

# Outlook on Lifestyle

## DR. GOTT



Peter Gott, M.D.

### Second opinion is in order

By Peter H. Gott, M.D.

DEAR DR. GOTT: A neurologist diagnosed my condition as benign fasciculation about three months ago and said there was no need for me to return to him unless it got worse. It's bothersome but has not gotten worse. Do you agree with his treatment?

DEAR READER: Fasciculations are little, uncontrollable, wormlike movements of muscle fibers. They

cause slight twitching and often are associated with neurological disorders. If the neurologist has been able through testing, to document that your fasciculations are not due to a nerve disease, you can follow his ad-

vice. I cannot comment on his treatment, because he has not appeared to give you any.

Frankly, I worry about fasciculations; I have seen them as the first sign of serious nerve conditions, such as multiple sclerosis. Therefore, to be on the safe side, I suggest that you obtain a second opinion from an independent physician, preferably another neurologist. It can't hurt to be overly cautious, and I'm sure your first neurologist would welcome the second specialist's observations.

For more information, I'm sending you a free copy of my Health Report, "Multiple Sclerosis." Other readers who would like a copy should send \$1 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: What medical books are available that should be in home libraries?

DEAR READER: To a large extent, this depends on a person's level of sophistication. Any general medical textbook is available for those who can understand the technical language in which it is written. Many medical schools publish regular medical reports that subscribers can order. The Harvard Medical Letter is one of the best.

For an overview of diseases and treatments, I've found the Merck Manual (published by Merck Sharp and Dohme Research Laboratories) to be particularly useful. It is certainly complete, but readers will need some resource material (such as the Mosby Medical Encyclopedia, published by the New American Library) to understand it completely.

DEAR DR. GOTT: My mother, 73, has had kidney problems. I have stones frequently and a shadow shows up on X-rays. My grandmother died of Bright's disease. Is there a connection?

DEAR READER: Kidney stones tend to run in families. This is pre-

sumably due to certain inherited biochemical abnormalities that predispose to stone formation. Kidney stones are not ordinarily related to Bright's disease, an archaic term denoting severe kidney infection. The tendency to kidney stones can often be

ameliorated by diet; depending on the type of stones, diets to eliminate certain substances — such as uric acid and oxalates — may be beneficial. Elimination diets should be undertaken with medical supervision.

© 1988 NEWSPAPER ENTERPRISE ASSN.



## DEAR MEG



Meg Whitcomb

### No straight answer on etymology

By Meg Whitcomb

DEAR MEG — In a recent column, one of your readers raised the question of how the word "gay" came to mean homosexual. The Oxford English Dictionary traces the usage back to 1935. Columnist James Kirkpatrick wrote in a column a few years back that in the 1930s, transvestites wore gaily colored fashions, leading to the term "gay."

In the book "Christianity, Tolerance and Homosexuality" (University of Chicago Press), John Boswell traces the use of "gay" to the French "gai," making it older than "homosexual" by several centuries. Just

thought you'd like to know. — CHARLES POE, HOUSTON

DEAR CHARLES — Thanks for the history lesson. Read on.

DEAR MEG — The word "gay" was used in the 1920s and '30s by homosexuals as an affectionate, campy description of their friends and confidants. It wasn't until the '60s that the word became popular as a noun referring to any homosexual.

As you pointed out, this usage is now widely accepted, and the word is not perceived as a put-down. — URSULA COPELY, LOS ANGELES

DEAR URSULA — The word "gay" has been through the proverbial mill. An unsigned 1970 Tangents magazine editorial says: "Just as black is the opposite of white (not 'colored' or 'darky'), so is homosexual the opposite of heterosexual (not 'gay' or 'queer')." This is why we think it is unfortunate that certain commercial interests have promoted the word 'gay' into a noun and are pawing it off as acceptable usage."

