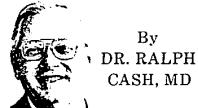


Son still wetting his bed

Dear Dr. Cash:

My five-year-old son still wets his bed at night. I've tried everything to make him stop—restricting liquids after dinner, walking him to urinate before I go to sleep, and even threatening to punish him. No luck. All of his friends have been dry at night for a long time. Is something wrong with him?

This is probably a problem in delayed physical maturity rather than a medical illness. The most common cause of bedwetting is deep sleep. The



By
DR. RALPH
CASH, MD

child isn't awakened by the sense of urgency most of us feel when the bladder is full. Most children achieve this developmental task by age 5. But up to 10 per cent of 7-year-olds still wet at

night. Often there is a family history of bedwetting with such "primary enuresis" (when a young child has never had consistent periods of dryness at night).

For some reason, parents are able to use this as an excuse. Some 7-year-olds can ride a two-wheel bike long before some 8-year-olds. But they have trouble transferring the same thinking to bladder control.

Try not to pay too much attention to the bedwetting. It's a normal variation of your child's development, and you don't want to superimpose psychologi-

cal problems on it. But if a child has stopped wetting at night for a period of time and then begins to wet again, there is a reason to seek medical advice. For this "secondary enuresis", Dr. Alan Perlmuter, chief of pediatric urology at Children's Hospital of Michigan and professor of urology at Wayne State University School of Medicine, recommends a urinalysis and a urinal to rule out diabetes or an infection as the cause. Children older than 4 who also wet during the day should definitely be checked.

For children 6 years old and up who wet at night, the following treatments have been somewhat successful. Keep in mind that the treatment should not be worse than the problem.

Double-voiding: Have the child urinate a second time before falling asleep to be sure the bladder is completely emptied.

Medication: The drug imipramine, which tightens the bladder outlet, has been successful in some cases. But there are undesirable side effects.

Here's a chance to assert yourself

The Continuum Center at Oakland University will offer an assertiveness training program from 9:30 a.m. to 4:30 p.m., Tuesdays, Sept. 19 through Oct. 24. The group will meet at the Oakland Center building on the Oakland University campus in Rochester.

Assertiveness is a way of behaving that allows you to express your feelings while respecting the rights of others. Participants, assisted by trained leaders, will explore assertiveness as an alternative to being passive or aggressive. Group activities are used for demonstration and practice of new responses.

The program fee is \$45. For advance registration and further details, contact the Center at 377-3033.

Throw out those old cans

Knowing how to store food properly and how long it will keep means less food dollar wasted, says Lois Thieleke, Oakland County home economist.

Canned foods do have a long shelf life, but don't neglect them for several years and suddenly decide to use them up. The aged canned goods may be safe to eat, but their color, flavor, texture and nutrition value may have deteriorated.

Store canned foods in a dry place at moderately cool, but not freezing temperatures. Try not to keep canned foods over one year. Canned fruit juices should not be kept over nine months.

Shoppers and homeowners should recognize the meaning of can defects. Bulging cans should be thrown away. Do not buy cans with dents on the side seam of the can itself or on rim seam on top or bottom of the can.

Check carefully for leakage, and throw leaky cans away.

Rusty cans also should be checked for leakage. The rust may have penetrated the can.

For other information, call the Oakland County Cooperative Extension Food Preservation Hotline, 688-0904.

Obedience trial

to test dogs

German shepherds will have a chance to show their mettle in the 20th annual specialty obedience trial that will be held Sunday, Sept. 17, in the American Legion Hall, 31775 Grand River, Farmington.

Entries for the event close at 4 p.m. Wednesday, Aug. 30. Sponsored by the Detroit German Shepherd Dog Obedience Training Club Inc., the trial will be judged by Hugh MacLean.

For entries contact the trial secretary, Mrs. Leanna Dutton, 22015 Tuck, Farmington Hills, 475-652. The trial is only for German shepherds.

Spanish speech

In Spanish no word begins with an "S" followed by another consonant. A Spanish speaker trying to pronounce Spanish in English will normally say "Spanish".

