

Dear Abby

Life-giving legacy is part of tragic death

By Abigail Van Buren

DEAR ABBY: My best friend was killed in a motorcycle accident on Thanksgiving Day. He was only 22. Because of something he read in your column, he had sent for a card to fill his eyes and kidneys to an organ bank in the event of a death. I just wanted you to know, Abby, that because of you two blind people now see, and two others got a healthy kidney. My friend is gone, but he left something worth more than anything money can buy. Thank you.

JERRY'S PAL

DEAR PAL: I appreciate your letter, which gives me an ideal opportunity to inspire others to do what your pal Jerry did. Poet Robert N. Test wrote:

"The day will come when my body will lie upon a white sheet tucked neatly under the four corners of a mattress, located in a hospital busily occupied with the living and the dying. At a certain moment a doctor will determine that my brain has ceased to function

and that for all intents and purposes my life has stopped.

"When that happens, do not attempt to install artificial life into my body by the use of a machine and don't call this my deathbed. Let it be called the bed of life and let my body be taken from it to help others lead fuller lives.

"Give my sight to the man who has never seen a sunrise, a baby's face or love in the eyes of a woman. Give my heart to the person who has nothing but endless days of pain. Give my blood to the teen-ager who was pulled from the wreckage of his car so that he may live to see his grandchildren play. Give my kidneys to a person who depends upon a machine to exist from week to week. Take my bones, every muscle fiber, every nerve and try to find a way to make a crippled child walk. Explore every corner of

my brain, take my cells, if necessary, and let them grow so that someday a speechless boy will shout at the crack of a bat or a deaf girl will hear the sound of rain against her window.

"Burn the rest and scatter the ashes to the wind to help the flowers grow.

"If you must bury something, bury my faults, my weaknesses and my prejudices against my fellow man. Give my sins to the devil, give my soul to God.

"If by chance you wish to remember me, do it with a kind deed or a word to someone who needs you. If you do all I have asked, I will live forever."

For information on willing your organs after death, please send a long, stamped, self-addressed envelope to: The Living Bank, P.O. Box 6725, Houston, Texas 77005.

You will be sent a card that should be carried at all times. I carry such a card, and I feel that there is

nothing I could leave after my death that will be of greater value.

ABBY

CONFIDENTIAL to all of you out there celebrating the holidays; If you're drinking, don't drive. If you're driving, don't drink.

Do you hate to write letters because you don't know what to say? Thank-you notes, sympathy letters, congratulations, how to decline and accept invitations and how to write an interesting letter are included in Abby's booklet, "How to Write Letters for All Occasions." Send \$2 and a long, stamped (37 cents), self-addressed envelope to: Abby, Letter Booklet, 12060 Hawthorne Blvd., Suite 6000, Hawthorne, Calif. 90250.

Dr. Lamb

Slow diet expectations

By Lawrence Lamb, M.D.

DEAR DR. LAMB - I am desperate and I don't know who else to ask. Our family doctor is fat so he doesn't think I have a problem, although I am 10 to 15 pounds overweight and it is all on my tummy, hips and thighs.

I went on a low-calorie diet two years ago. I lost all that excess fat and I felt so much better. I felt like a teen-ager again, although I'm 44. I had more energy and my arthritis didn't bother me. I felt great for six months or so. Then we took a vacation and it was hard to eat the right food and I started gaining weight. Since then I can't seem to control myself and I get so miserable after overeating. I've tried gagging to throw up but I couldn't. I am an active person and have a daily exercise program. I jog and bike.

I lose two pounds one week and gain back one pound the next. I've tried grapefruit, bran, you name it. I've gained the whole 15 pounds back and I need help.

DEAR READER - If your doctor is not interested in your weight control, you might want to see one who is. You need to be sure you do not have a low thyroid problem, even though this is seldom the cause of being overweight.

You might profit by some forms of exercise that strengthen and build your muscle size, perhaps at one of the local health clubs. Endurance exercises are fine but good muscles also help to use calories all day long.

No doubt your biggest problem is expecting too much too soon. I am sending you The Health Letter number 4-7, Weight Losing Diet, to help you. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

Stick with a well-balanced, low-calorie diet that you can live with and don't budge from it a single day. Don't be upset when your weight fluctuates. That kind of fluctuation is usually from changes in how much water your body retains. If necessary make a rule to stay on your diet plan for a month without looking at the scales. That may help you keep from being so discouraged.

When you get the urge to eat, just drink a lot of water and go for a walk. In time, if you are patient you will lose the fat - not just water - and feel better.

DEAR DR. LAMB - I have had a urethral stricture for the past few years. I've had catheters and been dilated several times which doesn't seem to help. Two weeks ago my doctor ran a catheter and two metal rods up my urethra but now I am back in the same fix. It hurts mostly in the morning before I pass urine and hurts afterward.

I understand an operation for a stricture is very dangerous for a man my age. I'm 67 and had a heart attack two years ago. I have a hard time passing my urine. My doc says my prostate is OK, even though I had a prostate operation 10 years ago. Is there anything that can be done?

