

Outlook on Lifestyle

Cholesterol still remains a mystery

DR. GOTT



PETER GOTT, M.D.

By Peter H. Gott, M.D.

DEAR DR. GOTT: My husband was a merchant seaman for 30 years. He's now 88 and healthy as a horse. This after eating four to six eggs every morning, year in, year out. Is he just an Old Salty or is there no connection

between eggs and cholesterol? DEAR READER: Despite all the publicity about the relation of dietary cholesterol to cardiovascular disease, in the final analysis we are all victims of our genes.

Some people can eat cholesterol with impunity; their genetic structure enables them to handle a high-fat diet without getting into trouble.

On the other hand, some patients have difficulty metabolizing even small amounts of dietary cholesterol. They must take cholesterol-lowering drugs, in addition to following a low-cholesterol diet.

Most of us are in the middle of these two extremes. We can lower our blood-cholesterol levels by eating

prudently but, to be candid, no one really knows whether cholesterol itself is the culprit in heart disease or whether the fat is simply a marker for an as-yet-undiscovered gene for cardiac ailments.

Your husband may be just an "Old Salty," an elderly gentleman who has worked hard all his life and has a fortunate set of genes. In view of the apparent beneficial effect of eating fish, I wonder if your husband — like the Eskimos who have been studied by scientists — may have consumed a sea-based diet that protected him against premature arteriosclerosis. In any case, he is blessed.

Incidentally, what is his blood cholesterol?

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

DEAR DR. GOTT: My aged parents adopted a child. He had thick curly hair from babyhood until he turned 13. Now he has no hair anywhere. He's slick bald. Our doctor says it's nerves. What would you say?

DEAR READER: Hair loss has many causes. These include inheritance, certain illnesses (particularly those associated with fever), nutritional deficiencies (such as vitamins and minerals) and skin diseases.

I suspect that your adopted brother lost his hair because of a condition

called alopecia universalis, a rare ailment of unknown cause producing complete loss of body hair.

"Nerves" seems an implausible explanation. Your brother should see a dermatologist for an examination and for advice about what might be done to correct his problem.

DEAR DR. GOTT: A few months ago I noticed pus seeping out of my navel. I didn't bother a doctor — we don't have the best here on the reservation. It eventually stopped. Could it be due to my weight (310 pounds) or the fact that I stopped drinking?

DEAR READER: People who are overweight may often experience chronic skin infections in nooks, crannies and hard-to-get-at places — such as the navel — where the skin surfaces tend to remain dark and moist.

If you have trouble finding adequate medical care on the reservation, try cleaning your navel with rubbing alcohol two or three times a day. The alcohol will disinfect the skin and help keep it dry. If the alcohol doesn't work, you'll need a culture of your navel to identify the source of the infection.

Also, I urge you to lose weight. You should be checked for diabetes, because this disease is associated with obesity and skin infections. Also, diabetes is more common in Native Americans than in the general population.

Stay off ethanol, the drinking kind of alcohol; this substance will only make matters worse by adding unnecessary calories, reducing your immunity and contributing to the possible development of diabetes.

Ensuring that a doll is safe for baby

POLLY'S POINTERS



POLLY FISHER

By Polly Fisher

DEAR POLLY — I'm making a

teddy bear for my small granddaughter for Christmas. I know buttons sewn on for eyes are probably dangerous since they can come off and the baby could choke on them. What would be a good substitute? — HELEN

DEAR HELEN — You can purchase safety eyes made especially for stuffed toys at most craft supply shops. However, for a very small child, I think embroidered eyes are the safest, and they're extremely charming as well. Simply embroider whatever shape eyes you desire right

on the bear. Nothing will come off, even under the hardest loving use!

You could also sew or applique on eyes cut from felt or any other solid-color fabric — or even a contrasting print that might be interesting. The creative possibilities are endless once you start thinking along these lines.

Felt eyes may also be glued on, but a young child can pull them off, so they might not be the safest, most durable method.

Making stuffed toys is such fun. Best of luck with your project! — POLLY

DEAR POLLY — When your dish cloth reaches the point where one or two holes appear, join it with a second, worn dish cloth, laying one cloth on top of the other in such a way that the holes in one are not directly over the holes in the other. Stitch around the edges and from corner to corner diagonally. This makes a thick, absorbent cleaning cloth for the kitchen or bathroom floor and other jobs. — BETTY

RECIPE OF THE WEEK: This easy lunch or supper entree will please the egg- and cheese-lovers in your family.

Cut the tops off four large green peppers and remove the seeds. Par-boil by dropping the peppers into boil-

ing water for three minutes. Drain well. Stand peppers upright in the cups of a muffin pan or custard cups. Break two eggs into each pepper. Top each with a tablespoon of taco sauce or chili sauce and a tablespoon of shredded Cheddar or Monterey Jack cheese. Bake in a 350-degree oven until the whites are set and the yolks are soft and creamy (about 30 minutes), or doze to your taste. Makes four servings.

This is just one of the easy but tasty recipes in my newsletter "Cooking with Eggs." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 91863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

ASTRO-GRAPH



BERNICE BEDE OSOL

SCORPIO (Oct. 24-Nov. 22) Today you'll be much more productive if you don't attempt to do too many things at the same time. Settle for less, but do that well. Know where to look for romance and you'll find it. The Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Mail \$2 to Matchmaker, c/o this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

SAGITTARIUS (Nov. 23-Dec. 21) Be careful your generosity isn't taken advantage of today by one who might try to selfishly manipulate you. This person has tried this trick on you before.

CAPRICORN (Dec. 22-Jan. 19) You might buy items for the house today simply because you believe them to be good buys. However, it's unlikely you'll ever use or need them.

AQUARIUS (Jan. 20-Feb. 18) If you tell someone who comes to you for advice today what you think he/she would like to hear rather than the truth, you could be doing this person a great disservice.

PISCES (Feb. 20-March 20) In group

activities today it's best you don't lead the finance committee. There are strong indications you may be careless with your resources as well as those of others.

ARIES (March 21-April 19) Your plans are likely to be sound today, but your methods of execution could leave something to be desired. Do not depart from your blueprint once you've thought things through.

TAURUS (April 20-May 20) If you're reluctant to take the initiative today, be careful to whom you delegate assignments. An ineffective alternate won't get the job done either.

GEMINI (May 21-June 20) Should you make a loan to a friend today, establish that you expect to be paid back, or else it might be treated as a gift.

CANCER (June 21-July 22) Don't make commitments to your male today that you feel you might have to renege on later. Being honest and up front will avert problems down the line.

LEO (July 23-Aug. 22) Miscalculations are likely today if you take things for granted. Be optimistic and hopeful, but don't let it overshadow your common sense.

VIRGO (Aug. 23-Sept. 22) Be extra careful today if you are in the market for a big-ticket item. If the price you are given seems out of line, do some comparison shopping before buying.

LIBRA (Sept. 23-Oct. 23) You might find yourself in a position today where you'll feel a little white lie can slip by unnoticed. Unfortunately, it will stand out like a sore thumb.

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