

SARAH CHILD
**All In
The Family**



A wire service story recently carried 10 rules established by a psychiatrist to help people live more contented lives.

I clipped the article and put it away for safekeeping. It is now so safe I cannot find it.

Five of the rules, however, stand out in my mind. When I first read the article, either I felt these five either pertained to me or perhaps through experience realized the validity of the particular quintet.

Somewhere in the middle of the list was a cardinal rule for emotional well-being that I classify as Number One. To have faith in a Being higher than oneself and to depend on Him. (Did you know that studies have proven that people with deep and consistent religious convictions are among the most healthy mentally?)

Second most important rule for a stable and happy existence:

Always have a project or goal. This could mean anything from going back to college for a degree to growing a better turnip, to inventing a new household device.

The third: Do not wait for life to come to you. Go out and seize it. I love this one and wish I would remember it more often.

Rule four is to make the improvement of oneself both physically and mentally a life-long project. Enough said!

Rule five is to be always involved with two books, one you are reading and the next one you have lined up to read.

Just setting these five down has whetted my curiosity and I'm going now to look for the rest. If they are as good as the five I remember, I've got a good start on retaining my sanity.

Mental Health Commentary

By THE DE PAUL CLINIC

Q — My son is a behavior problem in school and has been diagnosed as being a hyperkinetic child who should be treated with drugs. What does "hyperkinetic" mean and why are drugs necessary.

A — The word "hyperkinetic" means "overactive." Therefore many children may be "hyperkinetic at times. There is a condition physicians call "hyperkinetic reaction of childhood (or adolescence)" in which overactivity is only part of the child's problem. These children have a short attention span, are easily distracted and are impulsive (act without thinking of the consequences) so they do not learn from the usual disciplinary measures. They tend to get angry easily, explode and get over it quickly. They do not frighten easily so may appear to be reckless. Usually they are friendly and outgoing.

Often they have poor coordination, and a poor sense of rhythm. Usually they print and write poorly and their drawings are below average for their age. These skills may improve as they get older.

Their teachers complain that they are reckless, noisy, do not pay attention, disturb other children and do not learn well, especially spelling and arithmetic, despite evidence of good intelligence.

The causes are still controversial, but most experts on the subject seem to feel they were born with the tendency or acquired it in early years. Improper handling at home and school can make their problem worse. After all, they are children and need the love, and understanding and acceptance that all children need.

Too often, emotional problems develop because their frantic behavior and impulsiveness does not respond to the usual disciplinary measures. Those who care for them, especially their parents and teachers, become increasingly frustrated with them and try "everything" to stop the overactive, impulsive behavior. If these measures do not make the symptoms worse, it creates emotional difficulties which complicate treatment. It should be added that children with types of personality difficulties are hyperactive, impulsive etc.

In the mental health profession, as always, the diagnosis comes first. What is the problem?

Hyperactive children need control because they cannot control themselves. As with any child, the firmness should be done reasonably kindly. Shouting and punishing make them worse since they are easily overstimulated.

Medication, when it works, can be dramatic in its settling down affect. Since each child differs in his response to different drugs, the type of drug, dosage, and how often it is given should be tailored to the child. As with any continuing medication, it can be given only under medical supervision.

Dear "Please, please help me."

The description of your symptoms suggests the possibility that you are struggling with a mild depression. Since physical evaluations have been negative, why not get a psychiatric evaluation just to be sure.

If you live in Monroe County, there are the clinics at the Strong Memorial Hospital and the Rochester Mental Health Center. If you are in a Catholic high school, you could be seen at the DePaul Clinic. Private care is also available.

If you have any questions about where to go, feel free to call me.

A.W. Sullivan, M.D.

Questions on children's mental health should be mailed to: Mental Health Commentary, Courier-Journal, 67 Chestnut St., Rochester, 14604.

Deaths

Mrs. O'Connell

A Mass of the Resurrection was celebrated Monday, May 15 for Mrs. Mary Egan O'Connell, in St. Rose Church, Lima. Mrs. O'Connell died Saturday, May 12, after a brief illness.

She was active in parish and community activities throughout her life and was a 30 year member of Court Fitzsimons, Catholic Daughters of America.

She is survived by two sons, William J. of Lima and Eugene M. of Camillus; five daughters, Mrs. Clifford Bartram of Cleveland, Ohio, Mrs. Mary C. Leary and Mrs. James Fahy of Rochester; Miss Loretta C. and Miss Anita L. of Lima; eight grandchildren and one great grandson.

Sr. M. Walter

Mass of the Resurrection was celebrated for Sister Mary Walter Kohl, of the Sisters of St. Joseph, by her brother, Father Walter Kohl, on Saturday, May 6, 1972, at the Motherhouse.

Born in Rochester, the daughter of Louis Kohl and Margaret Toomey, Sister Mary Walter was a graduate of St. Mary's Hospital School of Nursing in the Class of 1921.

A year later she entered the Sisters of St. Joseph from Blessed Sacrament Parish. Her first assignment was supervising nurse at St. Joseph's Hospital, Elmira; she then studied at Marquette University in Milwaukee where she earned certification in laboratory techniques.

Returning to Elmira, she became supervisor of the laboratory at St. Joseph's Hospital, and later as supervisor in surgical nursing. In 1952, she was named administrator of St. Ann's Home, and in 1958 the director of resident facilities for the students at Nazareth College.

She supervised the Sisters' infirmary from 1960-63 and was a school nurse at Nazareth Academy from 1963-68, when she retired to the Motherhouse.

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SPECIAL MISCELLANEOUS

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