

HAPPINESS THROUGH HEALTH

Ice Baths Aid Open Heart Surgery

By Otto McClarrin
Special To The Post

ICE BATHS AID OPEN HEART SURGERY: The use of ice baths to stop blood circulation for up to an hour during delicate open heart operations is saving the lives of blue babies and other infants born with critical heart defects, a Boston surgeon reported recently. Dr. Aldo Castaneda said the revolutionary approach to treating critically ill babies has more than halved the number of deaths of infants undergoing surgery to correct faults in hearts as small as a walnut.

The ice baths lowers the temperature of the plastic wrapped body to 77 degrees Fahrenheit, then the infant is connected to a heart-lung machine briefly to cool the blood to 68 degrees and the machine is removed. The heart stops beating at 73 degrees.

At normal temperatures, the body can withstand lack of blood circulation for only three minutes before the brain suffers severe damage from the lack of circulation for at least an hour when kept nearly 30 degrees cooler than normal. The operation has been performed on babies as young as

36 hours and weighing less than five pounds.

DRUG USED TO TREAT SIMPLE DEPRESSION: Lithium carbonate, a drug used successfully to treat manic depressives, now has been proved "highly effective" in treating patients with severe recurring cases of simple depression, a New York researcher said recently. Simple depression is the most common form of the depressive illnesses, affecting four to six million Americans annually. Two million Americans suffer from manic depression.

Despite new research findings, Dr. Ronald R. Fieve of the New York State Psychiatric Institute said "only a small fraction"—fewer than 100,000—of the patients suffering from either severe depression or manic depression is receiving lithium treatments. Lithium, a simple salt contained in mineral water, which ancient Greek and Roman doctors used accidentally to treat cases of manic depression, was found by an Australian doctor in 1949 to calm manic patients.

Dr. Fieve said he gives depressed patients at his New York clinic standard anti-depression drugs such as tri-

cyclics plus lithium for the first five or six weeks, then continues them on lithium alone. Sometimes during the first year, if the depression recurs, he gives the standard medicine again. By the end of a year, he said, the number of and severity of depressive episodes decrease.

GIRLS NINE YEARS-OLD SEEKING BIRTH CONTROL ADVICE: Girls as young as nine years old are seeking birth control advice and pose a special problem as to whether their parents should be notified, a planned parenthood leader in San Francisco says. "A whole new policy or special program must be created for girls 9 to 12 years-old who are sexually active and need advice," Dr. Gerry Oliva, medical director for a Planned Parenthood Agency, said.

Dr. Oliva said part of the problem is that her agency's information pamphlets, aimed at reaching adults, are "too complicated for a six-grader to understand." She said the agency has a policy of not telling parents when their children come for advice or contraceptives. This practice has so far been extended to even the youngest clients. "It is hard not to call the parents when the girls are 9 and 10,"

she stated.

Dr. Oliva said the trend toward earlier sexual activity "means that parents must advise their children earlier than in the old days. Now, telling a girl the facts of life when she's nine years-old may be too late to stop her from having sex." She said she learned at a national planned parent federation convention recently in Seattle that other areas of the country are experiencing the same increase in preteen activity. "Agency counselors throughout the country are totally overwhelmed by these kids," she said. (NNPA)

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MULTI-TALENTED JOHN RODGERS
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John Rodgers Is Versatile Musician

By James Peeler
Post Feature Writer

Multi-talented John Rodgers, owner and leader of John Rodgers's EXPRESSIONS says "I have been singing as long as I can remember and I plan to go as far as my talent will take me - all the way to the top."

Rodgers recalls that he began singing at the age of five in the choir of the church pastored by his Methodist minister father, the late John F. Rodgers Sr., in Kingsport, Tenn.

He has traveled extensively and his singing experiences are many. While growing up the family lived in many cities as his father answered the call to pastor at various church throughout the southeastern United States. The family has lived in Chattanooga, and Memphis, Tennessee, New Orleans, and Edenton, North Carolina among other places said Rodgers.

Singer Rodgers spent three years in the U. S. Air Force beginning in 1959 and during his stay in service he played basketball, football, ran track, and sang on various talents shows and with different groups.

Rodgers, who sings baritone and tenor, joined The Platters in 1968 and appeared with them for four years. He has sung commercials for Buick, and Oldsmobile in Detroit, Michigan - jobs that were secured for him by Maurice King, an arranger for Motown Records.

After leaving The Platters, Rodgers resumed his singing-single role at the Bavarian Lounge at Holiday Inn at Little Rock Road and I-85 where he stayed for 8 months.

He has since toured throughout the northeastern and southeastern United States.

Rodgers writes and arranges music and is presently studying drama under the well-known Dorothy Masterson of the Charlotte Mint Museum Drama Guild. In addition to playing the piano and organ he is presently studying the viola.

He says he has written several songs and plans to release a single soon entitled "I Just Want The Love We Had Before."

His newly formed ensemble does a variety of music including "the Top 40 Rock and Roll, Country and Western, and the Standards," says Rodgers. They are currently appearing at the Castaways East Night Club in Winston-Salem, N. C.

John's present ensemble, organized four months ago, consists of Grady Seigle, piano; John Towler, guitar; Pervis "Tank" Lee Jr., bass; Allan Vann, drums; Dennis Head, rhythm guitar; Leroy A. Paige Jr., flute and alto sax; Joe MacMullen, trombone; and Dan Ramsey Jr., trumpet.

Rodgers is married to the former Beverly Blakeney, his manager and booking agent; they have no children, and live at 1921 Trentwood Place where they can be contacted by calling 392-5806 or writing to that address.

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