

# How to find hypnotist who isn't a charlatan

Dear Gundella:  
How can I find a good hypnotist?  
Can you recommend one?  
Virgil M., Southfield

Dear Virgil:

Never, never go to someone who advertises himself as a hypnotist. Instead, be sure that you find a qualified psychologist or psychiatrist.

There are many qualified doctors who practice hypnosis in the Detroit Metropolitan area, but there are also many charlatans. Ask your own doctor to recommend someone, or write to the American Society for Clinical Hypnosis, 800 Washington Avenue, Southeast Minneapolis, Minn. 55414.

You may also write to the Society

for Clinical and Experimental Hypnosis, 353 West 57th Street, New York, N.Y. 10019.

Dear Gundella:

I have heard that through self-hypnosis or some other form of mind control, it is possible to alleviate pain. Is this true, and if so, can you teach me how?

Mrs. R.B., Birmingham

Dear Mrs. R.B.:

Yes, you can overcome pain through the power of the mind. However, I do not recommend this.

Pain is important, and it is given to us for a very good reason. It is a signal

that something in our body is not as it should be.

If you make that pain go away without first discovering what caused it, you may be in grave danger.

For instance, suppose you have appendicitis, and you will the pain to stop. You can do away with the pain, but it doesn't cure the swollen appendix, which may burst and kill you.

Remember how Houdini kept on through his show without giving in to the pain and determining its true cause? Remember what happened to him? He died!

If your car makes a funny noise, you don't wear ear plugs, or play the radio loudly to drown it out. You rush to the garage to find out what is wrong, and get it fixed. Isn't your body more important than your car?

Many people feel pain, which is a



clear sign that all is not well, yet they put off finding out what is causing the pain.

Instead of just alleviating the pain, you should seek out and alleviate the cause.

Note: This spring, Gundella will be conducting several weekend workshops on various topics related to the psychic sciences. For more information, you may call her at 427-1072.



**Dandy Doris**

Doris, a neutered, smart terrier-mix is ready for a full-time home. She can be yours by dropping by the Michigan Humane Society Birmingham Mini Shelter, 1329 S. Woodward, or call 646-5099.

## 'Miss Dig' boosters honored by utility

"Miss Dig," Consumers Power Co.'s statewide utility communications system, recently honored its earliest boosters.

The Oakland County Safety and Damage Prevention Committee was the first group in the state to preach the gospel of Miss Dig. It is headed by Russ Simpson, of the Oakland County Road Commission, Wes Peterson of the City of Southfield and Bill Pike of Consumers Power.

The Oakland County group is made up of municipal employees, consulting engineering firms, road and drain commission personnel, area contractors and utility company employees.

The Miss Dig program prevents damages to underground and overhead utility lines by providing a toll-free, statewide telephone number that can

be called by contractors and the general public before digging, blasting or drilling. It avoids damage to utilities.

The Oakland County group, according to Michael Blombach, spokesman for Consumers Power, was out in the field promoting the program when Miss Dig was a service aimed solely at southeastern Oakland County.

Since its conception in 1970, the program has expanded to the tri-county area in 1972 and last year extended its service to the Upper Peninsula.

In 1974, Gov. William Milliken signed into law a bill requiring contractors to call Miss Dig before any excavation could be done.

The program has been credited with reducing damage to utility lines nearly 50 per cent since 1970 despite increased excavation activity.

## Seniors put facts on ice with medical crisis aid

Emergency medical personnel can now find health information on some older persons in the refrigerators of their homes through an Oakland Livingston Human Service Agency special health program called the Package of Life.

The health form, which is filled out by the senior citizen, contains name, address, doctor's name, hospital, who to contact in case of emergency and other crucial medical information.

The refrigerator was chosen as the site for the small zip-lock bag which contains the information since it is

fireproof and is easily found in the home. Senior citizens, especially those living alone or left alone for any period of time, may be unconscious or unable to communicate in a crisis. According to agency personnel, this Package of Life device should expedite emergency care.

Seniors can go to any of a number of OLISA centers where trained personnel will help them fill out the health forms and demonstrate how they are to be placed in the refrigerators.

For the address of the center nearest you, call 853-5126.

## Monteith degrees still available

The Wayne State University Board of Governors, March 10, approved the granting of degrees from Monteith College through June, 1981.

Board members agreed that no Monteith courses will be taught after the spring quarter, 1981. The option for Monteith students to transfer and teaching staff will be continued through the next three academic years.

viewed to phase out Monteith College over a three-year period, closing the college this June.

To accommodate Monteith students who have not been carrying a full class load or who have dropped out of school for brief periods of time, an advising and teaching staff will be continued through the next three academic years.

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