

Parents to study diet for hyperactivity

By KEVIN HARDEN
Of the Emerald

Eugene parents who are tired of feeding their hyperactive children junk food that only inflames the hyperactivity will be able to find alternative diets through a new group to be formed tonight at 7 in the School District 4-J Office, 200 North Monroe St.

According to Emanuel Lotito, a local physician, a diet that may aid

hyperactive children will be discussed at the first meeting of a group of parents interested in combating hyperactivity through eating habits instead of through medication.

The diet, a special program developed by Ben Feingold, a San Francisco pediatrician, is designed to eliminate all foods that may contain certain chemical dyes, preservatives and other food additives that set off the

hyperactivity, Lotito says.

Through research and experiments with hyperactive children, Feingold found what appears to be a genetic deficit in the central nervous system that reacts to certain chemicals. Those chemicals are found in foods from hot dogs, sausage and lunchmeats to natural fruit that contain a similar chemical.

The Feingold diet, Lotito says, has been tested across the nation and found to be more effective against hyperactivity than the medication Ritalin, which is widely prescribed.

The meeting will cover a variety of topics, including presentation of a menu from the Feingold Diet Center in Salem, Lotito says. Most of the participants will be parents who have used the diet and want to help other parents in their position.

Parents who join the Feingold group will probably have to change their shopping habits as well as their eating habits, Lotito says.

"The parents have to go on the diet 100 percent," he says. "There can't be any cheating or the kid will

go higher than a kite."

While the diet calls for the elimination of artificially flavored and colored food, Lotito says shopping for the diet's menu is just as easy as shopping for other food.

For \$7 a year the Salem Feingold Center will send parents menus, shopping lists and recipes, Lotito says. With these aids, the parents can do 80 percent of their grocery shopping in a regular grocery store and 20 percent in a health food store.

The diet, which allows hyperactive children to eat meat, fish and poultry that is free of additives, is

close to a not-so-strict vegetarian diet, he says. The food preparation also comes close to a Weight Watcher's diet.

Parents who attend the meeting will be asked to continue with the diet as long as their children need it, Lotito says. Eventually the group may let the children speak for themselves on the diet's merit, he says.

"We know that this diet is not going to work on all kids," Lotito says. "But if the parents can teach their kids better eating habits through it, then it will have been worthwhile."

No perfect method for birth control yet, but group offers info

By CAROLYN BEAVER
Of the Emerald

Workers from Lane County's Planned Parenthood office Wednesday told a group of mostly female students there is no perfect method of birth control.

Speaking before a Women's Symposium question-and-answer session, Patty Van Meter told the group that birth control is "still in the horse-and-buggy stage," and there was much more to learn.

Planned Parenthood doesn't "recommend any one method. It's a very personal decision based on medical history, sex life, etc. We try to give information on all methods and let the individual decide," Van Meter said.

Dorothy Schwarz gave the group some startling statistics from an English study conducted on women on birth control pills.

The study found women who had taken the pill five years or less have a five times greater risk of developing circulatory diseases such as a heart conditions, strokes or blood clots, than those not on the pill. For women taking the pill more than five years, that risk increases to 10 times.

The study, done by the College of Medical Practitioners, was "very professionally" done, Schwarz said. It also states the risk of death associated with the pill may increase with the length of time taken and may not go away after usage is discontinued.

In association with these fig-

ures, Van Meter presented a chart showing the annual deaths recorded related to birth control. The highest risk group was women who smoke and take the pill. The lowest was women who use a diaphragm or condom and then have an abortion should pregnancy occur.

Another chart listed the most effective forms of birth control. Women who take the pill have less than a half percent chance of becoming pregnant. Intra-uterine devices (IUD) are 99-97 percent effective, diaphragms are 97 percent effective, as are foam and condoms. Leaving things up to chance gives a woman a 90 percent chance of becoming pregnant.

Van Meter told of a "natural birth control" method now being studied, in which women check the consistency of the mucus accumulated at the base of the uterus. At a certain mucus consistency, a woman should be able to tell if she is in her fertile period.

The only problem, according to Anna Lisa Robert, is deciding what method of birth control to use during the fertile period.

Planned Parenthood, located at 134 E. 15th Ave. offers daily clinics, pregnancy testing, a speaker's bureau, information referral and counseling services. Women are given complete vaginal examination yearly and are given their chosen birth control device on their first visit. For more information, call 344-1611.

IFC

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unanimous.

In other business, the IFC allocated \$1,323.89 for the two YMCA goals — a youth basketball association and a big brother/sister program. In doing so the committee cut half of the group's initial budget proposal.

While acknowledging the value of the programs, Eggleston said, "It's inappropriate for incidental fees to go to such an organization as the YMCA that has other sources of income and revenue."

Other committee members supported the program, but asked for frugality in its budget. The motion for the IFC-modified budget passed 4-1 with one abstention. Eggleston opposed any allocation of incidental fees to the YMCA.

The Computer Science Graduate Student Organization (CSGSO) and the Condon Society, composed of geology students, also submitted budgets.

A request by the CSGSO for \$85 was denied because only a small percentage of this year's budget has been used to date.

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Eggleston said the IFC does not want to provide funds that are not being used.

The IFC passed a request by the Condon Society for an increase in order to expand their lecture series program, but denied a request for additional funds to finance field trips. The society, which initially requested \$1,295, received \$895.

