

Keep pills cool when traveling

Dear Jo:
Does worry turn hair white?
Mr. V.R.
Victoria readers

Dear Mr. R.:
No. The myth that worry and shock turn hair white has been around for a long time. The fact is that nothing turns hair white other than the gradual decrease of pigmentation that occurs with age. This change, whether it comes with the developmental process of growing older or prematurely, has a genetic basis. Caucasians begin graying on average at about age 34, and there is a 50 percent chance that half the hairs on the head will have turned gray by age 50. The average black begins graying at age 44.

Dear Jo:
My husband and I travel a great



gerontology
A. Jolayne Farrell

deal by car. We both have health problems that require medication. When traveling, where is the best place to store our drugs?

Mrs. E.P. Thorabary

Dear Mrs. P.:
The best place to store medication in a car is in an insulated container on the floor, shielded from direct sunlight.

Don't store them in the glove compartment because temperatures there can be as much as 50 degrees

higher than outdoors. Most medications deteriorate quickly when subjected to this type of temperature change and lose their therapeutic effect.

Dear Jo:

My older sister, age 67, lives with us. We all get along pretty well. We have a problem that I just can't discuss with her.

Bluntly stated: She wears dentures that don't fit properly, and several

times while she is eating, she noisily ("clack, clack") loosens her lower plate with her tongue and frees the food that has been trapped beneath it. Frankly, the habit is nauseating.

None of us has the nerve to say anything to her, so we just grin and bear it. Please print my letter because she reads your column, and maybe she will take the hint. Sign me

Mrs. X.

Dear Mrs. X.:
Improperly fitting dentures can be adjusted by a dentist or denturist. Why don't you make an appointment for her?

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 1J3.

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County's health classes are open

Classes for expectant parents, diabetics and people with high blood pressure are being offered this month by the Oakland County Health Division in its Southfield office, 27725 Greenfield Road.

While there is no charge, attendees should preregister by calling the health office at 424-7042.

Here is the schedule:

• Expectant parent — Six classes run 7-9 p.m. Tuesdays beginning Oct. 11. Taught by public health nurses, they will cover maternal physical changes, nutrition, growth and development of the fetus, labor, delivery, infant care and parenting.

• Diabetes — Six classes run 7-9 p.m. Thursdays beginning Oct. 13. Taught by a public health nurse and

a dietitian, they will cover the nature of the disease, dietary management, medications and coping with everyday problems.

• Blood pressure — Six classes run 7-9 p.m. Tuesdays beginning Oct. 18. Topics will include medications, diet and cholesterol.



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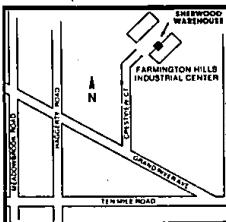
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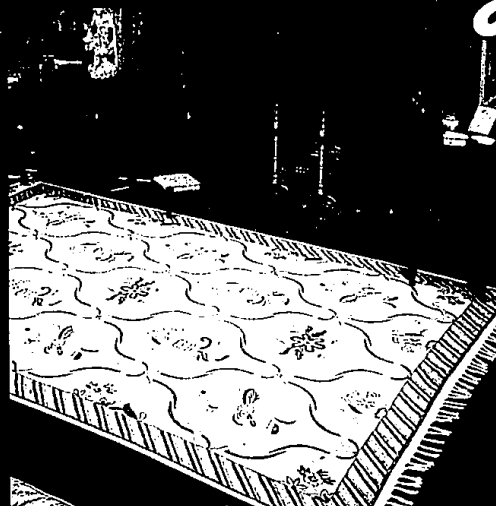
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