

SARAH CHILD
**All In
The Family**



Among the treasures that were unearthed last week in an in-depth cleaning of the basement was an envelope marked "column and feature ideas."

Inside I found six unsullied crossword puzzles from the New York Sunday Times magazine, first and second drafts of a magazine article I'd hoped to sell but had never finished and a number of clippings from various publications that I'd obviously found titillating three or four years ago.

The article I had been working on began with a federal government report that estimated that millions of dollars were wasted annually by householders across the nation who had been bitten by the do-it-yourself bug. Using personal experience anecdotes I had testified to the validity of the government's claim to round out the piece.

The clippings were interesting. One was only a headline and a byline. The writer was Harriet Van Horne. The title: "If you're on a diet, shut up!" Underneath was the cryptic note in my handwriting: "Also love life fight with neighbors."

Another clipping dealt with something called the "halo effect." The halo effect, according to my source, is the tendency

to let one outstanding trait in a person influence one's rating of his or her other traits. And, say psychologists, it is one of the biggest handicaps to sizing up people accurately.

I know precisely why I clipped the next bit of information. And, if your mother or someone else ever tried to bundle you up when you had a fever so you could "sweat it out", you know why too. The paragraph says such treatment is an old wives' saying. The best treatment for fever is light clothing so the moisture can evaporate and the heat radiate from the body.

Some other absolutely fascinating tidbits I never used:

- Statistics show that 85 per cent of American men vastly prefer a speedy shower to the luxury of bathtub bathing.

- One's physical health has a most important bearing on one's mental health. After all it's happening in the same body.

- Too much importance is placed on the grandeur of the wedding which lasts for such a short time and too little on the state of marriage that follows.

- A mother's hobby is often cleaning up after everybody else's.

Mental Health Commentary

By THE DE PAUL CLINIC

PART I - INFANTS

In 1950, two University of Chicago scientists, studying sleep in infants, found a way of measuring the rapid eye movements noted in sleep. Later, it was shown that these movements occurred in dream periods. This has become an important tool in studying sleep and its disorders. Another tool for studying sleep is the brainwave which changes with the depth of sleep. Four levels of sleep correlate with these changes.

Sleep disturbances in children are common. Some infants sleep days, not nights, some resist bedtime. Preschool and school age children have scary dreams which may or may not awaken them. Adolescents frequently have difficulty getting to sleep and in awakening.

The sleep rhythm is one of the circadian or "24-hour" rhythms of the body. Typically, we sleep at night and awaken with the light. Modern technology lengthens the period of light artificially, disturbing the natural rhythm which may lead to problems. Establishing a consistent sleep pattern early and throughout childhood may help to minimize some sleep problems.

The earliest sleep problems occur in the first few months of life when the newborn must make a readjustment to his new lifestyle outside the womb. He must regulate his own body temperature, adjust to the lessened pressure on his body, get nourishment by mouth, evacuate his bowels, regulate his own internal metabolism, previously partially done by his mother, and get used to being handled. These and other factors may contribute to causing tension which awakens him and he cries. When the tension is relieved, he relaxes and sleeps as much as 22 hours per day.

Tense infants may cry uncontrollably for hours. Some are "colicky", some are allergic to their food, some become tense because of the way they are handled. If the crying is intense and prolonged, a medical opinion is worth getting. Meanwhile, patting gently on the back, rocking, softly humming — all grandmother's tricks — may help. Swaddling or wrapping snugly in a blanket or sheet — an old Russian technique — helps some fretful babies. Hunger, especially in breast-fed babies, should also be considered.

At the end of the first year, resistance to going to bed and to sleep sometimes occurs — even when put to bed with his bottle; or he might fall asleep in his mother's arms but awaken as soon as he is put into his crib.

Dr. Milton Senn suggested the following treatment of this type of sleep problem:

As bedtime nears, feed the baby but do not overstimulate him with excessive fondling, playing, etc.

At bedtime, state firmly, but kindly, "Now, it is time to go to bed!" Place the baby in the crib, cover him and firmly — but kindly — say, "Now, go to sleep!"

Dr. Senn said, "Though the baby does not know the words, he will understand the music," and recognize, eventually, mother's determination. Also, being firm might teach the permissive mother to take a stand and, hopefully, regain control of the situation.

