

Humans Can Learn A Lot From Animals

BY DR. MIKE ROSMANN

Watching a mother cow and her newborn calf bond with each other is always interesting. When a cow vigorously sniffs her baby the first time and the calf lifts its head to smell its mother, they become imprinted and can recognize each other by smell immediately for months thereafter until their bond is no longer necessary after weaning.

Human mothers and their babies have the same capacity. After a new mother has smelled her infant one or two times, she can reliably detect her baby from others in blind tests of infant identification. Human babies have an even keener olfactory recognition of their mother.

An occasional problem for some mothers who breastfeed their babies is that their infants reject them after the mothers showered or bathed before feedings. Instead of nursing contently, the babies cried.

The infants did not recognize their mothers because they smelled differently. A couple hours later the mothers smelled familiar again as body odors accumulated.

Like many animal species, human infants identify familiar persons from olfactory cues, especially the smells of the mother's breath, her chest and armpits. Infants can identify "mom" from her perspiration absorbed from the axilla—armpits—into her clothing.

The axilla secrete hormones, so-called individual odors, somewhat like the pheromones animals secrete from scent glands, except humans do not use individual odors to mark territories. The individual odors are not camouflaged by antiperspirants or deodorants.

Adults also pay more attention than we think we do to the role body odors play in important human interactions and functions. Post pubertal females who live together often synchronize their menstrual periods, relying on subliminal detection of human hormones secreted by the axillary glands.

Like many species, men can almost always detect when women are ovulating from their smell and from behavioral cues as well, even though the men usually cannot indicate the cues they are detecting. Ovulating women present a clearer-than-usual facial complexion, rosy lips and hormone-laced body odor, not otherwise detectible, that signal reproductive fertility.

We can learn from animals about selection of mates too. Females usually have a bigger role than the males in pair bonding in species that form seasonal or permanent unions, like geese. Men and women also choose mates who can help insure survival and advancement of our species.

Generally, male animals advertise their availability while the mothers-to-be select mates that will contribute to survival of their animal kind. In many species the females choose mates that exhibit the most showy displays (e.g. male turkeys strutting and displaying colorful wattles and tails), or that are the winners of battles for breeding rights (e.g. wolves, deer and bison, to name a few).

Generally, the showiest animals and the winners of the battles for herd leadership are the most fit and virile. When raising purebred cattle, I almost always selected the most masculine bulls for herd sires, as indicated by scrotal circumference and male character.

Masculine bulls generally produced rapid-growing offspring and daughters with high milk-producing capacity and large pelvises for easier birthing. These traits have obvious economic benefits for

cattle producers and the cattle. Humans affirm bonds by frequent touching, hugs and kisses, which is not too different than many animals. Horses nuzzle each other's necks, cattle lick each other; chimps cull through each other's hair to extract ticks, to communicate affiliation to the recipient and because stroking feels good. Humans feel calmer during gentle touching.

Women seeking mates usually select husbands who exhibit physical characteristics and behaviors that will contribute to being good fathers. Research shows most women size up prospects for husbands by watching to see how men nurture them emotionally, how they interact with children, if they are intelligent and if they demonstrate capacity to earn a satisfactory living.

Most women looking for husbands prefer men who compliment them, hold their hand, talk about female interests as well as male interests and reach for the restaurant bill instead of letting each person pay. Women like men who are educated, have good jobs and take care of themselves. Of course, not all women look for these characteristics in a husband.

Generally though, women tend to choose partners who contribute to the capacity of their children to survive, just like other species. Their choices are motivated by the drive for survival of humankind.

Knowledge of the psychology and biology of human and animal species is accumulating by leaps and bounds. I drew from many published scholarly articles, National Geographic articles and broadcasts, and my training and observations for this article.

We are not far removed genetically from most animals, for we had common ancestors several million years ago. Geneticists assert humans share 98 percent of our genetic material with great apes, such as gorillas and bonobos.

The more we can learn from animals, the better off humans are. Animals have developed courtship, reproductive and many other social behaviors that have survival value for humans too.