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

## POLLY'S POINTERS



Polly Fisher

### Fly-away hair gets an expert's help

By Polly Fisher

DEAR POLLY — My hairdresser taught me this fabulous hint for days when all those loose, wispy ends follow as you take your hairbrush away

from your hair, and you look as if you've touched a light socket. The simple solution is to spray your hairbrush lightly with hair spray and your hair will lie just where you want it to. I hope this helps eliminate the frustration for many folks. — E.R.C.

DEAR E.R.C. — I have very dry hair, so I really know what you're talking about! And, although I don't normally like to use hair spray on my hair, the amount left on the hair from the brush is really minimal. Your helpful pointer earns you the Pointer of the Week award, a copy of my book, "Polly's Pointers: 1,031 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 44101-8863. — POLLY

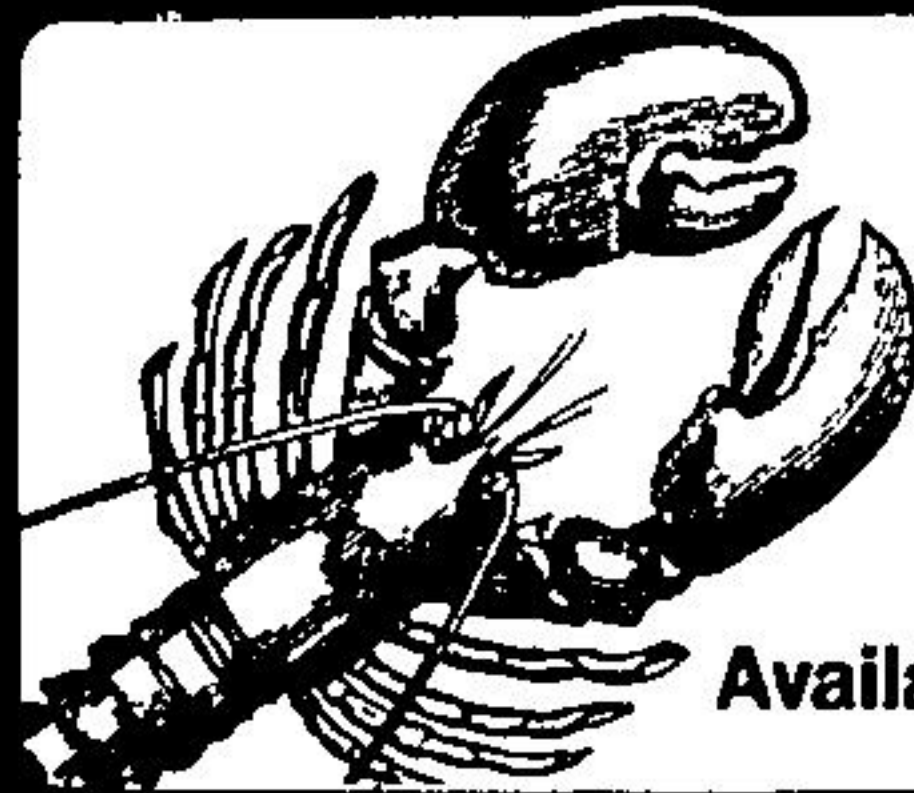
## BACK TO ACTON DAYS

Come Join In The Fun.

Saturday, June 11th/88

SCHNEIDERS  
STEAKETTES  
11 LBS. 45 pcs.  
**\$18<sup>99</sup>**

SCHNEIDERS  
OCTOBERFEST SAUSAGE  
6.6 LBS.  
"Great On A Bun"  
**\$19<sup>95</sup>**



