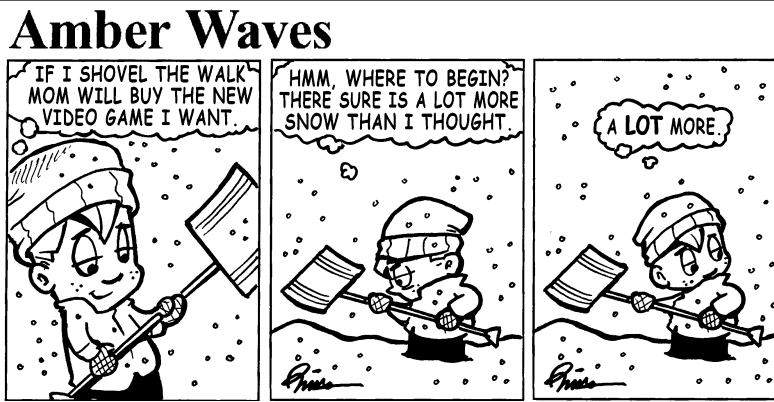
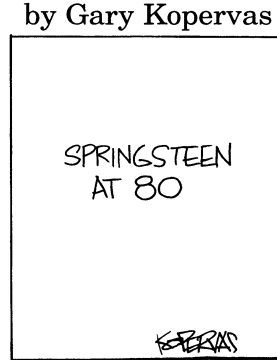
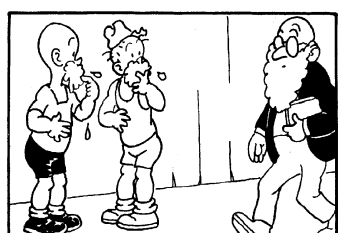
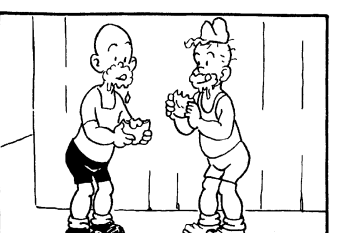
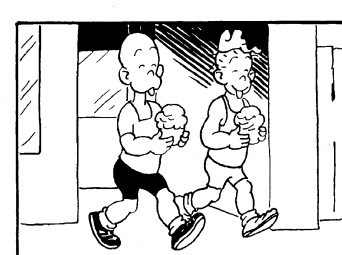
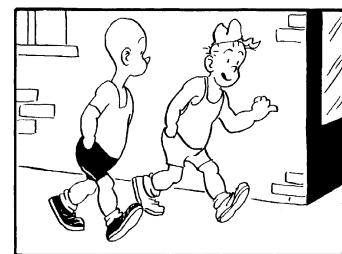
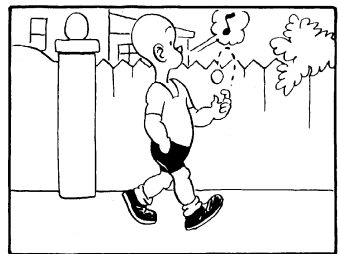
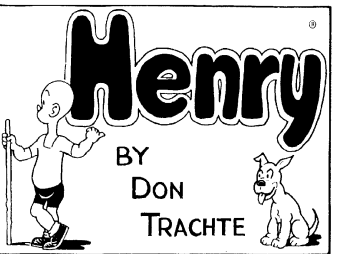
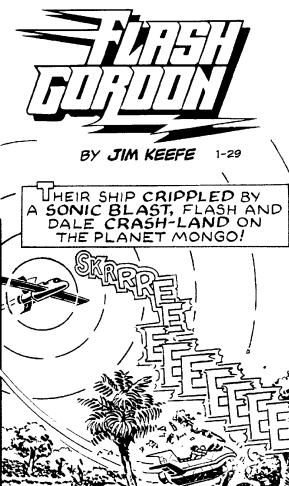
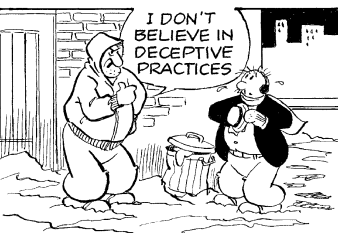
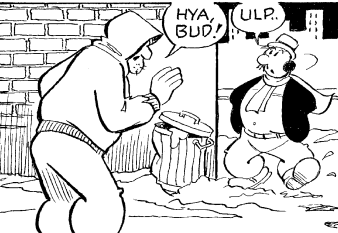
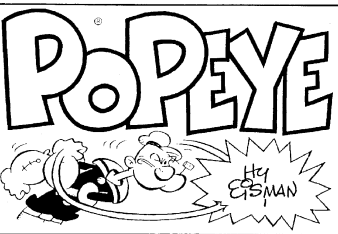


SIDE SHOW



TO YOUR GOOD HEALTH

Cracked Fingertips? Try a Home Remedy

DR. ROACH WRITES: I wrote a column on cracked fingertips, and received a wealth of suggestions from readers. For prevention, some suggestions I liked included avoiding too-hot water for handwashing, antibacterial soaps and wool gloves, all of which can remove protective oils from your fingers. A humidifier in the house can prevent drying of all the skin. Home-treatment remedies included flax-seed oil or B vitamins by mouth. (I don't know if these are effective, but they should be safe.) Most people recommended emollients to the hands, specifically Preparation H, O'Keefe's Working Hands, Bag Balm, CeraVe, Chapstick and Carmex Healing Cream. Plain petrolatum (Vaseline) works very well for many people and is inexpensive. The area can be covered at night by a bandage or glove.

