

Mental problems may be tied to caffeine habit

By Charles Blackburn
Duke Univ. Medical Center
 The 42-year-old nurse suffered chronic insomnia, anxiety and irritability. She had palpitations and headaches. The symptoms usually got worse as the day wore on. Her work began to suffer. She couldn't concentrate, experienced severe fatigue, and her productivity fell. She went to several doctors, but they couldn't pinpoint the problem.

Diagnoses included anxiety neurosis, hysterical personality, hysteroid dysphoria and panic attacks. No course of therapy seemed to help. The condition persisted for seven years.

Then while giving a detailed medical history to a psychiatrist, the woman revealed she habitually drank more than 12 cups of coffee and a gallon of diet cola a day.

"She had some other psychological difficulties, but caffeine addiction was causing the severe symptoms and interfering with her work," said Dr. Gregory Khoury, a senior psychiatric resident at Duke University Medical Center.

As the woman gradually reduced her consumption of caffeine, her condition improved dramatically, he said.

"It's commonly known that too much coffee can keep you awake at night," Khoury said. "But people are not generally aware of the

number and severity of problems tied to caffeine addiction.

"Caffeine is a drug and can cause physical dependency," he said. "Patients who are addicted will suffer withdrawal symptoms such as headaches, fatigue and depression when they go without it. Drinking more to relieve withdrawal symptoms causes increased addiction, and a vicious circle begins."

In the April issue of the *North Carolina Medical Journal*, Khoury and colleague Dr. Allan A. Maltbie, associate professor of psychiatry, urge doctors not to underestimate

the effects of caffeine.

Symptoms caused by excessive amounts may include insomnia, anxiety, irritability, depression, headaches, weight loss, facial flushing and chilliness, rapid heart beat and even psychosis.

"Studies have indicated that caffeine also tends to aggravate existing mental disorders such as anxiety, psychosis and depression," Khoury said.

The Duke psychiatrists say popular misconceptions about the caffeine content of beverages may lead people to consume more than is good for them.

"There's a longstanding notion that brewed coffee is twice as caffeine-rich as tea and three times as rich as cola drinks," Khoury said. "In fact, the 2 percent caffeine content of tea leaves is often higher than that of coffee beans, and there's about half as much caffeine in 12-ounce cola drinks as in a cup of instant coffee."

"There are many sources of caffeine, and when you add them up, a patient may be consuming excessive amounts that affect health and performance," Khoury said. "It's something to consider when these symptoms appear."

Lifestyles changing daily cooking habits

By Ellen S. Willis
Home Extension Agent
 The American household has been steadily shrinking in size over the past several years.

The once typical nuclear family of Mom, Dad, and two children has dwindled.

Singles and doubles now account for about 50% of all households and by 1990 it is predicted that this number will rise to 56%.

Many people think it does not seem worthwhile to go to the trouble of preparing meals for only one or two and thus spend a great deal of money eating out.

However, with careful planning, it is no more difficult to cook for one or two than for four to six people.

Mrs. Isabel Smith shared this recipe.

JOSEPH'S COAT SALAD
 1/3 cup vinegar
 1/2 cup water
 3/4 cup sugar
 2 tablespoons flour
 2 tablespoons prepared mustard
 2 16-oz. pkgs. frozen mixed vegetables
 1/2 cup diced onion
 1/2 cup diced celery
 1/2 cup diced green pepper
 1/2 jar pimentos

In measuring cup, mix the vinegar and water. Mix the sugar, flour and prepared mustard thoroughly and cook with the vinegar and water mixture until thick, then beat with a wire whisk. Cook vegetables according to package directions. Drain well. Pour hot sauce over vegetables and combine. Add remaining ingredients and combine well. Let stand 24 hours in refrigerator before serving.

Linda Locklear of Lumbee Electric shared this recipe.

