

Privacy should be our right

THE OTHER day an interviewer called me to the telephone to ask what make of refrigerator I have in the kitchen. I told him it was none of his business. Such queries are usually from people planning a sales pitch, but more impudent questions are those propounded by sociologists, pollsters and opinion-gatherers.

I refer to those who call us to find out what TV programs we are watching, what our views are on matters of topical interest, or what our feelings are about some controversial subject.

The motto of all of the above could be characterized as the business card of the private detective which read: "Other people's business promptly attended to."

THERE IS much we can do about all of this except to throw questionnaires into the wastebasket. We can also reply to strangers who call us on the telephone, "None of your concern," or, in the case of sales pitches, "I never respond to any solicitations made over the telephone."

I don't suppose enough of us will do any of these things sufficiently often to have an effect, just as too few of us will write "Refused" on junk mail.

Although these invasions of privacy are annoying, they do represent a serious trend. In society, neither freedom nor privacy can be absolute, but they are inclusive. There are only "freedoms" and "privacies," but the quality of civilization depends on a consider-



morale
perspectives
Rabbi Irwin
Groner

able degree upon which freedoms and which privacies its members enjoy, and in a democracy, these are likely to depend, in part at least, upon which people value most.

FREE SPEECH, including the free use of obscene language, is obviously much valued in our society, but freedom from annoyances — and worse — in the name of progress and the common good, is not similarly valued.

The situation is similar with respect to privacy. If I am called to the telephone seven times in a day only to be told that I have just won free lessons at Arthur Murray's, and that six different solicitors want to sell me everything from health insurance to long-lasting electric light bulbs, I have no recourse.

When a public complaint was made, the telephone company replied not only that it did not want to put any restriction upon such use of its facilities, but also that it endeavored to discourage private listings

But the quality of civilization depends to a considerable degree upon which freedoms and which privacies its members enjoy.

because the whole purpose of the telephone was to put people into communication with one another.

IT DID not seem to recognize the fact that the desire to communicate should not be unilateral and that a considerable part of its business consists in putting people into communication with others who do not want to be communicated with by the people calling them.

For those of us not engaged in any criminal activity, this is a more serious invasion of privacy than a microphone behind the mirror. Please understand that I am not in favor of "bugging." It is just that I wish equal attention could be paid to those other invasions of privacy of which you and I happened to be victims.

Cold-weather perils prompt safety tips

Tips for winter weather:

During a winter weather emergency, it is suggested that if it isn't absolutely necessary to go outdoors — DON'T.

People who are outdoors in low temperatures and/or strong winds tire more easily and because of rapid cooling of exposed surfaces, are susceptible to frostbite. Remember, a wind-chill temperature of -25 degrees can freeze exposed skin in one minute. If you must go outdoors, follow these safety measures:

AVOID OVEREXERCITION. Cold weather alone, without any physical exertion, puts on extra strain on the heart. By adding the effort of snow shoveling, pushing a car, or even walking too fast or too far, you risk damaging your body.

Dress warmly in loose-fitting, light-weight layers of clothing. Outer garments should be water repellent. Wear a hat and protect your face. Cover your mouth and nose to protect your lungs from very cold air.

Wear mittens rather than gloves because they allow the fingers to move freely in contact with one another and keep your hands warmer.

Watch for frostbite and other symptoms of cold weather exposure. Frostbite causes a loss of feeling and white or pale appearance in extremities such as fingers, toes, nose, ears. Do not rub affected area with snow or ice. This will not help the condition and will only make it worse.

AVOID ALCOHOLIC beverages

because they cause the body to lose its heat more rapidly — even though you may feel warmer after drinking alcohol.

Keep yourself and your clothes dry. Change wet socks and any other wet clothing as quickly as possible to reduce body heat loss. Wet clothing loses all of its insulating value and transmits heat rapidly.

When the body begins to lose heat faster than it can produce it, a condition called hypothermia begins to develop. Hypothermia has very apparent symptoms, including uncontrollable shivering, slowed or altered speech, memory lapses, immobile fumbling hands, frequent stumbling or lurching gait, drowsiness, or apparent exhaustion even after resting.

IF A PERSON exhibits signs of overexposure to cold, windy or wet weather, get the person into dry clothing and a warm bed or sleeping bag with a "hot" water bottle filled with warm water or a heating pad.

Work on heating the trunk of the body first — shoulders, chest, stomach. Keep the head lower than the feet to insure blood circulating in the head.

Do not jostle, rub or massage the person. Keep them quiet, but do not give any alcohol, sedatives, tranquilizers or pain relievers. These will only slow the body processes further.

The Consumer Mailbag answers questions. Address mail to The Consumer Mailbag, c/o News Detroit, 1025 Shelby, Detroit, 48226.