Dr. Rosmann lives on a farm at Harlan, Iowa. He invites readers' thoughts. Contact him at: www.ag-behavioralhealth.com.

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Dr. Mike ROSMANN

Visiting Hours

Tips On Dealing With Bad Sunburn

BY ROB BROEKEMEIER, FNP
Avera Medical Group Pierce

Hard to believe it has only been a few months since we were seeing snow, but thankfully, it is actually starting to feel like summer. Our children are out of school, which means more time outside enjoying those summer activities. The sun is essential. It can help our mental outlook and help us feel healthier. For people who have arthritis, the sun's warmth can help relieve some of their physical pain.

Sunburn is skin damage from the sun's ultraviolet (UV) rays. Most sunburns cause mild pain and redness, but affect only the outer layer of skin (first-degree burn). The red skin might hurt when you touch it. These sunburns are mild and can usually be treated at home. Skin that is red, painful and swells up causing blisters may mean deep skin layers and nerve endings have been damaged (second-degree burn).

Other problems that can be present along with sunburn include heat stroke or other heat-related illnesses from too much sun exposure. Allergic reactions to sun exposure, sunscreen products, or medicines can be a problem. Also sun exposure can cause vision problems, such as burning pain, decreased vision, or partial or complete vision loss.

Long-term problems from sun exposure include: increased chance of having skin cancer; increase in the number of cold sores; increase in problems related to a health condition, such as lupus; increased chance of developing cataracts from lack of eye protection. Many years of direct and indirect sunlight is one of the leading causes of blindness. You can also have skin changes such as premature wrinkling or brown spots.

Your skin type affects how easily you become sunburned. People with fair or freckled skin, blond or red hair, and blue eyes usually sunburn easily. Your age also affects how your skin reacts to the sun. The skin of children younger than 6 and adults older than 60 is more sensitive to sunlight. You may get more severe sunburns depending on a few factors. You are more likely to get sunburn between 10:00 in the morning and 4:00 in the afternoon, when the sun's rays are the strongest. You might think the chance of getting sunburn on cloudy days is less, but the sun's damaging UV light can pass through clouds. You have an increased chance of sunburn when you are near reflective surfaces, such as water, white sand, concrete, snow, and ice. All of these reflect the sun's rays and can cause sunburns. The position of the sun on summer days can cause more severe sunburn. It is easier to get sunburned at higher altitudes, because there is less of the earth's atmosphere to block the sunlight. UV exposure increases about 4% for every 1000 ft (305 m) gain in elevation. It also depends on how close you are to the equator (latitude). The closer you are to the equator, the more

direct sunlight passes through the atmosphere. For example, the southern United States gets 1.5 times more sunlight than the northern United States. The UV index shows the risk of getting sunburn that day.

Preventive measures and home treatment are usually all that is needed to prevent or treat sunburn.

- Protect your skin from the sun, do not stay in the sun too long, use sunscreens, and wear clothing that covers your skin.

If you have any health risks that may increase the seriousness of sun exposure, you should avoid being in the sun from 10:00 in the morning to 4:00 in the afternoon.

Home treatment measures that may provide some relief from mild sunburn are as follows:

- Use cool cloths on sunburned areas, take frequent cool showers or baths, apply soothing lotions that contain aloe to sunburned areas. Topical steroids (such as 1% hydrocortisone cream) may also help with sunburn pain and swelling. Note: Do not use the cream on children younger than age 2 unless your health care provider tells you to do so. Does not use in the rectal or vaginal area in children younger than age 12 unless your health care provider tells you to do so.

Sunburn can cause mild fever and headache. Lie down in a cool, quiet room to relieve the headache. A headache may be caused by dehydration, so drinking fluids may help. For more information, see the topic Dehydration. There is little you can do to stop skin from peeling after sunburn—it is part of the healing process. Lotion may help relieve the itching.

