

STREET SCENE

Inside **S²**

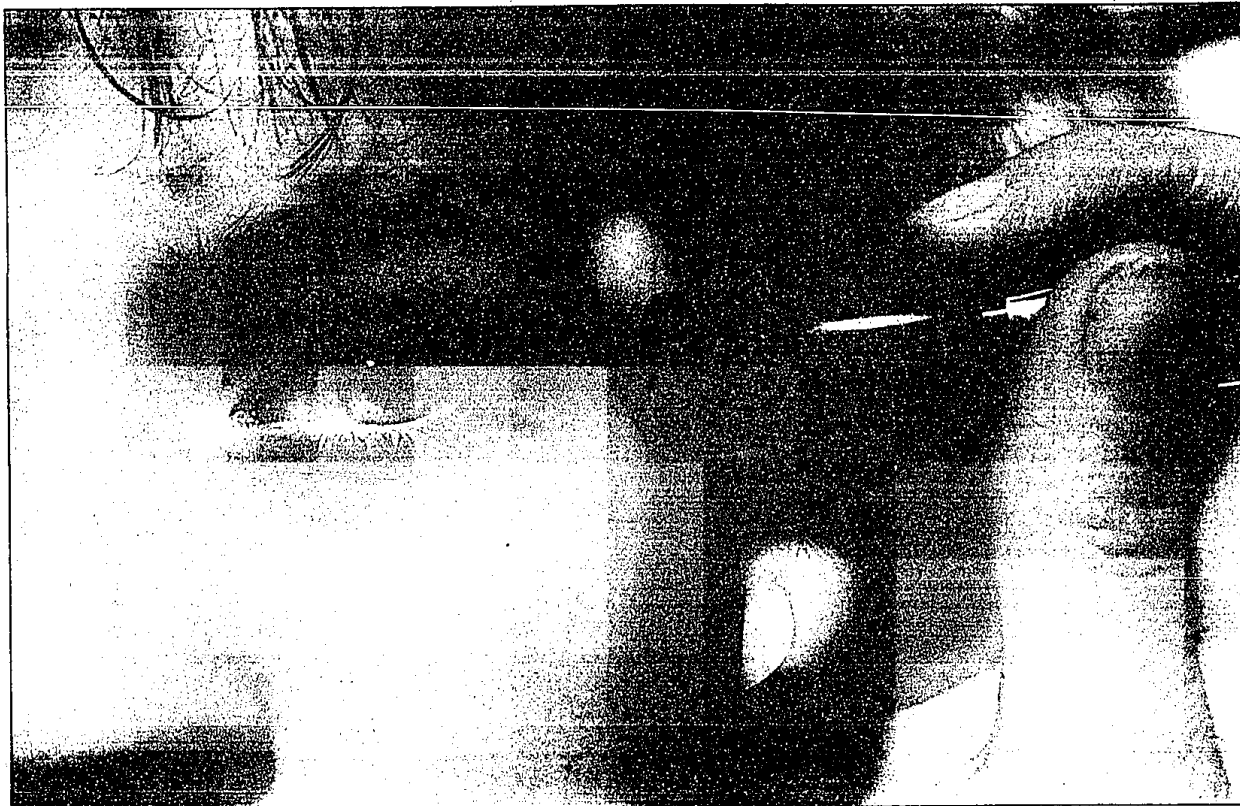
Price is right

Get a penchant for country music? Well, you can visit the heart of it all in Nashville by getting there on the cheap. That's not to say it's cheap when you get there, but there still is plenty to see and do. Find out more about the home of country and western music on Page 5D.

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Laura Wolfe uses a small flashlight to illuminate the eye and see the iris more clearly.

photos by JILL KOWALSKI/STAFF PHOTOGRAPHER

Health in the eyes of the beholder



Laurel Wolfe at Healthways in Plymouth takes great pains to adjust the angle of a client's head to look at her iris to find possible inflammations and weaknesses in her organs.

By Diane Gale
staff writer

The next time someone looks deep into your eyes don't assume he's making a pass.

It might be that, like Laurel Wolfe at Healthways in Plymouth, he's trying to learn more about your health. Wolfe strategically sits you down, takes great pains to adjust the angle of your head and looks intensely at your iris. The purpose, she said, is to find inflammations and weaknesses in your organs.

And like most iridologists, she insists she doesn't make diagnoses.

"But I can tell them there's a problem with an organ — go have it looked at," Wolfe said.

Some medical experts call the practice quackery.

DR. STEPHEN Barrett, referred by the American Medical Association as an iridology authority, is adamantly against the study.

"It's (iridology) looney tunes," Barrett said. "It doesn't make the slightest sense."

A Sept. 28, 1979 Journal of Medical Association article illustrates three iridologists who were shown iris' of 143 patients — some with and some without kidney problems. The iridologists couldn't determine who was ill, the article said.

And a 1988 British Medical Journal article talked about five iridologists who failed a similar test. They were shown pictures of 39 iris' with gallstones and 39 patients without gallstones.

"They were correct half the time, which is what we'd expect by chance and even with that they didn't agree among themselves," Barrett said. "Not only were they basically wrong, but they couldn't agree among themselves."

WOLFE COUNTERS that iridology doesn't deal with illness, it deals with inherited weaknesses and potential health problems.

"Doctors don't believe in iridology, because it doesn't try to do what they do," Wolfe said. "They di-

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Warp Factor

Karlos Barney



"That's the last time I use pie graphs to explain anything to these clowns."

Getting restless? Take a trip

By Iris Sanderson Jones
contributing travel editor

Q: I can't wait until summer and I can't afford to go far. Get me out of here!

E.T.,
Canton.

Q: I'm planning a trip west this summer. Any ideas?

B.C.,
West Bloomfield.

Q: I'm going to Washington, D.C., in July. Can you tell me when the Scottish Festival is held this summer?

D.S.,
Farmington

A: Obviously the natives are getting restless.

If you want a weekend not too far from home and a chance to enjoy the bounty of spring flowers, I suggest you explore some of the state park lodges in states to our south. The closest one is the Potawatomi Inn at Pokagon State



MICKY JONES

Getting away in the spring to places like Vail, Colo., means finding trails surrounded by thousands of wildflowers.

Park just across the border in Angola, Ind. But that may not be far enough south for you.

Explore some of the other Indiana state park lodges by calling

toll-free (800) 2-WANDER and asking for their booklet. The further south you go, the warmer it gets.

Not all state parks in Indiana,

Kentucky, Ohio, Illinois, offer lodges and cabins, but you'll find good accommodations at reasonable prices in those parks that do have them.

If you call toll-free (800) 255-PARK, you will get information on the dozen or more such parks in the Kentucky system. The closest is probably General Butler State Resort Park near the Ohio border in Carrollton and the farthest is probably Pine Mountain State Resort Park near the Tennessee border in Pineville.

I can highly recommend either of them. In each case, you will find a resort lodge with hotel rooms and dining rooms, as well as one- and two-bedroom cabins fully equipped with kitchens, telephones, television and good beds.

What's great about state parks is that you can enjoy the outdoors without spending any money. At this time of year, spring has sprung that far south so the wildflowers should be out and the hiking paths wonderful.

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