

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Skin problem in children

By Peter H. Gott, M.D.

DEAR DR. GOTT: My daughter is 6. Since she was 3, she's had some kind of skin problem on the back of her arms. The rash is dry and looks like little whiteheads. Is there some medication available for this?

DEAR READER: Folliculitis, plugging and inflammation of skin pores, is common on children's upper arms. I do not know the cause of this, but most youngsters outgrow it. The con-

dition is not serious. It can be helped by gently washing the affected area twice a day with an abrasive soap, such as Lava. The pumice in the soap will usually rub off the layer of dead skin over the pores, allowing them to drain normally. If this doesn't work, ask your daughter's pediatrician for suggestions or a referral to a dermatologist for further advice.

DEAR DR. GOTT: My grandfather has about one cup of sugar in three quarts of iced tea every day. He has no teeth, so cavities aren't the issue. He does have clots in his leg, is 67, 5 feet 10 and weighs 205 — all muscle. Will all this sugar hurt him?

DEAR READER: Your grandfather is drinking too much sugar in his tea; in fact, he is drinking too much tea altogether. With time, his system may have difficulty assimilating all that glucose. He could develop a form of age-related diabetes because his body cannot produce enough insulin to take care of the sugar. In addition, tea contains compounds — such as caffeine and tannic acid — that can be unhealthy when consumed in quanti-

ty. I suggest that he cut down to no more than two or three glasses of iced tea a day, sweetened with a moderate amount of sugar.

DEAR DR. GOTT: I'm afraid to spend the night alone. My mother was very protective, and so was my husband. Now that I'm a widow, my life is miserable with depression and with my mind in confusion. Please give me some advice.

DEAR READER: The extreme loneliness and loss of security you are experiencing should be professionally addressed. I suggest that you seek counseling. A psychiatrist, psychologist or qualified social worker may be able to help you overcome your fears.

To help you to find appropriate counseling, I am sending you a free copy of my Health Report, "Help II: Mental Illness/Substance Abuse." 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.

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DEAR MEG



Meg Whitcomb

She falls for her son's doctor

DEAR MEG — Last year, my son had a terrible accident and had to have brain surgery. It was touch and go, but he survived. He still has headaches, so he continues to see the neurosurgeon who saved his life.

But the problem isn't my son, it's me. I've fallen in love with his doctor, who's 52 and very married. I'm 30 and have a wonderful, loving husband. Yet all I do is think about this man and look forward to my son's appointments with him. Is this crazy or what?

— DOCTOR DREAMER, PITTSFIELD, MASS.

DEAR DREAMER — No. It's not unusual to feel strong emotions — admiration, gratitude, even love — for an authority figure who's been responsible for an act as dramatic as saving a child's life. However, thoughts of any further relationship

should stay in the realm of fantasy. Otherwise, you should have your head examined.

DEAR MEG — Mom married Carl when I was 4. I call him Dad.

I used to change my clothes in front of him, but now that I'm 13 and my body is beginning to change, I close my bedroom door. But Carl opens the door without knocking. When I cover myself, he says, "Don't be embarrassed. I'm your dad. Be proud of what you've got." Then he tries to grab the towel.

He has also come into the bathroom and opened the shower curtain to look at me.

Please help me. I don't like being around my stepfather, but I don't know how to avoid him. — SEVENTH-GRADER IN MISSOURI

DEAR SEVENTH-GRADER — Tell your mother what you've told me, and if she doubts your story, tell

another adult — an aunt, a teacher or your clergyman. Your stepfather must be brought to task before his behavior gets out of hand. He's counting on your fear of saying anything. Don't let him get away with it one more day.

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POLLY'S POINTERS



Polly Fisher

By Polly Fisher

DEAR POLLY — When I pack a suitcase, I clip extra earrings to the pocket in the lid of the suitcase, so there's no need to search for them. I also pin necklaces and bracelets there. They never tangle and are handy for a quick change. —

LORRAINE

DEAR LORRAINE — This packing tip can help keep these small items

from getting lost through endless packings and unpackings on a long trip. Just be sure the items won't snag the fabrics of your good clothes. 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 may order it for \$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93883, Cleveland, OH 44101-5883. — POLLY

DEAR POLLY — I once read in your column about a lady who had a problem washing her bed sheets. They would wrap around the agitator of the washing machine, as mine used to do when I spread my sheet lengthwise.

I found out that folding the sheet in half widthwise solves the problem. I do the same in the dryer to prevent the sheet from wrapping all my other clothes into a ball. — M.K.

DEAR POLLY — To prevent brown sugar from hardening, store it in a plastic bag in the freezer. This method keeps it fresh and recipe-ready. — SUSAN



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