

**Running with Terry**

**Runners take up the torch**

By Leslie Scrivener  
Toronto Star

Terry Fox used to say that even if he couldn't finish his 5,300-mile, cross-Canada run on one leg for cancer research, it was up to the rest of us to continue his Marathon of Hope.

So that's just what the people of Barrie and Simcoe County are doing this weekend. They've organized a day of Terry Fox celebrations — including a Half Marathon of Hope run, a 10-kilometre race with former Olympic marathon runner Jerome Drayton — which starts at Georgian College in Barrie at 9 a.m., Thanksgiving Monday.

Those who have a runner's spirit but a walker's legs, can make a donation of \$5 to Human Energy North (Simcoe County's distance running club and a co-sponsor of the event) or a \$20 minimum donation to the Canadian Cancer Society. Visitors from Toronto are welcome to run or look at the fall colors.

**Join in race**

Some of the top runners in recent Toronto marathons will join in the race, which starts at noon. It will be followed at 3 p.m. by a "celebration of hope" awards ceremony, featuring draws for \$3,000 in prizes, film presentations and live bands.

Organizers are hoping to have a live telephone link-up with Terry Fox from his home in Port Coquitlam, B.C.

Fox is "keeping his spirits up" while receiving out-patient treatment at the Royal Columbian Hospital in New Westminster, B.C., for cancer in both lungs, says his mother Betty. Those spirits were buoyed up this week when hockey legend Bobby Orr and his wife stopped by the Fox household for dinner. Fox is an Orr fan and vice-versa, and the two traded bad leg jokes (Orr stopped playing hockey because of knee injuries) when they met in Toronto in July.

**Special bets**

Meanwhile, the seventh race at Woodbine race track Sunday has been dedicated to the Marathon of Hope. Bets (which are really donations to cancer research) can be made at a special gate.

Other donations from the racing world include \$10,000 from the Ontario Jockey club, \$4,500 from the jockey's guild and \$1,600 from the mutuel (ticket sellers) union.

Individual donations continue to pour in and have brought the total money raised to \$10.6 million in cash and \$4.2 million in pledges. Among the donors is Mary Pat Armstrong, a Moore Park mother of two who ran 112 kilometres in a week and raised \$630.

"I ran everywhere," said Armstrong, a former nurse who is working on her Master's degree in education at the University of Toronto. "I ran ravines, I ran streets, I ran cemeteries and I ran in the country."

While she was running for Fox, Armstrong was also running for her daughter, who died four years ago, at 5½, from leukemia.

**Boutique opening top-drawer affair**

By Jane Hess  
Star fashion writer

The opening of the chic Andre Oliver Menswear boutique in Hazelton Lanes last night must have been a top-drawer affair. Why else would professional socialites Nan Kempner of New York and her good friend, the aristocratic Duchess de Cadaval, fly in from New York for the evening to be with Andre Oliver? "Because he's a dear friend."

Kempner and de Cadaval, both the picture of conspicuous consumption in Yves Saint Laurent Couture ensembles, were visibly impressed by the Oliver boutique — "beautiful" — Toronto's weather — "crisp" — and Canada's newscasts. "Why my dear, your news just seems to go on for hours," Kempner said.

The two may easily have out-classed the roomful of loquacious locals with their jewels and four-digit designer creations, but they didn't hold a candle to the easy elegance of Paris-based designer Oliver and his close friend, Pierre Cardin.

The impish looking Cardin who arrived late and left early seemed relatively unimpressed

**MD says modern medicine 'kills more than it saves'**

By Frank Rasky Toronto Star

If you're feeling healthy, don't go to your doctor for an annual physical examination. The checkup is unnecessary. And chances are you'll be feeling terrible after a diagnosis based on lab tests that are scandalously inaccurate and you've been dosed by drugs more harmful than they are helpful.

If you're feeling fine, beware of taking a routine annual chest X-ray. It can be both risky and highly inaccurate. In one survey, 24 per cent of radiologists differed sharply when interpreting the same X-ray. And 31 per cent of them even disagreed with themselves when rereading the same film.

**Cancer signs**

Unless you're a prostitute or a woman who has multiple sexual partners, you don't need an annual Pap smear test, which may indicate early signs of cancer of the cervix.

When he issued these warnings two years ago in his controversial hardcover book called *Confessions Of A Medical Heretic*, Dr. Robert Mendelsohn, a Chicago pediatrician, remembers being branded by his colleagues a quack, nut, fanatic and extremist. But within the last three months, his arguments have received support from some members of the American Medical Association and American Cancer Society.