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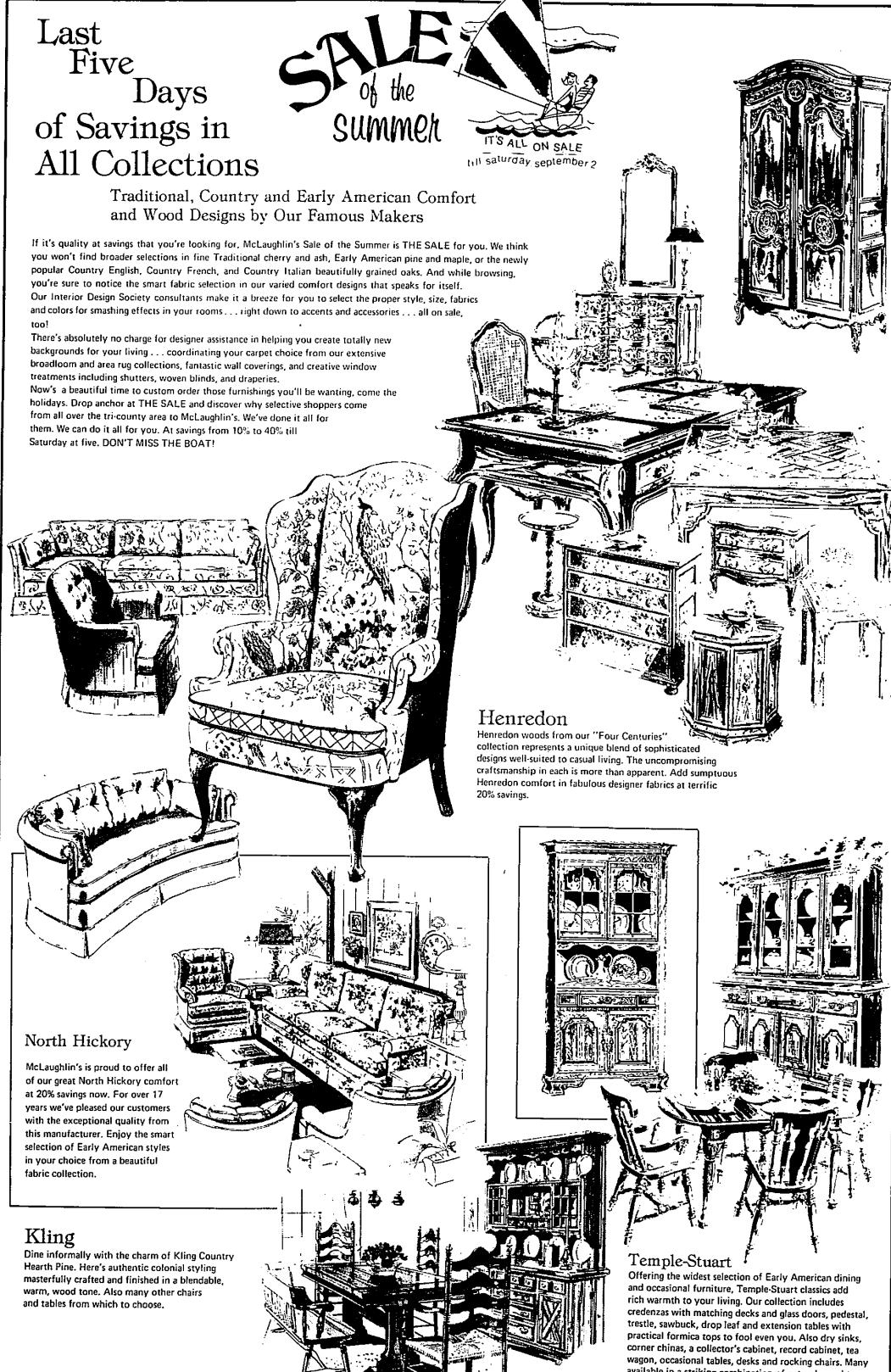
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