

consumer mailbag

Getting the lead out

We just purchased a home and are in the process of painting the walls. There are several layers of paint underneath that are chipping and peeling. Is lead poisoning in small children still a problem? If I think my 2-year-old has been exposed is there some way to find out if he is in danger?

Maria K., Detroit

That childhood lead poisoning is preventable. For more information, Detroit residents can call the Detroit Health Department Lead Poisoning Control Program at Herman Kiefer Health Center, 976-4200.

Can I still get a copy of "Know your sources?"

E.D., Birmingham

"Know your Sources," a guide that provides a simple and clear picture of foods and the valuable vitamins and nutrients they provide is available. For a free copy send a stamped self-addressed envelope to Concern Inc., 1 Northfield Plaza, Troy 48068.

● ECO-TIP

A gradual introduction of whole wheat flour into your cooking may be accomplished by substituting it for half of the flour in any of your favorite recipes. Whole wheat flour may be substituted for white flour cup for cup when your taste buds are ready.

Consumer Mailbag answers questions on consumer and environmental issues. Address mail to Concern Inc., Detroit, 1 Northfield Plaza, Troy 48068.

volunteers

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of volunteer opportunities. More information about these and other volunteer needs at over 200 agencies may be obtained by calling 642-7272. Non-profit organizations needing volunteer assistance may also call.

OFFICE VOLUNTEER — No experience is necessary for this job with Readings for the Blind in Southfield. Volunteers must be able to work independently in a busy office to monitor tape reels and cassette. Training is provided. Active seniors would be welcome here.

TYPIST — The Volunteer Network of Metropolitan Detroit is recruiting a volunteer typist to type and proof their

bi-monthly calendar of events. Interested persons should be expert typists, accurate, reliable, and have their own high quality typewriters.

DRIVERS — Adults are needed by the National Council of Jewish Women Kasher Meals on Wheels to deliver lunches to the homebound. Drivers work in teams to deliver two meals per day. Some lifting of food chests is necessary. The program is based in Southfield. Meals are delivered weekdays from 10:30 a.m. to 12:30 p.m.

CHILD CARE AIDE — Volunteers experienced in caring for young children are needed by Parents Anonymous, an organization concerned with preventing child abuse. Meetings are held Fridays at the Community Activities building in Waterford. Duties include supervising small groups of preschool children while their parents attend the meeting.

This diet could have you pushing up daisies

A few weeks ago, a full-page ad appeared in one of the Detroit dailies advertising a "new diet" — The Cambridge Diet.

It was billed as "the incredible super diet." In banner headlines, claims of weight losses of up to "15 pounds in just 72 hours" were promoted. Further claims stated that the "ultimate weight-loss formula would reduce body fat virtually as fast as fasting or complete starvation."

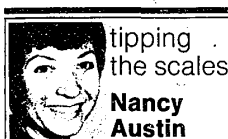
But there was some small print at the lower left corner of the ad, which indicated an improvement in governmental watchfulness. This "ultimate weight-loss formula" is none other than liquid protein, a pre-digested animal protein, which was implicated in the deaths of 52 Americans in 1976. It is the same product — only with new packaging.

This time, however, the U.S. government jumped in to halt not only false advertising, but the sale of the product as well.

LAST MARCH, when the product re-appeared on the market, the U.S. Postal Service started mail fraud proceedings against officers in the company promoting the Cambridge Diet. In July, governmental agencies reached tentative agreements with the company to modify advertising claims.

So a warning was printed, in fine print. It reads: "Consult your doctor before starting this diet, in particular individuals who have heart and cardiovascular conditions, stroke, kidney disease, diabetes, gout, hypoglycemia, chronic infections, the very elderly, growing children, adolescents, or anyone under medical care for any other condition should diet only under medical supervision."

Agreements also led to the advertisement



tipping
the scales
**Nancy
Austin**

statement that Cambridge Diet product will fill only 75 percent of the U.S. recommended daily allowance of essential nutrients. That information is hard to find — it's in a parenthetical conclusion to a long paragraph.

THE IMMINENT DANGERS of the diet are not diminished. I fear, as before, that people will disregard the warnings of the FDA, and the warning issued to those who suffer various health problems.

This life-threatening diet is no different from the one implicated in those 52 deaths four years ago.

The product is, as it was then, pre-digested animal protein. As the sole nourishment and calorie intake of an individual, it cannot fill the body's daily needs for complete protein, carbohydrate and fat. Because of this, the body will feed on other parts of its systems, including lean body tissue. This could include the heart muscle and other vital organs.

Overweight people are always looking for a fast way to lose weight. They overlook warnings from the medical community, and often ignore signals their own body may be sending them.

Surprisingly, even those who undertake the diet regimen under the supervision of a physician may still risk their health and well-being.

MOST PHYSICIANS are not properly trained in treating obesity, and particularly in monitoring starvation-type diets.

Dr. George Blackburn, chief of nutrition metabolism at New England Deaconess Hospital in Boston, says that he feels most physicians aren't qualified to supervise this drastic diet.

"American doctors are not trained in metabolism and nutrition involved with semi-starvation and cannot and should not approve of its use," he stated in an affidavit.

