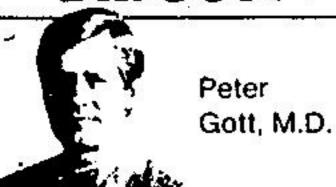
# Outlook on Lifestyle





#### Treatment may be hazardous

By Peter H. Gott, M.D.

DEAR DR. GOTT: My sister missed two menstrual cycles, so she was giv-

en Provera and an injection of progesterone. Now it turns out the reasonshe skipped her periods is because she's pregnant. She's worried about the effect of the medicine on the baby. Her doctor tells her she'll just have to wait and see. What do you think?

DEAR READER: I think that your. sister was treated inappropriately. I believe that a woman who misses a menstrual period should have a pregnancy test before she is given any hormone shots to induce menstrual bleeding. In my opinion, she should change doctors.

There is, unfortunately, a high incidence of birth defects in children whose mothers were given progestin (Provera and progesterone) during pregnancy. Therefore, the doctor may

have unwittingly given your sister a dangerous legacy. This danger is by no means a certainty; however, it must be considered. Your sister's pregnancy should be closely monitored with ultrasound examinations and, possibly, amniocentesis - a technique by which the fetal genetic structure is examined from cells shed into the amniotic fluid by gestation.

To give you more information about seeking appropriate care, I am sending you a copy of my Health Report, "Choosing a Physician." 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: Whenever my husband gets bitten by mosquitos or

bugs, the bites get red and swell badly. The same thing happens with shots. What causes this?

DEAR READER: Your husband seems to be suffering from a severe allergy to insect bites. Usually this is due to a sensitivity to the bugs' mouth-part julces, which contain various compounds, including anticoagulant substances. He should see an allergist. I do not know why he swells up after injections; this is also something. the specialist should investigate.

Until the precise cause of your husband's problem can be identified, he may experience relief by using antihistamine pills or lotions at the times he is having trouble.

DEAR DR. GOTT: Six doctors have been unable to tell us what's going ont

When my wife exerts herself, albeit very little, the right side of her face turns deep red, while the left side remains the same. It's as if you drew a line down the center of her forehead to the center of her nose.

DEAR READER: Your wife's unusual symptoms suggest that the veins and capillaries on one side of her face are dilating excessively during straining. This could be due to an imbalance of the autonomic nerves, producing a lack of symmetrical blood flow to the skin. This can sometimes be caused by medicine, particularly drugs called vasodilators such as nitroglycerine - or by deficiencies in nerve function. I believe that she could be diagnosed by a neurologist. Ask her doctors to refer her to such a specialist.

### DEAR MEG



Meg Whitcomb

#### Sexism can creep into child-rearing

By Meg Whitcomb

rantings."

The problem is, he can't separate Interestingly, your husband is not something right, he says: "You're a because parents, teachers and other

bad girl."

Yet when our son, who's 5, does something wrong, he criticizes only the behavior, not the child. He'll say, "You did a good job of picking up your toys." Or "Your behavior was sloppy. You should have picked up your toys."

My husband says I'm splitting hairs that saying "good girl" and "bad girl" is the same as talking about behavior. He adores his daughter, but I feel he'll hurt her self-esteem if he keeps saying these things. Do you agree? - MOTHER, NANUET, N.Y.

DEAR MOTHER - Yes. And so do child-development experts. One of the keys to developing a good self-image DEAR MEG - A word from you for a toddler is making the distinction might convince my husband to quit between being a bad person and betreating our son and daughter so dif- having badly or doing something ferently. He loves your column, but poorly. The way parents talk to their when I say the same things you write, children and scold them plays a major he says I'm "resorting to feminist role in youngsters' emerging views of themselves.

our 3-year-old daughter's behavior alone in treating a daughter differentfrom her value as a person. For inally from a son. Research shows that stance, if she puts her toys away, he girls tend to internalize a "bad girl" says: "Good girl." But if she fails to do image much more than boys, largely

adults focus more on judging them as people, while boys get judged more on performance and behavior.

That's why men generally end up feeling gullty over things they've done wrong, while women feel ashamed of themselves - a far more destructive

emotion to cope with. DEAR MEG - Everyone tells me my guy is too old for me. He's 30, and

I'm 16. We have been together three years. We were going to get married, but things got messed up between us when I got pregnant and had an abortion. I don't know where to turn.

Is 30 too old? Please help. - MA-TURE SIXTEEN, DETROIT

DEAR MATURE - Thirty is too old for you, and 16 is too young for him. The three years you've been with the guy would have been much better spent seeing boys and girls your own age and sharpening your social judgment.

Consider the crisis over your pregnancy a blessing in disguise. It revealed that the relationship lacked staying power. You're better off out of it, as hard as it may seem now.

Get involved in activities with your classmates and family. You'll be surprised at what good times await you!

DEAR MEG - I retired at 50, due to medical problems. I live near a nursing home and do volunteer work there. On weekdays, I take the mall around and chat with everyone. Every noon, I watch the news with a 75year-old gent who's confined to a wheelchair.

