

Speaking of YOUR HEALTH

By LESTER L. COLEMAN, M.D.

These Are Your Questions

WHAT causes a growling stomach? This happens to me often. It is not painful, but awfully embarrassing.

The medical term for a "growling stomach" has a nicer sound than the condition itself. The word is "borborygmus."

These rumbling growls are due to a collection of gas in the large intestine. Since this accumulation of gas almost always begins with air that is swallowed while eating or drinking, it might be the source of your problem.

Try to avoid eating or drinking too rapidly. Fast, energetic conversation during mealtime favors the swallowing of air. Also, emotional upsets while eating help to accumulate air.

Deep sighing and forced belching is often followed by swallowing air. The air becomes locked with unabsorbed fluid and causes the growling noises.

In some chronic intestinal disorders, and after surgery, there may be areas of air locked up which cannot escape.

Even in the absence of pain, when noisy growling persists, the cause must be sought to be sure that it is not an early sign of some form of chronic intestinal ailment.

X-ray and barium studies of the small and large intestine may reveal the cause, and then specific treatment with drugs can be recommended.

Is the gall bladder, like the

appendix, an unnecessary body organ?

The appendix is a structure that is thought to be a vestige of times when man may have been a four-legged animal.

In modern times, the appendix is not believed to have any function, other than as a trouble-maker.

It juts out from a particular part of the intestine (the "caecum") and when it is removed it is no loss whatsoever to the body.

The gall bladder is a pear-shaped storage space for the collection of bile, so very important for the digestion of fats.

When the gall bladder becomes inflamed, infected or filled with gall stones it may be necessary to remove it by surgery.

The bile that is housed in a healthy gall bladder is produced in the liver. After each meal, a small amount is passed into the intestine. When the gall bladder is removed, tiny ducts from the liver pour bile directly into the small intestine for the digestion of fats.

The gall bladder is an important organ, the appendix is not.

SPEAKING OF YOUR HEALTH—Whether you are a child or adult, diving when you have a cold may result in an ear infection.

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.



'First Impressions' at St. Agnes

Your "First Impression" may not be a completely accurate interpretation of this picture, but chances are it's not far from it. Clues? Those girls in the foreground are in St. Agnes High School uniform; the boys in the background from McQuaid, Aquinas, Monroe Community, and St. John Fisher; and that's Tom Cahill, Rochester's stage, movie, and television dancer, in the center. He's helping create one of the dances for St. Agnes' Glee Club presentation of "First Impressions," a musical comedy inspired by Pride and Prejudice. Judy Angione, St. Agnes senior, will play Mrs. Bennett, eager — indeed, obsessed with the desire — to marry off her five daughters, among whom are Abbie Meyering (Jane) and Mary Sullivan (Elizabeth), also seniors. At least one of two potential husbands, William Cawley (Mr. Darcy) from McQuaid and James Zornow (Mr. Bingley) from Monroe Community College, proves something you may have known before about first impressions. St. Agnes' auditorium, 300 East River Road, will gather them all into one the evenings of November 9, 10, and 11 at 8:15. Tickets are available at \$2.00 and \$1.50.

'New Cinema' Scheduled For Nazareth Arts Center

New Cinema, a collection of internationally recognized short films which has had sell-out performances in Lincoln Center, The Los Angeles County Museum, The Ravinia Festival in Chicago, and in university concert halls and theaters across the country, will be presented next month in the Arts Center of Nazareth College. The two, two-hour programs on Nov. 25 and Nov. 9-12 at 7:30 p.m. are sponsored by Nazareth College of Rochester.

Included in the two program series are 19 short films by masters — Jean-Luc Godard, Roman Polanski, Richard Lester and Francois Truffaut as well as many other talented directors whose names are less familiar in this country. The 19 films (8 in each program) have won prizes in the major European festivals, representing the significant trends of international cinema and many have as yet not been seen in the United States.

The New Cinema short films range in length from 3 minutes to 28 minutes and in genre from animations and cinema verite to first efforts and experiments. Tickets for New Cinema are available at the Box Office, Arts Center, Nazareth College, from 9:00 a.m. to 5:00 p.m., Monday through Friday.

The first program, November 25, will include the soliloquy from Hamlet by Maurice Evans, under the direction of Fred Mogubgub, Peter Sellers

and his "Goon Show" troupe in The Running, Jumping, and Standing Still Film, and The Fat and The Lean by Roman Polanski.



A scene from "The Fat and the Lean," an offering in the New Cinema program scheduled for Nazareth College.

