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can cause addiction**

Allergy treatment can be subdivided into two major categories — symptomatic and specific or curative. Symptomatic treatment alone is justified if symptoms are mild and do not interfere with normal activity, if excessive medication side effects do not occur, and if the patient is being observed for a distinctive seasonal or perennial allergy pattern to emerge.

However, once the doctor makes a definite diagnosis of allergy — that is, allergic asthma, hayfever, seasonal or perennial allergic nasal or eye disease, chronic hives, or allergic eczema — skin tests are in order and curative treatment should be undertaken in addition to symptomatic treatment.

Symptomatic medication includes anti-histamines for nasal symptoms, eye symptoms, or skin itching; and bronchodilators — including adrenalin — for asthma. Antihistamines should not be used for asthma since histamine is only of minor importance in asthma. Furthermore, antihistamines cause excessive drying of secretions in asthmatics during attacks and the asthma gets worse instead of better.

Other common side effects of antihistamines are headaches, drowsiness or hyperactivity, and stomach upsets. Then, because of the person taking these antihistamines builds up a tolerance for them, they become less and less effective, and finally ineffective, forcing the person to resort to frequent medication changes.

Nose drops and most nasal sprays should never be used since chronic use results in "addiction," and eventually increased nasal symptoms. Cortisone is very effective against all allergies but has serious long term side effects. A new drug, a powder taken by inhalation, prevents asthma as long as it is taken, but is not curative.

Curative treatment may simply be avoidance is one is allergic to foods or animal danders. However, in the majority of cases, allergies are multiple, and due to naturally occurring specific substances — that is, house dust, mold spores or pollen grains. Since these substances cannot be avoided, desensitization therapy — immunotherapy is necessary.

Immunotherapy is the repeated injections of extracts of the water soluble ingredients of the specific substances to which the person is allergic. These repeated injections slowly block the basic harmful reaction which causes allergy and result in a cure in nearly 80 per cent of cases, being especially effective in asthma.

By PAUL D.
RADGENS,
M.D.

The minimal period of time required for the completion of immunotherapy is three years. Injections may vary from several times a week to eventually monthly. Improvement appears gradually, and the person should be free of symptoms for at least two years prior to terminating this form of therapy.

In most cases, the patient's own family physician can administer these injections. In special cases, when frequent injections are needed, the patient himself can be taught to administer the extract, saving considerable time and money.

A common practice is to delay immunotherapy in hopes that a child will outgrow his allergies. Unfortunately, this happens in only 20 per cent of asthmatic children and in even a smaller percentage of children with nasal allergies. It is wrong to have a child suffer through years of asthma or nasal symptoms hoping he will outgrow them since this happens so rarely, and serious side effects may occur in the meantime.

In summary: many drugs are available for controlling allergy symptoms, but immunotherapy offers a cure.

**Limit speeds
on Union Lake**

Governor William G. Milliken recently issued an emergency watercraft rule for Union Lake in Oakland County, limiting the speed of motorboats to protect the health, safety and welfare of area residents.

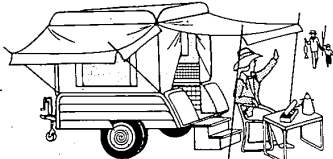
The rule makes it unlawful for a motorboat to exceed a slow no-wake speed within 500 feet of the outer end of any dock or shore.

The rule was submitted by the department of natural resources because of the unusually high water level of the lake.

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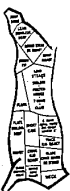
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