

Cancer: panic vs. progress

(Second in a series)
By Gordon F. Schwartz, M.D.

PHILADELPHIA — (NEA) — Despite tremendous advances in medical science in the past generation, cancer remains one of the most dreaded, but not always the most dangerous, afflictions of mankind.

This fear persists, in part, because of a widely held "folk belief" that once the diagnosis of cancer has been made, nothing can be done and only doom awaits the affected person.

It is especially tragic that many women remain convinced that cancer is incurable, for early diagnosis has led to more frequent cures from cancer of the breast, cervix, and other organs. Un-

WOMEN AND HEALTH

fortunately, part of our failure to reduce death rates from cancer even further has been the difficulty in getting women to play a more active role in their own health affairs.

The first step in the fight against cancer is frank, intelligent discussion of malignant disease. The cardinal rule is: "Early detection means higher likelihood of cure."

Using breast cancer as the example, involving women in their own health care by teaching them breast self-examination is an important advance. Brochures are available from groups such as the American Cancer Society which teach women this technique, and no breast examination by a physician is complete without mention of self-examination.

There is no doubt that a woman who examines herself at monthly intervals is the most concerned, and often the most skillful, examiner she can have. After a short period of practice, a woman becomes quite familiar with the physical characteristics of her own breasts, and she is often able to detect subtle changes which may be not as noticeable to her physician. Although one in fifteen women will develop breast

cancer, this risk is not distributed equally throughout the population. It is essential that women become aware of factors in their own medical history, or in their family background, which might place them in a higher risk category.

For example, history of breast cancer in a mother or sister, may more than double the risk. Also, if a woman has had certain benign breast conditions, the risk of developing breast cancer later may increase.

Every woman should consult with her own physician about the important facts in her own situation. In this way the proper interval for breast examination can be determined in order to insure the earliest possible detection and the best possible medical care should the need arise.

Overzealous, if well intentioned, journalists are also responsible for many misconceptions about cancer. The recent headlines devoted to discussions of the theoretical risks of the X-ray detection technique, mammography, are an example.

Instead of noting the achievements of mammography in aiding the earlier detection of breast cancer, considerable notoriety was

given to the alleged evil effects of radiation exposure. Unfavorable and undeserved publicity such as this has led many women to avoid mammography despite specific and prudent indications for its use.

There are, to be sure, many honest and sincere controversies which surround the treatment of breast cancer, as well as other illnesses, with knowledgeable physicians championing apparently opposite forms of treatment.

The prospect of mastectomy, the loss of a breast, also keeps some women from seeking attention despite a known lump in the breast. Women should realize that there are forms of breast cancer which require much less drastic and radical procedures than have been the custom in the past, particularly in those cases which have been detected in their earliest stages.

Early detection, is only the first half of the battle against cancer. Of equal importance is prompt and adequate treatment once cancer has been suspected or diagnosed.

In recent years, women have become more active in sharing medical decisions with their physicians. The average patient may not be medically sophisticated enough to make these impor-

tant therapeutic decisions without expert advice. Yet, all too often, physicians forget that the patient herself must make the final decision, since only she may give the doctor the final go-ahead for a treatment plan or sign the operative permit if surgery is indicated.

More and more patients are seeking a "second opinion" regarding proposed treatment. No physician truly worthy of a patient's trust honestly objects to another specialist to confirm his own.

Although death and disability from cancer continue to be major health problems, there need not be the sense of helplessness and resignation attached to this diagnosis that formerly had been so frequent. Knowledgeable women, taking responsibility for their own health care, working closely with their physicians, are the best defense against this dreaded disease.

(NEXT: Stress)

At wit's end

—BY ERMA BOMBECK

Mothers of America! You have been given one more chance to be fashion pacesetters.

White anklets are back! They've been seen throughout Europe being worn with high-heeled shoes. I know it is only a matter of time before Princess Grace, Queen Elizabeth, Jackie Onassis and Barbara Walters are schlepping around in them.

Before you shake your head and say, "No, it'll never work," let me assure you I went through the same humiliation route with white anklets that you went through back in the '40s and '50s. I too was maligned by my family.

