

Michigan Mirror

Exercise and diet help slay 9 killer diseases, doctor says

By ELMER E. WHITE

A marked drop in heart disease, cancer, stroke, hypertension, accidents, arthritis, arteriosclerosis, emphysema, suicide and maybe even diabetes...

What would it take to accomplish such a feat?

Just four things, according to Dr. Maurice Resnik, director of Michigan's Public Health Department.

Writing in a recent issue of Michigan Medicine, a publication of the Michigan State Medical Society, Resnik says:

"...a drastic reduction in every one of these conditions (with the possible exception of diabetes) is remarkably easy to accomplish. In fact, only four fairly simple goals need to be achieved:

"1. All of our people eat optimum levels of the proper foods.

"2. All of our people engage in regular physical activities appropriate to their condition.

"3. All cigarette smokers quit smoking.

"4. All alcohol drinkers stop drinking."

Resnik said that none, of course.

And, Resnik points out, it is much easier to treat disease than to alter behavior.

But, he continues, the major, or at least equal role of government—in addition

to its role in medical care—should be to initiate more effective programs to prevent disease and maintain health by means that focus on how people live and behave.

"In the final analysis," Resnik says, "our behavior has more effect on our physical and mental well-being than all the superb medical and surgical procedures available to us."

RIGHT-TURN-ON-RED seems to be working out pretty well in our state, according to a formal survey conducted just one month after the new law went into effect.

"The general feeling we got is that the vast majority of drivers are doing very well with the new law," said a spokesman for the Automobile Club of Michigan, which conducted the survey.

A few drivers, though, have expressed concern over the intersections where a turn on red is not permitted. Signs prohibiting such turns sometimes seem to blend into the landscape so that a driver might not notice them.

"It was right in front of me and I didn't even see it," said one driver, who was lucky to have another motorist toot his horn and point out the sign before she went—illegally—through the light.

IS MICHIGAN's new single business tax fair?

That's what a 10-member house-panels committee is trying to determine these days.

The committee is expected to recommend both short-range and long-term revisions, where necessary, to make the new tax system more equitable.

OVERCROWDED PARKS aren't fun for anyone. In order to avoid such a situation at popular Lower Peninsula campgrounds there are visitor restrictions in effect.

The Department of Natural Resources issues the reminder that the visitor has to be in effect through June 15 at Bears Ears Camp, near Peshawar and at Bay City Park and through June 15 at Pottsville Lake and Oakland County.

The rule will be enforced through Labor Day at other areas, including recreation areas at Brighton (Applegate Lake and Bay City Lake camp), Livingston County; Pinckney (Crooked Lake and Glenbrook camp grounds), Livingston County; and Waterloo (Portage Lake and Green Lake camp grounds) near Jackson.

State parks affected through Labor Day include: Hayes, near Oshkosh; Hildan Lake (Lake Michigan campground), Ottawa County; Island Lake (Russell Woods camp ground), near Brighton; Lakeport, at Port Huron; Ludington (Pine, Cedar and Beechwood campgrounds), Mason County; Metamora-Hadley, Lapeer County; Muskegon County; Port Crescent, Huron County; Proulx Lake, near Milford; Silver Lake near Mearns, Sleeper, near Oshtemo; and South Higgins Lake, near Roscommon.

Power drive lacks steam

A petition drive to bring Detroit Edison Co. and Consumers Power Co. under state government ownership is faltering for an odd reason.

"We know the signatures are out there," said Public Power coordinator Chuck Wilbur, "but this isn't a test of public support. It's an organizational test."

What Wilbur means is that petition circulators are getting excellent response from voters when they ask for signatures. But the organizational work of recruiting circulators, training them, printing and paying for the petition forms, and collecting the completed petitions is the killing blow.

PUBLIC POWER was launched by the Human Rights Party, HRP, whose best known face is Zoltan Ferenczy, was formed by the leadership of radical faction of the anti-war Democrats.

HRP later adopted socialism, beginning with the energy utilities, as an official policy. Other organizations joining HRP in Public Power were the Michigan Consumer Alliance and the Black Caucus.

Public Power needs 20,000 signatures to get its proposed constitutional amendment on the November ballot. These signatures must be filed with the secretary of state by July 6.

"Right now I'd say we are in the 100,000 range," said Wilbur, adding that there are other signatures that have been collected but not returned to his office.

"Personally, we're pessimistic. But I'm not prepared to predict how it will turn out," the Westwood School District librarian said.

Wilbur said that of every 10 persons approached, seven to nine would sign "constantly, whether it was in Detroit or any of the suburbs."

Other circulators had similar success. Jeannette Harstad of Livonia, a political activist, had constant success in northwestern suburban shopping centers, and she's particularly good at that. But even people who were the worst at that were successful.

The group wanted to buy space in a Detroit daily newspaper to print its petition form, but ran short of funds and settled for the Royal Oak Tribune instead.

Civil service signs new careers contract

The Michigan Department of Civil Service has recently signed contracts valued at \$1,115,000 to provide jobs and education to disadvantaged people, according to Freda Hochstetler, director of the department's New Careers program.

Since its inception in 1968, the Detroit-based, federally-funded program has allocated nearly \$7 million to help almost 700 disadvantaged people.

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Winston Lights	king size	13 mg.	0.9 mg.
Marlboro Lights	king size	13 mg.	0.8 mg.
Raleigh Extra Mild	king size	14 mg.	0.9 mg.
Viceroy Extra Mild	king size	14 mg.	0.9 mg.
Parliament	king size box	14 mg.	0.8 mg.
Doral	king size	15 mg.	1.0 mg.
Parliament	king size	16 mg.	0.9 mg.
Viceroy	king size	16 mg.	1.1 mg.
Raleigh	king size	16 mg.	1.1 mg.
Virginia Slims	100mm	16 mg.	1.0 mg.
L&M	100mm	17 mg.	1.0 mg.
Silver Tips	king size box	17 mg.	1.1 mg.
Marlboro	king size box	17 mg.	1.0 mg.
Raleigh	100mm	17 mg.	1.2 mg.
Marlboro	100mm	17 mg.	1.1 mg.
Benson & Hedges 100's	100mm	18 mg.	1.1 mg.
Viceroy	100mm	18 mg.	1.2 mg.
Marlboro	king size	18 mg.	1.1 mg.
Lark	king size	18 mg.	1.2 mg.
Camel Filters	king size	18 mg.	1.2 mg.
Eve	100mm	18 mg.	1.2 mg.
Winston	100mm	18 mg.	1.2 mg.
Winston	king size box	18 mg.	1.2 mg.
Charterfield	king size	19 mg.	1.2 mg.
Lark	100mm	19 mg.	1.2 mg.
L&M	100mm	19 mg.	1.4 mg.
Tareyton	king size	19 mg.	1.3 mg.
Winston	king size	19 mg.	1.3 mg.
L&M	100mm	19 mg.	1.4 mg.
Pall Mall	100mm	19 mg.	1.4 mg.
Tareyton	king size	21 mg.	1.4 mg.

Source: FTC Report Apr. 1975
*By FTC Method

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