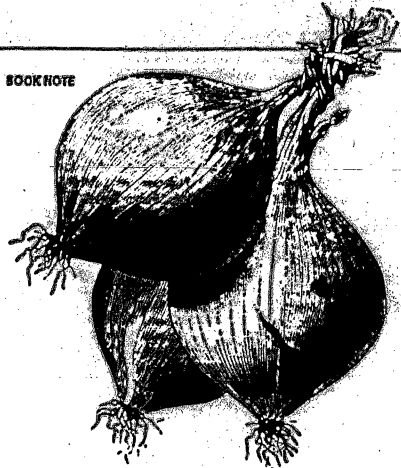


# Body, Mind...

BOOK NOTE



## You Are What You Eat...

By PAT GOLDSTEIN

And drink, smoke and think. So says Dr. Anthony Weil, a Harvard Medical School graduate and alternative medicine guru. Weil, who is more apt to prescribe a healthy diet than a handy pill, strongly emphasizes the need for life-style changes in achieving wellness.

The outspoken theorist became a medical doctor in 1968. His first practice was as a clinic volunteer. He then packed in the prospects of a lucrative medical career to follow Richard Evans Schulthes, an Amazon explorer to South America.

"Local healers were using these marvelous plants," Weil commented of his exposure to the medicinal use of plants in South America, "and established medicine had never heard of them."

On his return to the U.S. in 1975, Weil was firmly convinced of the potential of natural remedies in maintaining wellness and combating disease. Since that time, he has been occupied with teaching, writing and spreading the doctrine of alternative medicine.

"Mainstream medicine handles some things quite well," he said, "but it has a hard time dealing with things like dieting to help the body stay healthy, alternative medicines are the way to go."

Although Weil now lives in Arizona, he is no lone voice crying in the wilderness. He heads up the Program in Integrative Medicine at the University of Arizona. He is the author of a new book, "8 Weeks to Optimum Health," in which he sets forth his program for maintaining a proper diet, using plants and herbs, and applying the power of the mind, all in the cause of wellness.

Weil recognizes the negative power of inertia. He exhorts patients and readers to modify their behavior toward food and drink, activity and even relationships.

"I know from my experience as a physician," he explained of his concern over the ready availability of pain killers and remedies for every ailment, "that many common complaints that people have these days respond much better to simple adjustments in lifestyle than to taking medicine."

## Local Chiropractor to Provide Care at Special Olympics

On Saturday, October 4, 1997 Mohawk Valley Community College near Utica will be host to the New York State Special Olympic fall games. Over 700 athletes from all over the state will be participating. Events will include: football, golf, softball, cross-country, cycling and equestrian.

Steve Porter, D.C. from Otsego Family Chiropractic in Cooperstown is one of the two chiropractors chosen to provide specific Chiropractic care to athletes, coaches and volunteers. Along with Dr. John Ridge of Rensselaer, N.Y. they will be available all day to check people for vertebral subluxation. "Detecting and correcting subluxation for the purpose of removing interferences between brain cells and the tissue cells allows EVERYBODY to function and perform better," said Porter. "This safe, simple and gentle approach to natural health complements the athletes perfectly." The doctors and their assistants will also be collecting data for future research studies. This is the fourth consecutive statewide Special Olympic games that the two chiropractors have volunteered their services.

fire agencies.

The program is designed to give students exposure to and training in the realities of paramedical emergency medical service while accompanying certified paramedics on actual responses to assist the sick and injured. A number of volunteer fire departments, EMS corps, and ambulance and air rescue services are participating in the field internships.

"The training and education program we offer provides basic and advanced life support skills which prepares paramedic candidates for the realities of emergency medical services," said Laura Kasey, RN, MS, administrator of EMS training at Bassett Healthcare. "After they graduate from our program in March of '98, they will be eligible to take the New York State and National Registry certification examinations which they must pass in order to practice as paramedics in New York State."

For information on future paramedic training programs at Bassett Healthcare, call Matt Clark at 547-3412 or e-mail MSCClark@EMS@aol.com. Those interested in participating in future programs should call 1-800-BASSETT extension 3981 and ask to be put on the mailing list.

## Bassett Marks Pharmacy Week

In celebration of National Pharmacy Week, October 19-25, pharmacists at the Bassett Clinic will answer questions and provide information about medications from 10 a.m. to noon and from 1 to 4 p.m. on October 22 in the clinic lobby.

"By celebrating National Pharmacy Week this way," said Peg Karl,

registered pharmacist and National Pharmacy Week organizer, "we want to remind people that their pharmacists can be an excellent source of medical and health information. We hope people will take advantage of this opportunity to speak with us one-on-one."

The public is encouraged to bring their current medications as well as expired prescriptions that need to be discarded.

