

Getting it together.

Depression: it's our emotional aspirin

Depression, some have called it our foremost mental health problem. If it were a disease, it would probably rival the common cold in its pervasiveness. No one is immune to it. Even the most "up" person is susceptible to getting "down."

The symptoms of depression have become a part of our everyday language. Most are familiar with its dull, heavy feelings, with the way it seems to make even simple tasks seem like great efforts. For the really depressed person, just getting

out of bed may feel like a supreme accomplishment. Depression seems to sap our energy, even to the extent that simple muscle exertions like walking can be exhausting. Physically, depression feels like a lead suit. And this leads to another characteristic of depression: depressed people often seem irritated when others make even routine demands on them. A depressed wife is likely to burst into tears or explode in anger when her perplexed husband asks if

dinner is ready yet. IN THIS EXHAUSTED state, depressed individuals may spend a lot of time in bed. Some may sleep constantly. Others can't sleep at all. Lying in their bed, they find their mind filling with worries and fears. Instead of sleeping, the depressed person often spends long nights feeling lonely and upset. And this adds to the tired-out feelings of the daytime.

Motivation also is affected by depression. Nothing seems interesting to a depressed person. Former interests seem boring or not worth the effort. Nothing gets him excited.

In fact, his emotions only range between negative and neutral. The depressed person feels hopeless and discouraged, and sometimes angry. His conversation is likely to be filled with complaints. There is something wrong with everything, it seems.

If you'll listen, the depressed individual will try to convince you that his situation is hopeless and miserable. Often he will do this by apparently asking for your help. But when you try to encourage him or give him advice, he will undermine your efforts by pointing out the flaws in your ideas. He may even get angry at you for "letting him down." What he really wants is for you to get just as depressed as he feels about his situation.

And this perplexing characteristic is the key to understanding what depression is really all about. Depressed people tend to hang on to their depression as though it is serving some function. They may want sympathy, but they resist efforts to relieve them of the depression from which they seem to be suffering.



Juvenile diabetes and its need for research is the reason for the meeting of the people here. From left are Latrice Ducat, national president of the Juvenile Diabetes Foundation, Henry Guttentag, JDF local executive director; Theodore Marrs, special assistant to President Ford; Morris Hartzfeld, JDF vice-president of fund raising; and Dina Merrill Robertson, member of the JDF advisory board. (Photo by Douglas Ashley)

utive director; Theodore Marrs, special assistant to President Ford; Morris Hartzfeld, JDF vice-president of fund raising; and Dina Merrill Robertson, member of the JDF advisory board. (Photo by Douglas Ashley)

JDF gives \$1 million for diabetes research

Following its most successful campaign to date, the Juvenile Diabetes Foundation has awarded more than \$1 million for the direct support of projects and postdoctoral fellowships in the field of diabetes research.

The amount doubles the combined funding of the preceding two years and brings the foundation's total support to its three years as a national organization to more than \$2 million.

Dr. Leonard Mayer, a Southfield resident and president of the Michigan chapter, said the money will support 34 research projects and 10 fellowships in the

U.S. and Canada. "It is significant," he pointed out, "that the rise in funds comes in the wake of new government statistics confirming diabetes as the third leading killer in our country. Obviously, many more people are realizing that we can no longer ignore such a tragic waste of lives and resources. Among voluntary health agencies surveyed by the National Information Bureau, the JDF allocates the highest percentage of total funds raised to research. In 1973 it was 81 per cent. Locally the Michigan chapter raised their goal of \$100,000."

Volunteers

This column describing volunteer needs in Oakland County is co-sponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau. Inquiries regarding volunteer need listed here should be made to the Oakland County Volunteer Bureau at 442-7272. Requests for volunteer listings also should be made through the volunteer bureau.

THE OAKLAND COUNTY VOLUNTEER BUREAU in Birmingham needs a volunteer interested in doing public relations. Duties include writing weekly articles on various volunteer needs and submitting them to a local news media. All information is given to the office. Some experience in writing and typing would be helpful, and a commitment of several hours per week is asked.

SPECIAL EDUCATION OF SOUTH FIELD is in need of volunteer help in their

Used books to be at sale

More than 70,000 used books will go on sale at the 16th annual Brander used book sale Sept. 13 in parking lot B, Northland Center, Southfield. Sponsored by the Brander University National Women's Committee Greater Detroit Chapter, the sale will feature both hardcover books and paperbacks.

They will be arranged in categories under art, music, biography, business and finance, children, foreign language, history, humor, law, literature, medicine, mystery, poetry, religion, hobbies, travel and adventure. The women's committee expects books of a fast-debilitating duration from authors throughout the metropolitan area. They sell price, pack and store the volumes throughout the year.

Proceeds are used to purchase new books, journals and other needed library services for the Brander University libraries in Waltham, Mass.

No book is carried over for the next year. Any leftovers are returned to national centers, hospitals, social service agencies and state and federal prison libraries.

For information, contact Mrs. Eugene Sims, 446-2907; Mrs. George Blum, at 364-0543; or Mrs. Herbert Burdick, 388-3428.

Mercy plans religion studies

The religious studies department at Mercy College of Detroit is offering a broad spectrum of theological courses this fall. Bishop Thomas Gumbel will lecture on "Liberty and Justice" 7:30 p.m. Thursday evenings, focusing on local, national and international issues. George Alver will hold two sessions on the "Reality of God." Our class will meet Tuesdays and Thursdays at 7:30 p.m. and another on Mondays from 7:30 p.m. "Sexuality and Family Life" will be taught by the Rev. Kurt Borow, St. Luke Lutheran Church. Mondays and Wednesdays at 4 p.m.

SPECIAL C.N.E. PACKAGE
The Canadian National Exhibition-Toronto
August 18 September 6, 1974

Includes:

- Luxurious Accommodations • In-hotel Parking
- \$2 Food and Beverage Voucher per couple per night
- Complimentary admission to Stop 33, our nightclub for dancing and live entertainment

\$29.50 Per Couple Per Night

The Sutton Place Hotel
955 Bay St. • Toronto, Canada • 416-924-9221
Toll Free: dial 'O' Enterprise 7922
OR SEE YOUR TRAVEL AGENT

Dear Family,
Please make your own breakfast this morning, Friday, August 20th.

LARRY'S is having a 75% OFF SUMMER SALE!

There will be jumpsuits, pantsuits, dresses that were \$34.00 to \$100.00 now \$8.50 to \$25.00 and all kinds of sportswear that was \$11.00 to \$48.00 now \$2.75 to \$12.00. Want to get there early and beat the crowds. See ya later MOM.

Prices quoted off Manufacturers Suggested Price

BLOOMFIELD COMMONS
10000 Bloomfield Commons Blvd.
OPEN 10:00

DOWNTOWN FARMINGTON CENTER
Farmington Center Mall
OPEN 10:00

Go Back-To-School in the Classic Art of "Layering"

Very simplified... soft and easy. The classic sportswear separates to wear together... or to mix and match. In polyester grey flannel... completely machine washable. Sizes 8-14.

Left: Two-pocket Blazer with wide lapels... 21.00
Zipper-closing Pants... 15.00

Right: Flared Skirt with back zipper closing... 13.00
Five-button Vest... 11.00
Bow Tie Print Shirt... 12.00

Tenn Shop



B Siegel

WOODWARD AT STATE
7 MILE AT LIVERMORE
EASTLAND CENTER
BIRMINGHAM
THE VILLAGE PLAZA
CLEVELAND
NORTHLAND
LAKESIDE