My sons self-destructed before my very eyes once when I appeared in white anklets on the playground. My husband said they made my legs look like tree stumps, and one day when a friend of my daughter's came to the house to play she said, "What team does your mother play for?"

We let them shame us into giving up our white socks. And what did we get in return?

Pantyhose. You have to be in shape to wear pantyhose. Just ask Joe Namath. I personally never put on a pair of pantyhose without thinking I got a pair that was hatched prematurely and needed another few months in the egg.

Ah, the good old days of white anklets. They never sprung a run... never slid down over your hips when you coughed... never cut off circulation when you crossed your legs. White socks went with everything, winter and summer. And you never had cracked heels.

Remember the warm, fuzzy feeling you had in white socks? Critics are the first to point out how ridiculous they looked. Sour grapes. Have you ever seen

yourself standing in front of the mirror in a pair of knee-highs and a pair of glasses?

The trouble with Mothers is they are never the pacesetters of anything. They borrow a few T-shirts and jeans from their sons, klutzy shoes and funky blouses from their daughters, sweaters from their husbands and a few dresses from their mothers. But they do not have one style that is exclusive, unique, and theirs alone.

The white socks could do it for us. It could establish mothers as trendsetters. What have you got to lose — except your ankles. Have you got the guts?

The zipper was invented in 1883 by an American, Whitcomb L. Judson.

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Dr. Schwartz is associate professor of surgery at the Jefferson Medical College in Philadelphia. This article is one of a series written in cooperation with the Council on Family Health, a public service group funded by the manufacturers of medicines.

Railroadin' Joey didn't wait to grow up

PECATONICA, Ill. (AP) — Twelve-year-old Joey Moth couldn't wait to grow up to become a railroad man. So he didn't.

Wearing a conductor's cap and an Illinois Central-Gulf T shirt, Joey passes out printed calling cards touting his "Pecatonica Railroad Museum" in the family garage.

He has a well-lighted, neatly-arranged display of thousands of railroad paraphernalia. There are dozens of railroad spikes, spike buckets, signal lights, tie plates, old time-tables, tools, railroad lanterns, Amtrak brochures, old airbrake hoses, and even a potbelly stove from a caboose.

Joey has a guest register signed by 230 visitors this past summer, some from Canada, New York, Oregon and Florida. There is no admission charge, but Joey will take donations.

"Three railroad men left me \$1 each," he said. "I got \$45 during the summer. It goes into the bank with the \$200 I got from selling my three sets of model trains with 120 cars."

"My bedroom was so full of the stuff I couldn't get to my bed. I'm saving to open a big museum. I want to buy a depot along the tracks. I want a couple of miles of tracks and a switch engine."

A Pennsylvania Railroad advertising calendar from 1935 hangs on one wall and a Postal Telegraph clock on another.

Pointing to a 10-volume set of 1906 encyclopedias, "Modern American Railway Practices,"

Frederich Engels, who wrote the Communist Manifesto with Karl Marx, died at the age of 75.



Prince to visit

His Royal Highness Prince Charles, Prince of Wales, will visit San Antonio and Houston as part of his upcoming tour of the United States. He will be in Texas on Oct. 23-25, and will see Lyndon Johnson Space Center and the Alamo. Here, he is shown as a Colonel in the Welsh Guards in a recent official photo.

Joey notes: "They tell about steam trains and how to work on them and how to build your own system. There aren't too many sets like that left."

Outside the garage, Joey has spiked a short section of old tracks to ties, installed a couple of switches and put up an old railroad crossing sign.

"Most of the stuff was given to Joey when the railroad was closed through Pecatonica," said his mother, Marilyn. "Other stuff he finds walking along old railroad grades. Ever so often I drive him to Seward (seven miles) to watch the trains go by. And he likes to chat with the railroad crews. He sweeps out the Illinois Central depot while he's there."

"He's read all the railroad books the libraries have around

here," she continued. "And we've been to the Burlington Northern yards in Dubuque (Iowa). Joey went right up to the boss and told him he knew how to run a switch engine. And they took him up in the cab and let him do it. The way he talks with those railroad

men you would think he worked on the railroad. Joey wants to go to work in Dubuque right now."

