THE TEST revealed that the disorder is caused by the lack of one of the many enzymes in the body. This enzyme (phenylalanine hydroxylase) is the substance that is needed to convert or metabolize phenylalanine, one of the essential amino acids found in protein foods, into another amino acid (tyrosine) so that it may eventually be utilized in the processes of digestion. When this chemical change is blocked, abnormal amounts of phenylalanine accumulate in the blood and this, in ways not yet understood, nearly always affects the brain.

Infants afflicted with PKU are apparently protected from the disease before birth and are born physically, mentally, and biochemically normal. However, in the first few days of life phenylalanine from milk starts to build up in the blood and, some 2 to 6 weeks later, spills over into the urine in the form of phenylpyruvic acid.

Studies show that about half of the untreated infants with this disorder suffer from vomiting, about a third are very irritable, and about one-fifth develop a skin rash (infantile eczema). The most characteristic symptom of all is a musty odor, which is probably due to the presence of phenylpyruvic acid both in the urine and in perspiration. Convulsions may also appear during the first year.

MENTAL development may appear normal up to 3 or 4 months of age but a slowing up may then be noticeable and small skills previously acquired may be lost. By the age of



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