Legion of Mary's General Reunion

The Rochester Senior Curia of the Legion of Mary will hold its annual General Reunion for all Senior Legionaries and their spouses on Sunday, Nov. 12.

The event will be held at Logans, 1400 Scottsville Road, starting at 5 p.m. Legionaries will assemble at 4 p.m. at St. Monica's Church for Benediction and Legion prayers.

Tickets at \$4.20 per person may be reserved by calling Janet Davis, 458-3575 or Joyce McAllister, 328-8694.

Faith on Radio

Ecumenical

Annapolis —(NC)—Religious radio programming must be of an ecumenical nature to appeal to today's youth, Father Donald F. X. Connolly told a workshop on pastoral ministries here.

Antique Sale
Notre Dame High School, Batavia, Home-School Association will sponsor an Antique Show and Sale, Nov. 11, 12, from noon till 9 p.m. in the school auditorium.

Jewish Unit Against Charter

New York — (RNS) — B'nai B'rith will campaign to defeat the proposed New York State constitution, primarily because the document eliminates the present Article I, Section 3 which forbids direct or indirect aid to church-related schools.

Eugene L. Sugarman, president of the 100,000-member B'nai B'rith District 1, said the organization would conduct "an intensive campaign to inform about serious deficiencies in the proposed constitution."

B'nai B'rith "traditional concern" for the principle of church-state separation and its concern for maintaining free public education, said Mr. Sugarman, "causes us to view with alarm those provisions in the proposed charter which pave the way for state funding of private and parochial institutions of learning."

