

Natural birth method stresses husband's role

By LINDA ASHLEY

Toni and Mary Arnold, awaiting the birth of their second child, are thinking about trying natural childbirth this time.

To find out more about a method of natural childbirth new to Michigan, the Troy couple visited a young Birmingham mother, Sheri Chonka.

A Michigan native recently returned with her husband from California, Sheri is offering classes in the Bradley Method of Prepared Childbirth, the method by which she had her two-year-old daughter, Britney.

"The Bradley method stresses relaxation through steady, even breathing and the mother concentrating on her own body and what's happening to it," explained Sheri.

"IN THE better-known Lamaze method of natural childbirth, the stress is on accelerated and de-accelerated special breathing patterns. It's a kind of distraction to what is really going on in your body."

Alistair Cooke's 'America' is part of sesquicentennial

The Farmington Branch of the American Assn. of University Women (AAUW) will present "America," Alistair Cooke's film series, in honor of the sesquicentennial, or 150th birthday of Farmington. The series will be shown free to the public at 8 p.m. on seven consecutive Tuesday evenings at the Farmington Public Library on 12 Mile, between Orchard Lake and Farmington Rds.

The schedule of films is as follows:

- April 23: The New Found Land and Home Away From Home
- April 30: Making a Revolution and Inventing a Nation
- May 7: Gone West and The Haunted West
- May 14: A Firebell in the Night and Domesticating a Wilderness
- May 21: Money on the Land and

Musicale plans opera spectrum

A spectrum of opera will be on hand for the Wednesday, April 3 program of Farmington Musicale when members and guests perform from several well known compositions.

Sharon Cardecia of Farmington Hills, chairman and one of the soloists, entitles the program "Dynamic Divas," adding that "now Musicale members will be able to hear three numbers which the Music in Schools committee has been performing this year in Farmington elementary schools."

The meeting begins at 12:30 p.m. at Farmington Community Center. Tea chairman for the day is Pat McElroy of Farmington and guests are welcome with a fee of 50 cents each.

PERFORMING as guest artists will be George F. Still, baritone, and Ina Slater Still, accompanist, of Southfield; baritone Wayne Fisher of Southfield and tenor Christopher Broderson, Birmingham.

Members of Musicale who are to perform include sopranos Joyce Bigelow of Livonia, Margaret Savely of West Bloomfield, Sharon Cardecia of Farmington Hills, Verna Roberts, Farmington Hills' Mary Behnan of Farmington as contralto and pianist; accompa-

Hospital schedules breast cancer panel

A public forum on breast cancer will be held from 8 to 9:30 p.m., April 24 in the auditorium at William Beaumont Hospital, Royal Oak.

Open to the public free of charge, but limited to 250 persons who obtain advance tickets, the forum is a community public health education project planned cooperatively by Beaumont Hospital and the Michigan Cancer Foundation.

Persons who attend will have an opportunity to direct inquiries on statements to four panelists, professionals in the cancer-related fields of research, treatment and rehabilitation.

RESERVATIONS can be called in to the hospital's research institute, 549-7000, Ext. 233; the Michigan Cancer Foundation's communications department, 835-0710, Exts. 288 or 289; or South Oakland County unit office, 542-1988.

"Both methods aspire to the same goal: more natural, unmediated childbirths. But we feel we're having more success," said Sheri.

"More of our mothers go through with natural childbirth at delivery time. We have a 96 percent natural childbirth rate compared to a 60 percent completed natural childbirth rate among mothers trained in the Lamaze method."

The Bradley method was conceived by Dr. Robert Bradley who introduced it 25 years ago in Denver, Colo.

DR. BRADLEY, a longtime believer in normal, natural childbirth, perfected some of the earlier beliefs on natural childbirth espoused by Dr. Grantley Dick Reed in the 1930s. Well accepted in Denver, the method spread on the west coast. Seven years ago, Margie and Jay Hathaway of Southern California learned of the Bradley method and came to Denver to have their fourth child.

Margie had had three difficult, medicated births with hemorrhoids.

ing but natural childbirth of the fourth child avoided this problem and was very satisfying for the Hathaways.

Inspired by the experience, they went back to California and began the American Academy of Husband Coached Childbirth to teach other couples the Bradley method of natural childbirth and to, in turn, train new, experienced teachers in the method.

TWO OF their students were Sheri and John Chonka. Sheri went on to become a certified instructor. The Chonkas are among 2,000 couples trained by the Hathaways.

As the name of the academy indicates, the husband plays a major role in the Bradley method.

"It seems to me that the Lamaze method does not really use the husband for much more than holding," said Sheri.

"In our method he plays an active role with a function to perform every step of the way from the first contraction to after birth."

"MEN HAVE to know as much

as more than the woman about childbirth. Sometimes it is he who must keep his wife on the right track."

Mary Arnold tried some of the exercises she'd be learning in preparation for natural childbirth.

Designed to keep needed muscles in tone, they include sitting with the knees pulled up, squatting and a pelvic rock exercise.

The Arnolds were given a brief but detailed description of exactly what happens in childbirth from

the first contraction on, something they will have to keep in mind using the Bradley method.

SHERI ALSO discussed good eating for nutritional value.

In the eight-week course ahead, the Arnolds will study methods of relaxation, steady breathing and stomach pushing.

They will also study breast feeding, post natal procedures and will go through a complete rehearsal.

Both husband and wife will know exactly what to expect.

"It was such a wonderful, joyous experience for us," Sheri said, "but I think my husband was more worn out than I was."

"I was in labor nine hours, but I was concentrating so hard that I didn't realize it."

"I came out saying, 'wow, that was fantastic' and John just looked at me bewildered. He was sweating and utterly exhausted."

Your handwriting can tell on you

By BARBARA BRUMM

"You can see a person for what he is through his handwriting."

Marjorie Westergaard, a certified graphoanalyst, or handwriting analyst, firmly believes in this statement.

She tried to pass on this belief to an audience at the Birmingham Temple by briefly individually analyzing handwriting in the audience.

According to most members of the audience, Mrs. Westergaard's analysis was accurate.

Graphoanalysis as defined by the International Graphoanalysis Society, is a study of the individual strokes of handwriting to deter-

mine the character and personality of the writer.

"GRAPHOANALYSIS is a tool that can be used successfully for assessment of personality traits," said a spokesman for the society.

"It is used in psychological analysis, in helping to determine the placement of personnel in business and industry, and in helping to find the potential of a child."

There are many things which graphoanalysis is not—it is not yet accepted as a science; it is not related in any way to any occult approaches, and by looking at one's handwriting, neither a per-

son's age, sex, or future can be detected.

Instead, graphoanalysis is a scientific method of personality assessment based on research that was conducted over a period of more than 50 years.

THROUGH looking at a person's handwriting, graphoanalysts can determine if a person is calm and rational or emotional and moody; if he is a slow learner or quick to catch on; if he is an achiever, or a day dreamer, if he is overly sensitive to what other people think of him; if he has a scientific mind; if he is at home in the business world, and if he is honest or conservative.

the project are Kay Styhr, Lynn Hayes, Dee Schoeneich and Nelda Czubiak.

The Huddled Masses May 28: The Promise Fulfilled and the Promise Broken, and The Arsenal.

June 4: The First Impact and The More Abundant Life

The AAUW branch is also making these films available to the high schools where they will be shown, in all three high schools, to limited numbers of students. Any student who misses it in school is welcome to the Tuesday evening showing in the library.

The branch has also purchased copies of the book, "America," by Cooke, to be presented to the high schools and the library, to facilitate study and discussion of the material in the films.

Committee members working on

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