

tentacle-like microvilli. One researcher reports that those bristles disappear in patients with housewives' dermatitis. Cell formation becomes flat or misshapen after the hands are soaked in detergent. However, these cells seem to be normal in patients with psoriasis or eczema. A puzzling observation; soaking in water produces nearly the same destructive effect on the stratum corneum as detergent. It is believed that detergents exert a chemical effect 1) directly on keratin or 2) indirectly, by simply removing the normally protective oily film to expose the keratin. It seems that wearing rubber gloves for rinsing may be a good idea.

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Airport X-ray Machines: How Much Radiation?

According to Laurence E. Holder, MD, radiation has conjured up grotesque images of destruction ever since the

atomic bombing of Hiroshima and Nagasaki...This may account for the emotional reaction some people have concerning x-ray machines installed as part of airport security. The Bureau of Radiologic Health, a Division of the Food and Drug Administration, is responsible for keeping radiation exposure as low as possible. Their guidelines require that radiation emitted outside the system not exceed 0.5 milliroentgens (mR) in one hour at 5 cm from the equipment. And in reality, exposures are below detectable limits...In the minute it takes you to walk past the detector, the radiation intensity is about 0.0021 mR. (The roentgen is a measure of exposure in air, whereas a rem is a measure of the amount of energy deposited in tissue.) The genetically significant dose of radiation is estimated as probably less than 20 mrem. Nonoccupationally exposed individuals should be limited to 170 mrem/yr.

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