'Super moisturizer' explained

Dear Jo:

In a recent column you mentioned the use of hyaluronic acid as a "super moisturizer." I am interested in knowing how it is sold; i.e., is it a lotion or a cream — or is it used alone — and where can I buy it.

Any information you can give me on this in your column will be greatly appreciated.

Mrs. H.C.
Ann Arbor

Dear Mrs. C:

For our readers who did not read the column on hyaluronic acid, it is a natural substance found in the cells of humans and animals. Along with elastin, collagen and other protein substances it supports and strengthens cells, making them resilient to shock. Because of its unique molecular structure, hyaluronic acid can absorb a thousand times its weight in water.

Medically, this substance has great potential. It is presently being used in eye surgery to keep corneal cells from drying out. It is also being explored for use in wound healing and for injection into arthritis.



gerontology
A. Jolayne
Farrell

joins to relieve stiffness and other symptoms.

Hyaluronic acid when applied to the skin acts as a "super moisturizer" by attracting water from the air and from deeper layers of the skin. Since air can penetrate it, the skin can "breathe."

You can buy this product in both creams and lotions. Shiseido uses it in their mature skin line and Ella Baeche has it in an oil-free moisturizer.

I suggest that you ask for pre-purchase samples as this product is fairly expensive.

Dear Jo:

Do you think an older person should make a long list of New Year's resolutions? My mother who is in her late 60s spent hours listing all the things she is going to change in her life in 1986. Frankly, I think she wasted her time. Since we read your column we'd like to know what a gerontologist thinks about this age-old practice.

D.B.

Dear Mrs. B:

As a gerontologist and a health care professional, I am very much in favor of New Year's resolutions, providing that they will improve one's physical or mental well-being. Since good health is dependent on good nutrition, exercise, activity and rest, it is wise to base the resolutions on one or more of these aspects.

There are many things we don't like about ourselves and would like to change. To achieve any kind of success, it is better to work on just one or two of these things at a time. A long list such as your mother is putting together may be too difficult and she may be setting herself up to fail.

If New Year's can be the motivator and starting point for change, then it has my support.

Dear Jo:

What food sources are high in Vitamin B complexes?

Mr. R.

Dear Mr. R:

Whole grain bread, leafy vegetables and meats.

Readers can write to Jolayne Farrell at PO Box 66, Postal Station G, 1075 Queen Street East, Toronto, Ontario, Canada.

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WINNERS CIRCLE
BY LAURIE KIPP
MSL

THE MICHIGAN LOTTERY RECEIVES MANY QUESTIONS ON PRIZE PAYMENTS. THE FOLLOWING SUMMARY PROVIDES MANY OF THE ANSWERS:

Q. What percent of Lottery revenues are returned to players as prizes?

A. State law requires that as near as possible to 45 percent of gross Lottery sales be returned to players as prizes. For example, in Lotto, this means 45 percent for the jackpot, nine percent for the Second Prize pool and 11 percent for the Third Prize pool.

Q. Why are Michigan Lottery prizes paid in 20-year installments?

A. This method of payment for large prizes benefits all players by increasing the total prize money that can be awarded.

Q. Can you explain this benefit?

A. The Lottery invests approximately \$500,000 of revenues for each \$1 million to be awarded in a program similar to an annuity purchase. The combined principal and interest from this investment give the winner the entire \$1 million in 20 years. The other \$450,000 not needed for immediate full payment of a \$1 million award then is used in the game as other prizes.

Q. Must winners pay taxes on prize amounts?

A. Michigan Lottery prizes are exempt from state and local taxes, but not from federal income tax. The Internal Revenue Service requires a 20 percent deduction from payment of all awards over \$5,000. Total tax paid by any prize winner may be higher or lower depending on other income.

Q. Does this benefit winners of large prizes who receive annual payments instead of a lump sum?

A. Using a \$1 million award as an example, present tax laws might cut this amount in half if it was all paid at one time, giving the winner only \$500,000. Under the 20-year payment plan, a \$1 million winner is paid \$500,000 by the Lottery, \$300,000 more.

Q. Do all Lottery states use this method of payment?

A. All lottery states do, for the same reasons.

Q. What if a winner dies before the 20-year payout period passes?

A. The Lottery ALWAYS pays out the full prize amount. The remainder of a prize is paid to the estate of a deceased winner. Payments are also made to the estate of deceased winners of \$1,000 a week for life prizes until the \$1 million minimum has been collected.

Send your Lottery question to: Winner's Circle, Michigan Lottery, P.O. Box 30077, Lansing, MI 48909.

If your question is used, you will receive \$50 free instant game tickets. This month's winner circle question comes from Lucky Fulton of Broham.

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