

Witch Watch

by GUNDELLA



You need to 'feel good' about doc

Dear Gundella: A couple of weeks ago, when commenting about miracles cures in your column, you said, "When I am sick, I want the best possible doctor."

Who is your doctor, and why do you consider him the best possible?

Curious, Livonia

DEAR CURIOUS: The doctor who is best for me might not necessarily be best for you. The relationship between a doctor and patient is a very special thing.

I searched about and changed doctors a few times before I found the general practitioner who, for the last several years, has been our family doctor.

Naturally, he is well-trained, knowledgeable and aware of the latest medical discoveries. But, then, so are most doctors.

The reason I feel my doctor is the best one for me is that I feel comfortable talking to him. He takes the time to answer my questions and explain his diagnoses and prescribed treatments.

And very important to me is that he can be reached when we need him in case of an emergency.

Dear Gundella: Everyone knows that at one time thousands of women were killed because they were denounced as witches. Recently I heard a radio program which suggested that these women were persecuted because their folk medicine, unorthodox ways and popularity with the people were a threat to the church, doctors and the emerging nation-state.

Can you recommend any good books on the subject?

A.H.M., Garden City

DEAR A.H.M.: There are many books on the market which deal with witchcraft and its history. Many offer legitimate theories and facts, but then muddle them with inaccurate details aimed at the readers' taste for sensationalism.

I recommend Justine Glass's *Witchcraft*, the Sixth Sense as the best overall book available on the craft. Copyrighted in 1973, it is published by Wilshire Book Co. in North Hollywood, Calif.

It is still available in many stores and can be special ordered if your bookstore is out of copies.

More cycle fatalities spur new AAA guide

A 9 percent jump in motorcycle fatalities in Michigan last year has brought action from the Automobile Club of Michigan. In a bid to reduce the death toll, a 32-page booklet, "Guide To Motorcycling," has been mailed to 12,000 of its members insuring cycles through the organization.

"The purpose of this manual is to help reduce motorcycle accidents by providing information necessary to operate a motorcycle safely," said Auto Club President Richard R. Dann.

In Michigan, 175 persons were killed and 7,264 injured in motorcycle mishaps in 1978. A cyclist's chance of being killed in traffic was four to seven times greater than a motorist's last year, according to statistics.

In 1975, Auto Club released "Portrait of a Motorcyclist," a study based on Michigan's motorcycle fatalities. The report cited youth, alcohol, lack of training and the apparent inability of motorists to see two-wheelers as major reasons for the growing safety problem.

It also showed that motorists were the cause of 49 percent of the fatal mishaps. Three out of four of those accidents were caused by motorists who made left turns in front of oncoming cycles or failed to yield the right of way.

"Guide To Motorcycling" stresses being seen and being alert while riding in traffic. Some of the safety tips are:

- Keep the headlight on at all times. One study shows that during the day motorcycles are about 1 1/2 times more noticeable to oncoming drivers when the headlight is on.
- Wear bright colored clothing and reflective helmets. Yellow, orange and red are the most noticeable colors.
- Use the horn in a potentially dangerous situation. In case you can't be seen, be heard.

• Try to ride where you can see the rear-view mirror of the car ahead and don't ride in another driver's blind spot.

• Look ahead to check the road surface for slippery spots, bad bumps, broken pavement, loose gravel, wet leaves or objects lying in the road.

• Check rearview mirrors every few seconds, especially when slowing down, changing lanes, turning or stopping suddenly.

• Ride at a sensible distance from the vehicle ahead and move from one side of the lane to another to increase lateral distance.

• Don't share lanes with a car or drive between rows of stopped vehicles.

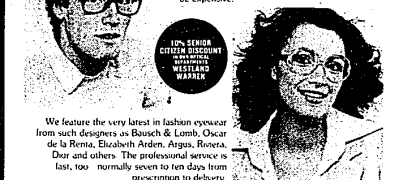
• Reduce speeds on slippery, uneven, sloping, grooved or grated surfaces.

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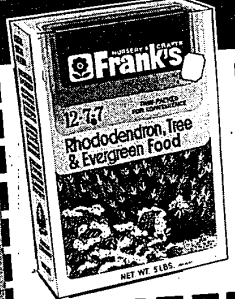
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