

Safety Education Course Offered

180 boys and girls, representing 150 elementary public and parochial schools in Rochester and Monroe County will attend the Annual Safety Education Conference and Training Course for Presidents of Junior-Safety Councils and Captains of School Safety Patrols, at Rotary Sunshine Camp, Durand-Eastman Park.

The program is co-sponsored by the Rotary Club of Rochester and the Rochester Safety Council of the Rochester Chamber of Commerce in co-operation with the Safety Education Divisions of the Rochester Police Bureau, Monroe County Sheriff's Department and Town Police Departments.

The purpose of the Conference and Training Course is to simulate and improve Junior-Safety Patrol functions and operations and to provide specific instructions for the child leaders.

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

Hormones For The Menopause

THE CHANGE of life has begun for me without too much discomfort. I have consulted two doctors for their opinion about the use of hormones during this period. I must confess that I am still confused. What are the advantages, and are there any dangers?

Mrs. K. J. Michigan. Dear Mrs. J.: The question of hormone replacement during the menopause, or change of life, has been a subject of great discussion during the past few years.

There is not yet complete agreement that the estrogen hormone should be used by all patients during this period.

A recent study by Dr. M. Edward Davis, a gynecologist at the University of Chicago, shows him to be most enthusiastic about long-term hormone treatment during change of life. In fact, Dr. Davis believes that the estrogen hormone may hold the secret for prolonged youthful appearance in women past the age of 40.

Dr. Davis has said that the hormone may even slow up the formation of atherosclerosis of blood vessels, and may even lessen the risk of cancer of the breast and the uterus. This is indeed a reason for enthusiasm if it can be definitely proven.

Other reliable specialists all over America have used the estrogen hormone in thousands of women with apparent safety.

Your confusion must be the result of two divergent opinions. Perhaps you will be assured by the fact that about 500 women were given daily doses of es-

trogen hormone for the past nine years without any serious side-effects.

Since there is only a slight suspicion, doctors who use the hormone insist that all of their patients have a complete gynecological examination with the "Pap" test for cancer every six months.

Another physician, Dr. Henry S. Acken, Jr., at the New York Downstate Medical Center, using the hormone extensively, has found no relationship between the use of estrogen and any kind of tumor.

Dr. Davis and Dr. Acken, working independently in different parts of the country, both believe that the hormone is not cancer forming.

Another advantage, they point out, is that the tendency towards bone softening, or osteoporosis, during menopause can be slowed or stopped by the long use of the hormone.

In a very definitive statement, Dr. Davis said, "Long-term estrogen replacement will probably result in women living longer and will help them retain good health in advancing years."

Your own gynecologist knows all these facts and can best direct you for the maximum advantage to your health.

SPEAKING OF YOUR HEALTH—This is no longer the age of over-permissiveness in the training of children.

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.

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Mrs. Thomas Sawyer — Miss Elaine Powers, daughter of Mr. and Mrs. Eugene Powers, Crossfield Rd. and Thomas Sawyer, son of Mr. and Mrs. Arthur Sawyer, Preston Circle were married in St. Ambrose Church, August 12. (Varden Photo).

Mrs. Gerald Erwin — Miss Julian Eyer, daughter of Mrs. Harold Eyer and the late Mr. Eyer, South Ave. and Gerald Erwin, son of Mr. and Mrs. John Erwin, Williamson were married in St. Anne's Church, August 12. (Alwyn Photo).

Mrs. John Dudinyak — Miss Dolores Statt, daughter of Mr. and Mrs. Edward Statt, Manitou Rd. and John Dudinyak, son of Mrs. John Dudinyak and the late Mr. Dudinyak, Cape Coral, Florida were married in Holy Ghost Church, August 19. (Alwyn Photo).

Mrs. John James — Miss Marie Green, daughter of Mr. and Mrs. George Green, Seneca Parkway and John James, son of Mr. and Mrs. Harry James, Brooklyn, N.Y. were married in Sacred Heart Cathedral, August 12. (Varden Photo).



Mrs. Ralph Campbell — Miss Catherine Lowinski, daughter of Mr. and Mrs. Robert Lowinski, Red Barn Circle, Pittsford and Marine Sgt. Ralph Campbell, son of Mr. and Mrs. Robert Campbell, Cayuga St. were married in St. John of Rochester Church, August 19. (Varden Photo).

Mrs. Thomas Diego — Miss Dorothy Baliva, daughter of Mr. and Mrs. Robert Baliva, Auburn, and Thomas Diego, son of Mr. and Mrs. Nick Diego, Auburn were married in St. Alphonsus Church, August 11. (House of Hill).

Mrs. Douglas Thomas — Miss Betty Kabala, daughter of Mr. and Mrs. Carl Kabala, North Greece Rd., Greece and Douglas Thomas, son of Mr. and Mrs. Boyce Thomas, Latta Rd. Greece were married in St. Lawrence Church, August 19. (Morrise Photo).

Mrs. James Gratlan — Miss Kathleen Hekey, daughter of Mr. and Mrs. James Hekey, Edgemoor Rd. and James Gratlan, son of Mr. and Mrs. John Gratlan, Normandy Ave. were married in Our Lady of Lourdes Church, August 19. (Morrise Photo).

Vows Taken By Resident

Sister M. David, daughter of Mr. and Mrs. John T. Salt, 68 Corley Drive, made her first profession of vows at the motherhouse of the Missionary Sisters of the Immaculate Conception, West Paterson, New Jersey, on Tuesday, August 15.

