

## Adults inconsistent on S. Africa values

TEACHING moral values to children has its difficulties on more than one front.

For one thing, little ones are naturally guided by an, "If it feels good, do it; and if it's convenient, go for it," kind of thinking. Such a mode of behavior coupled with their basic "me first" approach to life is, however, only one of the difficulties facing those who would attempt to impart values to the young.

The other difficulty stems from our own making. It has to do with the myth that effective teaching can be done from a "Don't do what I do; do what I say" stance. Children of whatever age have far too much exposure to information today to be untouched by a lack of consistency in the collective or individual actions of their adult teachers.

On a national level, we are once more in the process of confusing the minds we wish to influence. That in itself would be bad enough, but the sad fact is that we give even more ammunition to a generation which laughs at the hypocrisy of those who preach to them.

PEOPLE ARE dying in South Africa. Even the many blacks whose blood has not yet been spilled are dying other kinds of death every day. They watch their own children systematically and institutionally denied the dignity which they know in their hearts belongs to humankind.

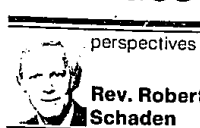
These same victims hear tell of an America which stands for such dignity, a nation which will not stand for its denial.

And yet this same great nation is content to substitute rhetoric for action when it is invited to respond. This would in itself be tragic enough, but this same nation is not only willing to impose economic sanctions on the government of Nicaragua, it is willing to buy weapons and fuel the slaughter.

This is all done in the name of freedom. We must defend freedom in Central America. But we are willing to settle for empty speeches on behalf of the blacks in South Africa.

How does one explain to a 12-year old that human dignity has a different price tag in South Africa than in Nicaragua? How does one convince a child who watches television news that we the people of right believe in a concept of what we say is so important?

How does one explain to any age that although it is wrong to kill and torture human beings anywhere it is more wrong in some places than in others? If Communists are the guilty



perspectives  
Rev. Robert Schaden

party, then we go get them. If, on the other hand, it serves our economic interests to settle for a speech, then let's give a speech.

PERHAPS THERE was a day when children were sheltered enough that adults could act in such inconsistent and ridiculous ways without losing their credibility. But even if that day ever did exist, it has long since passed into the pages of history.

Today's child is light years ahead of where we were then in terms of exposure. They do hear, and they see. They judge, and they file. When they hear us speak today, they replay what they heard us say yesterday. When they hear us pronounce policies, private or public, they match our consistency of action with our dogmatic decrees. And, right or wrong, they draw their own conclusions.

And even if they do as we say it maybe for no other reason than that they have learned the real message of our lesson — that is to say that one should say the right things and then act in a way that gets them what they want. And if that is the case, then who will tomorrow's victims be?

## Highland Lakes signing up

Registration for non-credit courses has started at the Highland Lakes Campus of Oakland Community College at 7350 Cooley Lake Road, Union Lake. Registration information is available from the OCC at 360-3041.

New programs this fall include arts and crafts, weaving, glamor photography and drawing. Personal development and business additions include professional selling, starting a business, child care as a career and franchising opportunities and hazards.

Special interest classes are offered for singles, women and a variety of age groups.

## Heat tough on older folks

Dear Jo:

I enjoy exercising particularly now that the fine weather is here. Last year I had a scare. I worked at it a little too hard and had a dizzy spell and some other symptoms that my doctor diagnosed as heat stress.

I think that with the summer here and the temptation of us older folks to overdo when it comes to exercise, this would be a good subject for discussion in your column. Thanks.

Mr. J.P.

Dear Mr. P.:

As part of the normal aging process, older people are more prone to the ill effects of overdoing physically during the heat of the summer months. Exercise is important at any time of year but in the heat it is essential that one does not overdo it.

Dr. Patricia Elsenman, the director of the Human Performance Laboratory at the University of Utah has studied this subject and has come up with some excellent guidelines for older persons to use when exercising in hot weather.

• Exercise during cooler periods. Exercise in the morning or evening to avoid the heat of the day.

• Wear proper clothing. Wear as



gerontology  
A. Jolayne Farrell

little clothing as possible. Clothing should be loose and porous to allow perspiration to evaporate. Never use rubberized sweat suits. On sunny days, wear a hat or a visor. Exercise in the shade whenever possible.

• Drink fluids often during physical activity. Drink 6 to 8 ounces of water every 15 minutes or so to help replace fluids lost through perspiration.

• Pour water over arms and legs. This cools the body directly, and also aids further heat loss through evaporation.

• Don't let thirst be your guide. Replenish lost fluid daily; do not judge your need for water by thirst alone.

• Drink extra water before exercising. A half-hour to an hour before exercising drink at least 16 ounces of fluid.

- Avoid alcohol and excess protein. Water is the best fluid. Avoid alcoholic beverages, since alcohol impairs sweating. Eat plenty of fresh fruits and vegetables to maintain the body's electrolyte balance. Do not eat an abundance of protein foods, such as meats.
- Watch for signs of heat stress.

These are dizziness, weakness, fatigue, mental disorientation, nausea and headaches. If any of these occur, stop the activity at once, move to a cool area and allow the body to cool off. Splash water on the body and drink fluids to help the cooling process.

Mr. P., I appreciate your timely letter. I'm sure if you and others who like to exercise in the fine weather follow these practical suggestions you will avoid heat stress problems and maintain your good health.

Readers can write to Jolayne Farrell at P.O. Box 66, Postal Station G., 1075 Queen Street East, Toronto, Ontario M4M 3E8, Canada.

## OU shuts down fall admissions

Regular admission to undergraduate and graduate academic programs at Oakland University was closed last week for the fall 1986 semester.

Keith R. Kleckner, senior vice-president for university affairs and provost, said new undergraduate applications have not been processed since July 15, and new graduate applications have not been acted upon since Aug. 15.

OU lacks classroom space, faculty and funding support to serve unlimited numbers of new students, he said. OU, whose campus is west of Rochester, is seeking to stabilize enrollment after a record set in the fall of 1985 when 12,586 students enrolled.

The university has already received a 62-percent increase in new graduate applications — 1,022 vs. 631 last year. Most of the increase is in the area of education. Some 10,083 students have enrolled in the university following early registration.

Regular registration is scheduled this week.

Kleckner said new graduate students who applied prior to Aug. 15 and who have not yet been advised of their status may enroll on a space-available basis only during the late registration Sept. 2-15. A \$25 late fee would be assessed.

Returning special graduate or post-master's students will be eligible to enroll during regular registration. Students with questions about their eligibility should call the university at 370-3450.

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