DEAR READER - A urethral stricture means closing of the urethral tube that siphons urine out of the bladder. The most common cause of a stricture is an old inflammation, such as from gonorrhea. The inflammation causes scar tissue to form that contracts and causes the stricture. Dilations simply stretch the scar tissue.



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Mending Mature Marriage

Dealing with law enforcement practices

By Louise Pierce
 DEAR LOUISE: I'm sick of having the police pick on us older people. What I mean is, they wait so long after I call them the nuisance I reported is over. Sometimes it's two hours before they get to my house. I know some of the policemen personally so I feel they know I'm an old woman and they think I'm just fussy. Two weeks ago a cement truck tore up a lot of our driveway when the driver was turning around. I got the license number and reported it to the police. Two days later

somebody called from them about it but so far nothing's been done. Last week there were a dozen dogs fighting in our yard instead of being home where they're supposed to be. I called the police, but when they finally got there, the dogs had left. My husband says to forget about such 'small nuisances' because we can't do anything about them. I say if we were 30 years younger, instead of over 65, we'd have got some satisfaction. He says I shouldn't write this letter. What do you think? D. Y.

DEAR D. Y. : I think it's fine for you to write to me, especially since I changed your initials and you live in a town other than mine. Quite a few people have written about this same problem, so it doesn't seem likely that you or your husband will be scolded or shunned because you wrote to me. Since you reported your broken driveway such a short time ago, you may still hear from the offender. If you don't, call the owner of the cement truck (I assume his name was on the truck) and

ask damages. Most industrial companies want to get along with the townspeople. As for the dogs in your yard, if you keep on reporting them (and if it's a crime for dogs to run loose in your town, which it is in many cities), you should get police help eventually. If you don't, find out who owns the dogs, probably someone in your neighborhood, and complain to them. If they're angry with you for reporting their canines, so be it. Dogs should not be pests to neighbors. I don't really believe that

older people are ignored by the law any more than younger ones. I truly think that it's simply a matter of whatever crime is the most serious if several are reported at once — and of spreading the capacity of the police as far as is possible. Many young people in our town, and in others think they are picked on all the time, that older people are never bothered. Neither their opinion, nor yours, seems logical to me.
 DEAR LOUISE: A while back I was driving a little

over the speed limit when a car passed me going twice as fast as I was. A high patrolman drove in out of nowhere and arrested me. Let the faster speeder go. Shouldn't he have given him the ticket? D. S.
 DEAR D. S. : I agree your driving situation seems unfair. But, since you deserved the ticket, really have no defense against getting it. We know that the police, possibly arrest and punish every law breaker. So offenders slip through the hands of the police, as in the case of the man who passed you. Maybe you will get with it next time — but I hope you won't take the chance again.
 DEAR LOUISE: We live on a street where most of the people are retired and at our age, which is 67 and we use to get along real well. But then one couple started baby sitting with their grandchildren while their parents worked. "Well, they're awful mean kids. They play in our yard and throw mud balls on our front porch and tear up our flower beds and do a lot of other things we can't stand. I've talked to the kids and scolded them and threatened them with all kinds of punishment, but they do not pay any attention. They even sass me. The grandparents say they can't do anything with the kids because the parents spoiled them rotten. What would you do? C. C.
 DEAR C. C. : I'd make friends with the kids. I'd bake cookies and pass them around. Youngsters usually make trouble for the people who scream at them. It seems to be a game to some people who dislike them. But they'll usually change for their friends. And cooking makes fine friendships. Write Problems to DEAR LOUISE, Box 616, Pampa, TX 79065.

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Violence in American Society

SHADOW OF CAIN. By Vincent Bugliosi & Ken Hurwitz. Norton. 309 Pages. \$12.95.
 Here, from the author of "Helter Skelter," is a what-if mass-murderer-is-paroled novel. Haunting and thought-provoking, "Shadow of Cain" examines violence in American society at a level that is usually avoided. The novel revolves around the release of a murderer on parole, his re-entry into society and the reassertion of the mental state that led to the killings. The authors are eminent; capable in writing this book Vincent Bugliosi was the prosecutor of Charles Manson in the bizarre Tate-LaBianca murders. In addition to his bestseller about the case, he teamed up with Ken Hurwitz previously to write, "Till Death Us Do Part," another bestseller. In "Shadow of Cain," Ray Lomak coldly executes six high-school classmates in 1959. He is paroled 21 years later, a born-again Christian, only to be met by scorn and, in some cases, attempts on his life. When Lomak is befriended by a multimillionaire former film star, he starts on a road of self-justification that eventually leads to two grisly murders. The only check that society has on Lomak throughout this development is a state-appointed psychiatrist. Richard Pomerantz reluctantly undertakes the role and, in the end, it proves personally costly. "Shadow of Cain," while failing to flesh out some of its main characters, points out a glaring weakness in the criminal justice system. It is a compelling story.

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