"He's only a sixth grader," said Mrs. Moth, "and he wants to quit school. He says it interferes with his railroadin'. That's all he thinks about."

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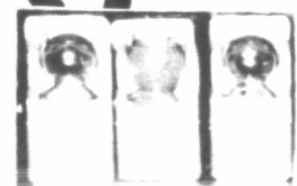


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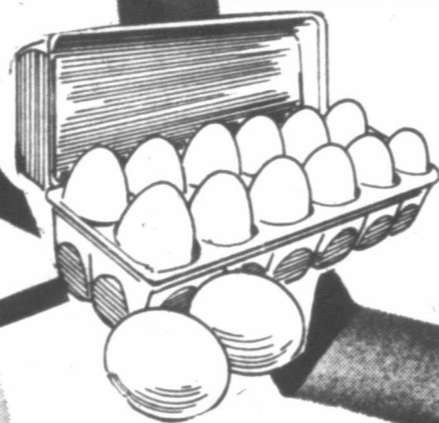
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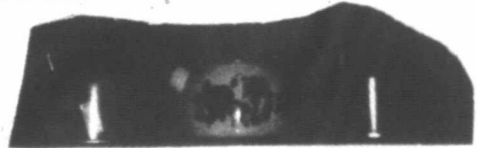
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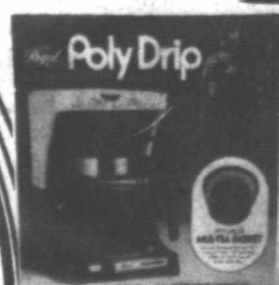
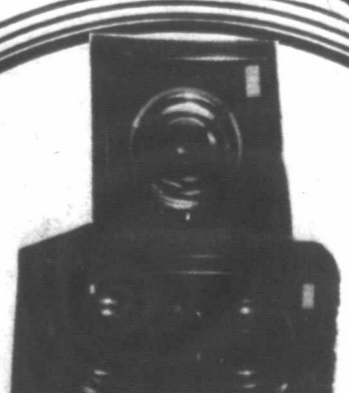
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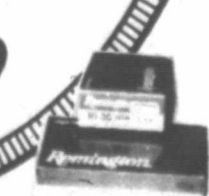