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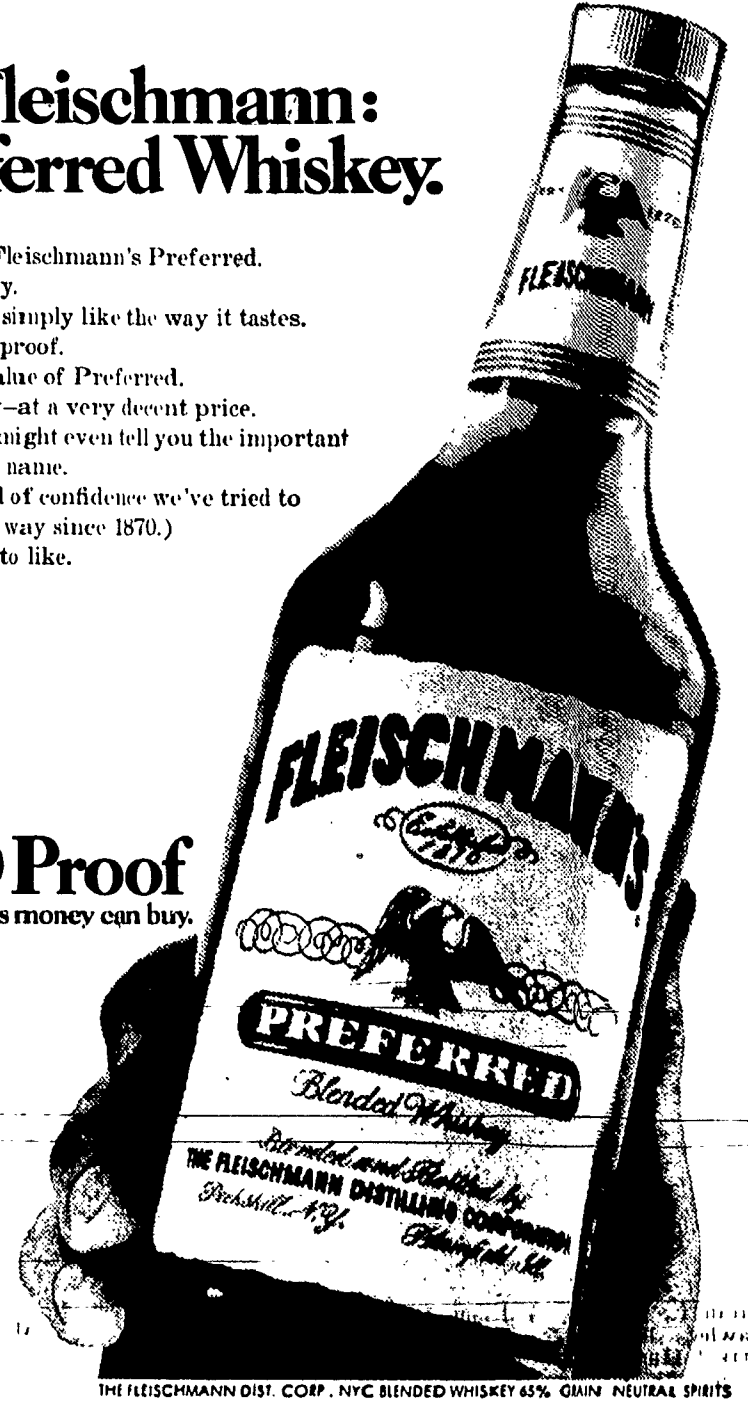
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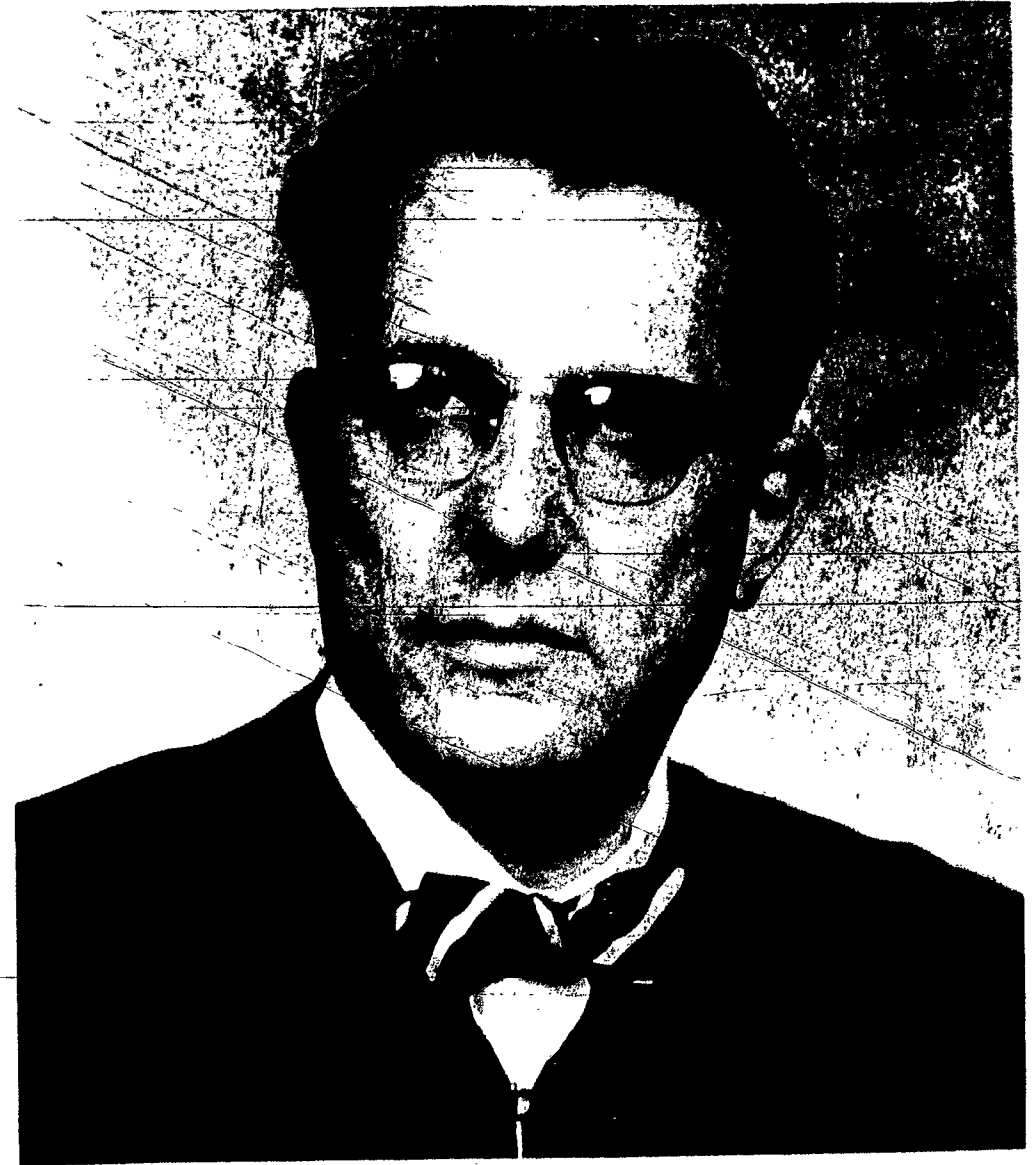
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