

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

Readers Are Asking...

IS IT worthwhile to move to a warm, dry climate for arthritis or a sinus infection?

Patients with rheumatism, arthritis and infections of the sinuses consistently say that they feel better in a warm, dry climate. Obviously climate is not the only factor in the control or cure of these diseases. If it were then none of these conditions would ever be found in Tucson, Arizona, or in any of the other parts of the country known for this type of climate.

Some patients of mine have been so enthusiastic about warm temperatures that they have moved their homes and businesses and permanently settled down and enjoyed it.

All of us in the practice of medicine have known people who completely uprooted themselves and relocated their families from schools, friends and businesses only to come to the unhappy realization that the move was a mistake. The benefits they sought did not materialize and only emphasized their error in moving.

In general it is a wise idea for people with chronic arthritis or sinusitis to take a long trial period in a new climate before making an abrupt change. The move is expensive and can be psychologically distressing if the good health and comfort they expected does not come true.

The enthusiasm of the local chamber of commerce must not be used as the only index to such an important step. They, too, recommend that people come and stay with them and feel the benefits before making a positive move.

Is there a medical specialty called cancer diagnostician or cancer surgeon?

This is a mistaken idea. There are no doctors who specialize in the diagnosis of cancer and there are no surgeons who are classed as cancer specialists. All physicians when they examine patients accumulate as much evidence as they can before coming to a conclusion or making a diagnosis.

A general examination followed by blood studies and X-rays indicate the need for more intensive specialized workup. If any indecision or confusion exists a doctor may suggest a consultation with another physician who may have a special interest in a particular problem.

All surgeons in all specialties operate on cancers in their field. For example, a general surgeon will operate on a cancer of the stomach or intestines. He will also remove gall-bladders and do appendectomies and all other operations within the limits of his capabilities.

A throat surgeon will remove a cancer of the larynx as part of his own specialty. A urological surgeon will do all the operations in his field and also a cancer of the prostate if it occurs.

There are some super specialists who have devoted themselves to very unique types of operations. They may be called in for a particularly difficult problem. Heart surgery, for example, would be in this category. There are, however, no doctors who can be classed as cancer specialists.

SPEAKING OF YOUR HEALTH—Repeated stays of the eyelids may be the result of a local infection or even a general rundown condition.

Dr. Coleman welcomes letters from readers, and, while he cannot undertake to answer each one, he will use questions in his column whenever possible and when they are of general interest. Address your letters to Dr. Coleman in care of this newspaper.

Urban Racial Crisis Faces Convention

Catholics-clergy, religious and laity-involved in interracial and inner city work will converge on Kansas City when the biennial convention of the National Catholic Conference for Interracial Justice opens at Rockhurst College August 17.

"This year's conference on The Church and the Urban Racial Crisis" is the most crucial meeting we have ever sponsored," Matthew Ahmann, NCCJ executive director, said this week.

"With city after city experiencing civil strife, our meeting takes on an urgency we cannot overemphasize. The riots are excusable, but in condemning them we cannot ignore their ultimate causes. The riots are a spectacular evidence of deeply entrenched social injustice. The National Catholic Conference and all of the Catholic interfaith councils, diocesan commissions on human relations, urban affairs offices and inner city programs associated with us must search out more meaningful and effective programs on the part of the Church, her institutions, organizations and members," he added.

Among those who will attend the conference from Rochester are Father P. David Flins, Vicar for Urban Ministry, Father Paul Brennan and Mrs. Alma Green, representing the Catholic Interracial Council and Father Edwin Metzger of St. Bernard's Seminary.

At the opening session, Thursday evening, August 17, Most Rev. Charles Helmsing, Bishop of Kansas City-St. Joseph, will welcome the convention to the diocese, which is co-hosting the meeting with the Catholic Interracial Council of Kansas City and Rockhurst College.

Speakers on Tap

Senator Robert F. Kennedy will keynote the conference in his address, "Crisis in Our Cities." In a speech last month on the Senate floor, when he introduced a bill for investment in housing in urban poverty areas, the Senator declared: "Every man and woman and child in the city feels them (slum conditions) in every aspect of daily life from the deterioration of municipal services to the threat of tension and violence that is present wherever slums exist. Thus to act against them is to help the poor; but it is also to help ourselves. Therefore, it is not charity, but the deepest practical wisdom which commands that we act—to save the cities we all must share."

The Friday evening session will feature Rev. Henry Browne, who led the fight for low income housing on New York's west side, as president of the Stryckers Bay Neighborhood Council, in an address on "Power and the Institutional Church."

Msgr. Daniel Cantwell, pastor of St. Clotilde parish in Chicago and a pioneer in the CIO movement, will explore the theology of the city in his paper, "The City and the Mission of the Church," to be delivered Saturday, August 18.

Dr. George Wiley, director of the Poverty Rights Action Center, Washington, D. C., will address the convention participants on Saturday, August 19. Dr. Wiley coordinates efforts of welfare recipient organizations in their demands for adequate welfare allowances. He will speak to the convention on "The Equal Rights of the Poor."

Most Rev. John F. Dearden, Archbishop of Detroit and the president of the National Conference of Catholic Bishops, will address the closing session Sunday, August 20 (10 a.m.) on "Challenge to Change in the Urban Church."

Plans for Future

Conference participants, furnished in advance with background papers and informed by conference speakers and working group resource persons on issues which affect problem areas, will formulate recommendations and their priorities for an overall action program on the part of the Church in the city.

The National Catholic Conference for Interracial Justice was organized in late 1960. It serves over 150 Catholic human relations organizations around the U. S., 25 of them in the South. It works to end racial discrimination and prejudice and to foster interracial justice and equal opportunity in all areas of life.