## LIVE LOBSTERS

Fresh  
Halibut & Mussels

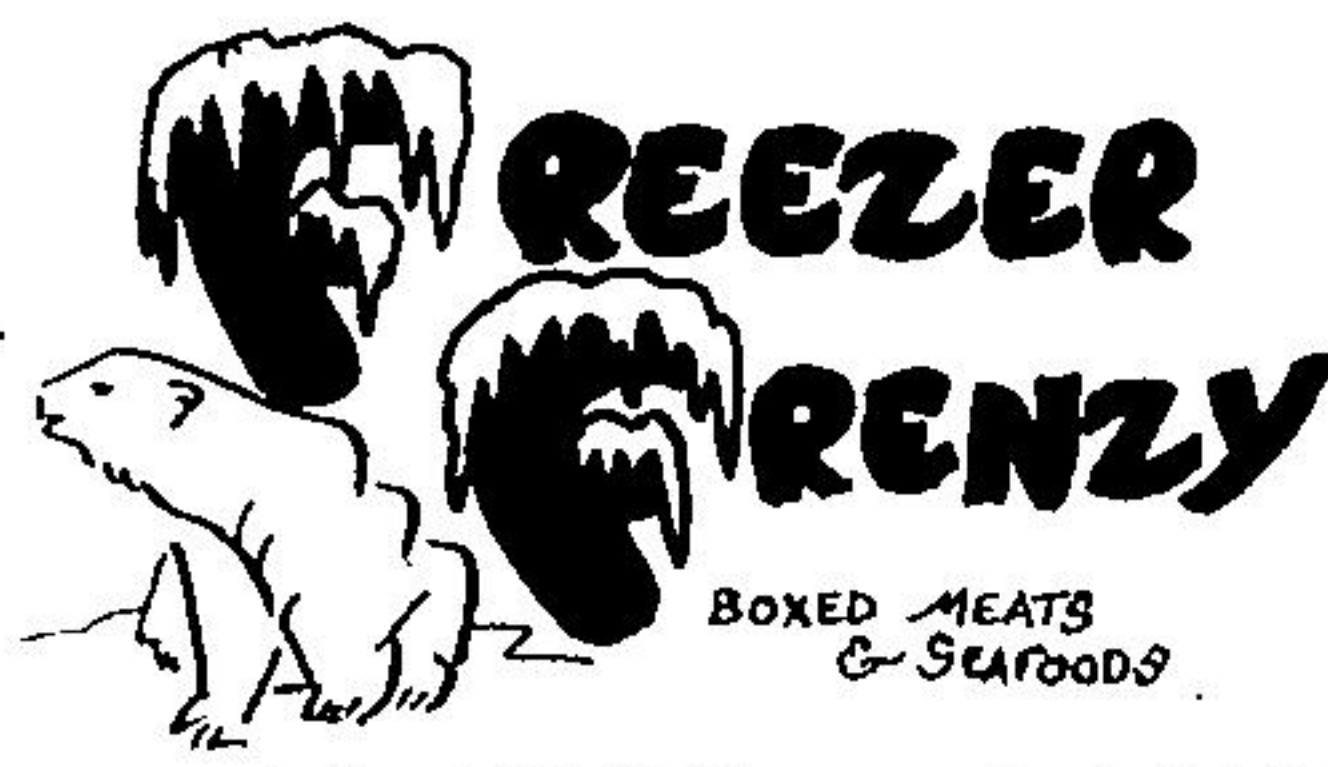
Available Fri. & Sat. June 10th & 11th

BELMONT MEATS  
NEW YORK STRIPLAIN STEAKS  
16 — 6 oz.  
12 — 8 oz.  
**\$29<sup>99</sup>**

SCHNEIDERS  
MARINATED CHICKEN BREASTS  
16 pcs. — 4 LBS.  
**\$19<sup>99</sup>**

WE STAND BEHIND ALL OUR QUALITY PRODUCTS

Prices in Effect While Supplies Last  
June 8th to June 14th 1988.



OPEN 7 DAYS A WEEK

HOURS  
Mon. 9:00-5:00  
Tues.-Fri. 9:00-6:00  
Sat. 9:00-6:00  
Sun. 12:00-5:00

5 MILL ST., ACTON

853-0101



CASLON

- DECKS
- FENCES
- RETAINING WALLS
- INTERLOCKING WALKS

FULL WARRANTY COVERAGE  
CASLON HOME SERVICES

MILTON  
876-1922

NEWMARKET  
853-4708