

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

Readers Are Asking . . .

WHAT can cause hiccups to last for a few weeks? How can they be stopped?

Hiccups are also called singultus or hicoughs. By any name they are most annoying and not nearly as amusing as they seem to be to people who are the observers.

A hiccup is caused by a sudden spasm of the muscles of the diaphragm which separates the chest from the abdomen. A complex series of nerves that run from the brain to the neck and down through the chest can be responsible for the spasm of the diaphragm.

The phrenic nerve, particularly, may be irritated by extremely hot or cold foods and may cause an occasional hiccup. When this condition lasts for a long time it is terribly debilitating. Conditions in the esophagus, stomach, intestines, pleurisy and alcoholism are a few of the causes. There are many emotional reasons for hiccups.

Everybody who has ever had an attack of hiccups has his own personal advisor for the method to stop them. Drinking a pint of cold beer without a stop is not too unpleasant an idea on a sultry day.

For teetotalers a glass of plain cold water may do the same. Rebreathing into a paper bag and thus building up the carbon dioxide in the body can stop it.

Swallowing crushed ice or hard bread, holding the nose tightly squeezed, straining snuff to sneeze and pressure on the eyeballs may all singly or individually stop the attack.

There are now a number of drugs used under a doctor's supervision that can control these spasms. Hypnosis in specially chosen cases has been effective when used by physicians, psychiatrists and psychologists.

(1967, King Features Syndicate, Inc.)

chologists, all specially trained in the use of this method.

What can cause a feeling of heaviness, as if the womb and the bladder were coming down, in an elderly person?

Women who have had a number of children may have had some damage to the muscles and the ligaments that support the womb and the bladder. This is a rather frequent condition that may even appear many years after childbirth.

A fallen womb is called a prolapse. When the bladder falls or bulges into the vagina it is called a cystocele. The sense of heaviness is often noticed while straining in the bathroom or during violent coughing or sneezing.

A rectocele is a bulging of the return into the vaginal wall. This, too, is caused by a weakening of the supporting structures.

These conditions may occur singly or more commonly together. The discomfort, the associated back pain and other distress determines whether or not a plastic operation should be performed.

Since the condition is caused by a change of the tissues it will not get better alone. The type of surgery depends entirely on the judgment and findings of the surgeon. Sometimes a plastic pessary is inserted to hold the bladder and the rectum in position.

The vaginal plastic operation is safely performed and is very gratifying when the discomfort and heaviness and other symptoms are relieved.

SPEAKING OF YOUR HEALTH—The art of being a good patient depends on listening and following instructions.

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.

'The People' are 'Divisive'

Washington — (RNS) — Patrick Cardinal O'Boyle of Washington has ordered a group of Roman Catholic laymen in his archdiocese who call themselves "The People" to halt their unauthorized experimentation with the liturgy and parish life.

The prelate initiated action against the group, "because it has sought to avoid legitimate ecclesiastical supervision, and because in its aims and activities it is destructive of the concept of parish."

The People recently received much local attention when the Washington Post published a feature article on their activities. Prior to that, it was publicized by word of mouth and had built up a regular membership of about 400, a number of them, according to one report, influential in government and the professions.

The People began a recent celebration of Mass in the St. Vincent de Paul chapel on the campus of Catholic University of America with a reading from James Joyce.

The entrance hymn was played by a musical group using drums, guitars, and the bass viol. Members of the congregation made comments on the celebrant's sermon and voiced their own petitions as Mass intentions.

A subsequent series of three Masses on a Sunday drew 1,500 persons. In recent months, The People have been unable to obtain parish churches for their liturgical celebrations and having been using chapels at Georgetown University and in the religious houses around Catholic University.

In his pastoral letter, Cardinal O'Boyle said the laity in his archdiocese should not form itself into groups like The People.

"What cannot be approved is an association, whether formally organized or not, which seeks to weaken the parish as the normal and primary community within the Church for the salvation of souls," he said.

In referring to The People's "Action Mass," the prelate accused them of making liturgical innovations "on the basis of personal judgment, taste or whim." He added:

"These individuals or groups, far from fostering liturgical renewal, are putting it in jeopardy. Far from helping to de-

velop a sense of community, they are no less divisive than those who would go on as if Vatican II had not taken place and the liturgy constitution not adopted."

