

SARAH CHILD
**All In
The Family**



Came across a review of a rather extraordinary book the other day. The joint work of a Mormon couple, Maurine and Elbert Startup, the book is titled, "The Secret Power of Femininity."

The Startups who also founded the company which published the book (The American Family and Femininity Institute) have been married for 37 years and have 11 children.

At a time when bestsellers and various groups are telling women how to assert their independence and claim their natural birthright, the Startups have some different advice.

By today's standards the advice is dishonest, somewhat disgusting and slightly repellent

**Jeanette McLernon
Receives Award**

Hornell — Jeanette McLernon, junior nursing student, has been named the first recipient of the Paul Scholarship Award. The award, established by Mr. and Mrs. Harold Paul, is given in memory of Paul's parents.

The \$150 scholarship, to be applied toward tuition, will be presented annually to a junior nursing student who has proven a display of sincere empathy and kindness toward care of the patient, scholastic ability and financial need.

COUNTRY FAIR

The people of St. Pius X will hold their annual country fair Aug. 26 and 27 on the school grounds, 3000 Chili Ave. A ham supper will be served 5-7 p.m. each day.

Mental Health Commentary

By THE DE PAUL CLINIC

Q. My husband has been mentally ill for over a year. His psychiatrist doesn't want to use shock therapy. What is electric shock therapy used for and how does it work?

A. Shock therapy is used for a few conditions, especially depression which it can improve dramatically. It also is used for some stages of an acute mental illness with agitation not responsive to medication and for severe acute withdrawal states.

Electroconvulsive therapy evolved in the 1930s and was first used in Italy. It has been used in Rochester for over 30 years. It is relatively safe as given locally under short lasting anesthesia and muscle relaxants. These medications make the procedure comfortable and aborts the muscular contractions which gave the treatment the name "convulsive therapy." The risk is minimal — certainly less than a tonsillectomy — and probably no more than childbirth, if that much. Even patients with heart disease and other chronic illnesses have been successfully treated with this method without difficulty.

The procedure is relatively simple when done in a hospital. A physical examination is done first including x-rays, electrocardiogram and other necessary studies. The psychiatric evaluation decides if the mental condition is best treated this way rather than by medication and psychotherapy — which also may be used in conjunction with the "shock therapy."

The treatment begins with rebreathing oxygen; then follows the short lasting anesthetic and muscle relaxant and then the "shock" which is a small amount of electricity which stimulates the brain including the motor area causing a brief "convulsion." Usually the person is beginning to waken within five to ten minutes and is able to have breakfast within the next half hour. Some people are sleepy for the next few hours, some have complained of a short headache.

The treatments usually are given three times weekly, one every other day. Improvement is often noticed after the third or fourth treatment. It is interesting that as the patient feels better, he begins having trouble remembering.

This always clears after the treatments stop. The number of treatments needed depends on the condition for which it is being used.

There is no question that it is an effective, relatively safe treatment method which has relieved terrible mental distress in thousands of people and has reduced the length of illness, hospital stay, and probably the suicide rate.

It is not a panacea however, and is not effective in all psychiatric conditions. It does not help the chronic mental illnesses and other chronic conditions for which there are other forms of treatment.

It is expensive. Most Blue Cross policies cover the hospital costs of this treatment.

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

Courier-Journal

— not just for members of any women's lib group, but for anyone who believes in Human Lib. What the authors recommend would seem to dishonor both sexes.

For example, the Startups advise their female readers: "Stand before a mirror in the privacy of your room and say to yourself, 'I am just a helpless woman at the mercy of you big, strong men . . . I expect you to pamper and humor me.' There are various actions recommended, such as stamping one's feet daintily, saucily, shaking one's curls and trying "a pretty pout."

The Startups further advise: "You must drop every suggestion in speech, apparel and manner that you are able to kill your own snakes."

Say the authors: "The air of being able to kill their own snakes is just what destroys the charm of so many school teachers and competent business, career and professional women."

Shaking hands is also an art for the feminine woman assert the Startups: "She will begin eagerly and confidently, then suddenly seem to realize it is a man's hand she is holding, and begin shyly drawing her own hand away."

Such an action, they say, "cries out loudly to him, 'Watch your step, here is a dainty and tender woman.'"

As it so happens probably the majority of women distrust snakes intensely but any woman worth her salt reading this kind of garbage is likely to work doubly hard to overcome her fear.



**Sr. John Francis
Takes Vows**

Sister Mary John Francis, OSP, pronounced her final vows as an Oblate Sister of Providence at the motherhouse in Baltimore, Md. yesterday, Aug. 15.

Sister John Francis is the daughter of Mr. and Mrs. John Schilling of Williston Rd., and attended St. Charles School and Nazareth Academy.

She now teaches at St. Benedict the Moor School in Washington, D.C.

Deaths

Sr. Britta

Mass of the Resurrection for Sister Britta Hanley, SSJ, was offered Friday, Aug. 4, at the Sisters of St. Joseph East Avenue Motherhouse.

Father Joseph Reinhart celebrated the Mass, assisted by Msgr. John J. Duffy. Also present were Msgr. Gerard Krieg and Fathers Francis Feeney, Leonard Kelly and Donald J. Murphy.

Born in Ireland, Sister Britta came to this country in 1899 with a group of young women to enter the Sisters of St. Joseph of Rochester. She taught in the old St. Patrick's Cathedral School, in Canandaigua and Lima, and in Immaculate Conception and Holy Apostles.

She was a teacher in Corpus Christi school for 22 years, and St. Augustine's school for 14 years.

Her last assignment was at St. Pius X School 1959-61, after which she retired.

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MOBILE HOME: Delta 70x12. 3 bedrooms, 19x14 pullout livingroom, awning skirted, storage shed. Complete in Victor Park, 924-5208.

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SHIPPING CLERK: Wholesale-retail religious goods store - 5 day week, full time. Reply Courier-Journal Box 111.

WOMAN would like small furnished studio or apartment. Not in private home. Reply Courier-Journal Box No. 114.

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OUR BLESSED Mother appears in Spain - 1961-1965. For messages, story (pamphlet) send 60c to St. Michael's Press, P.O. Box 1667, Flagstaff, Arizona 86001.

WOMEN'S CLOTHING like new, sizes 22 1/2 - 28 1/2. 643-2083.

GARAGE SALE: August 17-20. Household items and clothing, 10:00 A.M. till 8:00 P.M., 37 Peckham Street, Hudson-Norton Area.

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TOYS, Models, Puzzles: Half off retail at Toy Box, 854 North Clinton across St. Michael, Saturday 12 noon to 6 p.m.

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