

How to age gracefully

Dear Jo:
I read your column and enjoy seeing you on "Getting Better" on TV. I would like to grow older gracefully. Are there any definite guidelines, or is it simply a matter of good luck?

Carol H., Toronto

Dear Carol:
Growing older gracefully isn't a matter of good luck nor is it simple. There are some excellent suggestions, 15 in all, put out by the National Institute on Aging that I, as a gerontologist, feel are excellent guidelines for growing older and staying healthy. They are:

- 1) Don't smoke.
- 2) Eat a balanced diet and maintain a desirable weight.
- 3) Exercise regularly.
- 4) Have regular checkups. See a doctor as soon as you've detected a problem and follow his or her advice.
- 5) Stay involved with family and friends, and don't retire any sooner than you must.
- 6) Make new friends of all ages.
- 7) Allow time for rest and relaxation.
- 8) Get enough sleep.
- 9) Drink alcohol in moderation, if at all, and don't drive after drinking.
- 10) Use seat belts.
- 11) Avoid overexposure to sun and cold.
- 12) Practice good safety habits at home.
- 13) Plan ahead for your financial security.
- 14) Maintain a positive outlook on life and expect to live a long time.
- 15) Discover what makes you happy and do it.

Carol, you will note that none of the above includes megadoses of vitamins or minerals, or the use of hormone supplements, or even monkey gland transplants. The suggestions given are neither flashy nor exciting, they are just good common sense — and they work.

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Tornado warnings — what to do

Q. Technically, what is a tornado?

A. With tornado "season" almost upon us, you might want to clip and save this column.


A tornado is a column of violently rotating winds extending down from a thunderstorm-like cloud and touching the ground.

A funnel cloud is a column of violently rotating winds, extending down from a thunderstorm-like cloud but not touching the ground.

Two terms you need to be familiar with:

- **Tornado Watch:** A watch is issued by the Weather Service whenever conditions exist for severe weather to develop.
- **Tornado Warning:** A warning is issued by the local weather service whenever a tornado or severe thunderstorm has been sighted or is strongly indicated by radar.

consumer mailbag



Terry Gibb

ing tornadoes (severe storms):
In Homes: Basements give the best protection. Take shelter under sturdy furniture. In homes with no basement, take cover in the center of the house on the lowest floor, in a closet or bathroom, or under furniture.

In mobile homes or vehicles and open country: Move to a permanent structure. If there is no permanent structure, lie flat in the nearest ditch, ravine or culvert and cover your head.

At work or school: Follow tornado instructions and move to interior hallways and small rooms on the lower floor. Avoid glassy areas.

the ground less than 10 minutes and travels about five miles. But they can remain 'grounded' for several hours covering hundreds of miles.

The wind speed of a tornado varies from less than 100 mph to 300 mph, usually in a counter-clockwise direction.

Most tornadoes occur from dark thunderstorm clouds toward the end of the storm.

Tornado destruction occurs through the combined action of their strong, rotary winds, flying debris and the partial vacuum in its center.

Many communities have specific written instructions regarding tornado emergency procedures. Call your city hall to get a copy.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit, MI 48226.

TYPES OF SHELTER to use dur-

'Lakes need air protection law'

AP — Environmental groups concerned with the Great Lakes called on the United States and Canada to provide tougher laws to curb the amount of airborne pollutants contributing to contamination of inland waters.

The Sierra Club and Great Lakes United, a coalition of environmental groups, issued a report saying that up to 25 percent of all pollutants in the Great Lakes come from the air, yet the atmosphere is the least regulated source of contaminants.

Neither the United States nor Canada has the laws in place to address toxic air pollution adequately, and the governments have failed to act aggressively with what authority they do have, the report said.

"Existing controls on air toxics are woefully inadequate," said Jane Elder, the Sierra Club's Midwest representative. "The time for complacency and empty agreements is past."

THE GREAT Lakes groups said both the United States and Canada need new laws to establish limits on toxic pollutants in the air and to impose tougher emission controls on industries that generate the contaminants.

Elder said airborne pollutants come from a variety of sources, including industrial plant emissions, aerial spraying of pesticides, automobile exhaust emissions, vaporization from waste treatment systems,

evaporation from landfills, and incinerators.

The pollutants coming from the air, which work their way up the food chain and contaminate fish, include polychlorinated biphenyls, dioxin, solvents, pesticides and heavy metals, the report said.

The same toxics in those salmon and trout end up in human tissue, and that's the big concern," Elder said.

THE U.S. Environmental Protection Agency now limits emissions of just a few hazardous air pollutants, and policies vary from province to province within Canada, she said.


"One of the very frightening things about air toxics is that we're

not even looking for what's out there," Elder said. "It's very expensive to monitor throughout a system as large as the Great Lakes. EPA is only looking at a handful of substances, and we know there are hundreds falling out."

The threat from airborne pollution is especially serious in the Great Lakes because of the huge surface areas exposed to the atmosphere and because long-lasting chemicals may remain in the system for decades since the lakes retain water for long periods, the report found.

For example, Lake Superior, which recycles an estimated 60 percent of its pollutants from the air, retains water for 191 years.

The others said it was hopeless.



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For more information about the Kresge Eye Institute or to make an appointment, please phone the patient information line given below. The Kresge Eye Institute and Harper Hospital are affiliated with the School of Medicine, Wayne State University and The Detroit Medical Center in delivering world-class quality health care.

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