

Insomnia

Anecdotes, cures recounted

Letters, phone calls and casual comments at the pop stand during the four weeks since I wrote about the treacherous of insomnia convince me that we who suffer from this eye-opening affliction are non-partisan and co-educational.

That essay for the multitalented, double-county Observer & Eccentric empire appeared Nov. 13, a date that may live in journalistic history — not because of my abuse of our language, but because it was the day a far more noted writer's syndicated column gave us all cause for sleeplessness.

It was the day William F. Buckley Jr. turned in his varsity "R" from the Ronald Reagan cheerleading team by starting his piece for national subscribers with the sentence: "One worries about many things, foremost among them the credibility of the president of the United States."

And to think that those of my ilk toss and turn through the predawn hours just because a car payment is overdue!

AH, BUT there are remedies, random samples from the vox populi to follow.

"Southfield Angle," the lady I mentioned before as preferring a slug of brandy to reintroduce sleep as opposed to John Hayes' crackers and warm milk, came to dinner one night with husband in tow and from this retired engineer and race car driver I learned his bride's problem.

"Angeline is infected by the Puritan Work Ethic," he analyzed. "She lies awake thinking of things for me to do. But because my conscience is clear, I sleep like a baby."

Someone postmarked Bloomfield Hills, unfortunately unidentified, wrote, "If I went through your antics, I would be awake too. You recognize such basic night rules as to walk softly, etc. Well, these same rules apply to thinking — softly, lightly."

"The best way to conquer your habit is to command your mind, before you go to bed, not to wake up when you take your nightly fantastic jaunt to the bathroom."

"ON THE ENTRANCE of your first conscious thought, command it to think of nothing. If necessary, just keep thinking nothing. At the very most, re-



through
bifocals
**Fred
DeLano**

peat — nothing, nothing, nothing.

"It's that thing that wakes you up. Thoughts, emotions and activate more thoughts, they are contagious. They motivate your think process, so don't think. Do it yourself wake fully up. Refuse to let your mind accept any thoughts."

"Every night, practice this. You will find you go back to bed and continue Act II your dream play. Try it. Sleepwall can make your day!"

Now this a person I'd like to debate. In A, I may.

June, West Bloomfield widow, called to she had urged a lady friend to read first discourse for the comfort therein knowing that more than half the of them are often up and about, self solace in the weak and weary night.

AND FRIEND Kleinbrenner, a practical mouth sort, had this pithy suggestion: Don't try to cure it; take advantage the situation and look for a job that is at five in the morning.

"If thais, as it probably will, sound proper den so the typing won't wake Mr. Goose, make a pot of fresh coffee, start writing your memoirs — at least printable chapters."

I told it wouldn't work. Coffee, for me, is more Ex-Laxing effect than relief.

But eqq pithy was this note from Dorothy Ivona:

"I read article about insomnia, and everyg you wrote applies to me. Since you mentioned answering nature's call and try, I thought you might like this little of mine — Wired Up?"

"Is tha button on your toilet seat?/Mikan perform an uncanny feat./Eacme I sit down to do nature's th' darned button works; my telephings."

Angie, don't we just share your brandy?

Farmington readers' forum

Letters must be signed, original copies and include the address and telephone number of the writer. None can be returned. Names will be withheld from publication only for sufficient reason. Letters should be limited to 300 words in most cases. We reserve the right to edit them. Send letters to Readers' Forum, Farmington Observer, 33203 Grand River Ave., Farmington 48024.

Kids rally behind arrested teacher

To the editor:

We are students at the Bloomfield Hills Middle School, in the 7th and 8th grade. We had a teacher named Mr. Schultz.

Recently, David Michael Schultz was accused of dealing drugs. We and many other students find this accusation VERY hard to believe. We would just like to make it known that Mr. Schultz is a "GREAT" teacher along with a great man.

Every student looked forward to going into his classes because he did everything he could to make it fun! He had great jokes and excellent teaching methods. We not only had fun but we learned an awful lot!

We also believe that he is a very honest man because he always gave us lectures about being honest. He also kept a bust of Abraham Lincoln in his room because he said "Honest Abe will be watching over you making sure you're being honest."

If you are reading this, Mr. Schultz, we all LOVE you and are behind you 100 percent.

Kristin Leich
Tina Esman
Annie Schneider
Beth Brooke
Wendy Leich
Leslie Corney
Bloomfield Hills

Goodfellows eye community help

To the editor:

Another year has started for the Farmington-area Goodfellows' Christmas program.

A nice lunch was presented to us at the Sweden House Nov. 12 by our faithful sponsors, The Exchange Club of Farmington.

It was nice being together and we explained the Goodfellow purpose and our plans for this year.

If you or your favorite group would like to join us, call Dick Tupper at 477-0600. Your help would be more than appreciated.

As the Goodfellow list gets a wee bit longer each year, from now on, we shall meet each Saturday morning at 10 a.m. Those of us more fortunate should make it our business to strive to assure no one goes hungry or without winter clothing during the holiday season.

The donation of your time gives you a nice warm feeling.

