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Dallas, May 29 (AP)- An assistant county medical officer said today Jack Ruby expressed regret for his berserk behavior in a Dallas County jail cell.

Dr. Julian MarDock said he examined the condemned killer of Lee Harvery Oswald shortly after the incident yesterday morning, and found Ruby suffered a superficial face cut.

Sheriff Bil Decker said Ruby apparently went berserk in the cell, smashing his eyeflasses and breaking a light bulb with a spittoon.

A jailer subdued Ruby before he could do more damage, the sheriff said.

MarDock said routine physical examination shows the 54-year-old prisoner to be in normal health.

He said a complete blood count, urinalysis, chest x-rays and serology administered Ruby all probed negative.

But the doctor said records show Ruby has lost 10 pounds since Nov. 24, when he gunned down Oswald, the accused assassin of President Kennedy.

MarDock attributed the weight loss to the cell diet -- less rich than food to which the former night club operator was accustomed.

Yesterday's incident marked the second time Ruby has become unruly in his cell. Several weeks ago he banged his head against a cell wall.

His lawyers and family, who are seeking a sanity hearing, described the wall-butting incident as a suicide attempt.

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