

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

These Are Your Questions

IS THERE any truth to the newspaper reports that banana peel can produce the same effects as LSD?

There are many drugs and foods that have been said to be responsible for hallucinations. Long before LSD became prominent in the news, hashish, peyote, mescaline and psilocybin had been used for what is now called "psychedelic" experiences. Certain kinds of mushrooms, morning glory seeds and other plants were said to produce the "high" effect.

A recent craze has spread from coast to coast especially among college students who insist that banana peel can have a psychedelic effect. The potential hazard, if this is true, demands immediate investigation. The Federal Drug Administration has begun a series of laboratory studies to prove or disprove the possibility of another "kick" response from this common food product.

Dr. F. M. Garfield, director of The Bureau of Drug Abuse, says, "I am not sure that there is anything in bananas that could cause the sensation of hallucinations."

Whether or not bananas produce any strange reactions is most important. Far more important, however, to us in the practice of medicine are the social reasons why young people try to compress time and experience with new and strange pleasures as a substitute for the joys of healthy maturity.

Is the heart of an athlete more prone to disease in later life?

All muscles of the body are

benefited by well-regulated exercise. The heart, too, is a muscle that grows larger as a result of activity.

There really is no scientific truth to the belief that strenuous exercise can produce an "athlete's heart" which in later life is more prone to heart attacks. A study performed on college athletes and professional athletes has failed to show the relationship between exercise, a powerful heart and heart disease.

Dr. Paul D. White, famous heart specialist, is one of the leading advocates of exercise in all age groups for better health. His favorite, bicycle riding, is recommended for almost everyone unless there is a doctor's specific reason to avoid it.

In distinction there is also a "loafers heart" which is the result of inactivity and a sedentary occupation.

The heart muscle in people who do not exercise becomes flabby and weak. Almost always there is associated with inactivity a tendency to overeat and add a burden to the "loafers heart."

Unlike the "athletes heart," the "loafers heart" is a more likely candidate for heart disease in later life.

SPEAKING OF YOUR HEALTH — Children derive their greatest psychological sense of security when parents definitely lay down limits. Children thrive because these limits and boundaries are the essence of a parent's love.

Dr. Coleman writes 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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Fall Festival

Members of the Parish Aides of St. Patrick's, Corn-look over wares for the various booths to highlight their Fall Festival, Oct. 19 and 20. Shown here are Sr. Justin, Fr. John Mulligan, assistant pastor, and chairmen, Mrs. James Mulcahy, Mrs. James Gehl and Mrs. Francis Lynch.

Seton Groups In Action

34TH BRANCH of Seton Workers of St. Mary's Hospital will be entertained at lunch at home of Mrs. Charles Gortner, 2133 East Ave., Monday, Oct. 9. Work meeting to begin at 11 a.m.

11TH BRANCH to meet Tuesday, Oct. 10 at 10:30 a.m. at St. Mary's Hospital for work, lunch and meeting. Plans for Seton Sale to be made. Hostesses, Mrs. Basil Hayes and Mrs. George Yerns.

New Teachers

The 13th annual new teacher reception will be held at the Rochester Chamber of Commerce, Monday, October 9, 4 to 6 p.m.

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Date Book

APACE Group Forms

First general meeting of the newly formed Aquinas Parents Action for Catholic Education (APACE) will be held on Tuesday, Oct. 10 at 8 p.m. in the Aquinas auditorium. John Oberlies, Aquinas '57 will be principal speaker. Plans for election of permanent officers will be discussed, according to Father Leon Hart, principal.

Mercy Guild

Mercy Guild of the Little Flower will meet on Tuesday, Oct. 10 at 1 p.m. in Catherine McAuley College. This will be a work meeting. Mothers of new Mercy postulants will be honored guests. Refreshments will precede the meeting.

Widowed Parent Club

Catholic Widowed Parent Club will hear Joseph Caverly, Director of City Recreation, on Friday, Oct. 6 at 8:30 p.m. in St. Monica's Rectory meeting room. Plans for an Old Clothes Party on Oct. 20 will be discussed.

List Father Ventura

Court Our Lady of the Cenacle No. 1139, C.D.A., will meet on Tuesday, Oct. 10 at the Catholic Women's Club on Alexander St. at 8 p.m. Father Gennaro Ventura, pastor of Mt. Carmel parish, will address the open meeting to which members may invite guests. Mrs. Samuel Skuse and her committee will serve refreshments.

The Court will hold a rummage sale on Friday evening, Oct. 13 and all day Saturday, Oct. 14 at 473 Main St. E. Rummage may be delivered there on Oct. 13 after 5 p.m. Mrs. William Crosby, chairman.

St. Mary's Alumnae

Nursing Alumnae Association of St. Mary's Hospital held a buffet supper and general meeting on Wednesday, Oct. 4 at the Bishop Kearney Education Building.

White Elephant Sale

The Catholic Mission Guild will meet on Wednesday, Oct. 11 at 8 p.m. at the Knights of Columbus club rooms on Monroe Ave. Mrs. Ann Sleski is chairman of the White Elephant Sale.

The Guild's Autumn card party to benefit the missions is set for Oct. 17 at St. Boniface hall at 1 p.m. Refreshments.

Mercy Alumnae Elect

Mrs. Sal Ferris has been elected president of the more than 3,000 members of the Alumnae Association of Our Lady of Mercy High School.

Other officers elected were: Mrs. Arthur Murrellwright, vice president; Mrs. Robert Long, treasurer; Mrs. Donald Remlinger, recording secretary, and Mrs. Robert Kowalk, corresponding secretary.