"Now they're calling me a 'medical eccentric,'" Mendelsohn said in Toronto this week. "Why, I've almost become respectable, part of the mainstream of the medical profession. Which just proves how yesterday's heresy is today's orthodoxy."

Mendelsohn, 55, in town to promote the 1.5 million-copy paperback edition of his best-seller (Warner, \$2.75), in fact has impeccable credentials. He's a professor of preventive medicine at University of Illinois and chairman of the state's medical licensing committee.

Yet he infuriates fellow practitioners with such statements as that modern medicine is not an art or science but an "idolatrous religion that kills more than it saves."

**Little trust**

Here are a few more of his extreme pronouncements:

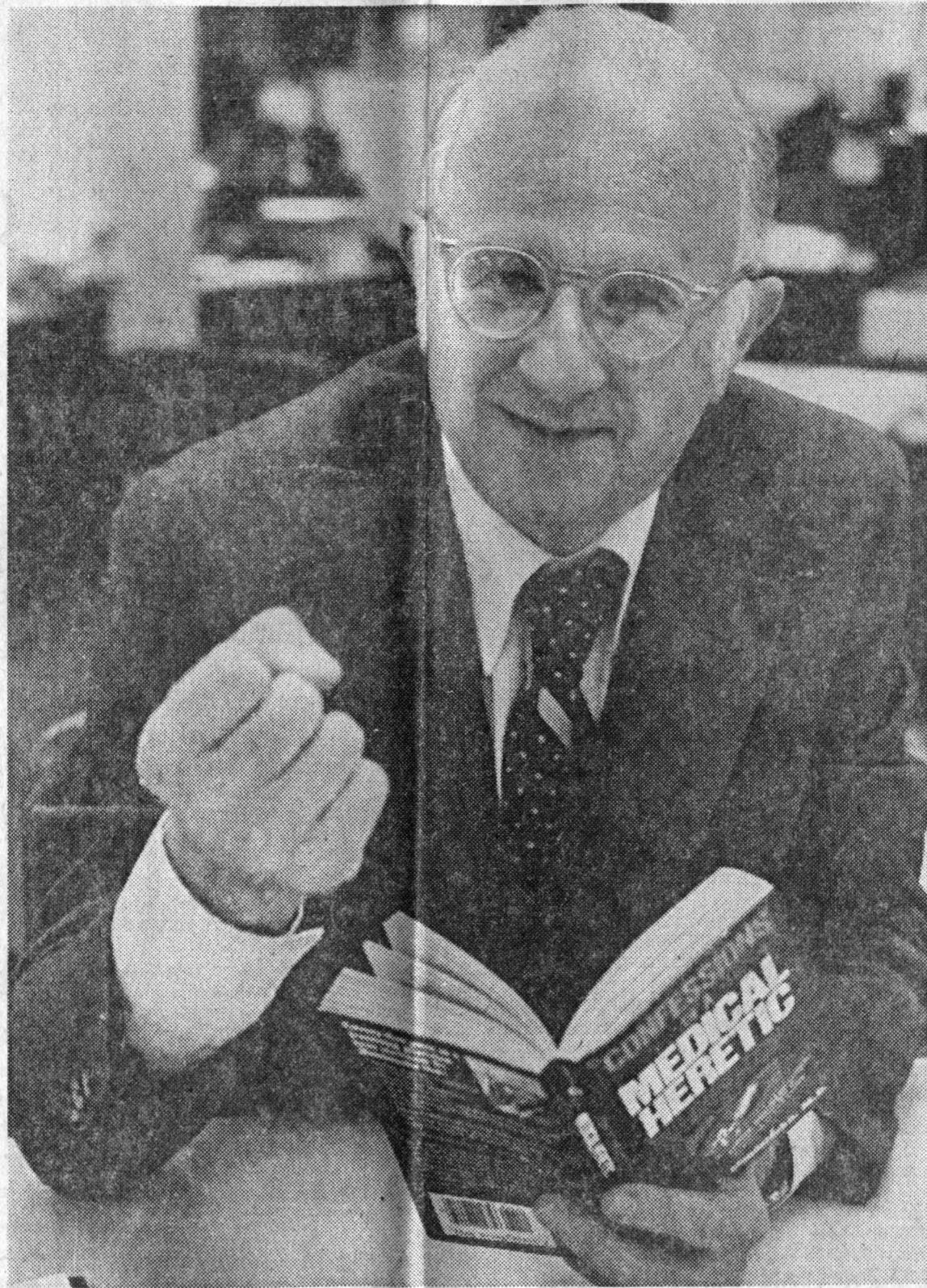
□ "Doctors in general should be treated with about the same degree of trust as used-car salesmen. Whatever your doctor says or recommends, you have to consider first how it will benefit him."

