HOLIDAY PLEASURES AND PENALTIES

Not all stress is produced by unpleasant problems at the office or at home. Even the pleasure of holiday festivities can be taxing on the nervous system. doctors have found. Giving a successful party, selecting appropriate cloths to attend one, or finding "the right gift" for the hostess can produce anxiety. Then there's fighting for a taxicab or finding a place to park in a neighborhood where everyone seems to be visiting at the same time.

By now your stomach is churning, you have reached your destination, and your hostess greets you at the door with, "you look as though you could use a drink." So you have one, or maybe two or three drinks "on an empty stomach", waiting for dinner which is delayed while other guests are stuck in crosstown traffic. Dinner is finally served, and with it wine, rich gravy,, a fancy dessert, lots of coffee and an afternoon cordial. Sound familiar?

With old friends and some in eresting new ones, there's also lots of talk, and sometimes more smoking than usual, which may all result in swallowing an excessive amount of air, and accumulation of gastrointestinal gas.

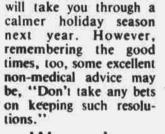
For people who prefer to concentrate on do's rather than dont's during the holidays especially during dinner parties, other physicians recommended a medication such as Phazyme designed to relieve' the symptoms of gaseousness. (Phazyme tablets are a combination of simethicon and digestive enzymes.)

When the parties are over and it's time for New Year resolutions, you might consider a few that SAT., JANUARY 5, 1979

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Warning For Women

"Don't jog without a bra!" This advice for women comes from Miami plastic surgeon Charles B. Radlauer, M.D., who warns of Cooper's Droop years before nature intended.

Cooper's Droop is a condition of sagging bosoms that gets its name from Cooper's ligaments, tissues which hold breasts in place.



Without the support of a bra, these ligaments tend to tear. When that happens, Dr. Radlauer says, the bloom of youth sags prematurely.

Gravity pulls down on all the structures of the body, particularly the female bosom, and even non-jogging ladies have problems in this respect.

While bra-less jogging can add to the number of candidates for corrective surgery, it is still not among the most common causes of sagging breasts, according to Dr. Radlauer.

A woman with large breasts stretches the supporting ligaments and the skin, and the breasts sag.

During pregnancy, breasts enlarge. After nursing stops. the breast gland shrinks again. Unfort unately, the skin doem't, partic larly after several pregnancies. This leaves a large sac of skin with nothing in it—the classic droopy breast.

The operation to correct this condition is called a mastopexy, or uplifting of the breasts. A woman may find herself running to the plastic surgeon for a mastopexy as a result of obasity or multiple pregnancies, but please girls—don't jog to him for it.



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