We gotta get that Goodfellow truck packed and ready to go.

Bettie McPhail
Farmington Area Goodfellows

Christmas Seals work for people

To the editor:

The American Lung Association, the nation's oldest voluntary public health agency, is supported by contributions from Americans — young and old, in every walk of life and economic bracket — to the Christmas Seal Campaign.

Throughout its 79-year history, the volunteers of the Lung Association — the Christmas Seal People — have been and continue to be leaders in community health service delivery and public health education. They point out that cigarette smoking is the single largest preventable cause of premature death and disability in the United States.

Recent statistics estimate that this year alone, over 350,000 Americans will die of smoke-related diseases. Each year, your Lung Association helps your neighbors that suffer from chronic lung disease to face the problems associated with their illness, instructs young people about the harmful health effects of smoking and conducts research to find a

treatment and cure for lung cancer.

Lung cancer, already the number-one cause of cancer mortality in American men, has as predicted, surpassed breast cancer as the leading cancer killer of American women.

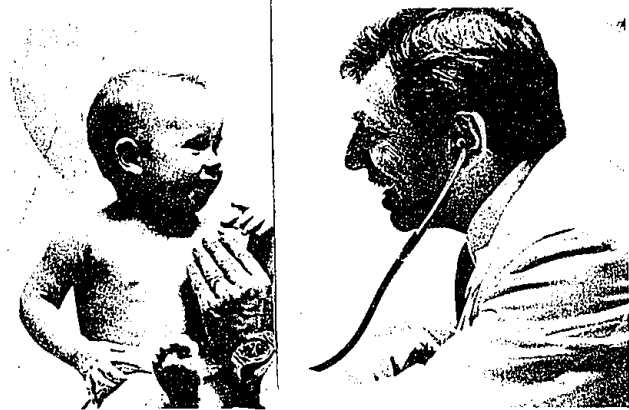
Nicotine addiction is "the most widespread example of drug dependence in our country," according to the U.S. Public Health Service.

The vast programs of the American Lung Association include counseling on the dangers of smoking during pregnancy; conducting a massive public education campaign to reach pre-adolescents before they begin smoking cigarettes or marijuana; teaching both children and adults with asthma how to self-manage and cope with the problems associated with their illness; educating chronic obstructive pulmonary disease patients how to adapt to their physical limitations; initiating and supporting efforts to maintain clean air standards, both indoors and outdoors; and acting on the dangers of occupational lung hazards.

Locally, the American Lung Association of Southeast Michigan has set a goal of \$900,000 for this year's Christmas Seal Campaign. 90 percent of every dollar stays here in Wayne, Oakland and Macomb counties to fund over 35 free community health services such as Camp Sun Deer, the free camp for severely asthmatic children; a free literature request program; community and workplace stop-smoking clinics; and Breathers Club, the support group for chronic lung disease sufferers. The remaining 10 percent goes to the national headquarters of the American Lung Association to fund lung disease research and community service program development on a nationwide basis.

I strongly urge all of your readers to answer their Christmas Seal letter with a generous contribution — and to everyone, use Christmas Seals on all your holiday cards and packages.

Ernie Harwell, director,
American Lung Association
of Southeast Michigan



Beaumont's Physician Profile is your key to finding the right doctor

Choosing a physician is one of the most important health care decisions you make. That's why we started the Beaumont Physician Referral Service. And that's why we developed Physician Profiles on our doctors. To help answer your most important questions about a doctor and help you choose one who's right for you.

The Referral Service is available to answer questions like these:

Where did the physician receive training?

The referral advisor who helps you can tell you where a physician went to medical school, and where the doctor satisfied his or her (post graduate) residency requirements, and where the physician received any specialized training.

Is the physician board-certified?

Board certification indicates that a physician has expertise in a particular area of medicine and has been recognized as a specialist by a governing board of physician authorities. 95% of all Beaumont physicians are board certified in a medical specialty.

Does the physician have a solo practice, or is he or she part of a group?

There are advantages to seeing a physician who has a solo practice, and

there are other advantages to seeing one who is member of a group. The primary difference is that when you see a solo physician, you see only that physician. When you see a physician who is part of a group, and you need an appointment on short notice, you may on occasion see a member of the group other than your regular physician.

Does the physician accept your insurance plan, or method of payment such as a credit card?

The referral advisor can tell you before your visit what insurance plans and methods of payment are okay, or if a payment schedule can be worked out, so you don't have any last minute surprises.

Is the physician the age and sex you're most comfortable with?

You may be more comfortable with a male physician who's older, while another person may prefer a female physician who is younger. Whatever your preference is, the referral advisor will make every attempt to find you a

physician with whom you'll be comfortable. More than 1,500 doctors use or work at Beaumont hospitals. The odds are good there's one who's right for you.

How do you use the Referral Service?

Beaumont's Physician Referral and Information Service is available for your use without cost or obligation. It is open between the hours of 8 AM and 5 PM Monday through Friday. The toll-free phone number is: 1-800-633-7377.

Beaumont
William Beaumont Hospital

Physician Referral and
Information Services

1-800-633-7377