A significant number of people who died while on the "last chance diet" had no known health problems. Death was without warning in some cases. Cause of death was listed as heart attack.

It is theorized by researchers that lean body tissue (heart muscle) was used to fill the body's need for protein.

Another theory supported by the U.S. Department of Public Health is the bodies of some who diet lacked necessary trace elements in the body's metabolism. In researching the deaths of dieters using liquid protein, the department found that in many cases there was a distinct lowering of a specific trace element and this may, in fact, have caused the heart to stop.

Electrolyte imbalances, as well as nausea, cramping, diarrhea, fatigue, and irritability, are some of the other side effects which resulted in hundreds of people being hospitalized. They were among the survivors, some of whom still have side effects for having tried this diet.

The Cambridge Diet is not new, is not fantastic, is not safe, and does not promote permanent weight loss.

Get to Know
the
CONVENIENCE
of

**BLOOMFIELD
MIRACLE
MILE
shopping**

**42 stores
close to home**

Telegraph Road
at
Square Lake Road

PAVILION SALON

**MEN OR WOMEN
50% OFF Total
Bill!**

With This Coupon Only
Excluding Manicure.
Good through 12/31/80
Laura, Lisa and Fran only.

THE \$10 HAIRCUT IS BACK!!!

(Includes Wash, Cut & Blow Dry)

Introductory Offer
New Customers Only
For Men and Women

Precision Cut & Blow Styles of Today
Ask for **WENDY** • Wed. thru Sat.
Offer Good until Dec. 31, 1980
With This Ad

**THE PAVILION
AT HAMILTON PLACE**

30333 Southfield Road between 12 and 13 Mile

642-3410

Featuring Adante Cosmetics



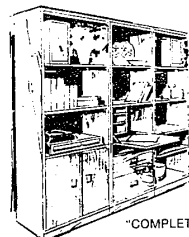
Boulevard

Bridal Salon
Exclusive Bridal and After-five Fashions
1095 S. Hunter (at Lincoln and Woodward)
Birmingham 642-4110

You've Got The Idea!

And We've Got The Quality
Materials And Experience
To Create Your Custom

FORMICA FURNITURE



"Built to your specifications"

Beds, Dressers, Chairs, Wall
Units, Tables, Visit our
showroom today with your
ideas.



"COMPLETE DESIGN SERVICE AVAILABLE"

ARTISTAN
PLASTIC

CORIAN
FORMICA

SINCE 1957

681-6600 2544 Orchard Lk. Rd. (Just West of Middlebelt)

Manufacturing Makes
the Big Difference

Stone Martin Coats from the Gervais Collection, as seen on the 11 o'clock news on Channel 9.

DUTY AND SALES TAX REFUNDABLE. MUCH LOWER PRICES
FOR QUALITY FURS, PLUS 15% EXCHANGE ON U.S. FUNDS.

Feathered Raccoon (fully let out)	from 1595
Norwegian Blue Fox Coats (full length)	2750
Canadian Red Fox (full length)	2995
Canadian Badger Pant Coats	1995
Canadian Mink Coats (huge selection in various mutation shades full-length)	from 2995
Fitch Coats (huge selection)	from 1950
Natural Canadian Raccoon Jackets	from 995
Canadian Mink Jackets (let out)	1950
Coyote Jackets	from 1095
Canadian Lynx Coats	from 3000
Canadian Muskrat Coats (full length)	from 1095

One of Canada's largest collection in Mink Coats.

establ. 1935
AgGervais FURS

762 Ouellette Avenue
1-519-253-2111

2 blocks from tunnel exit
Hours: 9-8 Daily

echo park
school

Relocating in
Franklin Village School
Mother-Toddler Program
Kindergarten - Pre-school
Pre-first and First Grade
851-1866

Oriental
Rugs

**ROMANIAN
ROOM SIZE
RUG SALE**

1/3 OFF

European and Persian designs.
NOW THROUGH NOVEMBER 8TH

tadross & zahloute

Purveyors of Fine Oriental Rugs Since 1897.
• Birmingham: 304 Hamilton Row 644-6209

SANTA'S STUDIO

A Christmas presentation of
Fine Art & Crafts

Featuring: 20 Artists with:

Jewelry • Pottery • Painting • Hangings
Metal Sculpture • Dried Flower Arrangements

A portrait artist will be available for sittings. In addition, handcrafted Christmas decorations, baked goods and candy will be presented by church members.

**FRIDAY, NOVEMBER 7 - 5 to 9 P.M.
SATURDAY, NOVEMBER 8 - 10 A.M. to 5 P.M.**

No Admission
Lunch Available

Items purchased by children
will be gift wrapped free.

Central Woodward Christian Church
3955 W. Big Beaver Rd., corner of Adams



Phone: 642-6787

- Individualized European Skin Care.
- Deep Pore-Cleansing.
- Make-up Lesson.
- Electrolysis.
- Waxing, Bleaching, Arching.
- The Latest in Cosmetics.
- Manicures & Pedicures.
- Eyelash & Eyebrow Tint.
- Body Massages.

Write for free brochure
102 Pierce
Birmingham
48011 Mi.

Phone: 642-6787

**Naty
Glantz**