Because I retired so young, my relatives think I'm Mr. Moneybags. One cousin asked if he could have some of my government bonds and suggested I pay off one of his loans. His younger brother drives me crazy with talk about his bad investments.

I've explained to these people that all of my money is tied up in my home and that I live on a fixed income. How can I end their begging? - CGR, WISCONSIN

DEAR CGR - Your story reminds ime of an embroidered pillow that says, "Money isn't everything, but it sure keeps the family in touch." Try that one on your cousins next time they come around.

And congratulations on your wonderful volunteer work! You've discovered the way to a happy and rewarding retirement.

Meg's booklet "Am I Gay?" Is available for \$1 from DEAR MEG, in care of this newspaper, P.O. Box 191428, 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

## Syrup garbs the common pancake

By Polly Fisher

DEAR POLLY - Here is a recipe 'for blueberry syrup that is easy and delicious. Boil 1/2 cup sugar, 1 cup waiter and I tablespoon cornstarch until mixture is clear. Add 1/4 teaspoon each of cinnamon and nutmeg plus 1 teaspoon lemon juice and 2 cups blueberries. Bring to a boil and simmer until it begins to thicken. — BERTIE

DEAR BERTIE - Your delicious syrup is really enhanced by the cinnamon and nutmeg. This really makes a treat out of the common pancake! 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 "ould 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 - Here's my way of keeping a set of bath linens looking nice and usable longer - with fewer mismatched pleces. When shopping for linens, I buy double the number of washcloths as towels. Then I alternate using the cloths so that each is washed only half as often as the towel. They don't get dingy as quickly, they last as long, and they look as good as the towels. - G.S.

DEAR POLLY - Glue pictures or cutouts from cards onto the lids and rings from canning jars to make easy Christmas-tree decorations for your children. - D.D.T.

DEAR POLLY - For anyone who has weak or arthritle fingers. I would

like to offer this tip: Keep a pair of small pliers in your kitchen cabinet. When ready to open a can of frozen julce that has a plastic sealer, catch the end of the plastic scaler with the pliers and zip it right off. Then pry off the top.

Use a nutcracker to open small bottles. - E.W.

DEAR POLLY -- When making a fruit-filled or pumpkin pie, I always assemble the pie and then freeze it at least 24 hours before baking. I have

found that the crust is always extra flaky and tender this way. When ready to bake, put the frozen ple in the oven. Allow 15 minutes more than usual for baking. This is also a nice way to keep a dessert on hand for company. - G.W.

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.

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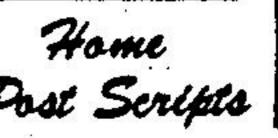
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# NATIONAL REAL ESTATE SERVICE REALTY INC. PS



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By Glenda Hughes, Sales Rep.

REPRINTED FROM NOVEMBER, 1987 "Professionalism" is a word that is very dear to me in my working world. The real estate profession has come a long, long way over the past 50 years, and is still improving daily. Thank goodness there are very few of the highly aggressive, brow beating types left - but there are some. Almost every week, most of us must fight the old image of the "ruthless" real estate agent image. It's a tough battle, for it has been long imbedded over the generations, and passed down through the years. Ever since I was old enough to understand grown-up jargon, I can remember my brother saying that "good salespeople are born, not made." Coming from a family that talked sales most of their lives, guess I really came to believe it for the most part. Now that I too am in sales, that phrase has renewed meaning. With each house that is purchased or sold, we usually deal with one other agent to finalize the transaction. It is at this point that we really get to see how another agent works. Mostly, it is a great learning experience, for everyone does things differently, and one can learn a lot, by just listening. Occasionally the experience is not a pleasant one, and the "ruthless" agent appears. Unfortunately, when this happens, it kind of sneaks up on us, and we are left with our mouths hanging open - and then it's too late to do very much. I am still having nightmares over a recent transaction not so much for what effect it had on me, but for the damage it did to my clients and worse, the damage it does to the profession. How can we fight that old image, when there are unprofessional agents out there in the work force?

I can only pray that their time in the industry is short. Hopefully the agent you have working for you is of the very professional kind -honest, up front, knowledgeable, caring and considerate. If you get the feeling that is not what you are dealing with - there are lots of other agents to choose from. Help stamp out unprofessionalism - choose

your agent carefully!

# Homes Sold Creatively THIS WEEK'S MORTGAGE RATES

**AS OF JUNE 29, 1988** 

	YARARS	1	CLOSED CLOSED	71.0	LOSES	2	3	4 '	5	7	10
Bank of Nova Scotia	10%	10%		11%	11034	111	111%	11%	11%		
Bank of Montreal	10%	10%		111%	1104	11	1114	111%	111%	(12	
Canada Trust		10%			18%	}11	11%	11%	1114		11214
C.I.B.C.	10%	10%		11%	10%	151	11%	111%	11%	*	
T.D. Bank	10%		1034	11%	10%	111	11%	hin.	1114		
Royal Bank .	110%	10%		11%	10%	<b> 11</b>	11%,	111%	]1114	8	