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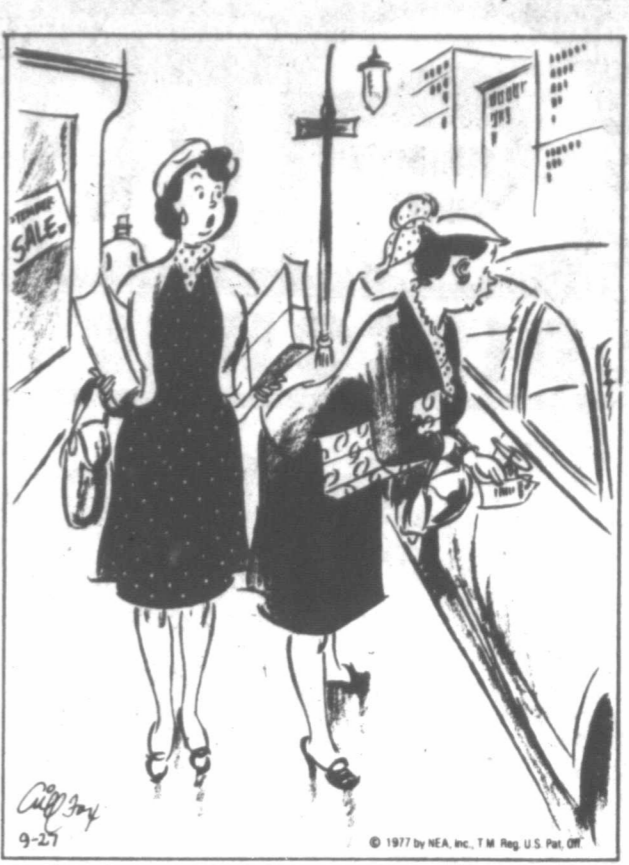
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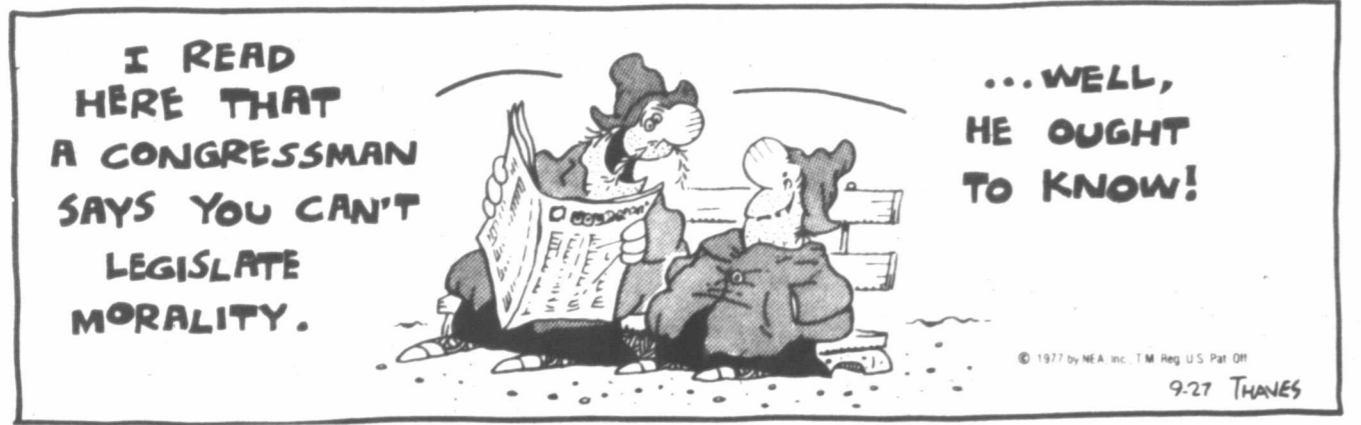
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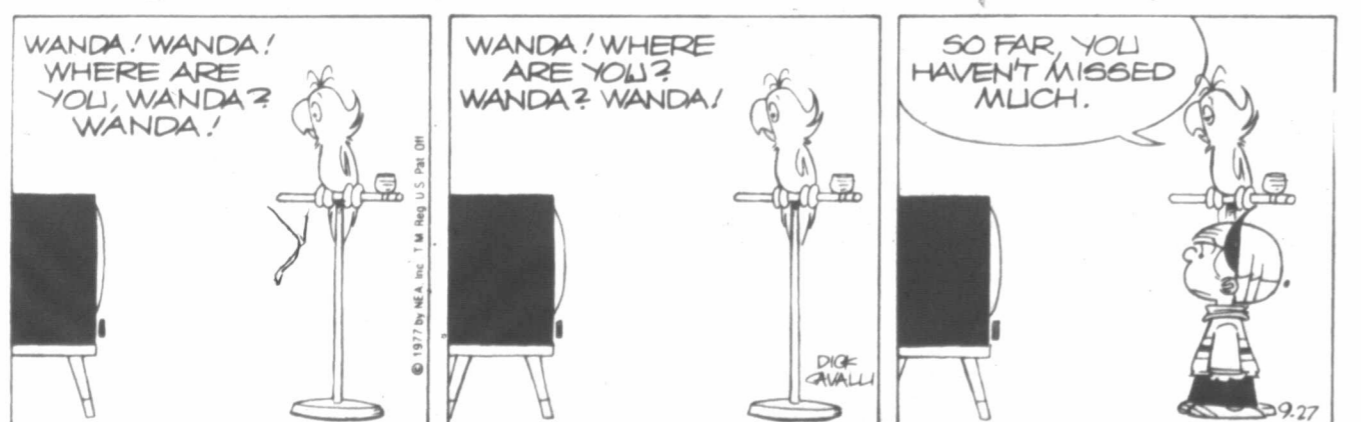
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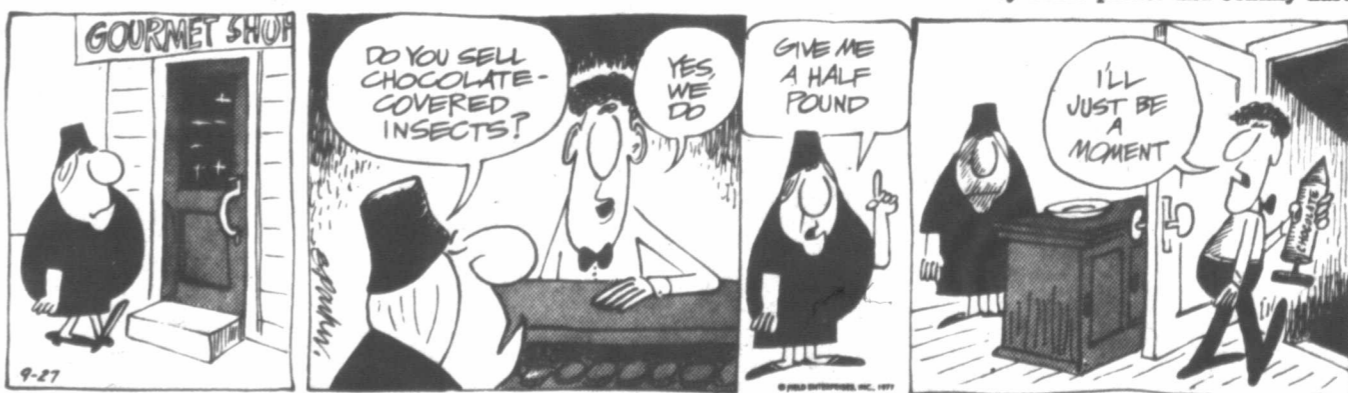
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MARMADUKE