The cardinal also cited the role of seminarians in the liturgical apostolate. In noting their zeal in this area, he cautioned:

"When they initiate unauthorized adjustments of the liturgy, seminarians, no less than others, inevitably sow confusion and discontent in the minds of the faithful. This is not only a disservice to the faithful but also ill preparation for the sacred ministry to which the seminarians aspire."

Cardinal O'Boyle stressed that his pastoral was based on norms which have been issued by Pope Paul VI, the appropriate congregations and commissions at the Vatican, and the National Conference of Catholic Bishops.

"If we observe them," he said, "these norms will surely bring about what the Church has in mind: a profound and orderly liturgical renewal among all the faithful."

He said he could not predict how The People might react to the cardinal's letter until he had had time to study its exact wording.

• All priests in the archdiocese, whether diocesan or members of a religious order, "avoid any kind of personal innovation in formulas, rite, gestures, place of celebration, vestments, and the like."

• A priest, unwilling to conform to the Church's liturgical norms, "to relinquish ipso facto the faculty granted to him to celebrate Mass in this diocese."

• Rectors, chaplains, and superiors to "exercise prudence in permitting use of their churches or chapels for the celebration of Mass for externs."

• A ban on use at the Mass of percussion instruments, electronically amplified string instruments, and "any other instrument with a similar association" without prior approval.

A spokesman for The People, Landon G. Dowdley, a Washington lawyer, said he and the other leaders of the group have "done our best to abide by the liturgical laws of this archdiocese even though we think many of them are unreasonable."

He said he could not predict how The People might react to the cardinal's letter until he had had time to study its exact wording.

Social Security Said Inadequate

Washington — (NC) — House-passed amendments to the federal welfare law are "coercive" and should be removed, three Catholic agencies told a Senate committee.

The message came from Msgr. Lawrence J. Corcoran, secretary of the National Conference of Catholic Charities, testifying on behalf of his office and the Social Action Department and the Family Life Bureau of the U.S. Catholic Conference. He spoke to members of the Senate Finance Committee who are holding hearings on a revised Social Security bill.

Msgr. Corcoran criticized the proposed 12 1/2 per cent average hike in old-age, survivors and disability benefits under Social Security as "inadequate."

He noted that under the House-passed law, the minimum old-age payment to a couple would be raised from \$66 a month to \$75. "Obviously this is insufficient to assure the well-being of these beneficiaries," he commented.



Chicago — (RNS) — Roman Catholic and Eastern Orthodox leaders are shown as they greeted the Archbishop of Canterbury, Dr. Michael Ramsey, right, in a special "Service of Christian Unity" held in Chicago's International Amphitheatre. At left is John Cardinal Cody, Archbishop of Chicago, and at center is Archbishop Iakovos, primate of the Greek Orthodox Archdiocese of North and South America. Interreligious service honored the Anglican Primate on his arrival in Chicago.

Bishop To Say Mass At Carmel

Bishop Kearney will celebrate Mass at 9 a.m. on Tuesday, Oct. 3, Feast of St. Therese of Lisieux, "The Little Flower," in the Carmelite Sisters' public Chapel, 1931 W. Jefferson Road.

A group of Our Lady of Mercy High School students will sing.

All friends of St. Therese and of the Sisters at the Monastery can attend.

Sieberts Note 50 Years

Mr. and Mrs. Vincent Siebert 640 Ridge Rd. W., Williamson, celebrated their 50th wedding anniversary Sept. 24.

The Sieberts were members of St. Salome's parish for many years, where Mr. Siebert served as usher and Mrs. Siebert was a member of the Mother's Club. Mr. Siebert was employed over 40 years as a printer at John C. Moore Corp. of Rochester.

Total Mass In Spanish

San Juan — (NC) — The whole Mass is being celebrated in Spanish in Puerto Rico now that the Puerto Rican Bishops' Conference has authorized the use of a Spanish text of the Canon.

The text contained in the St. Joseph's missal has been authorized on a temporary basis. Archbishop Luis Aponte Martinez of San Juan, conference chairman, announced.

Old Words Block Unity

Little Rock — (NC) — The chief prelate of the Anglican church said here that Christian unity can be attained only when Christian churches find "new ways of expressing" controversial doctrines.