CHARLES W. LAHR, PH.D.  
LAMB'S TALES

## What Do I Know For Sure, Anyway?

I am about to retire after twenty-eight years in a dream job, in the one place I always wanted to live. And Pat Goldstein calls me up and says maybe now I'll have time to write a column for The Freeman's Journal. Then she makes a big mistake: she mentions Dr. Joyce Brothers and Dr. Ruth.

Dr. Joyce Brothers! It's like saying to a Little Leaguer that he could be the next Marv Throneberry, or telling a kid with an electric guitar that he could be the Wayne Newton of rock-and-roll.

Dr. Ruth? Other than body type and accent, we have little in common. But wait: I did publish an article on sex therapy years ago. It was originally a Grand Rounds talk at Bassett on the subject of sexual impotence in the male. In honor of the late Dr. Louis Jones I called the talk "Things that go bump in the night." The published version was called "On going to St. Louis to Roast a Pig: The Law of Parsimony in Sex Therapy." Perhaps The Freeman's Journal would like to offer a free introductory subscription to the first person to identify the allusions to St. Louis, roasting a pig, and the law of parsimony (Hint: William of Occam's Razor).

But write a column? What do I know for sure? I suddenly remember Joe Ferrebee. Joe was an eminent research physician, part of the team that led to Dr. Thomas's Nobel Prize, I believe. He was also noted for carrying his golf clubs on top of his head (cushioned, I learned, by the wet sponge he kept under his hat to keep his bald head cool), and was a man for whom the word laconic was coined. He had a great retirement on the West Coast many years ago, and I have missed him. I was playing golf with Joe in 1969, knowing only that he was a physician. Walking across the bridge from the eighteenth tee, I asked him what his specialty was. "Urology," he said, "I used to think I knew about aspirin and penicillin. How I'm not so sure about aspirin."

One thing I know for sure is that advice isn't worth much. Look at the self-help section in any book store: Twenty-five years ago a woman called and said that because psychotherapy with me had been so helpful to her in the past, she would like to see me again, just a couple of times. In my office she said, "I have to make an important decision, and you always gave me good advice." "What advice?" I asked, "did I give you?" She thought for a pretty long time, looked surprised, and said "You con-of-a-gun, you never did!"

Since I count that as a major success, Pat, it is going to be difficult to write a column. But I'll give it a try.

## Paramedics Continue Training

Sixteen paramedic candidates have started the second half of their training at Bassett Healthcare's Department of Emergency & Trauma Services. The training course, which began in February of this year, will conclude in March 1998.

The students have already completed 500 hours of combined classroom lecture and lab skills training under the supervision of Mark S. Clark, NREMT-P Bassett's paramedic education coordinator, and Dr. Donald M. Doynow, Bassett's paramedic program medical director. They are now involved in another 500 hours of clinical and field internship experience under the direction of skilled preceptors including Bassett staff members and experienced paramedics who work with ambulance, police and

## Orthopedist Joins Bassett Staff

Adolph Samuel Fleimster, Jr., M.D., recently joined Bassett Healthcare's Department of Surgery-Orthopedic Division. Dr. Fleimster, a board certified orthopedic surgeon and recipient of the Dr. Charles H. Eggs, Jr. Surgical Prize for Orthopedic Surgery, cares patients at many of Bassett's regional sites and provides care for a wide variety of bone, joint, and muscle disorders.

Most recently Dr. Fleimster completed his fellowship in foot and ankle surgery at the Tampa Orthopedic Program in Tampa, Fla. Previously he completed a residency in orthopedic surgery at SUNY Health Science Center at Syracuse, as well as an internship in general surgery. He received his medical degree from Howard University College of Medicine in Washington, D.C. and his undergraduate degree in psychology and philosophy from Boston College.

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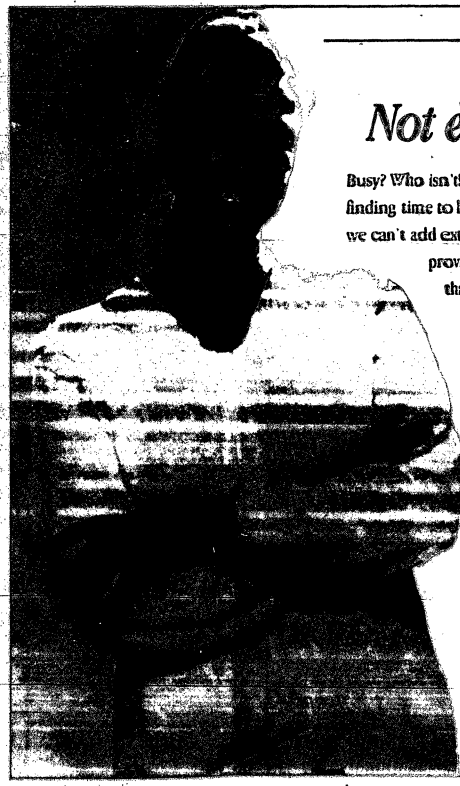
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