Youth is state mind, not years

Dear Jo: I have noticed from time to time that you print prose or poetry that reflect philosophies of aging. I found this one among my grandmother's papers shortly after she passed away at age 268. She lived her life to the fullest right up to the end and the following "How To Stay Young" (au-thor unknown) pretty well expresses ber beliefs: "Youth is not a time of JIfe... if is a state of mind. Nobody grows old

their alianticity pircity were tapicases "Youth Sin the answer of the second s

VER THE past few months,

VER THE past few months, mentioned interesting and im-portant information about the cancern office. The American Water Morks Asso-functions are exposed to lead to the distribution of the angle outstanding materials used with a first these suggestions to minimize any texposure. 1. Actex with the local water utili-y. A test may be recommended to

ty. A test may be recommended to determine if there is a lead exposure

determine it here is a read exposure problem.

 Run tap water for about two minutes before using in the morning or whenever the water has not been used for a long period of time.
 Use cold water for drinking and cooking. Lead dissolves more easily in hot water.

in hot water. 4. Replace any lead pipe fittings.

4. Replace any lead pipe fittings. SEVERAL COUNTRIES are using the enormous energy of ocean waves to produce electricity. A recently completed wave-power station in Norway utilizes two types of wave-energy power. The most successful type is the oscillating wa-ter column generator. It works by pushing air up a 65-foot-high tower by the force of the water. The forced air rushes through a turbine that drives the generator. As the wave recedes, the air is sucked back down again drough the urbine, so the turbine runs continu-ously. ously. This oscillating generator is al-ready in use in some lighthouses and



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How lead gets in your water

and the startlight things and thoughts, the undawated chaltenge of events, the unfailing childlike appetite of what next, and the joy and the game of life. "You are as young as your faith, so old as your doubt, as young as your self-confidence, as old as your (sear; as young as your hope, as old as your despair." M.S.J.M., Peterborough friends suffer from this maindy. Mrs. R.R., Detroit Dear Mrs. R.:

Depression is the most common (worldwide) mental disorder in older

(worldwide) mental uses et al. people. An excellent and current (1987) book on the subject Is "Overcoming Depression" by Dr. Demitri Papolos and Janice Papolos published by Harper and Row. It combines state-of-the-art medical information with solid practical advice. Writing with remarkable clarity. Ms. J.M., Peterborough

Dear Jo: Please recommend a good book on depression. Sometimes I think all my

the authors discuss depression in or-der to help the depressed person and his or her family members to recog-nize the problem, seek the proper di-agnosis and actively participate in the treatment plan. It is probably the most compre-hensive book on depression available for the layperson on the market lo-day.

day. Dear Jo: Is incontinence of urine in an older person treatable? V.J., Northern Reader

Dear Mr. J.: Dear Mr. J.: Incontinence of urine, or the in-ability to control one's urine, is not a normal process of aging. It is a med-ical problem that is usually treat-able at any age. Early diagnosis and treatment are essential. Readers can urite to Jolayme Farrell at II Cynthia Crescent, Richmond Hill, Ontario L4E 133.

model (enough water for a small ho-tel) and a two-million-gallon-per-day model.

No-fault mentality shifts the blame

The second secon

explanation, "It fell off the table all by itself." Even in adult life, no-fault is won-derfail because it avoids the pain of personal responsibility and the ag-gravation of behavioral change. In the adult world this seems to work well for tobacce companies who want us to believe that the link between eligaretites and cancer is purely coincidental. It is equally handy for unions who want to blame bad administration or the ills of a corporation or for administrators who prefer to place the blame at the feet of the union. The no-fault approach lets shoddy to let as there failures. NOFAULT MENTALITY is glib-by agile at ignoring connections.

NO-FAULT MENTALITY is glib-ly agic at ignoring connections. Of course the national deficit has nothing to do with the market failing off: And the billions of dollars poured into the building of more weaponry has no connection with the deficit being what it is. Our problems in the Persian Gulf are totally separate from the Image

perspectives هنام

i Erk **Rev. Robert** Schaden

We set up tor ourselves when the Shah was running Iran to our benn-fit. And, yes, the Iranians play the on-fault game as well as we do. For them we are the bad guys. But that is the way It is with nor-fault of the perspective is so differ-tent depending on which side of the function of the perspective is so differ-tent depending on which side of the function of the perspective is so differ-tence encloses your back yard. Unfortunately the adult world of modult offers much more frighten-ing consequences than the child's wersion. We are no longer talking missing ecosities and brachen wan-dows. We are talking missing people and shattered lives. MitteREVER NO-FAULT exists, not. As the widows of Nicreanan are

notivation for change usually does not. Ask the widows of Nicaragua or El Salvador. Listen to the buman tragedies from Vietnam. Witness the senior cluizens of our own streets whose needs take a back seat to other priorities of a high-tech soci-ets

whose needs take a data Sach soci-ety conterprinting of a high-sech soci-ety content of the social social social social social like to do and someone else's loss are never popular. Those kinds of admis-sions carry a challenge to uncom-fortable change. Such awareness may even call us to own our mis-takes — not an easy thing for people who grew up believing that the vase-fell off the table by liself. Whether the issue is a tumbling stock market, an attack by a hostile nation, or something as relatively in-nocent as junk along the freeways, things do not happen by themselves. We are all a part of the connection. The cry that it is all our bother's fault is just as ridiculous in the adult soppared and we were 5.

The Rev. Robert Schaden is with the Newman House at Schoolcraft Colege in Livonia.

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ANNUAL

consumer mailbag **Terry Gibb**

buoys that have no other source of electricity. The second electricity generating power plant involves wave water spliting over a dam into a reservoir and rushing through a turbine on its way back out to sea. A feasibility study on ocean wave power was carried out in Japan. Ten Socialtaing generators together pro-duces 1.25 megawatts of power. A megawatt equals 1000 kilowats or 10,000 100-watt light buibs.

salt water has made it a prohibitive source of water in most places. A Boston-based IIrm, Reliable Wa-ter Co., has modified the original process of desailnation and reduced the cost by two-thirds. The system uses reverso osmosis to force compressed seawater through a membrane that allows only fresh water to pass through. The concentrated salts and pollo-tants are lunneled away. The cost savings comes from a device that re-covers the pressure used to extrude the brine and uses that pressure to force more sea water through the membrane. Two prototype models are in use. They are a 30,000-gallon-per-day

WHILE MORE than 80 percent of the earth is covered with water, only 3 percent of that is fresh water to use for drinking, bathing, irrigation. The cost of "desalting" the ocean's



turn of the century has been rea-tively dry. Computer simulations show the high water levels should continue for at least three and probably more than 10 years.

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