All were installed at the annual banquet on Oct. 3.



Card Party, Fashion Show

Committee members gather to discuss the Card Party and Fashion Show sponsored by St. Joseph's, Penfield Rosary Guild to be held Oct. 18 at 7:45 p.m. Shown here are Mrs. Robert Vogt, Mrs. James Lochner, Mrs. Laurence Burt, Mrs. Arnold Pundsack, Mrs. James Cassano, Mrs. Donald Vacheron and Mrs. William Alvert.

Good Counsel Rosary Mass

Bishop Kearney will celebrate Mass at Our Lady of Good Counsel Church, Rochester, Saturday, October 7, feast of the Holy Rosary of the Blessed Virgin Mary, at 5:30 p.m.

The date marks the 39th anniversary of the dedication of the Church by Archbishop Thomas F. Hickey, Rochester's second bishop.

Father Paul Wohrab, pastor, invites parishioners and friends to the Bishop's Mass.

Book Sale

A large and varied collection of children's books and a wide array of phonograph records, including some early jazz recordings, are among the items in this year's Bryn Mawr College Book Sale at Rochester's Midtown Plaza Mall, Thursday and Friday, Oct. 12 and 13, 10 a.m. to 9 p.m.

Religious Education in Trumansburg

St. James the Apostle, Trumansburg will swing into its new comprehensive religious education program tomorrow, Oct. 7.

The program, under the direction of Sisters Esther and Immacula, of the Mission Sisters of Mercy, Baltimore, will include classes for grades 1-6 on Saturdays and for 7-12 on Sundays.

In addition to the sisters, Father Lawrence Sansom, pastor and ten lay teachers will teach classes.

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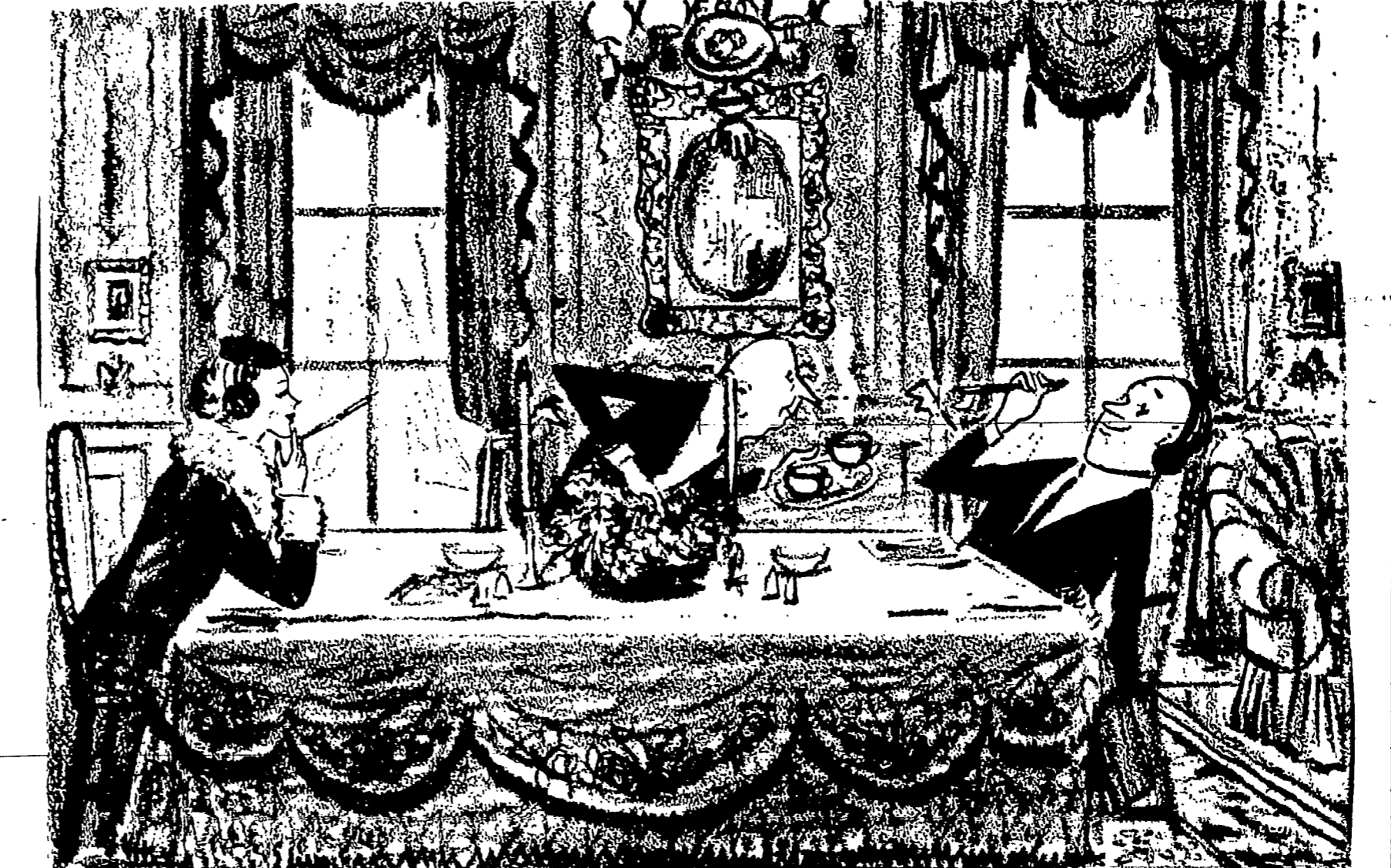
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