□ "A hospital is like a war. You should try your best to stay out of it. There are germs in hospitals you can't get anywhere else in town. . . . And the worst spreaders of disease are doctors, who neglect to wash their hands on their rounds of the sick patients."

□ "To protect yourself from the pusher-priest of drugs, you have to make the heretic's radical leap of unfaith. Don't trust your doctor. Assume that if he prescribes a drug, it's dangerous. There is no safe drug. Every drug has to be approached with suspicion."

□ "I believe that more than 90 per cent of modern medicine could disappear from the face of the earth — doctors, hospitals, drugs, and equipment — and the effect on our health would be immediate and beneficial."

Here are tips he offers when



REG INNELL/TORONTO STAR

**Medical heretic:** Dr. Robert Mendelsohn has few kind words for his fellow physicians. Doctors in general, he says, should be trusted about as much as used-car salesmen. Chicago MD came to town to promote his best-selling book.

you're dealing with doctors:

□ Find yourself a general practitioner who regards patients as human beings with feelings rather than mere symptom carriers.

□ The ideal family physician, according to Mendelsohn, will resort to medicines and surgery only for emergencies. If he does prescribe drugs, he'll take the trouble to tell you the risks as well as the benefits involved.

□ If a lab test is prescribed, ask your doctor what the test is supposed to demonstrate. If he won't tell you this, do your own detective work. You'll find that simple tests such as blood counts, urine analyses, tuberculin tests, and chest X-rays are so

controversial and difficult to interpret that their usefulness is limited, he says.

□ Refuse to accept your doctor's words as gospel if he recommends a hysterectomy. Insist on getting a second opinion — and not from one of the partners in his medical group.

□ Beware of obstetricians who perform Caesarean section surgery at the slightest wiggle. In many hospitals, Mendelsohn says, needless Caesarean deliveries account for more than 50 per cent of the births. Yet maternal mortality rates show that a woman is 26 times more likely to die during a Caesarean birth than she is during a vaginal birth.

□ After the baby is born, breast-feed the infant exclusively for the first six months. "The majority of male pediatricians know nothing about breast-feeding," says Mendelsohn. "And they're terribly ignorant about the whole psychology of baby care."

He remembers once saying on a radio show that when it comes to caring for infants, one grandmother was worth two pediatricians.

"My department chairman at the hospital phoned me shortly thereafter and jokingly announced his intent to replace me with two grandmothers," says Mendelsohn. "I laughed. But, you know, he was right."

**That herpes number: 789-4541**

A story on genital herpes, which appeared in this section of Thursday's Star, said a child coming through the birth canal of a woman with herpes has less than a 40 per cent chance of being normal.

Not so, says nurse Melinda Cuthbert, to whom the statement was attributed. Cuthbert says the dangers of complications are higher if the child comes through the birth canal while herpes sores are present.

And the sores come and go spontaneously during a person's lifetime.

Cuthbert also says that in women, if the sores are on the cervix or upper two-thirds of the vagina they may go unnoticed because the area is relatively insensitive to pain.

The story further quoted Cuthbert as saying people in a self-help group for victims of herpes feel like sexual lepers. That phrase says Cuthbert, was

used in a national magazine and she objects to it strongly.

Cuthbert, who is a counsellor at the Birth Control and Venereal Disease Information Centre, is willing to start a new group for herpes sufferers. The telephone number for her, published yesterday, was in error. The correct number is 789-4541.

□ **New hope for babies infected by mothers with herpes/ page C4**

**Family Classified**

Toronto Star  
Friday, October 10, 1980  
Section C, pages C1-C20



**MICHELE LANDSBERG**

**All bikers will follow the rools or be trown out**

Anthropologists, no doubt, would kill for the piece of paper sitting here on my desk.

It came to me, with snorts of smothered laughter, from a Star reporter who had it directly from the hands of the police. It is the two-page credo of a primitive tribe which, as far as I can make out has only recently crawled up dripping and grunting from a very murky little gene pool.

It is, in short, the list of rules and regulations for membership in the Rebels motorcycle gang. There is something wholesomely astringent, I think, in the reading of such things.

Just in case we ever get a little smug and superior about foreign rowdies in far-away places, we should read this list again. Listen to the thrum-thrum-thrum of their restless motors out there in the suburban jungle, friends. Ponder the ways of our very own local, all-white, pure Canadian savage tribe.

You may have some trouble reading their local dialect, which, in the interest of scientific purity, I have reproduced here in its colorful, Cro-Magnon speech patterns. But persevere.