by Brad Anderson



New terrorists: generation of deadly young women

EDITOR'S NOTE — Women terrorists have appeared in the Middle East, Latin America and other countries. But nowhere do they flourish more boldly than in West Germany's radical underground, where they frequently take leadership roles.

By **ROBERT REID**
Associated Press Writer
FRANKFURT, West Germany (AP) — A new generation of deadly young women, many of them daughters of prosperous lawyers, businessmen and pastors, has written a bloody record in the radical underground's war against the government.

Nearly two thirds of those now sought for political murders, robberies and kidnappings are women.
"The German woman of today is totally emancipated," says a Bonn criminologist, Lothar von Balluseck. "She can play any role that a man can play."

For the most part, says to sociologist Erwin Scheuch, the women are tougher and more

intelligent than their male comrades, and often cooler, more resourceful.

Women have taken part in such chilling attacks as the slaying of Banker Juergen Ponto last July, the abduction of Arab oil ministers in Vienna last year, and the assassination of West Germany's chief prosecutor, Siegfried Buback, in April.

Women have appeared in terrorist ranks elsewhere — in Northern Ireland, the Middle East and Latin America. But their number and influence appears greatest in West Germany. No one quite knows why.

There's a theory that women, long the docile housewives of German society, burst forth with special energies when the old bonds frayed.

Dr. Helga Einsele, who runs Frankfurt's women's prison, said in a recent magazine interview: "They don't see themselves as striving for a particular position, but as warriors in behalf of society's victims."

Prominent women fugitives include Gabriele Kroecher-Tiedemann, 26, who was re-

leased from prison in 1974 in exchange for kidnapped Berlin politician Peter Lorenz; bank robber Ingrid Siepmann, 33, freed in the same swap, and Angela Luther, a former teacher wanted in the killing of a West Berlin judge in 1974.

The list also includes Susanne Albrecht, 26, daughter of a wealthy Hamburg attorney and chief suspect in Ponto's killing, a close friend of her father's. Four other women are sought in that case.

Women first emerged as leaders of the underground in the late 1960s, when Ulrike Meinhof became co-leader with Andreas Baader of the country's most notorious urban guerrilla band.

The group called itself the Red Army Faction and is known as the Baader-Meinhof gang. Its claims the 1972 bombings of the U.S. Army's European headquarters at Heidel-

berg and the Army's Fifth Corps command center in Frankfurt. Four American soldiers were killed.