CHERRY DELIGHT
 Dissolve 3 3-oz. packages cherry gelatin in 2 cups boiling water. Add:
 1 can crushed pineapple
 1 can cherry pie filling
 1 cup chopped nuts
 Mix together. Chill in deep dish.

Topping:
 Cream:
 8 oz. cream cheese
 8 oz. sour cream
 1/2 cup sugar
 Nuts (optional)
 Spread on top.

BUTTERED HONEY CHICKEN/TURKEY BITES
 6 broiler-fryer chicken thighs or turkey thighs, boned (about 3 or 4 turkey thighs)
 4 tablespoons butter
 1 teaspoon teriyaki sauce
 1 teaspoon seasoning salt
 1/2 teaspoon garlic salt
 1/4 teaspoon pepper
 1/2 cup sesame seeds, toasted
 Cut each boned chicken or turkey thigh into 6 to 8 pieces. Pat dry and chill overnight. In small saucepan melt butter and honey over low heat. Add teriyaki sauce. Sprinkle chicken or turkey with seasoning salt, garlic salt and pepper; dip each piece into honey/butter sauce and roll in sesame seeds. Place chicken or turkey pieces on baking sheet. Bake at 350° for about 30 minutes, turning once to

Front Burner

brown evenly. Reheat remaining honey/butter sauce to serve with cooked chicken pieces. Makes 36 to 48 bite-size hors d'oeuvres.

CREAMY CLAM CHOWDER
 2 1/2 cups milk
 3/4 cup instant potatoes
 2 tablespoons butter or margarine
 1 can (6 oz.) drained minced clams
 1 teaspoon instant minced onion
 1/2 teaspoon salt
 1/4 cup teaspoon celery salt
 1/8 teaspoon pepper
 Heat milk in a saucepan (do not boil). Add remaining ingredients and simmer 10 minutes on low heat.

MELT IN YOUR MOUTH CHICKEN PIE
 2 1/2 to 3 lb. fryer
 1/2 teaspoon black pepper
 2 cups reserved chicken broth
 1 cup self rising flour
 1 can undiluted cream of chicken soup
 1 cup buttermilk
 1 stick melted margarine
 1 teaspoon salt
 Cook chicken until tender (pressure cooker speeds time). Remove meat from bones. Reserve broth, cut chicken into small pieces and place in a 13x9x2 inch pan or casserole dish. In a saucepan mix and bring to a boil the reserved chicken broth and soup. In another bowl, combine margarine, pepper, salt, flour and buttermilk. Mix thoroughly to form batter. Pour broth mixture over chicken. Pour batter over top. Bake at 425° for 25 to 30 minutes.

CHILI MEAT SAUCE
 3 lbs. ground beef
 1 large green pepper, chopped
 1 lb. fresh mushrooms, sliced
 1 (10 3/4 oz.) can tomato soup, undiluted
 1 teaspoon salt
 1 teaspoon ground oregano
 1/2 teaspoon pepper
 1 large onion
 6 medium tomatoes, peeled and chopped
 1 (10 3/4 oz.) can cream of mushroom soup undiluted
 3 tablespoons worcestershire sauce
 1 to 2 tablespoons chili powder
 1 teaspoon garlic powder
 1 teaspoon curry powder
 hot cooked spaghetti
 Brown ground beef in a large dutch oven, drain and remove beef, reserving 2 tablespoons drippings in dutch oven. Add onion and green pepper; saute until tender. Add beef and remaining ingredients except spaghetti, stir well. Reduce heat and simmer, uncovered 4 hours, stirring occasionally. Serve over spaghetti. Yield 12 servings.

LEMON CHESSE PIE
 1 cup sugar
 1 stick melted butter cooled
 1 tablespoon flour
 1/4 cup milk
 dash of salt
 3 eggs
 1 tablespoon cornmeal
 1/4 cup lemon juice
 1 teaspoon lemon peel
 Mix dry ingredients. Melt butter and cool. Add eggs, pour in milk and lemon juice. Bake in shallow 9" pie shell at 350° until set.

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