Anglican Archbishop Michael Ramsey of Canterbury during a two-day visit here told a news conference at Christ Episcopal Church, that "the essence of the Christian faith will never change" but there must be a "rethinking" of Christian doctrine.

Archbishop Ramsey officiated at the largest ecumenical service ever held in Arkansas, Catholic Bishop Albert L. Fletcher of Little Rock joined Protestant church dignitaries for the service attended by a capacity throng in Robinson Auditorium.

The Anglican prelate in his sermon voiced a prayer to God to send unity "to a hungry and divided world." He cited Christ's words, "Peace be with you," as symbolic of "the unity of the church and the unity of man."

commission of the Spanish Bishops' Conference and the Latin American Bishops' Council (CELM).

A Wider View on Unity

Seattle — (RNS) — The ranking spiritual leader of the world's 45 million Anglicans says Anglican churches planning merger with Protestant bodies should do so only after consulting with Roman Catholic and Orthodox leaders.

The Archbishop of Canterbury, Dr. Michael Ramsey, emphasized this point three times during a news conference on his arrival here to make several appearances in connection with the Episcopal Church's General Convention.

His emphasis was seen as having special significance for the Episcopal Church — the Anglican Church in the U.S. — which is in the process of deciding whether it should authorize the preparation of a plan of union with nine Protestant denominations.

Dr. Ramsey noted that the Anglican Church "tries to be a bridge touching both worlds (Catholic and Protestant)."

Regarding the Consultation on Church Union (C.U.C.U.), in which the Episcopal Church is participating, the archbishop said he had read some of the documents and observed:

"No doubt at this stage it would be desirable to widen the Consultation."

The Church of England, Mother Church of Anglicanism, is having union discussions with the Methodist Church, he noted, and said it hopes "to rally in consultants from the Roman Catholic, Orthodox and Old Catholic churches."

Later, he said that any Anglican participation in the C.U.C.U. would be on a non-exclusive basis.

Swimming, Life Saving Registration may be made for Red Cross swimming and life saving classes for adults which will begin Monday evening, Oct. 2, at the Rochester Natatorium, 250 South Ave., 7 p.m. Interest ed persons may register by calling the Red Cross at 454-2400.

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Irish Architecture Theme of Pictures

A color-slides-and-words tour of the great 18th century architecture of Ireland will be given Tuesday, Oct. 3, 8 p.m., in the new Arts Center at Nazareth College by Desmond Guinness, noted author and student of Irish architecture. The lecture will be sponsored by Historic Pittsford, Inc., the organization devoted to preserving the historic charm and notable buildings of Pittsford and Area.

In his talk Guinness will relate Irish architecture of the 18th century with American architecture of the same period, between which there are many parallels.

His appearance here is made possible by the Irish Export Board, which is staging an Irish Export Festival Sept. 30 to Oct. 6 in Rochester, with the cooperation of Sibley, Lindsay & Curr Co.

Guinness, who is 35, and a member of the famed Guinness brewing family, is leading a national effort to preserve the great Georgian architecture of Ireland, notably that found in and around Dublin. He is president of the Irish Georgian Society, and is the editor of its widely-praised quarterly.

He also has produced several books, the most recent of which, "Portrait of Dublin," is published by Viking Press. It has received enthusiastic reviews.

Guinness will discuss technical aspects of preservation, as well as financial and other problems which beset those attempting to save national and regional monuments and beauty. He will relate some of his adventures in preserving some of the notable Irish buildings.

E. B. Kinsky's Requiem Offered by Priest-Son

Funeral Mass for Edwin B. Kinsky, father of a Basilian priest, was offered at St. Boniface Church, Monday, Sept. 18. Mr. Kinsky, treasurer of Cooley Business Forms, Inc., 339 East Ave., died of a heart ailment, Sept. 15, 1967 at his home, 77 Crawford St.

The concelebrated Mass was offered by his son, Father Richard Kinsky, C.S.B. with Monsignor William J. Naughton, Reverend Fathers Benedict Ehmann, John Dillon, Cyril Carter, C.S.B., Fred Sohn, C.S.B. and Joseph Trovato, C.S.B. with Father Ehmann giving the homily.