1. All Rebels will follow chapter constitution.
2. Disrespect will be delt with severly.

**Major breakdown**

3. Bikes must be on the road by May 1st. Excetions: 1. in jail 2. in hospital 3. major breakdown.

(Isn't this neat? Don't you like "constition" better than the CBC's "constitoooshun"? Doesn't this remind you of the old-time cartoons when chimpanzees were dressed up in little blue jackets and bellboy hats and hopped around solemnly thumping gavels, picking their noses and generally trying to act like club members?)

4. All members must have one year in the club to have a club tattoo. Members leaving in bad standings, tattoo is to be covered immediatly.

5. Before member leaves the club his bike etc. will be automaticly signed over to the club until all club debts are cleaned.

(This rule just shows you how some decent, simple slopeheads are always being misunderstood. Just the other day, police arrested a batch of Rebels for running an extortion racket on their own members. But you see, officer, it was just part of the constition.)

6. Boss will always be Boss, this rule can not ever be changed, but if the original Boss wants to retire he may . . . If someone try's to - - - with this rule he will automaticly be trown out by the Boss or Chairman.

7. Missing mandatory functions is a \$100 fine.

8. Talking out of turns at meetings there will be a \$1 fine each time, before opening your trap be reconized by President.

(Touching, isn't it, how these simple folk groped toward their own rough but honest form of civility, a sort of humble, peasant Roberts' Rules of Order?)

**Inflationary dues**

9. Dues will be changed accordingly to inflation at anytime.

(There. Isn't that clever of them? It's just as Dr. Johnson said: Watching a biker think about the economy is like seeing a dog dance. You don't expect him to do it well; the marvel is that he can do it at all.)

10. All Rebels will respect members Old ladies, anyone who try's to foof around with another members Old lady will be trown out automaticly.

(This has, as you will soon see, less to do with chivalry than with property rights.)

11. If a member hits another member the member who throws the first punch will be fined \$100 and will be delt with severly.

12. Before any Rebel smacks a members old lady for any reason he should go to her old man and tell him the problem and then smack her if she deserves it or her old man could do it for you.

(Anthropological note: "Old lady" means girlfriend, not mother, which is its more usual meaning. Scientists feel that this use of the idiom may be a clue to the mental age of the tribesmen.)

13. No old lady or any broad should tell a Rebel to - - - off or mouth off if she does he can punch her in the mouth and tell her to hit the road (Only your own old lady).

What an awesome spectacle of swelling manhood! A proud and virile moment, as primitive man rears back and belts his "old lady" in the mouth.

And think, if you will, of those lobotomized Lolitas in their ankle socks and glitter Cuban sling-backs, collecting bruises and chipped teeth the way you may collect Red Rose miniatures.

Why, it gives one to think. Sevrly.

**INSIDE**

**Singer Phyllis Marshall has a secret passion. Stasia Evasuk reveals what it is/C2**

**Ann Landers passes on some remedial exercises for people who wet themselves/C3**

**Youth Clinic: A teenager asks about the IUD/C4**



DOUG GRIFFIN/TORONTO STAR

**A smash:** Andre Oliver opened his menswear boutique last night in Hazelton Lanes with the help of his friend, Paris designer

Pierre Cardin (centre), and the who's who of the Toronto social scene. Among guests was Mrs. Rupert Field-Marsham.

fact, scattered around the room were all the little sartorial touches that separate the social wheat from the chaff: Black velvet shoulder bags with gold chains, the right shoes and the best jewelry.

Sipping champagne and snatching smoked salmon canapes from white-frocked waiters, most of the men said they also wanted to snatch some of Oliver's rainbow-hued sweaters. The owner of Hazelton Lanes, William Louis Dreyfus, wore a snappy bow-tie but most of the

men seemed to favor the look chairman Pat Munk of Southern Pacific Motels sported: Ultra conservative dark pin-stripes with subtle little tie. However, every owner Jack Pollack looked suitably avant garde and his assistant was in rakesh black from head to toe.

With a champagne-like gleam in his eye, Bill Sussman of the Dreyfus organization said that in spite of all, the beautiful people "are even pretty. And they never say anything. For instance, they can ask you about

Iran and Iraq but they don't really want to know. You just can't get a word in edgewise with them."

On the other side of the room, Kempner and the duchess were getting lots of words in. "My biggest disappointment with Toronto is that the museum is closed. Your Chinese exhibit is the best in the world," Nan Kempner said. The duchess, with appropriate reserve, said she loved Toronto. "Why the weather's just like in Switzerland."