Outlook on Lifestyle

DEAR MEG



Whitcomb

Wife battles homosexual urges

By Meg Whitcomb

DEAR MEG - My sex life has never been anything to brag about. My husband and I are secure, and the kids are happy. But I have never been satisfied sexually. I was the same way with my first husband.

The reason? A problem I have suppressed most of my life. I have sexual feelings for women. I have never acted on these feelings, nor have I mentioned them to anyone. But they are there, and they are very strong. I only go through the motions with my husband for his sake.

Now I'm worried, because an old friend is moving back to town and is looking forward to seeing me. I always knew I loved her, but she made disapproving remarks about the gay rights movement, so I kept quiet.

need advice on how to deal with this. I enjoy her friendship and wouldn't want to hurt her feelings by avolding her. - WIFE'S SECRET, RYE, N.Y.

DEAR SECRET - Rather than storry about your friend (there's no need to avoid her), think about how you're going to deal with your own problem. You're at the stage reached by many married homosexuals when denying their true sexual orientation becomes very painful. For most, confronting homosexual leanings, despite all the pain and difficulty involved, is accompanied by feelings of relief, freedom and identity regained.

Gaining insight into the reasons behind your sexually unrewarding marriages and your repressed attraction to other women will help you gain more open and comfortable feelings about yourself .- no matter which course you decide to pursue.

Please get in touch with the Women's Psychotherapy Referral Service, which will match you with a profes-

POLLY'S POINTERS



Polly Fisher

Holiandaise sauce in a microwave

By Polly Fisher

DEAR POLLY - Do you have a recipe for hollandaise sauce that can be made in the microwave? - D.W. DEAR D.W. - Here's an casy method for preparing great bollandalse that's micro-quick and microfoolproof:

In a microwave-sale measuring cup or small bowl, combine 3 egg yelks, 2 tablespoons lemon juice, 14 teaspoon salt, 16 teaspoon paprika (li desired), and a dash of ground red pepper or hot pepper sauce (if desired). Set aside. Cook 16 cup butter la a separate cap or bowl on high or 100percent power about one minute, just mil melted. Do not allow better to babble; if it does babble, let it cool a few minutes before proceeding. Stir the egg yolk mixture vigorously while adding the melted butter in a very thin stream. Cook sauce on high or 160-percent power for 45 seconds to one minute, stirring vigorously every 15 seconds. Serve immediately.

sional who will work with you. The group's address is 25 Perry St., New York, NY 10014, or call (212) 242-8597.

DEAR MEG - I have a question. Last month, my brother died. Is his wife still my sister-in-law? I say we're no longer related. She says we, are. What's the answer, Meg? -HOPE SHE'S NOT, PROVIDENCE,

DEAR HOPE - The widow of your late brother is now your former alster-in-law.

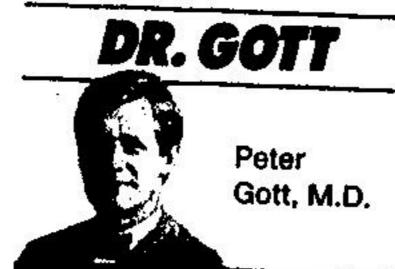
DEAR MEG - There's an extra man in our social group who, in my opinion, is out of line.

As soon as our Saturday-night dance starts, he goes after my wife. He always asks her to dance or join him at his table. This causes problems

in our crowd, because we are couples and it upsets our exchanging dances. (It also makes me mad.)

I've told my wife she should turn him down, but she says she won't because it would hurt his feelings. I say if she won't, I will - and I won't be nice about it. - SPOILING FOR A FIGHT, SUBURBAN, ILL.

DEAR SPOILING - There are two types of women who "can't say no": those who don't like to and those who don't want to.



Women smokers risk their lives

By Peter H. Gott, M.D.

If you're like me, you can't resist occasionally thumbing through old magazines of the 1930s and 1940s especially Life and The Saturday Evening Post - just to look at the advertisements. Some of the products in the ads are still available, although, of course, they're marketed in a more up-to-date fashion. I particularly admire the old cars. They were glorious and were sold at what seem to have been extraordinarily low prices. The mid-century appliances, too, were quaint by modern standards.

However, it is the cigarette ads that really document the tremendous tion of this product.

cent." As late as the 1920s, tobacco rettes to women, for fear of a prohibi- of cigarette. tionist backlash. In the 1940s, profes-

Modern entrepreneurs are much more skillful in presenting tobacco products, and these products are much more likely to be directed toward capturing a female market. In the past 30 years, elgarette manufacturers have cleverly identified smoking with women's emancipation and, recently, with alimness. Realizing that our culture equates obesity with social unattractiveness, tobacco promoters have repeatedly emphasized that women can control their weight by smoking because nicotine does re-"ated into slick copy that panders to dren.

changes that have marked the evolu- women's obsession to be thin and sexually attractive. In addition, eigarette At the turn of the century, smoking packaging is often designed for femiwas reserved for the very rich, the nine appeal; "slim" cigarettes are in very debonair - and the very "inde- vogue, Some companies go so far as to offer discounted women's products in companies refused to promote ciga- return for choosing a particular brand

Unfortunately, this marketing ploy sional athletes - such as Johnny is based, to a degree, on truth: Smok-Weismuller - endorsed smoking as a ers do tend to weigh less than nonhealthful habit to increase physical smokers. However, the trade-off in performance and improve fitness. To- health is astronomical. In a recent day, we grimace at how misleading study in the New England Journal of old cigarette ads were. We are dis Medicine, scientists reported on the mayed at how naive we were to have consequences of smoking in a group of 120,000 female nurses.

The results were astonishing. Depending on the number of cigarettes consumed per day, the smokers showed up to 500 percent increased risk for heart attack. Among women smoking in excess of a pack a day, more than 80 percent of heart attacks were judged to be directly attributable to smoking. Other effects of cigarettes included lung cancer, cervical and uterine cancer, possible breast cancer, chronic respiratory diseases, early menopause, fractured bones duce appetite. Themes like "you've from accelerated osteoporosis, and come a long way, baby" have deterio- deleterious effects on unborn chil-