The problem came when the baby began to cry, previously the easy way of getting carried back to the family circle. How long to let him cry? Five minutes? Ten? Twenty? It depends on the infant. Never let a baby cry it out to exhaustion. Some will cry for hours.

The baby may win the first rounds but if the method is tried repeatedly with some consistency, it works in many cases. When it does not work, specialists in infant care may have a better idea.

NEXT WEEK — — Disturbing dreams.

Courier-Journal

Keeping Tabs

The annual banquet of St. James Rosary Society will be held in the church hall Monday, May 8, beginning with a social hour at 6 p.m. New officers will be installed.

Rosarians of Holy Family will have their installation banquet at 6:30 p.m. Wednesday, May 10, in Patsy Dandrea's Tavern, 507 Maple. Father E. Charles Bauer of Bosco House will speak. Reservations should be made by May 5 with Mrs. Nick Bianchi, chairman.

The Aquinas class of 1947 will hold a reunion Friday, May 5, at the Party House, 677 Beahan Rd. Details may be obtained from John Donovan, 235-3874.

The Men's Club of St. Leo's, Hilton, will sponsor a free, public lecture on Russia at 7:30 p.m. Sunday, May 7, in the School of Religion. Orville Gravelle will speak and show slides he took during a tour with a group of educators.

Members of the 13th Seton Branch will meet Tuesday noon, May 9, at the home of their new chairman, Mrs. Edward Heberie, 646 Browncroft. They are asked to bring stamp books.

The annual Spring banquet of St. Boniface Rosary Guild is scheduled for 6 p.m. Wednesday, May 10, in the school hall. May 5 is the deadline for reservations, to be made with Mrs. Thomas Micolay, 442-9813, or Mrs. Gerald Tuffano, 473-4841.

The Italian Women's Civic Club will meet at 8 p.m. May 9 at the Flagship to elect officers and directors. Mrs. Patsy Lecese will be social chairman.

The Holy Name of Mary Society of St. Stanislaus Church will have an anniversary dinner in the auditorium Monday night, May 8, after a brief meeting scheduled for 6:30. Wanda Orczyk and Stella Zawadski are chairmen.

The Spring banquet of the Catholic Mission Guild will be held at the Flagship Wednesday noon, May 10.

Mercy High School's mission unit will sponsor a benefit dance in the gym May 5. The Featherwood will play from 8 until 11 p.m.

The women of the Archconfraternity of the Holy Family of St. Joseph Church will attend Mass at 9 p.m. Sunday, May 7. Breakfast and conference will follow in the church meeting rooms.

St. Pius X Rosary Guild will have a communion breakfast Sunday, May 7, after the 8:30 Mass. Nancy Kennedy, television personality, will be guest speaker.

The annual banquet of the St. Charles Borromeo Women's Club will take place May 9 at Mapledale Party House, beginning with a social hour at 6:30. Reservations close today, May 3, and may be made through 621-7504 or 865-9574.

WANTED

BUSINESS WOMAN needs 4-room unfurnished apartment reasonable, desirable location near bus. Reply Courier-Journal #103.

IMPORTANT NOTICE

Employment
The New York State Law on Human Rights and the Federal Civil Rights Act of 1964 prohibit discrimination in employment because of age and sex unless based on a bona fide occupational qualification. Help Wanted and Situations Wanted advertisements are arranged in columns captioned "Male and Female" for the convenience of readers and are not intended as an unlawful limitation or discrimination based on sex.
HOUSING
The New York State Law on Human Rights prohibits discrimination in the sale or rental of housing.

Wednesday, May 3, 1972

COURIER WANT ADS

"Everything Under The Sun"

BUSINESS SERVICES

FLOOR sanding, refinishing. Dependable service since 1921. Reasonable. Cy Callemeyn, 865-1353, 458-6685.

END PAINTING forever. We apply aluminum trim, cornices, gables, windows, doors. Insured. Expert applicator. 482-3348.

BROKEN WINDOWS? We replace glass in regular, storm, picture, Thermopane, patio doors & Anderson windows. For low cost "on the spot" glass replacement with our MOBIL GLASS SHOPS, call the GLASSMAN. We also make tops for furniture and desks. 328-6130.

