

— Harbinger's column —

Allergy is now classed as the most significant chronic illness among children in North America. It is estimated that at least one half of the entire world population suffers from some allergy, mild or severe. For many people, this allergy has a debilitating effect on their physical and emotional health.

Many allergic reactions are not recognized as such. Infant colic, diarrhea, dizziness and migraine headaches can be allergic reactions. Some psychologists now think that many cases of schizophrenia and alcoholism are allergy-related. Research is also being done to examine the role of allergies in arthritis and rheumatic fever.

Heredity seems to play a part in one's susceptibility to bronchial asthma, hayfever and hives. However, children do not necessarily react to the same things as the parents. But the tendency to react allergically is there. Eczema, migraine and gastro-intestinal allergy reactions are seldom inherited.

How people react to an allergy varies also. One person who eats

chocolate may have swollen eyes, another develops hives, yet another diarrhea. The great majority of allergy sufferers have more than one allergy and often different reactions to each.

There is a natural development of allergies in a person. The first signs are eczema or skin rashes as an infant and perhaps colic and diarrhea. At around age two, the child begins to develop hay fever symptoms such as stuffy nose, or frequent colds. Gradually, the symptoms of bronchial asthma appear as the person grows older. If these mild infant allergies are not treated, they tend to become much more serious as the years pass.

Allergy is the major chronic illness of childhood. One out of every five children has a major allergy. There is a widespread belief among the public and some doctors that children will outgrow their allergies. This does not happen. Frequently, allergy symptoms ease or disappear for no apparent reason but they can recur at any time as well.

Hayfever is the most common adult allergy. It is estimated that

one out of every 10 people suffers from it. Hayfever is usually seasonal and its symptoms are runny or stuffy nose, itchy swollen eyes and throat and loss of smell and taste. Air conditioning can alleviate these symptoms.

Asthma is often a later development of a hayfever reaction. An asthma attack is recurrent shortness of breath, coughing and wheezing. The death rate from asthma has increased drastically in the last few years, probably due to increasing air pollution and cigarette smoking, which aggravate the condition.

The treatment suggested for most mild allergies is use of an antihistamine to help alleviate the symptoms and avoidance of the food or substance that causes the reaction. Skin tests and diet tests are often required to determine the allergen. Cortisone is used in very severe allergy cases, and with great caution.

For more general information on allergies and their control, contact the Allergy Information Association, 3 Powburn Place, Weston, Ont.

# Spotlight



Monny Sikk

## Guy-watching at York

By MICHELINA TRIGIANI

Blonde, bubbly, lanky Monica Marta Sikk is "a very happy person who loves life."

We found "Monny" working at Stong's Orange Snail Pub where, twice weekly, she puts drunk guys in their place and gets a lot of compliments for being pretty.

Monica is a second year Geography student from North York but lives on campus to be "where the action is". She describes her past two years on third floor Stong as "weird and freaky", has been chased by a garbage bag and routinely has a moon flashed at her.

Monica overflows with praise for York. She feels it has a great deal to offer but that many people on campus are hindering its growth because of their apathy.

In her continuing effort to keep up with everything on campus, she admits to reading Excalibur but she doesn't like it when the paper goes against Dale Ritch. "He's making an honest effort and, anyway, he grew up in my neighbourhood."

Although Monica spends most of her time in Complex II, she's usually in Central Square at lunchtime because "it's a great place for guy-watching." Otherwise, her second home is Tait-McKenzie pool. She loves down-hill and cross-country skiing, dancing "the hustle", watching old movies and "dressing up" her 5'8", 124 lb. frame.

If you want to capture Monny's heart, you'll have to be a down-to-earth person who'll treat her to a dinner of Kentucky Fried Chicken followed by a good bottle of Italian wine.

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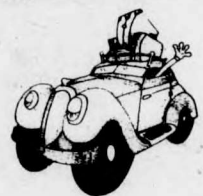
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