The former Dianne M. Salt was one of four novices to make profession at the ceremony conducted by Msgr. Joseph Gallo, Vicar of Religion for the diocese of Paterson.

Sister David was formerly a member of St. Salome's parish, Rochester. Sister is a graduate of Our Lady of Mercy High School and entered the Missionary Sisters of the Immaculate Conception in 1964.



SISTER M. DAVID

25 Years Ago

(From Catholic Courier files, August 27, 1942)

Nazareth College was planning to open in September its facilities for training in defense work of various kinds suitable to the character of the institution, the faculty announced.

Impact of the war was felt in Catholic elementary and high schools opening in September with pressures from home, from industry, Civil Defense and local and state boards of education due in the curriculum, according to Father John M. Duffy, school superintendent.

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Dale Carnegie Course Listed

Thomas F. Conte, Jr., Dean and Administrator of the Veigel Business Institute, announced last week that the Institute will act as sponsor of the world-famous Dale Carnegie Course soon to begin in Newark.

The organization of the class will be under the direction of

Joseph F. Norris of Rochester. Norris represents Vic Stromsted and Associates who offer the course in this area.

"The Dale Carnegie Course, for more than half a century, has been helping men and women to live happier, richer and more successful lives through the discovery and development of their hidden talents and potential abilities," Norris said, "such as the development of greater self-confidence, a keen memory, and more effective powers of communication."

Norris reported that the Dale Carnegie Course, during its fifty-three years of operation, has graduated well over a million men and women, and the course is now offered in all fifty states and in many foreign countries.

Anyone who is interested in more information about the Dale Carnegie Course may write to E. W. Veigel Business Institute, Newark, New York, or telephone 331-3400 (Area Code 315).

Marymount Alumnae Rochester Chapter of the Marymount College Alumnae Association, annual tea for undergraduates, Sunday, August 27, 3 to 5 p.m., at home of Mrs. Harry B. Crowley Jr., 85 Palmerston Road.

St. Pius X County Fair

St. Pius X Church will hold its annual County Fair and Home Baked Ham Supper Saturday, August 26 and Sunday, August 27, beginning at 4 p.m. both evenings. Supper will be served from 4 till 6 p.m.

The fair will be on the Church grounds at 3000 Chili Avenue in the town of Chili. Among the many booths will be stuffed toys and handmade gifts, baked goods, aprons, and pony rides.

Cochairmen of the Fair are Mr. Fred Boldt, Holy Name Men president, and Mrs. Raymond Trabucco, president of the Rosary Guild.

Whaling Exhibition

A model of "The Alice Mandell" is on special exhibition at the Rochester Museum of Arts and Sciences.

It was given to the Museum by Mr. and Mrs. Fred Gordon, Jr., of 380 Ambassador Drive. The model reproduces the vessel in all detail from stem to stern.

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CORBETT

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Coffee House Opens at St. Monica's

St. Monica's parish last week opened a Saturday night Coffee House, "The Crosswalk" for teenagers from 15 years and up.

The Coffee House will be open each Saturday night from 8 to 11 p.m. and is under the direction of Father Robert Collins, assistant pastor. Membership is limited to parishioners, but each signed-up member is entitled to bring a guest. Admission is 25 cents per person.

A juke box will provide music to dance by, with occasional folk groups to be invited in as available.

"The Crosswalk" is located in St. Monica's gymnasium, and has received special decoration by its youthful committee. A group of adults has volunteered to act as chaperones for the Saturday night activity.

Nazareth Senior Gets Post

Laurel Roth, daughter of Mr. and Mrs. Eugene Roth, 98 Northfield Road, was elected First Vice-President of the New York State College Young Democrats at the recent meeting. Miss Roth is the senior Class representative on the Student Council, and was past president of Nazareth College of Rochester's Young Democrats.

Pro-Files

By Bob Sudyk

BATTING CHAMP OF 3 MAJOR LEAGUE CLUBS IN 3 SEASONS!

HE WAS MY GUY!



ROGERS HORNSBY SOCKED .424 FOR THE CARDINALS AND BASEBALL'S MODERN HIGH... TRADED TO THE GIANTS, THE RAJAH BATTED ONLY .361 IN '27... WAS TRADED TO THE BRAVES AND HIT .387 IN '28—A CLUB RECORD... WAS SEAT TO THE CUBS—BATTED .360 IN '29 THE 3-TEAM RECORD!

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Film Office 'Flim-' It may be a new on "situation ethics" b the hero of the just film insists that it's all right — and may praiseworthy—to wind people. The unusual code is bluntly offered to v "The Film-Flam Man," edy about an "outrage successful old bunco What may be just as o to some people is the the national Catholic fi not only has approved for adults and adoles also has given it a w omendation. "The Film-Flam Man trayed by George C. Sc after playing Abraham Bible" as a lovable man who has scratch living of sorts by floor ricious" people via ca double-dealing and su film-flams as the one the victim comes upon edly lost wallet full of the same time the film does and agrees to put faith" money prior to the wallet's contents In an unusual sce comedy film, the played by Scott atten tify his way of life serious conversation young man (Michael whom he is trying to "Ours is an avartic ty," he tells his prot ing that everyone is some extent. "Just a degree. Every thermo isters something. "I was as idealist