

Outlook on Lifestyle

DEAR MEG



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.

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

DEAR SECRET — Rather than worry 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

Hollandaise 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 easy method for preparing great hollandaise that's micro-quick and micro-foolproof:

In a microwave-safe measuring cup or small bowl, combine 3 egg yolks, 2 tablespoons lemon juice, 1/4 teaspoon salt, 1/4 teaspoon paprika (if desired), and a dash of ground red pepper or hot pepper sauce (if desired). Set aside. Cook 1/2 cup butter in a separate cup or bowl on high or 100-percent power about one minute, just until melted. Do not allow butter to bubble; if it does bubble, 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 100-percent power for 45 seconds to one minute, stirring vigorously every 15 seconds. Serve immediately.

DR. GOTT



Peter H. Gott, M.D.

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

changes that have marked the evolution of this product.

At the turn of the century, smoking was reserved for the very rich, the very debonair — and the very "indecent." As late as the 1920s, tobacco companies refused to promote cigarettes to women, for fear of a prohibitionist backlash. In the 1940s, professional athletes — such as Johnny Weismuller — endorsed smoking as a healthful habit to increase physical performance and improve fitness. Today, we grimace at how misleading old cigarette ads were. We are dismayed at how naive we were to have believed them.

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, cigarette manufacturers have cleverly identified smoking with women's emancipation and, recently, with slimmness. 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 reduce appetite. Themes like "you've come a long way, baby" have deteriorated into slick copy that panders to

women's obsession to be thin and sexually attractive. In addition, cigarette packaging is often designed for feminine appeal; "slim" cigarettes are in vogue. Some companies go so far as to offer discounted women's products in return for choosing a particular brand of cigarette.

Unfortunately, this marketing ploy is based, to a degree, on truth: Smokers do tend to weigh less than non-smokers. However, the trade-off in health is astronomical. In a recent study in the New England Journal of Medicine, scientists reported on the 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 from accelerated osteoporosis, and deleterious effects on unborn children.

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