

## editorial opinion



# "Around the edge"

by Jackie Klein

## Doctor fasted to recovery

Since our favorite podiatrist became a famous author, he probably won't have time to gouge out our family's collective corns and callouses.

But, Dr. Jack Goldstein, I really give you credit for writing and having published your non-fiction, best-seller "Triumph Over Disease by Fasting and Natural Diet" (Arco Pub. Co.).

I must admit when I went to Goldstein for my regular foot-fix, I thought he was a bit fanatic when he spouted off about the glories of better living through natural hygiene.

As president of American Natural Hygiene Society, he lectures throughout the United States and Canada, and I've been invited to attend the meetings at Northland. But I never went because I wouldn't be allowed to smoke, and for sure they wouldn't serve coffee and cookies.

Last Tuesday, Goldstein brought me an autographed copy of his book in which he wrote, "To my dear friends, Jackie and Harold Klein, best wishes for a long, healthy and productive life." And he signed it, "Your favorite foot doctor, Jack Goldstein."

He kiddingly warned me that I might lose a lot of sleep because I wouldn't be able to put the book down. I responded that I already knew his whole life history which he had told me in half-hour segments over the years as he paraded away from my corns.

BUT THE good doctor was right. I couldn't put the book down from the time I read the first chapter, "Beginning of the End," which simply and dramatically began with the words "I'm dying."

Goldstein recalled when he was 34 years old in 1964 had a lovely wife and two children, a good practice as a

podiatrist and a foot surgeon and was, in his words, "a damned sick man."

He had run the medical gamut of treatment for ulcerative colitis and was eventually given two grim choices. His doctor told him he must undergo a total colectomy, complete removal of the large intestine and rectum, or face certain death.

Actually, Goldstein began to get symptoms of colitis when he was only 28. He went to three different doctors for treatment and kept getting progressively worse. He had a full-blown case of chronic, ulcerated colitis, which he claims was triggered and kept burning by emotion and fueled by drugs and bad diets.

At the point in his life when his doctor suggested he submit to the radical and drastic surgery, as he describes it, Goldstein was tortured by the thought of becoming a physiologic cripple and even contemplated suicide.

A friend told his wife about natural hygiene, a way of living in harmony with natural law. He had a full-blown case of chronic, ulcerated colitis, which he claims was triggered and kept burning by emotion and fueled by drugs and bad diets.

LIKE MOST doctors, Goldstein was skeptical. But he bought everything published on the subject and decided to try it as an alternative to the dreaded surgery.

He left his family, a friend took over his practice twice a week and Goldstein went to the Hygienic Institute where he fasted for six weeks and lost 32 pounds. Weighing 108, he looked in the mirror and thought he looked like an inmate of a German concentration camp. But he felt like a new man, almost.

The idea of the fast, Goldstein said,

was to give his body an environment in which to heal itself in a physiologic rest. His body eliminated its toxic load so he felt good physically and mentally.

Goldstein broke his fast carefully with a small bowl of clear vegetable broth and fresh carrot and celery juice. When he left the institute, he weighed 137 pounds and was eating fresh fruits and vegetables and nuts.

His doctor considered this way of life abnormal and attributed Goldstein's improvement to "mind over matter." His whole family eats only natural foods and his two sons have never had a cavity or the usual childhood diseases.

Goldstein said goodbye to his doctor and has been living naturally ever since without medication. Progress has been slow because of the extensive damage to his large intestine, but after 10 years, Goldstein claims he's at least 95 per cent healthy.

I REALLY haven't given away everything in Goldstein's book. He includes a daily diary of his three months at the institute, and in a very human, natural style he describes his six-year ordeal before that.

He talks about fast diets and food additives until you think you're being poisoned every time you put a morsel of "junk food" in your mouth. He also describes a natural food diet which sounded so good I was tempted to become a vegetarian.

Goldstein has already been engaged to appear with his book on a number of television programs, and his lecture tours are sure to increase.

I have one question for the good doctor. Will fasting and natural diets cure my family's corns?

may need new shock absorbers.

- While watching the car being driven, kneel behind the car's center and check to see if front and back wheels are in line.

