

# Outlook on Lifestyle

## DEAR MEG



Meg Whitcomb

## DR. GOTT



Peter Gott, M.D.

### 'Dumb blonde' has a mind of her own

DEAR MEG — My boss makes suggestive remarks and tells jokes about me. He also refers to me as a "dumb blonde" who doesn't know which way is up. Well, I'm not dumb. I understand very well what he's saying, but I ignore his remarks.

A similar thing happened at another job. That time I teased the guy back, but he thought I was coming on to him. This situation is unpleasant, but it's better. Yet it irks me that everyone thinks I'm a dumb. How do you handle a chauvinist who just won't let up? — CALIF.

DEAR FRIEND — Since ignoring him doesn't work, why not try a few zingers? Next time he calls you a dumb blonde, say, sweetly, "You certainly have a way with cliches, Mr. B." Or if he puts down your brains again, respond: "Intelligence can't be everything. Perseverance is what counts — your success proves it."

If that doesn't work, ignore him and hope he runs down. Guys like that usually do.

DEAR MEG — Dad married Elsa three years ago after a quickie divorce from Mother. They're separated now. Elsa ran off with the gardener, yet she continues to use Dad emotionally and financially. And he continues to support her two kids, though they have a father who's perfectly capable.

Dad gets furious if we say a word against Elsa. He no longer has a moment for us because he's so caught up in trying to get her back.

Another thing: When Dad married Elsa, we welcomed her as a stepmother. Since they separated 18 months ago, we haven't heard a word from her.

How can we help Dad see the light? — DUD FOR A DAD, MEMPHIS, TENN.

DEAR D.F.A.D.: Sad to say, good advice is rarely welcomed. And people like your father, who need it the most, generally like it the least. So stay off the subject of Elsa. He'll come to his senses sooner if you butt out.

### Find source of infections

DEAR DR. GOTT — I've never had much resistance to colds or the flu. Within the past couple of years I've experienced several bouts of Klebsiella. What is this germ and what can I do to strengthen my resistance to it?

DEAR READER — Klebsiella are a type of bacteria that cause several respiratory diseases, including sinus infection, bronchitis and pneumonia. Klebsiella is a common germ that can invade the respiratory tract after a viral infection, when a patient's resistance is low. If you seem predisposed to these infections, you should be checked by a doctor to make sure that you have not developed a deficiency in your immunity.

Here are some things that you can do on your own: If you smoke, stop, since tobacco smoke reduces the respiratory system's ability to fight infection. Stay away from other people with respiratory infections; they may spread bacteria and viruses to you, especially during the respiratory-infection season in the winter. Consider obtaining yearly influenza immunizations, which may help your resistance.

In addition, your doctor may choose to perform tests to see if you have a chronic low-grade infection. For example, chronic sinusitis can periodically explode into a troublesome inflammation. Do you have asthma, chronic bronchitis or emphysema? These, too, will predispose you to repeated infections.

Finally, you may have acquired a smoldering Klebsiella infection that cannot be eradicated by a week or two of antibiotics. If you are "carrying" such an infection, long-term antibiotic treatment will help restore your respiratory system to its normal state.

Work closely with your family doctor — and with specialists, as needed — to discover the cause of your recurring infections.

DEAR DR. GOTT — My mother was prescribed digoxin for congestive heart failure. She gradually developed extreme fatigue, loss of appetite, social withdrawal and deep de-

pression. She began hallucinating. Finally, we took her to the hospital, where digitalis poisoning was diagnosed. She's now back to her old self, after the digoxin was discontinued. Is this a common reaction to digitalis?

DEAR READER — I'm afraid so. Digitalis has a very narrow therapeutic index, meaning that there is a small difference between the appropriate, useful amount and the toxic dose. Elderly patients are often intolerant of digitalis and become easily sick from it because they cannot metabolize or excrete the drug as readily as young persons can.

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<p><b>FRIDAY SEPTEMBER 11th</b>  <b>"YOUTH NIGHT"</b>                  6:00 P.M. Midway Opens                  Kinsmen Girls' Softball Playoffs                  7:00 P.M. Exhibit Hall Opens  <b>★ ROCK CONCERT ★</b>                  357 DWYER AND ST. XAVIER</p>	<p><b>SATURDAY SEPTEMBER 12th</b>                  9:00 A.M. Kinsmen Girls' Softball Playoffs                  10:00 A.M. Canadian/American Saddle Horse Show                  10:30 A.M. Western Horse Show                  11:00 A.M. 4H Beef &amp; Dairy Interclub                  12:00 NOON Dairy &amp; Beef Cattle                  NOON TO 6:00 P.M. Entertainment With "Sound Investment" &amp; "Tiger Sharks"                  Sheep Dog Demonstration                  5:00 P.M. O.P.P. GOLDEN HELMETS Precision Motorcycle Team                  6:00 P.M. Canadian Mini Tractor Pull</p>	<p><b>CHILDREN'S DAY SUNDAY SEPTEMBER 13th</b>                  11:00 A.M. Light &amp; Heavy Horses                  4H Sheep Show                  12:00 NOON Pony Show                  "FARM OLYMPICS"                  12:30 P.M. Pet Show                  Sheep Dog Demonstration                  1:00 &amp; 2:30 P.M. "Otto The Magician"                  1:30 P.M. Chris &amp; Ken Whitely and The Junior Jug Band  <b>★ Feature ★</b>                  O.P.P. GOLDEN HELMETS Precision Motorcycle Team (to follow light &amp; heavy horses)</p>
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**ADMISSION**

	DAILY	WEEKEND
Adults	\$2.00	\$4.50
Students (Age 7 to 18)	\$1.50	\$3.50
Seniors	\$2.00	\$4.50
Family		\$9.50

CHILDREN UNDER AGE 7 FREE  
 Weekend tickets available up to and including Friday, Sept. 11.  
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**GATES OPEN**

FRIDAY, SEPTEMBER 11	6:00 P.M. to 11:00 P.M.
SATURDAY, SEPTEMBER 12	8:00 A.M. to 11:00 P.M.
SUNDAY, SEPTEMBER 13	11:00 A.M. to 5:00 P.M.

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### A Tasty Recipe EVERYTHING CEREAL

- 1 c. whole wheat or soy flour
- 1/2 c. dry milk powder
- 1/2 c. unroasted wheat germ
- 1/2 c. buckwheat (optional)
- 1 c. sesame seeds
- 6 c. rolled oats
- 1 c. shelled unroasted sunflower seeds
- 1 c. grape nuts
- 1 c. chopped natural almonds

Combine in saucepan:  
 — 1 cup oil  
 — 1/2 cup honey  
 — 2 tbsp. molasses  
 — 1 tsp. vanilla

Warm over low heat to blend. Pour into dry mixture, stirring well. Roast for 45-60 minutes, stirring every 15 minutes at first, then more frequently until particles are golden (not dark) brown. After mixture has cooled, add 2 cups raisins. Store in tightly covered containers in cool, dry place.

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