Also attending the Mass were the Reverend Fathers Francis Taylor, William McCall, Paul Trecomesser, Charles Bennett, Paul J. Wohlrath, Robert Bradley, Joseph Darsey, C.S.B., James Collins, C.S.B. and Leon Hart, C.S.B.

Mr. Kinsky, a Rochester native, attended old Cathedral

High School and Rochester Business Institute.

He was founder and treasurer of Data Forms Inc., a Cooley affiliate here; and founder of the National Business Forms Ass'n., made up of distributors.

For about 30 years, Mr. Kinsky was organist at St. Anne's Church here. He was a member of St. Boniface Church Men's Club.

He is survived by his wife, Marion Ehmann Kinsky; four daughters: Mrs. James (Joan) Ryan, Mrs. Richard (Judy) Gage, Mrs. Michael (Paula) Geen, Mary Ann Kinsky; seven sons: Father Richard C. Kinsky, C.S.B. of Gary, Ind.; John E. Robert E., Edwin B. Jr., David A., Stephen C. and Michael J. Kinsky; two sisters, Mrs. Victor (Ruth) Loftens, Mrs. J. Nelson (Thelma) Bettner; one brother, Frank M. Kinsky; nineteen grandchildren; seven nieces and nephews.

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Hibernians List Speaker For Oct. 14 Dinner

Aloysius J. Mella, deputy commissioner of the New York City Police Department, will speak in Elmira Oct. 14 at a dinner sponsored by the Msgr. John J. Lee Division, Ancient Order of Hibernians.

Division President Joseph M. Sheeche has named John McNamara, division vice-president, and J. Robert Fravelley, a past president, as co-chairmen.

Mella whose prime responsibility as commissioner is trial work, served as assistant district attorney on the staff of D. A. Frank S. Hogan of New York County for 14 years prior to becoming a police commissioner. He graduated from Fordham University in 1935 and received his law degree from the same institution in 1938.

His five daughters include twins who are nuns in the order of the Sisters of St. Ursula.

The commissioner is presently the historian for the New York State Board, Ancient Order of Hibernians, and president of the County Leirinn Society of New York City.

Dinner reservations may be made with the co-chairman or any officer of the division.

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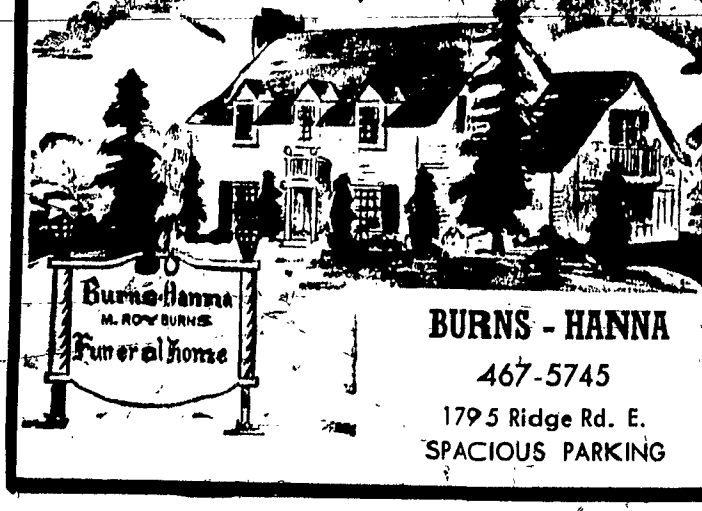
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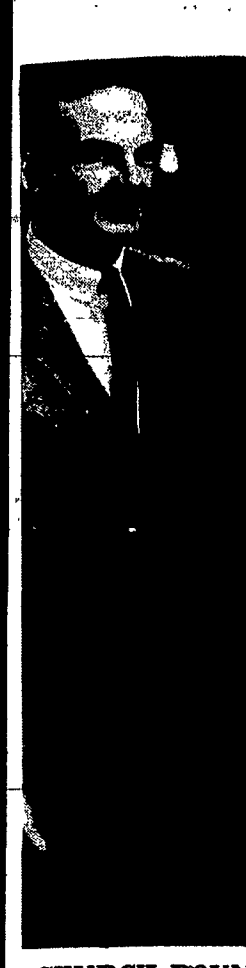
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