

Home remedies could brew trouble for unwary users

Hogs hoofs, red clay, corn silk, turpentine, molasses, baking soda and red vinegar.

These common household ingredients make up a wide variety of "home remedies" which are still being used to relieve asthma, arthritis, high blood pressure, stomach aches and head colds.

While the concoctions themselves are generally considered harmless, they could cause adverse side effects when used in addition to traditional medications, say researchers at the University of Michigan.

Marylie L. Hackney, a program associate at the university's Institute of Gerontology, has just completed a 12-month study of home remedy use among 50 elderly black persons in southeastern Michigan.

The result of the effort is the country's first comprehensive list of home remedies, their ingredients and uses for distribution to doctors, pharmacists, and others in the health care community.

"Many practitioners seem unaware that a patient may be using his own mixture of herbs, chemicals, and over-the-counter preparations in addition or in lieu of a prescription drug," Hackney said.

"Adverse drug reactions caused an estimated 30,000 deaths each year and are among the top ten causes of hospitalization. The elderly are inordinately susceptible to this problem simply because they use more drugs, and because of the chronic diseases which often accompany old age."

The researchers interviewed 38 women and 12 men, mostly in their late 60s and 70s, who had been identified as knowledgeable in the area of home remedies. These were defined as "substances which can be purchased without a prescription; which have to be mixed, diluted, dried, and so forth, prior to use by a patient, or non-prescription substances which are used for purposes or in a manner not indicated on the label."

About 90 per cent of those interviewed were raised in the southern or border states, but moved north by adulthood. About half had nine years or less of formal schooling, 20 completed high school, and three attended trade schools. All but nine were retired at the time of the study, although nearly half did volunteer work. Most named Social Security as their main source of income.

Nearly all said they had learned about home remedies from their mothers during early childhood. "Black families in the rural south rarely had access to a doctor," Hackney observes. "Many of the formulas and beliefs date back to slavery days, and are passed down from generation to generation."

"Although the participants in the study expressed few negative feelings about medical doctors, several felt that health care providers do not understand black people, or that they don't want to take time to deal with them."

Fifty-eight per cent of those interviewed said they prefer home remedies to over-the-counter and prescription drugs. Why? Because the remedies were "cheaper," or "better," or simply "because they work." Twenty-eight persons said they used them preventively and nine reported using them in conjunction with medical drugs.

"When asked what they depended on most to heal them, 15 per cent said the 'doctor' and 79 per cent said 'home remedies,'" Hackney says. "When asked what they used in addition to the home remedies, only 16 per cent mentioned seeing a doctor; 52 per cent cited 'bed rest' and 28 per cent said 'prayer.'"

"Home remedy users tend to be very religious," Hackney notes. "They believe that God created every tree, leaf and living thing for man's benefit and gave them the wisdom to use them properly. Most of the common ingredients are readily available in and around the home."

Some of the favorite combinations the old people mentioned included "lemons and onions for chest colds;" "alcohol and vinegar for arthritis;" and "kerosene on sugar to stop a cough."

"The study was not intended to measure the prevalence of home remedy use in a given community," Hackney stresses, "nor to pass any judgment on the remedies' effectiveness."

"It is worth noting, however, that nearly half of the participants in this study rate their health good to excellent and 58 per cent say they are completely satisfied with their lives."

"The use of home remedies is not likely to fade with the passing of the older generation," Hackney notes. "A great many young people are becoming interested in the medicinal properties of various herbs, leaves and other 'natural' ingredients as alternatives to chemical drugs."

Hackney recommends repeating the study in other geographic areas to identify differences and universal trends in self-medication practices and extending the survey into other ethnic groups.

"In particular, the incidence of drug-drug, drug-laboratory test and drug-disease state interactions should be determined," she stresses, "especially within elderly populations. Health care providers must be made more aware of the dangers which could come about—not necessarily from home remedy use, but from its interactions with other substances."

Smiley Brothers
A TRUSTED NAME IN MUSIC
The finest keyboard products available!

- Baldwin pianos & organs
- Hammond & Allen organs
- Marrantz-Planocorder "memory" pianos
- Chang grands & consoles
- Select used instruments

Birmingham at 1010 N. Hunter, MI 7-1177
Also, Detroit & Dearborn

Bon Tom Shoppe
Downtown Farmington Center, Farmington
6 Mile & Newburg Center, Livonia
Westland Center, Westland
Brighton Mall, Brighton

Just Arrived!
1979 Hallmark Personal Date book

Stop in and get your copy... take one home for each member of your family!

SINGLE?
You say you don't have things to do, places to go, or new people to meet? So why haven't you joined People, Places and Things?

You'd like to meet new friends, have places to go and be with people who like the same things you do?

People, Places & Things is an exciting concept for singles. We are your personal reservationist for events, activities and travel with people of similar interests.