- Check to see whether the engine picks up speed smoothly.

- The transmission should not make a howling or graining noise.

- Check the performance of the brakes. Accelerate on a straight stretch of road to about 45 miles per hour and then brake hard. The car should not swerve sharply to the right or left.

- See how the car steers.

- As you step on the accelerator, look in the rearview mirror for smoke coming from the car's exhaust pipe. Heavy blue smoke may signal the need for new piston rings or other expensive repairs.

- Check suspension and body rigidity by driving over a rough road. Are there loud rattles or squeaks?

- Check for overheating. If the car checks out up to this point it may be worth your while to have a mechanic look it over. While it will cost you some additional money, it may stop you from buying a lemon.

QUESTION: How do I determine a fair price?

ANSWER: When you finally decide to buy the used car, check the wholesale and retail prices for that model in the monthly National Automobile Dealers Association Official Used Car Guide. This is available at many libraries. In a private sale averaging the asking price and the "book" price should give you a good approximate figure. Of course, when buying from a dealer you should be prepared to pay the retail price.

As with any major purchase, shop around. Make lists of the models which best serve your needs. Compare the condition of the cars, compare warranties, compare actual mileage and compare prices before making your final decision.

Steve Barnaby  
Editor

2210 West Nine Mile

Southfield, MI 48075

(313) 352-5400

John Reddy, General Mgr.

Arthur Langer, Advertising Director

Fred J. Wright, Circulation Mgr.

## Farmington Observer

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Philip H. Power

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# My Cup of Tea

by Loraine McClish

## Braille opens a 2d world

Farmington Observer Editor Steve Barnaby signed up for classes this fall to learn braille. His September calendar is marked in red with the time and date for a Tuesday afternoon tea when he and other volunteers will meet for their first orientation session with members of the Nardin Park Braille Transcribers.

Tuesday is deadline day for some of us in this office, and we've all been warned he won't be around for a couple of traditionally hectic hours on that day.

The staff's response to this was some ribbing about his attending a tea, a social event that has so far bypassed him. More kidding came when he asked, with some sincerity, "What do ladies do at afternoon teas?"

But underneath the jokes, we all have a tremendous amount of respect

for the job he and his future classmates are about to undertake.

The braille course is a long one and potential volunteers are warned well in advance it is arduous. Further, the volunteers are expected to buy their own braille machine once they get rolling.

After that, they submit themselves to a rigorous test from the Library of Congress, and after that, they are on call to produce.

WHAT MAKES Steve's volunteer activity stand apart from others is that he has never had any experience with blind people, ever.

When I told him I thought his venture was a beautifully unselfish one, he answered by saying, "Why? You work for some diabetes association or

other, don't you?"

Well, yes I do. But I once saw my mother go into a tinspin from her problem and it was only after that that I decided to give whatever push I could give to combating that malady.

I'm not alone.

In my days of newspapering I think I must surely have written 100 articles for as many causes. When I make an appointment with someone representing any group that needs publicity for fund-raising or more volunteers, the odds are heavy that I am going to meet a volunteer who has been severely touched with whatever she or he is now working to stem or correct for others. Nothing wrong with that.

But few are the ones who have empathy for those whose shoes they've never worn.



# "Between the lines"

by Carl Stoddard

## The warm, fuzzy problem

In the past four years, our home has harbored a variety of warm little fuzzies. There was an amiable guinea pig named Sam who loved to hide under the piano and then scurry across the floor before our dumbfounded cat. And there were an assortment of mice and hamsters and kittens.

Most of the animals came to us from children in my wife's science class and most returned to new owners via the same route. Later, we've managed to pure the menagerie down to one aristocratic tom cat and a second-hand dog. All was going well until the Journal of the American Medical Association came out with a disturbing report last week.

According to the report, a link has been discovered between close contact with house pets and multiple sclerosis (MS). The study, by Dr. Seymour Jotkowitz, found that 46 of 50 MS

patients studied had been in close contact with a house pet before the onset of the illness.

Jotkowitz said the link between pets and MS may be of "monumental importance" and likened it to the discovery of the link between cigarette smoking and cancer.

