



gerontology

A. Jolayne Farrell

Yoga an ideal way to cope with stress

Dear Jo: Four years ago when I was 68 I started going to Yoga classes. I had thought about going for years and finally got around to it after I retired. I thought I was too old to go but I went anyway.

Now, I am so glad that I did because I feel so much better. There are people of all ages in my class and we each work at our own pace. I think more retirees should give Yoga a try.

M.G.

Dear M.G.: Thank you for your letter. After doing some research on the subject, I agree with you wholly on retiring taking up Yoga.

Yoga is a marvelous way to deal with stress. Relaxation of the body through Yoga slows the metabolism and tames the mind to peace. You can actually decrease the heart rate and body temperature with Yoga. The non-strenuous exercise is superb for body tone and circulation. Classes are offered at most Y's.

Dear Jo: My grandmother's eyes look like they have become faded. Does this mean that she is going blind? She wears glasses and says that she sees the same as she always has.

Susan P.

Dear Susan: Your grandmother probably has a condition called arcus senilis, which is simply small fatty deposits that encircle the cornea of the eye. They give the eyes a faded look. This normal condition does not mean that your grandmother is going blind.

Dear Jo: Almost all the commercials for laxatives on television use older actors and actresses. Do we, the elderly, use laxatives a lot? I personally do not believe in them myself.

G. Sullivan

Dear Mr. Sullivan: With retirement, the lifestyle of the older person changes. The slowing down of life activity and the normal decrease movement of waste products through the bowel causes the older person to think he is constipated. Two to three bowel movements a week is considered quite normal for an older person.

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