

Outlook on Lifestyle

Bleached hair can be dry and brittle

DR. GOTT



PETER GOTT, M.D.

By Peter H. Gott, M.D.

DEAR DR. GOTT: I go to a tanning salon. I also bleach my hair. Recently I've noticed my hair is falling out. Is there a connection?

ASTRO-GRAPH



BERNICE BEEDE OSOL

DEAR READER: Yes, the hair loss is probably connected to the hair bleach you are using.

Bleaching the hair affects the protein in the hair shaft; the process may also affect the growing hair follicle. This can cause hair loss. At best, the process depletes the normal levels of lubricating oil on the scalp. Bleached hair can become dry and brittle; it may break easily.

I suggest that you stop bleaching your hair or change to a coloring agent that is not so hard on your hair.

Also, remember that tanning salons are not healthful. The synthetic light is associated with an increased incidence of skin cancers in susceptible individuals.

DEAR DR. GOTT: When my husband sweats he smells like vinegar. Is there something out of whack in his system?

DEAR READER: Malodorous perspiration can indicate the presence of liver or kidney disease. For the most part, however, bad-smelling sweat is the result of aromatic oils that are excreted by the skin's pores.

Your husband should have a medical examination to make sure all's

well. But I suspect that he will find that all he needs is plenty of showering followed by the liberal application of deodorant.

DEAR DR. GOTT: I've read about a cat disease called Cat B which is often misdiagnosed and mistreated as emphysema in humans. I have two cats and my husband has emphysema. What should we do?

DEAR READER: To my knowledge, only three important diseases are spread from cats to humans: intestinal worms (hookworm and roundworm), toxoplasmosis and cat scratch disease.

Worms are spread when the eggs from the cat's intestine are inadvertently swallowed by a human. The worms grow and cause symptoms of anemia or anal discomfort.

Similarly, toxoplasmosis is an infection carried to humans via the fe-

cal-oral route. It is marked by enlarged lymph glands, fever, pneumonia, heart inflammation and — in children born to infected mothers — severe fetal developmental problems.

Cat scratch disease is an annoying but usually harmless lymph gland swelling following a cat bite or scratch.

I am not aware of any cat-borne ailment that mimics emphysema.

New uses extend lives of old tools

By Polly Fisher

DEAR POLLY — To cut down on the clutter resulting from the accumulation of too many kitchen gadgets, think of multi-purpose uses for the necessary ones. Also think of uses for older, rusted ones that you might throw away.

For example, I almost purchased a garden tool to take a core sample of soil. Just before shelling out \$5 for one, I remembered that I was throwing away an old, slightly rusty apple corer. It was just the ticket!

To reduce the amount of cleanup around the sink or stove when prepar-

POLLY'S POINTERS



POLLY FISHER

ing a meal, use a plastic meat tray to collect chopped onions or other veggies that you're adding to the recipe. There will be no extra dishes to wash. Also, use very inexpensive paper nap-

kins for quick wipers or spoon rests on the stove top.

I bought several sets of measuring spoons and cups to put into canisters of dry staples such as sugar, flour and cereals. With a marking pen, I wrote right on the measuring cups the names of the cereal (such as "oatmeal") and the appropriate recipe or proportion of cereal-to-water for cooking.

This helped my children to learn to cook, and I still use the cups to measure and scoop. It saves washing since the dry ones stay in the canisters and the wet ones need only drying. — SHIRLEY



Your Birthday

Dec. 10, 1988

In the year ahead someone older or more experienced than you will take a genuine interest in your personal affairs. This individual will help you avoid unexpected pitfalls.

SAGITTARIUS (Nov. 23-Dec. 21) Your value judgments might not be up to par today, so be careful when shopping. There's a chance you could be deceived into believing something is worth more than it is. 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.

CAPRICORN (Dec. 22-Jan. 19) You might want to do something for the good of your family today that is practical but not necessarily appealing. Be prepared to weather some opposition.

AQUARIUS (Jan. 20-Feb. 18) Decisions or judgments made in haste today could come back to haunt you later. Take adequate time to size things up properly before rendering a verdict.

PISCES (Feb. 20-March 20) Financial conditions look fair for you today and you should come out on the plus side, provided you don't do anything rash or extravagant.

ARIES (March 21-April 19) Some, but not all, will be in accord with your objectives today. Don't let the dissenters gain the upper hand and distract you from your goals.

TAURUS (April 20-May 20) Things should run smoothly for you today, provided you go along with the will of the majority. If you're overly inclined to do everything your way, problems could start.

GEMINI (May 21-June 20) A close friend of yours might be on an economy kick today. This is well and good, but it is not a valid reason for you to stake this person by picking up the whole tab.

CANCER (June 21-July 22) You could look bad in the eyes of others today if you try to take full credit for something you did not do on your own. Share the spotlight or else you might have to share their wrath.

LEO (July 23-Aug. 22) Adjust your pace to accommodate your co-workers today. Not everyone is apt to move as fast as you, and if you push them too hard, it could foul things up.

VIRGO (Aug. 23-Sept. 22) If you're planning something social today, be selective with your guest list. Including people who do not mix well could put a damper on the event.

LIBRA (Sept. 23-Oct. 22) Well-conceived plans should work out successfully today, provided you're not too impatient. Avoid trying to push through last-minute changes in order to speed things up.

SCORPIO (Oct. 24-Nov. 22) Be realistic about the value of what you do for others today. If you place too much value on your efforts, you could be disappointed by the response you'll receive.

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