

Women's Health

COLLEGES STUDY "HUMAN SEXUALITY"
New York (WMNS) — Never underestimate the desire — and need — of even presumably sophisticated young adults for knowledge about sex.

That's the message being disseminated by Dr. Phillip M. Sarrel, a young gynecologist who recently encouraged a student committee to organize a non-credit, elective course in "Human

Sexuality" at Smith College, a leading women's college in Northampton, Massachusetts. "Students told me they were interested," Dr. Sarrel recalled, "but they did not believe many other students would want to discuss sex in a classroom. But one-quarter of the student body signed up!"

To enable men and women to share their experiences, 150 men are based in from Amherst Col-

lege. The basic approach to the course was developed by Dr. Sarrel in earlier coeducational programs at Mt. Holyoke and Yale University School of Medicine. Although Dr. Sarrel and a psychologist give lectures, the most valuable part of the course comes from the students themselves, he said, particularly during the weekly seminars led by two students, a man and a woman.

"Peer education is 'the key,'" the physician said. "And relevant. Students don't want to hear about sociology, philosophy, or morals. They want to know how to tell if they're pregnant, and how to avoid getting pregnant. One girl was certain she was going to have a baby because of a single sexual encounter three months earlier — despite the fact that she was having regular periods."

"Our aim is to give students factual information, to help them identify their misconceptions, and to encourage open objective discussions."

DON'T UNDERRATE FATHERS

Sacramento, Calif. (WMNS) — In certain crucial ways, boys seem to need their fathers more than they need their mothers.

Sons whose fathers have died or left home are 50 percent more likely to commit suicide in later life than ordinary men, according to a National Heart Institute study of 50,000 former college students.

"Early loss of a father or his reduced accessibility," said Dr. Ralph S. Paffenbarger, Jr., of the study team, "(deprives) the son of male guidance, companionship, security, or a needed disciplinary influence."

Loss of a mother, Dr. Paffenbarger noted, had no detectable effect.

KIDNEY DONORS HAVE NO REGRETS

Madison, Wis. (WMNS) — More than 600 people have imperiled their own lives by donating one of their two kidneys for transplant operations. Do they feel the sacrifice was worthwhile?

In an attempt to answer this question, two psychiatrists at the University of Wisconsin Medical School did depth interviews of 12

kidney donors — two mothers of nine months, particularly since recipients, 10 brothers or sisters. Although a few reported feelings of depression shortly after the operation, they all praised the experience. One young man said, "It was the first time I did something worthwhile." The attention they received made them feel "noble," according to Drs. Carl Fellner and John Marshall. Once they stopped being celebrities, they usually noticed gratifying changes in themselves — increased confidence, inner satisfaction, greater maturity.

The physicians called it "a peak experience... a public act of courage and devotion." But two mothers disclaimed heroism: "Something had to be done and mothers do more for their children ordinarily anyway. It was not such a big thing."

PREGNANCY WEIGHTS

San Francisco, Calif. (WMNS) — The pendulum may be swinging back to the old-fashioned notion that a pregnant woman should eat for two.

Dr. Howard Jacobson, University of California professor of obstetrics, believes that 10-15 is far too little for a normal woman to gain in those crucial

months, particularly since the components of pregnancy alone usually add up to more than 20 pounds — the baby, the uterus, increased blood volume, added breast tissue.

Citing studies that show that mothers who gain more deliver bigger babies and that bigger babies are almost always healthier babies, Dr. Jacobson recommends a minimum weight gain of 24 pounds, even if a woman is overweight to begin with, and a maximum of 30 pounds.

"A pregnant woman," he says, "has a natural and correct desire to eat more. She does more physical work, there are more emotional demands, and there is more metabolic work. We should ask to what extent a pregnant woman on a diet is depriving her baby."

WOMEN'S WORK INSURANCE

Detroit, Mich. (WMNS) — When opportunity knocks, you not only have to open the door but keep it open.

That seems to be the reason that hard-core unemployed women, hired off the street and sent to Chrysler's training classes, invariably ask visiting nurses about how they can get birth control

pills. Business Week reports. A Ford official says the hard-core unemployed, both men and women, want desperately to work and to keep working.

WHEN A CAT SCRATCHES

Chicago, Ill. (WMNS) — Lymph nodes are located under the arms, in the shoulders, head, neck, and groin. If they swell up on one side in one area, and there's a cat in your life, you may have the seldom-heard-of, rarely-diagnosed Cat Scratch Disease.

Three doctors, Hugh and Corneilia Carithers and Ray Edwards Jr., report that Cat Scratch Disease is the most common cause of enlarged lymph nodes in children and adolescents, aside from obvious skin infections. Possibly a virus, the disease is carried on cats' claws and penetrates through a scratch that may not even be noticed.



By WILSON GRIFFIN

"Every four minutes someone in this country dies prematurely because of his cigarette smoking," says Dr. Luther L. Terry, U.S. Surgeon-General. He estimates at least 125,000, and perhaps 300,000, premature deaths yearly due to cigarette smoking — plus the reduced human efficiency and activity due to lung congestion from smoke. In the face of such evidence, why do we persist in smoking?

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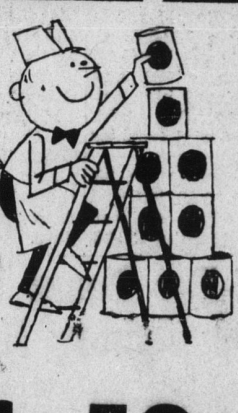
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