Medicine you can buy without a prescription:

- Acetaminophen, such as Tylenol, Nonsteroidal anti-inflammatory drugs (NSAIDs): ibuprofen, such as Advil or Motrin, Naproxen, such as Aleve or Naprosyn, Aspirin (also a nonsteroidal anti-inflammatory drug), such as Bayer or Bufferin

Be sure to follow these safety tips when you use a nonprescription medicine:

- Carefully read and follow all directions on the medicine bottle and box.
- Do not take more than the recommended dose.
- Do not take a medicine if you have had an allergic reaction to it in the past.

- If you have been told to avoid a medicine, call your health care provider before you take it.
- If you are or could be pregnant, do not take any medicine other than acetaminophen unless your health care provider has told you to do so.

- Talk to your child's health care provider before switching back and forth between doses of acetaminophen and ibuprofen. When you switch between two medicines, there is a chance your child will get too much medicine.

Watch for a skin infection while your blister is healing. Signs of infection include:

- Increased pain, swelling, redness, or warmth around the blister.
- Red streaks extending away from the blister.
- Drainage of pus from the blister.
- Fever.

Call your health care provider if any of the following symptoms occur during home treatment:

- Vision problems continue

after you get out of the sun.

- Fever develops.
- Dehydration develops and you are unable to drink enough to replace lost fluids.
- Signs of skin infection in blisters develop.
- Signs of an allergic reaction develop.

- Symptoms become more severe or more frequent.

Protecting your skin is key!

- Avoid sun exposure, wear hats, sunglasses and loose-fitting clothing made with sun protective fabric.
- Read the information on the sunscreen label about the SPF factor listed, choose the right sunscreen at least 15 SPF or higher, make sure the sunscreen is "broad-spectrum" and use lip balm or lip cream that has SPF 15 or higher.
- Sunscreen effectiveness is affected by wind, humidity and altitude. Apply your sunscreen at least 30 minutes before exposure and apply to all skin that will be exposed to the sun, including the nose, ears, neck, scalp and lips.
- Sunscreen should be applied evenly over the skin and in the amount recommended on the label. Apply the sunscreen every 2-3 hours. For dry skin, use a cream or lotion sunscreen; For oily skin or working in dusty or sandy conditions, use a gel.

Summer is a fun time to be had with family and friends. Following these simple guidelines can make it more enjoyable and prevent future health issues. If you have questions or concerns, please feel free to contact me or one of my colleagues at the Avera Medical Group in Pierce, and we will be happy to either see you or give you advice. Be safe and have a happy, healthy summer.

MENUS

The Press & Dakotan incorrectly printed The Center's menu for Wednesday, Thursday and Friday of this week. Below is the correct menu.

The Center — Yankton
Wednesday — Chicken Enchilada
Thursday — BBQ Ribs
Friday — Chicken Fried Steak

60th Anniversary Celebration



Mr. & Mrs. Clarence Jansen

OPEN HOUSE
SUNDAY JUNE 23RD, 2013
2:00PM until 4:00PM
In Honor of
Clarence and Angela Jansen
60th Wedding Anniversary Celebration
St. Boniface Church and Parish Center
Menominee, NE

25th Anniversary Celebration

Mr. & Mrs. Allan Taggart
Mr. and Mrs. Allan and Missy Taggart of Gayville, SD will celebrate their 25th wedding anniversary on June 18, 2013.

Their family requests a card shower. Greetings may be sent to Box 265, Gayville, SD 57031. Missy Jonas and Allan Taggart were married on June 18, 1988

at the Gayville Lutheran Church in Gayville, SD. They have two children, Trevor of Sioux Falls, SD and Alex of Gayville, SD.



65th Anniversary Celebration



Mr. & Mrs. Floyd Wiesz

Mr. and Mrs. Floyd and Edith Wiesz, Yankton, will celebrate their 65th wedding anniversary on June 25, 2013.

Their family requests a card shower. Greetings may be sent to 2903 Douglas Ave. Apartment 121, Yankton, SD 57078.

Edith Munkvold and Floyd Wiesz were married June 25, 1948 at Bethlehem Church (Midway) Irene, SD.

They have three children: Randy (deceased); Lois (Larry) Faller of Clarkfield, MN; and Debbie (Don) Pederson of Viborg, SD.

The couple has five grandchildren.

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