Meet others while participating in many interesting, exciting and enjoyable opportunities available monthly for your choosing.

For more information call 295-5520 or mail the coupon.

PEOPLE PLACES & THINGS
29540 Southfield Rd. Suite 100A Southfield, Michigan 48076 (313) 559-5520

I want to know more about People, Places & Things. Please send brochure.

Name _____ Phone _____
Address _____
City _____ State _____ Zip Code _____

PROFESSIONAL Carpet Cleaning

SHAMPOO ANY LIVING ROOM & HALL Regardless of Size

\$14.95

STEAM CLEANING ALSO AVAILABLE (At reduced Rates)

Specialists in Carpet Dyeing and Tinting

Wayne County 533-0665
Oakland County 689-5060

REID
CARPET, UPHOLSTERY, DRAPERY CLEANERS

Each additional room shampooed **\$8.95**

UPHOLSTERY CLEANING SPECIAL

COUCH	\$30.00
LOVE SEAT	\$20.00
CHAIR	\$15.00

Some Holiday Cheer

A. Elegant Handcrafted Platinum and Diamond Ring, 2.71 ct. marquise diamond flanked by 2 matched tapered baguette diamonds. VALUE \$15,000. NOW \$10,950

B. Beautiful Pear Shape Diamond Pendant, .55 ct. VALUE \$1,000. NOW \$690

C. Exquisite Platinum Diamond Ring, 1 fine large round diamond enhanced by 24 fine matched marquise diamonds. VALUE \$14,000. NOW \$9,375

D. The ancient "circle-in-square" is brought to life in these earrings by encircling a full-cut round diamond with a ring of 14K white gold. VALUE \$520. NOW \$370

E. A Modern Interpretation of a Timeless Theme, 36 full-cut diamonds form a traditional heart on a very contemporary wide bright 14K yellow gold band. VALUE \$1,000. NOW \$685

F. A Contemporary Twist of 14K Yellow Gold Accentuating 5 Full-Cut Sparkling Diamonds. VALUE \$600. NOW \$430

G. Beautiful Offset Designed Man's Diamond Ring, large round diamond with 5 smaller round diamonds. VALUE \$550. NOW \$390

H. Brilliant Cut Diamond Wedding Ring comprised of 18 fine marquise diamonds set in handcrafted mounting. VALUE \$3,200. NOW \$2,165

I. 2-Row Diamond Wedding Ring, 1.01 ct. VALUE \$1,575. NOW \$1,080

K. Beautiful Brilliant Cut Diamond Solitaire Ring, 1.01 ct. VALUE \$1,575. NOW \$1,080

L. An Elongated 14K Yellow Gold Shutter 8 Full-Cut Round Diamonds clustered at either side on this very contemporary ring. VALUE \$700. NOW \$460

M. Tier on Tier of Diamonds, 12 marquise, 8 round diamonds, a scintillating background for the precious ruby set in 14K white gold. VALUE \$3,800. NOW \$2,450

N. Pear Shape Diamond Pendant with 1 round and 5 tapered baguette diamonds. VALUE \$4,800. NOW \$3,440

O. Clustered Diamond Earrings, 12 fine full-cut round diamonds with center precious blue sapphires. VALUE \$1,450. NOW \$975

Since many items are one-of-a-kind availability is, of course, subject to prior sale.

LAYAWAYS INVITED
PHONE OR MAIL ORDERS WELCOME

VISA
RESERVED FREE PARKING

JEWELERS-GEMOLOGISTS FOR FOUR GENERATIONS
Sidney Khandall and Sons
755 West Big Beaver Rd.
(Main Floor, Top of Troy Tower) (16 Mile at I-75)
Troy, Michigan Phone: 313-362-4500
Open Mon. thru Sat. 9:30 A.M. to 9:00 P.M. 'Til Christmas

Bavarian Village
has everything for skiers- And We Mean Everything!

Choose from Michigan's largest selection of ski equipment and coordinated skiwear

- SKIS
- BOOTS
- PARKAS
- PANTS
- WARM-UPS
- BIBS
- HATS
- VESTS
- GOGGLES
- GLASSES
- SWEATERS
- GLOVES
- SOCKS
- UNDERWEAR
- JACKETS
- CROSST-COUNTRY
- RACING GEAR
- SUITS
- PACKAGE SETS
- DOWN
- DOWN MITTS
- T-NECKS
- SKIS
- LOCKS

OPEN: EVENINGS-TIL 9 INCLUDING SATURDAYS

Bavarian Village
Michigan's Largest Skiwear Selection

• BLOOMFIELD HILLS
• LATHROP VILLAGE
• LIVONIA/RED FORD
• MT. CLEMENS
• EAST DETROIT
• ANN ARBOR

MASTERCARD • DINERS • AMERICAN EXPRESS