# Elderly should be cautious walking

o I don't usually write letters to newpapers, but this time I'm making an exception because I really lust make a point with some of your older readers.

Last week as I was driving through one of the basiest intersections in our city I almost struck two white-haired ladies who were I sawaiking. They were so empressed in conversation that they seemed to be unaware of the danger they had put themselves in.

selves in.

If the brakes on my car were in the least faulty I
if the brakes on my car were in the least faulty I
would have struck one or the both of them. This
incident that completely unnerved me didn't seem
to bother them at all. To frustrate me further they
didn't take notice of my honking the horn or the
few choice words I gave them — i.e. cross at the
lights.]

Please remind your readers that jaywalking is illegal and should be avoided by everyone — particularly the elderly.

Thank you, Mr. P.B.

I appreciate your comments and the good advice.
I agree, jaywalking is extremely dangerous for old-



er persons and for many reasons — they have a decrease in vision and hearing, so they do not see or hear the occoming traffic as well as they are not see or hear the occoming traffic as well as they and they have a decrease in their muscle reflexes, so they are mable to move as fast as they would have to in dangerous situations such as this, So jay-walking, that energetic, impatient habit that is acquired in youth not only has to be changed in later years, but avoided as it is life-threatening to those who are not-so-young.

who are not not young.

Dear Jo:

My kushand has been suffering from Parkinson's
disease for years. The drag that he's been taking.

Larodopa, docto't seem to be belying him much
lately. Is there a new drug for this disease?

Mrs. K.

Dear Mrs. K:

For our readers who are not familiar with Parkinsons's disease — it is a common nerve disorder characterized by alow movement, stooped posture, reduced in rigidity and hand termor. It is a result of a depleton of a chemical in the brain, dopamine.

One new drug that has been chemically researched in Canada, United States and Europe is bromocriptine (Pariodel). When used along with levedops (Laradops, Sinemet or Dopar) the same durg your husband has been taking, it has proven to be quite effective. It has been particularly helpful to persons who have experienced side effects or some wearing off of effects of levedops.

Neither of these drugs are curative agents, but they do make life more pleasant for Parkinson's patients.

Since the recommending and prescribing of any drug is a medical decision, it is important that you speak to your husband's doctor as to the advisability of using this drug.

Readers man urrite to Jolanne Farrell. RN

Readers may write to Jolayne Farrell, RN., MPH., at PO Box 68, Station G., 1875 Queen Street East, Toronto, Ontario, Canada.



## Recycling is explained

This column on recycling is the fourth of a six-part series. Recycling is the transforming or converting of used, scrap or waste materials into raw materials or new products. This subsequent reuse of recycl-able materials, such as glass, paper or metal from the solid waste stream conserves energy, resources and landfill space, and prevents environmental pol-lution.

lution.

Recycling has been done in Michigan for many years. Michigan is the fifth largest user of secondary paper liber in this nation. The American Paper Institute estimates 1.2-million Michigan residents are active paper recyclers, and still, 97 percent of the solid waste being landfilled is recyclable materials.

the sould waste Management Strategy is calling for a 70-percent reduction of landfilled solid waste, with 25 percent of this reduction achieved through

with 25 percent to the recycling is source separation. The first step in recycling is source separation. All recyclable items, glass, paper, aluminum, metals, cardboard, newspapers, are separated into containers or bundled. The separated materials are then taken to a recycling center where arrangements have been made to pick up the recyclable metals have been made to pick up the recyclable materials and return them to plants for conversion materials and return them to plants for conversion

volunteers

The Oakland County Volunteer Bu-reau (OCVB) has a current file of vol-unteer opportunities for more than 200 agencies. For information about volun-teer openings, please call the bureau at 642-7272.

into new products.

In some communities in Michigan and across the country, the recycled items are placed out by the country, the recycled items are placed out by the country the country of the second country in the country of the

A sucreasy system is where the individual is hilled for each bag or can of waste collected that is not recycled. Each person syst for covered the optimization of the control of the collection of the tions. In Grand Rapids, which has curbaid collec-tions, with a minimum 35-percent participation rate, in three years they handled 2,670 tons of solid waste per year at a cost of \$23.50 per ton including processing and transportation costs. The average municipal waste collection in Michigan is \$61.52 per ton.

municipat waste-collection in Michigan is \$61.52 per fon.

ECO-TIP: For more information on recycling, send a basiness size self-addressed, stamped cavelope to Concern Detroil, 1025 Shelby, Detroil, 46228. Please mark your request "Recycling Packet,"

i." NEXT: Incineration with energy recovery.

- Bloomfield

apport Girl Scouting

11.75/6

### consumer mailbag

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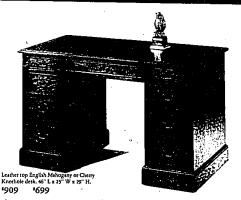
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