PAINTING—Interior and Exterior. Excellent Work, estimates free—244-3735.

PAINTING AND paper hanging, free estimates, quality work. Dan Burgmaster. 663-0827.

ROOFING - GUTTERS - SIDING - Hot Roofs. Residential, Commercial Repairs, Insurance work. Prompt, efficient service. Call the full time expert PETE LEAMING. 663-3478.

TILE: FROM complete bathroom remodeling to small repairs. Reasonable. 544-8231.

CARPENTER WORK porch steps, small jobs, remodeling, paneling, wind damage repairs. Free estimates. Robert Bulluck. 865-2448.

PHOTOGRAPHY: Weddings and social occasions. Samples shown on requests. Edward McCullough, 464-8732.

REMODELING, carpentry, additions, home repairs, etc. Reasonable rates. C. Rice, 671-5474.

BOOKKEEPING, accounting. Complete service including tax reports, payrolls, financial statements. 663-2897 any day; 9 a.m.-9 p.m.

ROOFING-SIDING New, repairs, insurance cases. Expert applicator, insured. Free estimates. 482-3348.

FURNACE CLEANING: Spring Special. Complete power cleaning of heating system, cold and warm air runs, chimney and adjustment of burners. Includes certificate for 1 free service call. Reg. \$29.95, NOW \$19.95. Bellows Heating and Air Conditioning Inc., 461-1100.

ODD JOBS: Storm windows removed, washing walls, floor waxing, cleaning gutters etc. 436-4421.

NEED EXTRA room? We raise the roof. Complete job. Expert mechanics, insured. Free estimates. 482-3348.

TRAVELMART: Group tours and chartered flights. Priced to fit your budget. Call TRAVELMART, 663-2897. Anyday 9 a.m.-9 p.m., including Sundays. We make house calls!

TILE AND INSTALLATION: 32¢ per foot. Large selection. J. Cosner Floors, 621-5956.

WINDOW WASHING call 544-0148 or 344-0309.

PIANO TUNING: Experienced tuner. Reasonable. Jerry Gallagher, 482-4061.

HOUSE WASHING: Aluminum siding, clapboard. Expertly done. Insured, free estimates. 482-3348.

CHIMNEYS—NEW, rebuilt, repaired. Expert Mason. Free estimates. Insured. 482-3348.

FOR RENT

LAKE AVENUE: (off 4400) 87 Latta Road. New studio's, 1-bedroom apartments. 621-5069/663-1894.

4-ROOM apartment, Norton Avenue. Adults preferred. Call Sunday between 11:30-4:00 p.m.: 342-0728.

FLAT Unfurnished: 5 rooms, lower, adults, no pets \$125. Available June 15th. 482-4603.

HELP WANTED

COUPLE WANTED for housekeeper & caretaker. Catholic Church in suburban Rochester. Private home. Good pay. References required. Write to Courier-Journal 67 Chestnut St. Box 12.

SECRETARIES

PERSONNEL: local corporation needs gal with good typing & shorthand skills. Salary to \$130, fee paid.

LEGAL: prestige law firm needs highly skilled person, experience not necessary but shorthand or dictaphone experience is. Start \$125, all company benefits.

Also available are many trainee & clerical positions for beginners & recent high school graduates.

Call Les Crane, 546-7800
CONTACT EMPLOYMENT
AGENCY, INC.
Suite 528
Powers Building

FOR SALE

MINI BIKE: 2 years old, like new. Seldom used. 2 1/2 hp CAT, Red. \$70. 266-6324.

WOODEN STORM screens, good quality, 50 cents each. 663-0985/663-8473.

POLICE RADIO: Silverware, dishes, jewelry, clothing, odds and ends, pillows. 271-1580.

WANT a deal on good used golf balls? Call Bill, 865-1646.

RADIO - TV

SERVICING TV-Stereo-Transistor-foreign and U.S. Free estimates. "Commercial" 288-2771

MERCHANDISE

RUG 100% Herculon, Brown and Green. 14x15'. Like new. First \$75.00. Call evenings 225-4029.

REPOSSESSED SWIMMING Pools. Above ground Redwood type to be sold for monies due manufacturers and Traders Trust Bnk. KAYAK Recreational Corp. 1671 Penfield Road, Rochester (14625) acting as agent. 381-6421.