The committee voted to fund those proposals that provided worthwhile services, while trying to eliminate wasteful expenditures. Committee Member Dave Tyler said academic unions and organizations are a voice of the students, and are worthwhile if they provide important services like lectures, surveys and field trips.

The IFC is distributing money obtained through the \$31 incidental fee each student pays as part of tuition, for goals already approved in hearings held last winter. The spring hearings will continue through April.

THE DEAN OF BEER'S QUICKIE QUIZ.

Q: "29.5 Degrees" is:

- The new book by Dennis "Credit Hours" Yeider, college student since 1904.
- The latitudinal coordinate of an area of unexplained phenomena known as the "Bermuda Shorts."
- The temperature of Aunt Gertrude's holiday smooches.
- The temperature at which Schlitz is Chill-Lagered.

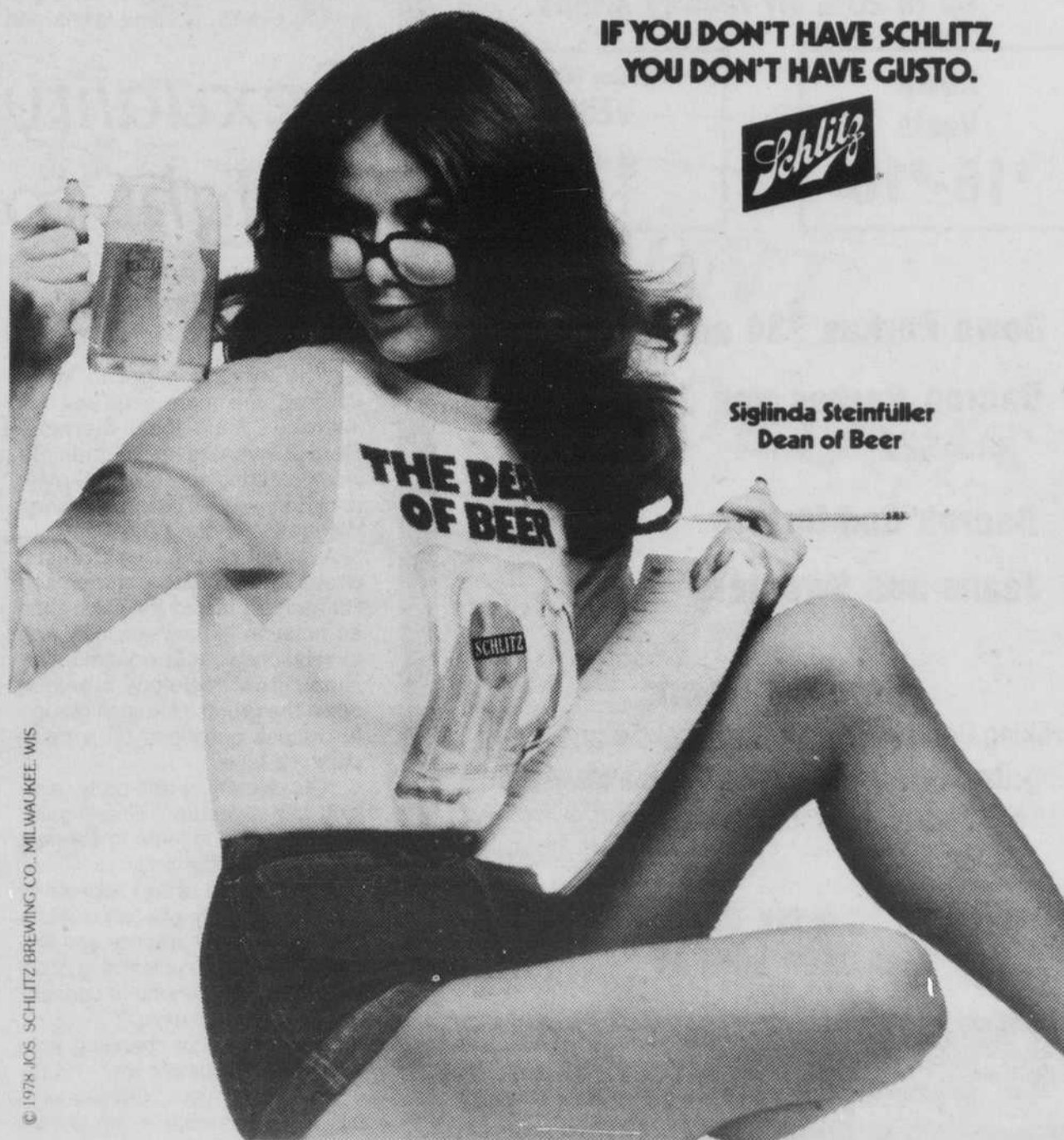
A: Always (d) and sometimes (c).

Though 29.5 degrees is bad news for nephews, nieces and Uncle George, it's great news for us beer lovers.

'Cause Chill-Lagering gives Schlitz a distinctively crisp, clean taste. Which we academic types refer to as "great" to the nth degree.

To obtain reference material for the next quiz, consult the Yellow Pages for the name of your local Schlitz distributor.

IF YOU DON'T HAVE SCHLITZ,
YOU DON'T HAVE GUSTO.



Siglinde Steinfüller
Dean of Beer

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