

Polk president Gardner retires

Walter J. Gardner, president of R.L. Polk & Co. of Detroit from 1963 through 1980 and vice chairman since then, has retired after almost 50 years' employment with the publishing firm.

"Mr. Gardner gave his time and energy unstintingly to the company, and his efforts made a valuable contribution to the company's success," said Ralph L. Polk Jr., president and chief executive officer, in announcing the retirement.

Gardner of Farmington Hills joined Polk as a sales representative of the Directory division in 1933. He became a district manager of the division in 1942 and shortly thereafter a vice president.

In 1953 Gardner became general manager of the directory division and a director of the company. In 1955 he was named executive vice president and general manager of the firm, and then president and general manager in 1963.

In his retirement Mr. Gardner will continue as a member of Polk's board of directors.

Gardner has been a member of the Detroit Rotary Club since 1944, of the Bay View Yacht Club and formerly the Detroit Athletic Club.

The Polk firm publishes annual directories covering some 6,500 communities in the United States and Canada. Polk also compiles automotive in-



Walter Gardner

dustry statistics, publishes bank directories and is a major direct marketing firm. Headquartered in Detroit, Polk employs 5,000 people throughout North America and in overseas offices.

Book collection hints are given

Anyone who has saved a treasured copy of "Mother Goose Tales" knows the wealth of joy that can come from book collecting. But the common conception that one needs wealth to take up the hobby is just not true according to James Babcock, collector and bookstore owner who will speak on "Book Collecting" at noon Tuesday, Feb. 8, at Lawrence Institute of Technology.

"Anyone can collect," Babcock notes, "from the struggling student to the established professional." The owner of a rare-book store in Algonac called Walk on the Water Landing, Babcock will disclose tips for collecting to suit everyone's pocket.

Babcock's presentation will be in the School of Architecture's auditorium on LIT's campus, 21000 W. 10 Mile (near Northwestern) in Southfield. It will be free of charge and open to the public. For further information contact the LIT School of Architecture, 358-0200.

Monday, February 7, 1983 O&E



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Polish for youth taught at St. Mary

The Center for Polish Studies and Culture at St. Mary's College in Orchard Lake announces the beginning of a new course of Polish language study for children.

The course, which will be taught by Ala Orzechowska, is scheduled to begin on Feb. 12, and run for 10 weeks until May 21. The course will be given every Saturday, beginning Feb. 12, and run for 1 1/2 hours, from 10 a.m. to 11:30 a.m.

A textbook entitled "Uczmy sie po polsku" will be used in the course and each child will be given a cassette tape for use at home. The tape will drill the most practical expressions for every

day use. The stress in the course will be to drill the student in such useful everyday expressions while introducing the basic grammar of the language.

The age limit for students is 8 to 12; some exception will be given to slightly younger students who are shown to be quick to learn.

Registration for the course will take place on the first day of the course, from 9-10 a.m. The fee for the entire course is \$40. A minimal charge will be made for the text.

For further information call 682-1885, Ext. 46, between 9 a.m. and 4 p.m. Monday through Friday.



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LIVING WITH BACK PAIN

At some time, most of us have suffered from an attack of low back pain and would appreciate advice on how to treat such an episode. I have several recommendations, but in order for them to be better understood, you need background on the causes of the back pain.

The back is made up of the bony spines and the cartilaginous discs. These elements are connected by ligaments. In addition the spines serve as attachments for intervening muscles which permit the back to flex and turn.

Infections and cancer can occur in the back, but the major cause of pain, in any age, comes from mechanical strain to the muscles and ligaments of the back. The other most common, untoward event is the swelling of a disc with subsequent pressure on a spinal nerve: the "pinched nerve".

Thus, most back pain, as discomforting as it becomes, is not life threatening or crippling. This consideration should be kept in mind when deciding what steps you need to take to treat your discomfort.

In my next column, I will discuss how the pattern of your pain provides the clue as to its cause.

Dr. Weiss welcomes questions from readers; send your inquiries to his office.

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