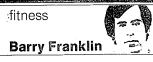
Killing your husband — part two

In my last column, I offered three socially approved methods to hasten widowhood. They were: fatten your husband, increase the saturated fats and cholesterol in his diet, and get him accustomed to more and more salted food to increase his blood

Buy him cigarettes by the car-ton. Cigarette smokers develop heart disease at three to six times



the rate of non-smokers. If heart disease doesn't get him, lung cancer may. An expensive, engraved light-er gift from you may encourage him to use the lighter oftener.

2. Encourage him to be as inactive as possible. The sedentary man runs almost twice the risk of heart disease as the active man. It is important that the inactivity associat-

ed with his desk job extend into his leisure and weekend hours.

Encourage TV, cards, bowling and spectator sports. If he enjoys golf, buy him a motorized golf, cart. Finally, buy him power tools for home landscaping chores or, better yet, hire someone to do it for him.

3. Promote stress and tension appear to be related to the development of heart disease. Some sure-fire ways to induce anxiety are to worry him about his children, work or home life.

Single woman parents: 3 phases mark concerns

Recently widowed or divorced wom-en are facing the most stressful time in their lives, but just knowing that can sometimes help them cope, says a Michigan State University Extension home economist.

These women face multiple concerns, like raising a family alone, providing financial slupport and coping with their own feeling of loneliness, says Marion Prince.

spouse: disintegration, response and reintegration. "During disintegration, you may feel like you're falling apart; it's like a vacuum, like the bottom is falling out," Prince says.

These women face multiple conterns, like raising a family alone, providing financial support and coping
with their own feeling of loneliness,
says Marion Prince.

People, she says, go through three
tages after a divorce or the death of a

good-bye."

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