

Mouths have a mind of their own, doctor says

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neatly and not so deeply. "I bite them so well you can't even tell," Kottler says. "I realized it was a habit because to stop biting my nails, and who was it hurting anyway? So I taught myself to bite my nails as if I had a manicure. I really got good at it."

ALL ORAL habits, says Kottler, aren't so innocuous.

"There are people who get so nervous they'll pick at their teeth until they pick holes all the way through the roof of their mouth to their nose."

The ancient practice of clay eating persists in the rural South of America. Kottler says in his book that white Georgia clay, called kanin, is the "gourmet's choice" of clay eaters and is sometimes baked in cake-like squares by aficionados of the stuff.

"People who have an oral habit they'd like to lose — like overeating, drinking too much or pulling their lip constantly — should keep an oral journal, Kottler advises, listing every time they do it."

THE REASON most people use their mouth so often, Kottler says, is simply that it feels good. And feeling good isn't bad.

To have fun with the mouth without feeling guilty, Kottler suggests engaging in things like eating slowly and savoring food and drink. Another suggestion is something he calls "zen tooth-brushing," where one treats the mouth

"like an affectionate puppy dog squirming under a good scratch."

Whistling is another socially acceptable oral activity Kottler promotes.

Kissing someone you love is probably the best, time-tested activity for the mouth.

Kottler calls oral sex a constructive activity, providing both partners participate without coercion. "While it is

not a substitute for any other form of lovemaking, oral sex provides intense stimulation for the mouth as well as the genitals," Kottler writes.

While the mouth should be a source of pleasure, Kottler said he is astounded at the number of people seeking psychological help addicted to some form of excessive oral behavior.

"BETWEEN A MEDIA blitz that assails our oral urges, the great temptation to pacify our worries by stuffing our faces, a definite link between our mouth and (our) emotions, and the exquisitely sensitive physiology of the mouth that makes it responsive not only to taste but to touch, I realized why we have such problems."

The author is autographing copies of his book, published by Libra Publishing of New York, at a meet-the-author party 5-9 p.m. March 21 at the IBrowse bookstore.

Kottler is also the 1982 recipient of a Fulbright scholarship to lecture on group therapy in Peru. He, his wife, Ellen, and the couple's 1-year-old son, Cary, will be in Peru from August through December.

Red Roof Inn suing slew of officials for flood

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The state agency listed as a responsible party in the lawsuit is the Michigan Department of Transportation.

Also included in the list of defendants is Albert Bayer, engineer with the Hoyer-Basso firm hired by the motel chain to oversee construction plans.

Knaap, attorney for the motel chain, said the complaint alleges "professional malpractice" on the part of engi-

neers connected with the commercial development and the inadequate storm water retention basin the city approved on the site.

"We built the facility the city told us to build," Knaap said. "They didn't tell us this was a flood-prone area. They didn't say there could be problem with flooding, and we should redesign the facility. (Engineers) were people with unique knowledge of the area and should've seen the problem and told us to redesign our property."

City officials have petitioned the county for funds to construct new drains in that area and the Kendallwood subdivision.

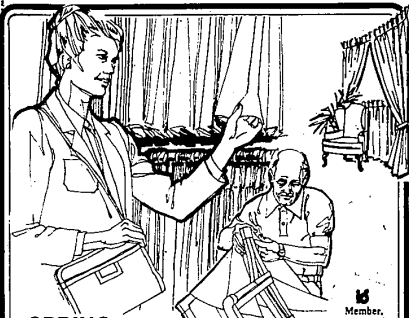
BUSINESS SPOKESMEN for two other businesses which suffered heavy losses in the flood — Mountain Jack's restaurant and Bob Sellers Pontiac —

said they are worried about future flooding.

Mountain Jack's restaurant was forced to close for 19 days after flood waters soaked the restaurant interior. The delay in reopening was lessened by a coincidental planned remodeling scheduled the same week as the flood.

Sellers Pontiac lost \$1.1 million in cars to the flood. But, since the buildings were untouched by flood waters, the business remained open the day after the heavy rain.

"What bothers me most," said Alex Poirier, general sales manager of the auto dealership, "is this could happen again when our retention basin overflows and dumps the rainwater into the parking lot of Mountain Jack's and the Red Roof Inn. In a heavy rain the whole thing, in effect, becomes a huge cement funnel."



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