Miss Meinhof committed suicide during her trial this spring, while three comrades — Baader, Jan Carl Raspe and Gudrun Ensslin — drew life sentences. West Germany has no death penalty.

Sociologists studying terrorists say West Germany's guerrillas mostly come from the prosperous middle class. Von Balluseck says many future terrorists grew up under the influence of domineering mothers and fathers described as dictatorial, weak and distant.

As children, the terrorists usually are remembered as quiet, studious and retiring, sometimes a bit odd and cranky.

"My Gabi was always a loving, well-behaved girl," Miss Kroecher-Tiedemann's mother told a West German magazine.

"She was a child who caused no problems."

Mrs. Tiedemann, a schoolteacher in Dortmund, blames her daughter's swing to radicalism on the influence of her son-in-law, Norbert Kroecher. Two years after the two married, Gabriele was sentenced to eight years in prison for attempted murder and robbery.

Kroecher was arrested last April while trying to enter Sweden, allegedly part of a plot to kidnap a former Swedish cabinet minister.

For others, the path to the terrorist underground starts at one of West Germany's leftist-dominated universities, where the pro-Moscow Communist Party, the Maoist Communist Party, and even more extremist elements compete for followers.

"Who are the terrorists?" said one student at a Frankfurt pub. "Perhaps the United

States and the business tycoons. This country is no more than a colony of American imperialism."

After the slaying of Buback, the University of Giessen's student newspaper commented that many students were "unable to suppress a surreptitious feeling of delight."

Miss Albrecht, sought in the Ponto killing, was graduated from a strict religious high school and apparently was first exposed to the radical left when she entered the University on Hamburg in 1971.

She began looking for alternatives to what she called her family's "caviar class," was arrested during sit-ins to protest city housing policies in Hamburg, and within a year moved into a shabby downtown apartment with Karl Heinz Del- lwo, now serving life for the bloody attack on the West GER-

man Embassy in Stockholm

two years ago. "My parents are crummy middle class," she told a friend when she left home. "You can't breathe there."

Now Miss Albrecht has joined dozens of her sisters in a life on the run, playing hide-and-seek with West Germany's strict security system which requires citizens to register with police and carry identity cards. It's a life of forged papers, frequent

moves from apartment to apartment and city to city, a network of underground hide-outs and an intelligence system that penetrates even maximum security prisons.

"I never knew any of them," says a woman tenant at a Frankfurt high-rise apartment building that police identified as a terrorist hideout. "The girls there just kept to themselves."

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Farmers can keep land

AUSTIN, Tex. (AP) — The Scotts of Monticello can continue living their chosen lifestyle, which a neighbor compares with that of the 1920s, now that the State Parks and Wildlife Commission has decided not to force them off their farm.

Commissioners voted unanimously Friday to rescind a July 22 order designating a site for a new state park on Bob Sandlin Reservoir and authorizing condemnation of the land.

A new site will be sought. Included was the 133-acre farm where Roxie, Bessie and Scotty Scott and Mrs. Edith Scott Walls raise their own meat, fruit and vegetables and slaughter their own meat.

Scotty, the man of the household, cuts the cordwood that warms the family in winter. He says he goes to Mount Pleasant, the nearest big town, twice a year—to see the dentist.

The Scotts and their neighbors made a tearful plea at an Aug. 25 hearing in Mount Pleasant for the commission to spare what remains of their original 1,000-acre homestead. The rest was condemned for

the new reservoir and by Texas Utilities Generating Co.

In its resolution Friday, the commission said its July 22 "decision was based upon erroneous information."

It said it had learned since then that most landowners "do not desire to sell their land at any price" and "undue hardship could be brought upon these owners should they be forced to relocate their homes."

During the Mount Pleasant hearing, a neighbor testified that the Scotts and Mrs. Walls "live 40 to 50 years in the past, off the fruit of the land."

"It would kill some of these people" to be forced off their farm, he added.

The family hired Rep. Buck Florence of Hughes Springs to represent them before the commissions, and he met with commissioners for more than an hour in private.

The commission staff already had recommended that the condemnation order be rescinded before Florence made his appearance.

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