

Outlook on Lifestyle

DR. GOTT



Peter H. Gott, M.D.

Take the hint about bathing

By Peter H. Gott, M.D.

DEAR DR. GOTT: I need an answer to resolve a domestic battle. How often should the average respectable citizen bathe? If a person is relatively inactive, perspires relatively little, does not become soiled, uses deodorant and changes clothes every day, is there any hygienic reason that person should be criticized?

DEAR READER: The question of appropriate bathing intervals is less a

medical issue than a personal one. People do not "need" to bathe, in the sense that they have to eat and sleep. Washing feels good and makes us more socially acceptable. However, you can bathe as infrequently as you wish. When you are ready for a bath or shower, I am sure those friends and family around you will be more than happy to let you know.

Any criticism you are getting perhaps should alert you that you ought to bathe more frequently. When it comes to washing, cleanliness is not necessarily next to godliness — but in some cases, it can appear to be.

DEAR DR. GOTT: Whenever I get nervous or laugh, my neck gets really red, then breaks into hives. People ask me what's the matter, which just makes it worse. Would hypnosis help?

DEAR READER: Possibly. You are experiencing an emotion-induced release of histamine into the skin. Since this reaction is mediated by the brain, hypnosis or biofeedback might help you overcome this troublesome condition. On the other hand, so might antihistamines or medicines called beta-

blockers, which interfere with the cascade of nerve impulses reaching the skin's blood vessels at times of tension. See your doctor.

DEAR DR. GOTT: My niece's baby is on a soy formula and, to me, he seems very small for his age. Is this adequate nutrition? His family is rabidly vegetarian.

DEAR READER: A baby's growth is often determined more by genetic factors than by diet. Commercial soy-formula preparations contain a balance of nutrients that is suitable for most infants. Nonetheless, your niece should certainly check with the pediatrician, because any youngster who appears not to be growing normally should have an examination and a dietary assessment.

What is cholesterol and how can it be controlled? For more information, write for Dr. Gott's new Health Report, UNDERSTANDING CHOLESTEROL. Send \$1 and your name and address to P.O. Box 91569, Cleveland, OH 44101-3369. Be sure to mention the title.

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DEAR MEG



Meg Whitcomb

Neighbor's dog is four-footed terror

By Meg Whitcomb

DEAR MEG — Our neighbor's dog is using our front yard as his personal toilet. He also barks a lot. I've spoken to the man next door at least a dozen times, but he never does anything about it. We have a leash law in our town. He couldn't care less.

I know it sounds stupid, but this whole business has me stressed out and very nervous. Last week, I was even tempted to get out my son's BB gun and go after the dumb dog.

Is this sick? I can't seem to get hold of myself. — ANGRY, CLINTON, ILL.

DEAR ANGRY — You're not sick;

you're mad as a hornet, and I don't blame you.

So put some of that energy into action. It's time to assert yourself. If you haven't done so already, call the authorities and report the guy and his dog. Not only is Fido trespassing, he's disturbing the peace.

You have legitimate complaints. Your neighbor doesn't have a leg to stand on.

DEAR MEG — Three years ago, for my 18th birthday, my father gave me a very expensive black leather pocketbook. It was far too conservative, but how could I tell Dad I didn't like it?

On my 21st birthday, Dad did it again — an even bigger, uglier black pocketbook that looks like an undertaker's briefcase. He was so excited when I opened the box (from the most expensive store in town); he told me how carefully he had chosen the bag, because he thought it suited me to a "T." Didn't he notice I never used the first one?

He asked me how I liked it. I didn't have the heart to say I didn't.

I can't return it, because that would hurt his feelings. But I don't want to use it, either. So what do I do? — DADDY'S GIRL, ANAHEIM, CALIF.

PS. Please don't think I'm ungrateful. I realize I'm lucky to have a father who cares so much that he's willing to go shopping for my gift.

DEAR DADDY'S — You have two choices. You could return the purse without telling Dad and get something you really want. Since he never noticed you didn't use the first one, he's unlikely to be any more eagle-eyed now.

This, however, could continue the pattern of unwanted gifts. Are you ready to deal with a third enormous black satchel in a couple of years?

Or, you can tell him the first bag he gave you isn't worn out yet and ask if he would mind if you exchanged this one for something else. That's what I'd do.

Meg's booklet "Am I Gay?" is available for \$1 from DEAR MEG, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

Write to Meg in care of this newspaper. Meg can only answer letters that contain a self-addressed, stamped envelope. Questions of general interest will be discussed in future columns.

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POLLY'S POINTERS



Polly Fisher

Coffee filters hold pupils' popcorn

By Polly Fisher

DEAR POLLY — I have discovered a very economical way to serve popcorn in an elementary school classroom, without a mess: Use coffee filters! They are sturdy enough but not expensive. Teachers, serve your class

a cheap, nutritious snack as a reward for good behavior. — PATRICIA

DEAR PATRICIA — Popcorn can be nutritious, and most kids love it! And you're right! Coffee filters would make very handy, inexpensive bowls for popcorn, although I'd certainly never thought of using them this way before! Your helpful pointer earns you the Pointer of the Week award, a copy of my book, "Polly's Pointers: 1,081 Helpful Hints for Making Everything Last Longer." Others who would like this book may order it for

\$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93863, Cleveland, OH 44101-5863. — POLLY

DEAR POLLY — With all the rebates available for liquid laundry soap and dish soap, I found a very easy way to remove the labels from the plastic containers. Instead of soaking them in hot water, wait until the container is empty, then pour very hot water into the container. The la-

bel will come right off without tearing edges. — A STEADY READER

DEAR POLLY — Here is an excellent way to keep the chains of your

necklaces from tangling while they're in your travel bag. Thread each necklace through a plastic drinking straw and fasten the clasp. The individual straws keep each necklace from getting tangled with others. You can cut up straws to protect those delicate bracelets, too! — COLLEEN

Make your own laundry pre-soaks, furniture polish, all-purpose cleaner and other cleaning products with the formulas in Polly's newsletter "Homemade Cleaners." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title.

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NORTH END NISSAN



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The Halton Hills Kinder School hosted a fashion show for a large audience at the school. On parade were the latest in spring and summer fashions, like these for the younger set. The fashions were provided by Lazy Day Blues and Victoria Lane.

Milton Export Soccer Game

Toronto Maple Leafs (N.H.L.)

vs.

Glen Williams (Masters)

at

Glen Williams Ball Park

Wednesday, June 8, 1988

Game Time 7:00 p.m.

Tickets \$2.00

Proceeds to Georgetown Minor Hockey

Notice of Meetings

PROPOSED ACTON QUARRY LANDFILL

A series of meetings are being held to present and discuss technical aspects of a proposal by Reclamation Systems Inc. (RSI) of Milton to develop a solid waste landfill in the Acton Quarry. All meetings commence at 7:00 p.m. and take place at:

Royal Canadian Legion
Branch 197
15 Wright Avenue
Acton, Ontario

All meetings are open to public observation. Consultants are available from 8:30 p.m. to 7:00 p.m. and following each meeting to answer questions.

The next meeting will be held on Thursday, June 9, 1988 and the topic of discussion will be "Transportation".

Questions, comments and requests for further information should be directed to:

Ms. Jillian Daffern
Project Liaison Officer

Eco Logic Inc.
143 Dennis Street
Rockwood, Ontario
N0B 2K0

Phone: (519) 856-8881