SALOME'S STARS

ARIES (March 21 to April 19) You don't like rejection. But instead of trying to "ram" your ideas through to an unreceptive audience, stand back and wait for a more favorable environment later this month. TAURUS (April 20 to May 20) Job commitments call for the tidy Taurean to charge into those problem-plagued projects and get them into shape. Then go ahead and enjoy the fun and friendships of your expanding social life. GEMINI (May 21 to June 20) The pressures of the workplace are beginning to ease. While you still need to stay connected to your ongoing commitments, you'll be able to take more time to relax with family and friends. CANCER (June 21 to July 22) You might feel that you need to prove how

Several people recommended salt-water soaks. One noted that the pure mountain water of Colorado Springs cured him in three days. Finally, one person recommended trimming the nails quite short. These home remedies have helped many. DEAR DR. ROACH: After an extreme case of vertigo, including vomiting and being taken to the emergency room, my unsteadiness remains. Over a week later, I need to use a walker to be safe. I am 79, and this happened once four years ago, but without the aftereffects. Any suggestions? -- M.W. ANSWER: The major causes of vertigo, acute labyrinthitis and benign paroxysmal positional vertigo, often continue to produce attacks that tend to lessen in severity up to a month after the initial severe attack. A walker may be a useful precaution while recovering. If the problem persists, I strongly recommend a visit with a physical and/or occupational therapist for vestibular rehabilitation, which is physical therapy to restore balance. It also might be necessary to revisit your doctor to confirm the original diagnosis. The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Readers can order a copy by writing: Dr. Roach -- No.

801W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery. DEAR DR. ROACH: My 15-year-old son was just admitted to the hospital for depression and ADD. His thyroid tests came back abnormal. There is thyroid disease in the family. Is that the cause of his illness? -- Anon. ANSWER: Thyroid conditions, including both hyper- (too much) and hypo- (too little) thyroid hormone are common in the general population, but more so in people who are diagnosed with a wide variety of psychiatric illnesses, including depression, anxiety and bipolar disorder. I have read that up to a third of people in new admissions for psychiatric conditions have thyroid abnormalities. It isn't always clear whether the thyroid problem caused the psychiatric illness, and probably most often there is a large combination of factors, including genetics, environmental and medical conditions that affect the development of psychiatric conditions. It is clear that sometimes, but not always, treating the underlying thyroid condition can make managing the psychiatric symptoms much easier.

King Crossword

ACROSS

1 Tavern

4 Tosses in

8 Slays, "Sopranos" style

12 Altar affirmative

13 Voice in an iPhone

14 Law office aide, for short

15 "Sinkers"

17 Caspian feeder

18 Teut.

19 Financial rescue

21 Decapitate

24 Fish eggs

25 Greek vowel

26 Coffee holder

28 Family member

32 Tatters

34 Physique

36 Grabbed

37 Astronaut John

39 Speck

41 Work with

42 Wet wriggler

44 Persistent attacks

46 Bug

50 To the — degree

51 Smell

52 Bafflers

56 Otherwise

57 Throw

58 "To be or — ..."

DOWN

1 Auction action

2 Commotion

3 Fiber

4 Religious retreat

5 Cacophony

6 Defeat

7 Shankar's instrument

8 Rich

9 Gambling game

10 Herr's wife

11 Shaker con-tents

16 "Golly!"

20 Debtor's letters

21 Ice mass

22 List-ending abbr.

23 Fix the sound-track

27 Deity

29 Cold symp-tom

30 Misplace

31 Stretches (out)

33 Showed dis-dain

35 Two, in

38 Butterfly catcher

40 Feels pins and needles

43 Workshop machine

45 Ordinal suffix

46 Troubles

47 Not working

48 American Beauty, e.g.

49 Rain hard

53 Web address

54 A billion years

55 Disco fan on "The Simpsons"

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King Crossword

Answers

Solution time: 25 mins.

BAR ADDS OFFS

IDO SIRI PARA

DOUGH NUT URAL

GER BAILOUT

BEHEAD ROE

ETA MUG UNCLE

RAGS BOD TOOK

GLENN DOT USE

EEL SIEGES

WIRE TAP NTH

ODOR TOUGHIES

ELSE HURL NOT

SEED ERLE GNU

Just Like Cats & Dogs by Dave T. Phipps

WOW, THESE HEALTHY MICROWAVE DINNERS ARE ACTUALLY TASTY. I GUESS YOU DON'T NEED TO COOK ANY MORE.

Siustlaw News

READ IT TODAY!