

Alcohol wolf already indoors

METRO Detroit has gone to war. Those who waged the initial attack have referred to it as the "War on Crack."

Daily news shows on local channels report on the progress and depict the difficulties — not unlike the coverage given the war in Vietnam. Commercially paid for by co-conspirators in the war on crack cocaine warn of danger and tragedy connected with the use of this money-making drug.

AT THE RISK of minimizing the importance of these anti-drug efforts, I suggest that there is something less than credible in the rhetoric.

What we are told is that crack is ruining lives. People are dying violently. Many others who do not end up in the obituaries live the rest of their years at a level less than fully functional. Family members suffer untold pain.

Those who are adamant about the war insist that we do something about those who make it easier for the users to continue their destruction.

So what is less than credible about all of that?

**YOU ALONE CAN DO IT,
BUT YOU CAN'T DO IT ALONE...**

- DO YOU "LIVE" TO EAT?
- DO YOU HAVE TROUBLE SAYING NO?
- TOO MUCH TO DO, TOO LITTLE TIME?

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moral perspectives



Rev. Robert Schaden

Not only users are involved. "Friends" often make it easier for the user to use. They should be stopped and turned around. They have to see what they help perpetuate.

Even the apathetic others, those whose encouragement comes mostly from what they don't say and don't do, need to be awakened.

IF THERE is lack of credibility in the message, it is the way skate around chemical dependency.

While we wage war on crack, we are content to wink at or joke about the co-worker who tips one too many on a regular basis. Does his wife find it funny? Does her husband find it amusing?

Alcohol does its damage in a way that isn't easy to see. But even that is not true when the alcohol is mixed with gasoline. Death by fire finds it funny? Does her husband find it amusing?

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Perhaps, crack is something we fear might touch us closely. For those whose energies are dedicated against it, coke is the wolf to be kept away from the door. Kill it before it gets to us.

Alcohol, on the other hand is al-

ready in our living room, board rooms, class rooms and other polite places that qualify as life where we live it.

ADMITTING to the violence which has already penetrated the encircled wagons is always more frightening than waging war on what is on the outside.

The enemy without can be tackled without questioning our loyalty to family of friends. Locking up, rehabilitating or banishing the dangerous stranger is much more palatable than confronting the dangerous relative or friend.

As statistics would have it, probably many more of us are aiding in the destruction to life and family brought on by alcohol addiction than by the ravages of cocaine. We don't see coke. We don't fill the needle. We don't even put up with its use.

But we do give a friend just one more rather than risk an argument. We do protect a relative from embarrassment by lying for him or her.

Yes, there should be a war on crack, but if we expect our rationale for such concern to ring true, we are going to have to become just as adamant about the abuse of the other drug — the one responsible for even more death and brokenness than the powder that kills.

The Rev. Robert Schaden is pastor of Newman House Campus Ministry at Schoolcraft College.

Menopause is book-length topic

Dear Jo:
Are there any new books out on menopause?
Mrs. Y.E.,
50-plus Reader

Dear Mrs. E.:
One that I have just read and found excellent is "Every Woman: Adapting to Mid-Life Change" by Helen Doan (1987, Stoddart Books).


In this sensitive and well-researched book, Dr. Doan addresses most issues that concern today's middle-aged woman. Some of the topics she covers include:

- Life events and middle age.
- Body changes during menopause.
- Symptoms associated with menopause.
- The treatment of menopausal symptoms.
- Nutrition during menopause.
- What to ask your physician.

IN ADDITION, Dr. Doan answers specific questions women ask, such as:

- Is there a lessening of sex drive after menopause?
- Will menopause affect my personality?
- Will it influence my ability to work?
- Can pregnancy occur after symptoms of menopause have started?
- Will I be less feminine after menopause?

gerontology



A. Jolayne Farrell

Is there a male menopause?

THE BOOK offers sound advice on how every woman can become receptive to her own needs and put aside fears that have accompanied menopause for more than a century.

One part that I found interesting was her review of the treatment of menopause throughout history. Just over a hundred years ago, some treatments were drinking large amounts of mineral water, morphine, syrup of iron and potassium, exercises, traveling, bandaging of limbs and abdominal belts. The preferred treatment of the time was bleeding effected by placing leeches behind the ears.

Even today, many women enter the menopausal years with little knowledge or preparation. This book is a must for every woman going through this stage in her life.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent Richmond Hill, Ontario L4E 1J3



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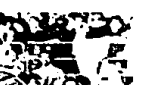
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