BABY CARRIAGE: Made in England. Green, wind guard, two tops. Excellent condition. 255-4029.

SNOW SUIT: Tidykins girls. Size 2 toddler, white fur hat, white fur collar on pink & white jacket, pink pants, washable. Excellent condition. 225-4029.

CRIB MATTRESS: Serta: good condition, used for one child only. 225-4029.

BABY CLOTHES: Large assortment, next-to-new: T Shirts, sleepers, sunsuits, sweaters, hats, booties etc., 225-4029.

DEMONSTRATOR 1972 zig-zag sewing machine, brand new, guarantee. Does button holes, blind hems, fancy stitches & monograms. No attachments needed, automatic bobbin winder. \$33.00 or 3 payments of \$11.00. Necchi-Elna Sewing Center. 1-244-0830.

PENCILS, 25¢ a doz.; Typewriter Ribbon, 50¢ a roll, 614 Portland Avenue. 338-1366.

STROLLER, twin, reclining, Peterson Model 69-LP. New \$35. 338-1366.

HOTPOINT Refrigerator and Stove (Magic Chef), Copertone, left hand handle, excellent condition. \$350 both. 235-6560.

TYPEWRITERS: IBM, Olympia, Royal, Adler \$100 and up. 338-1366.

OFFICE SPACE FOR RENT

RICHFORD OFFICE Bldg., 67 Chestnut St. New office space, can be divided to suit tenant needs. Located in growing business district. For info, or appl. to inspect, weekdays: Al Manile, Broker: 262-3445, 325-5530.

INSTRUCTIONS

TUTORING all subjects. Qualified teachers. PROFESSIONAL TUTORING SERVICE. 244-9153/271-7707.

INSURANCE

AUTO INSURANCE: Immediate FS-1, no application refused. Edco Agency, 264 Arnett, 436-0022.

WANTED TO BUY

ANTIQUES: Sterling silver, jewelry, bric-a-brac, dolls, frames, china, cut glass, curios. MARIE WALLNER, 663-5373.

MARINE SUPPLIES

ALUMA-CRAFT: MFG & Slickcraft boats. Mercury, British Seagull motors. Tee-Nee trailers, used outfits. Sunfish & MFG sailboats. Terms & Trades. Rochester Outboard, 932 St. Paul (near Hickok's) Open Mon. and Thurs. evens., 266-0684.

REAL ESTATE

ACRES 15: Horse barn, L-Shape, gambrel roof. Finger Lakes Race Track Area. 315-394-3467.

77 NICHOLSON ST.: (St. Boniface Parish) Seven rooms (four bedrooms) bath, extra toilet, tiled kitchen, dishwasher, disposal, garage; 473-6523.

SETTLE ESTATE: Bungalow, Rochester. For appointments Saturday and Sunday. (716) 544-0287.

CAMPS

CAMP Eagle Ridge for boys and girls, ages 6 thru 13 located on Seneca Lake. Information: Stan Maruszak, 116 Kent Drive, Webster, New York 14580. Phone (716) 872-2955.

CAMP Caspar Gregory: Located on Cayuga Lake. Restful, rustic spot for group camping. Weekly rates for the summer; week-end rates for the off-season. For information: Marie Kruger, Poplar Ridge, New York, 13130. Tel. 315-344-8408.

SPECIAL MISCELLANEOUS

CHAIR CANING done in my home. 381-0038.

GIANT Garage Sale: Crocks, jars, clocks, motors, saws, antiques, hand tools and many more. 363 Lemoyne Avenue. 865-1646.

FLOWER CITY Stamps has new issues from Vatican City and all the world. 1575 Dewey Ave. Store hours: Tues., Thurs. 8-9, Fri. 4:30-9, Sat. 9-5, Sun. 12-3.

LOVABLE BEAGLE: 9 mos. old, all shots, needs good home. 346-7099.

ENTERTAINMENT

MARTY SHABBARRSAI Orchestra. Music for weddings, parties dances; 342-9188.

FREDDY BECK Orchestra. Finest in music, weddings, parties. 458-8719.

CHRISTIAN SINGER with program available for baroque, conventions, weddings and clubs. 338-9775.

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