At the Ribbon Cutting ceremony for the new Cafeteria of St. Mary's Hospital August 1 were Penny Miller, R.N. operating room; Sister James Marie,

surgical supervisor; Betty Brayer, R.N., out-patient department and William Riordan, assistant administrator.

At St. Mary's

Hospital Expansion Completed

The opening of the Employees' Cafeteria of St. Mary's Hospital on August 1 marked the completion of a four-year \$9 million expansion and renovation program. Phase III, the final phase of the program, included renovation of the main hospital building, including every patient room.

The construction included a complete new main kitchen, new housekeeping and storage areas, a new medical records department, new administration offices, admitting offices, locker rooms, a gift shop operated by the auxiliary, and two five floor stair towers.

Also constructed were extensive emergency electrical power facilities. In the 218 patient rooms the remodeling included new ceilings, refinishing of walls, and replacement of electrical panels and fixtures.

The new cafeteria was designed to accommodate 225 persons and is air conditioned. The food preparation and serving areas incorporate the latest in floor design and feature the use of portable translucent area dividers which allow flexibility in the uses of the dining areas.

Phase I of the building program was started in 1963 with the construction of the Bishop Kearney Educational Building which houses facilities for the hospital's School of Nursing.

Phase II, completed last year, included the building of a four-story medical service wing, new quarters for the Sisters on the sixth floor of the main hospital building, and the construction of a new chapel.

The medical service wing, which faces West Main Street, gave the hospital a new and enlarged Emergency Department and an enlarged Out-Patient Department with facilities for 20 clinics, all situated on the first floor.

The second floor of the wing has administrative offices for Personnel, Therapy Department, and the Pharmacy.

A new and enlarged X-ray department was furnished on the third floor and new clinical

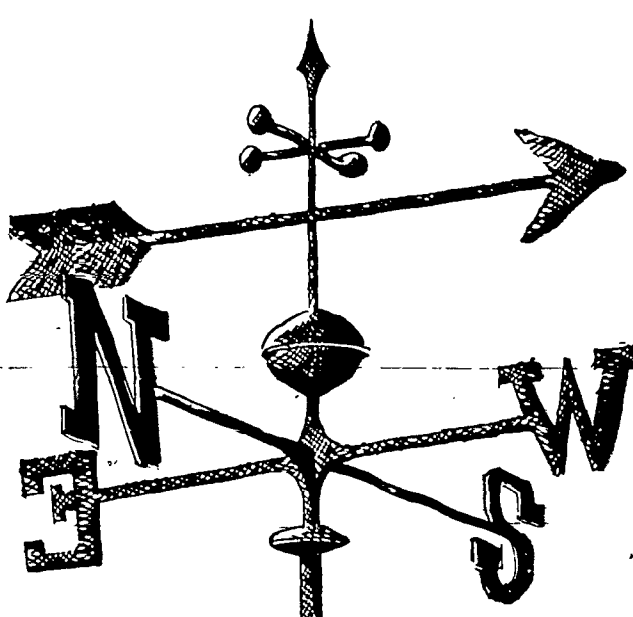
and pathological laboratories, the rooms, and non-hospital beds.

The new chapel was erected above the purchasing and stores building at the southwest corner of the hospital and is connected to the main building as are all of the new facilities.

An outstanding feature in the renovation of the main building was the construction of the first self-care unit to be installed in a Rochester hospital. Called Self-Help, the unit is designed to serve ambulatory and physically self-sufficient patients who require therapeutic or diagnostic services or who need a few days of added instruction in the management of their illness. The rates for the extended care unit are considerably lower than acute care rates and are furnished motel-style with wall-to-wall carpeting, individually controlled heating and cooling units, beautiful wood paneling, bright colors in

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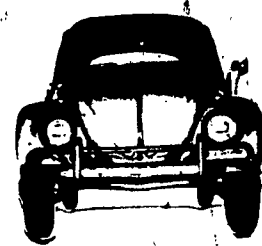
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WHY MAKE BABIES CRY?

THE HOLY FATHER'S MISSION AID TO THE ORIENTAL CHURCH

"If you have ever seen a baby die—of starvation, for instance—you know how it feels to be here. In the name of humanity, tell everyone we need help!" ... Lay apostle Carol Hunnybun was sorting food, clothing and medical supplies in the Holy Land. Her special love is for children. "It is one thing for a fighting soldier to get killed," she said. "But look at these babies, and listen to them cry. Why should they suffer? Babies don't fight wars!" ... There are other innocent victims, too—old people, wives who lost their soldier husbands, seminarians and novices whose studies are interrupted. Their suffering isn't dramatic, their story is not told, but it's real suffering all the same. ... What can you do? A priest's housekeeper in upstate New York sent us the \$30 she intended to spend at Expo '67. A man in Indiana sent \$5,000. Money can't buy happiness but it can buy food, blankets, books and plows. ... The Holy Father asks your help. The babies now crying can build a world of peace tomorrow. Helping them now will make you feel good.

NEW REFUGEES

Bread is cheaper than bullets. ... But now in Jordan there are 150,000 new refugees (roughly the population of Takoma, Wash.) who lack the basic necessities. Feed one family for a month? It costs only \$10.—Why not feed a family every month as long as the crisis lasts?

OUR PRIESTS

The Masses you request this week will be offered promptly by priests who receive no other income. Mass offerings buy food, clothing, medicines.

OUR SISTERS

"Please don't take your Sisters out of the military hospitals," the Jordanian general asked Bishop Simaan. Like most of his troops, the general is a Moslem. ... You can train a Sister for only \$300 all together (\$150 a year, \$12.50 a month). She will write to you, pray for you, be like a member of your family.

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