These findings, he said, may eventually lead to the discovery of effective preventive measures.

OBVIOUSLY all the evidence is not in yet and the initial evidence could prove misleading. Then again, the evidence may be substantiated by further studies.

It has only been in recent years that we have discovered links between our environment or foods and disease. One of the first links I recall was that between cyclamates and cancer. Then came the famous ruling on cigarettes. Still later have come warnings about

everything from beef to milk to weed killers.

Now my dog has come under attack. He may soon be required to wear a tag: "Warning: The surgeon general has determined that close contact with this pet is dangerous to your health."

As if that isn't a sufficiently disturbing possibility, a still newer study has found that some dog foods contain potentially dangerous amounts of lead. Canned dog foods and dry dog foods both are reported to contain high levels of lead, with moist dog food containing a somewhat smaller amount of the deadly metal.

I fully intend to keep my dog and cat and can only hope that science will figure out a way to keep ourselves and our warm fuzzy friends healthy.

## Condos: cozy but noisy



By DIANE FEEN

never having to cut his grass or shovel snow from his sidewalk. Secondly, as many as 500 people can now share the same tow truck during a blizzard. Aside from physical conveniences, a luxury life is available for most condo dwellers.

That swimming pool that never replaced the kids' swing set in the yard is yours for the asking. Aside from swimming, if the tiles to your Mail Jong set have been accumulating dust in the basement, you may find time and company to play with them. Neighbors are within arm's reach in condo living, making social life easier.

Warmed may congregate in the hallway just taking in the morning paper. Club houses are filled with retired business tycoons and golf hungry enthusiasts. Bingo, dancing classes and yoga can be shared by those waiting to become part of the activities arranged for the condo owner.

One facet of condominium life is its total elimination of privacy. No longer can you yell at your husband when he throws away your favorite dead pig, or reprimand your daughter for heating her electric rollers with the stove burner. However, the condominium buyer is paying as much as \$15,000 per room for his new living arrangement.

The average condo is now going for about \$80,000 and equals a small apartment in measurement. The standard condo has a small kitchen, living room and two meager bedrooms. The second bedroom is usually large enough to seat one person and a television. In all, the proud owner usually receives four or five rooms at most.

WHAT HAS happened to the day when for \$80,000 one could own a beautiful home in suburbia, a yacht in the Florida Keys, or supply a college education for six children? Now that same \$80,000 spent on a condo could no more house six children than a "Johnny-on-the-spot."

Like the scales of justice, let's weigh the assets and liabilities of condo living. For starters, a buyer may be tempted by the thought of

On the other hand, the liabilities of condo life are many. Don't plan any family picnics because backyards are not in condo jargon. The extent of your wilderness ends at your porch.

THOSE WITH finely tuned hearing may also want to avoid buying a condominium. The sound of toilets flushing, garbage disposals grinding and loud shower singers may not be music to your ears. You may enjoy Beethoven's Fifth with ease during working hours, but from 7 a.m. avoid trying to hear anything.

If you find condos living too noisy, an invasion of your privacy, and you still miss that rose garden at home, then retreat back to the standard ranch home. Buying a condo is a lot like riding a bus: Just sit back and leave the driving to them. If that sounds like it will cost \$15,000 a room, one talp and a new door key, then condo living may be for you.

## READERS' FORUM

### Bingo games get new help

Dear Editor:  
Just a note to thank you very much for the great article you put together as a result of our interview. Because of it, we have acquired new workers at our bingo, and a hall we are investigating.

Thank you so much for your time, effort, and interest.

Most sincerely,  
Dale and Betty Beger,  
Volunteers for Children's Leukemia Foundation of Michigan.

Festival committee says "thank you"

To the editor:  
Please accept our heartfelt thanks and most sincere appreciation for

your tremendous help and assistance in bringing our festival to the attention of our fellow-Americans.

The Greek Festival 77 says thank you. Without your help it couldn't have been done. Everything was the finest because you are the greatest.

Bless you.  
Father Stephen Anthony  
Holy Cross Greek Orthodox Church

## READERS' FORUM

Letters must be original copies and contain the signature and address of the sender.

Limit letters to 300 words.