

SARAH CHILD
**All In
The Family**



The first week in a new house is probably the toughest. Five years ago when we moved into a ranch from a Cape Cod we had one two-year-old child. She punctuated the first week for us then by falling against the outside dryer vent and cutting her forehead open, following that act by pulling the tail of a neighbor's cat prompting the animal to bite her hard enough to draw more blood. The same week she rammed headlong into the metal clothesline pole which only stunned her. Actually, the only thing which required doctor's treatment during those seven days was the mysterious rash that developed on her midriff.

We now have three children and they have done well in the week that followed this move. They were not in the car when it and the fire hydrant that graces our driveway met.

And the recent chaos that resulted from the broken sewer main seems not to have affected them one whit.

For four days we were limited to an occasional flushing of the toilet. Operating dishwashers, clotheswashers, kitchen sinks and bathtubs was verboten.

To the kids this simply meant excuses for going out to eat, excuses for no baths and excuses for wearing the same clothes they had thrown on the floor the night before.

While I pulled my hair, practiced imprecations and focused on what was going wrong, they were enjoying what was right about the new house.

Simply to exercise my mind in another direction I tried their method and started counting all the good things. It seems to work.

I discovered it is delightful to go to bed on a different floor than on the one on which one does most of his living. And far from being unpleasant, having one's mattress directly on the floor, as ours was for two nights, is comfortable.

Perhaps best of all as far as the sleeping arrangements go is the fact that we have no shades or curtains and the soft summer breezes and light of the full moon fill the upstairs splendidly.

During the day two sliding glass doors in the kitchen show a tiny patch of woods and in the past week I have seen more butterflies wafting over the golden rod and Queen Anne's Lace than I normally see in a year. Sunshine spills in on the kitchen floor, the Lombardy poplars in the wood bend with only the slightest encouragement from the wind and the squawk of the pheasants and chirp of the crickets create a strange harmony. Little by little it is beginning to be home.

PARISH COUNCIL

A meeting of the St. Philip Neri Parish Council was held Aug. 21 in the School Hall. The five standing committee coordinators gave their reports. Progress is being made concerning parish relations, community relations, liturgy and worship programs, Christian education programs, as well as other parish activities.

CHURCH AUCTION

The Church of St. Lawrence will hold its third annual parish auction, Sept. 9, at the school, starting at 10 a.m. Publicity chairman Nancy M. Di Battisti noted that donations for the auction are tax deductible and further information may be obtained by calling 225-0290 or 225-3987. George Forest will be auctioneer.

SCHOOL'S READY

Penn Yan - St. Michael's School is ready for opening. The following teachers are on this year's staff: Mrs. Anthony Pisenti, Sister Mary Lisa, Mrs. Kenneth Johnson, Mrs. Earl Morse, Mrs. Charles McNeil, Mrs. Robert Legault and Mrs. Michael Manahan. Sister Judith Greene is school principal.

Problem Pregnancy?
For free confidential help call Birthright: 716-328-8700.
Office Hours: 10 a.m. to 2 p.m., weekdays; 24 Hour record-a-phone to receive messages.

Mental Health Commentary

By THE DE PAUL CLINIC

Question. My 17-year-old son has been diagnosed as having a mental illness. I have read that large amounts of vitamins help such conditions. Do you advise such treatment? Are there dangers?

Answer: First, let's consider what vitamins are. They are substances necessary for proper body function. Since they are not made by the body, they must be taken in as food. There are 10 vitamins necessary for health. Lack of any of these may lead to deficiency states.

Vitamin deficiency may lead to a variety of symptoms depending on the vitamin or vitamins unavailable for body metabolism. Some vitamin deficiencies affect the brain function, leading to personality problems. This is particularly so of the B-complex vitamins which are often associated with fatigue.

Vitamin A deficiency leads to night blindness and eventually blindness.

B1 deficiency may lead to a condition called beri-beri.

B3 (nicotinic acid) deficiency leads to pellagra in which there may be severe mental disturbance.

B6 (pyridoxine) deficiency, may lead to severe fatigue, anemia and even convulsions.

B12 deficiency leads to anemia and fatigue.

Vitamin C (ascorbic acid) deficiency, leads to scurvy, well known to sailors in the sailing fleets of centuries past.

Vitamin D deficiency leads to rickets, rarely seen in this country today.

Perhaps it has been the vitamin deficiency states that lead to fatigue and similar complaints and, particularly, vitamin B3 deficiency which leads to severe mental disturbances that brought megavitamin therapy into vogue.

Megavitamin therapy, essentially, is the massive use of known vitamins on a regular basis. Doses well beyond the estimated body need usually provided by food intake is taken in pill or capsule form. Recently there has been much interest in the use of massive doses of Vitamin C to prevent the common cold. This became such a fad that drug store supplies of Vitamin C were depleted a few winters ago.

Some years ago, the use of massive doses of Vitamin B3 in the treatment of schizophrenia was attempted by a Canadian psychiatrist. He and others have reported it was a useful treatment. Though other studies have not substantiated this claim, it has led to use of other vitamins in massive doses now called "Megavitamin Therapy" in mental illnesses. There is some basis in medical experience for such doses since there are certain types of vitamin deficiencies, for example, Vitamin D deficiency, that require massive doses for successful treatment.

However, there are dangers of overuse of vitamins which should not be forgotten. For many years Eskimos have considered polar bear liver poisonous. Researchers have demonstrated that this is due to the large amounts of Vitamins A and D in polar bear liver which, if eaten in excess, would cause undesirable reactions.

Excessive vitamin A may cause liver damage, hemorrhaging, headaches, weakness, loss of hair and disturbances in brain function resulting in behavior problems.

Excessive Vitamin B1 may also cause brain disturbances due to the accumulation of a substance called pyruates in the blood stream.

Excessive amounts of Vitamin B3 cause liver damage which may result in jaundice.

Vitamin C in excessive amounts may lead to the formation of kidney stones.

Excessive Vitamin D may cause nausea, vomiting, itchiness and bone changes.

Some patients with psychiatric problems have been using several vitamins in large amounts resulting in a mixed toxic effect. One complication has been the enlargement of the breasts in males due to overuse of those vitamins that affect liver function. Usually these toxic effects are reversed by simply stopping the ingestion of such vitamins.

To summarize, vitamins are essential for health. For most people sufficient amounts are available in a balanced diet or by daily use of a multivitamin capsule.

There may be some people who need more than the usual amounts because of certain metabolic problems. These conditions demand diagnosis - first to know which vitamin is involved and to establish an appropriate dose for the person and his condition. Because of the risks involved, medical supervision is highly recommended.

Megavitamin therapy in mental disorder can result in toxic reactions, including making the mental disorder worse.

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

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