

Remember liquid protein?

Fear putting fad out of business, says diet expert

Liquid protein, one of the latest and most controversial weight loss substances, won't be around much longer.

Carolyn Lackey, Michigan State University food science and human nutrition specialist, says that people are now frightened enough to leave the liquid protein alone.

Speaking to participants of a recent MSU workshop for state Expanded Nutrition Program personnel, she said that the diet was originally designed for treating only extremely overweight persons. The substance, however, became popular a year ago as an over-the-counter aid and has since been suspect in a number of heart failure deaths.

"Many weight loss clinics that relied on liquid protein regimens are already out of business and in late

March the Michigan Department of Public Health urged physicians not to use or recommend it," the specialist reported.

MS. LACKEY said the Michigan agency's directive was illustrative of what other officials were doing nationally, but that "diet fads are here to stay."

"We're a pill-taking society," she explained, noting that in the United States being overweight is considered a "disease." A big psychological appeal of liquid protein has been that it smells and tastes bad like medicine.

She said that because Americans are so intrigued with taking pills to cure ills they are quick to fall for diets that require them — even though the

pills themselves are worthless and expensive.

She cited two of the more recent fads, one involving a pill containing kelp, Vitamin B, vinegar and lecithin; and another based on a "no-hunger bran pill."

"People fall for these diets because of advertising and faulty logic," she explained.

ADVERTISING plays on the penchant for pill-taking by billing a product as "doctor-approved" and hinting that the "limited supply" item is available only by mail and comes in a plain brown wrapper.

The professor said that ads for all diet aids appealed for the same reasons: they promise speedy weight loss, no hunger, no real exercise, no future

weight problems and a sexy physique.

"Faulty logic comes in when people believe that certain reactions that seem to make sense or are observable outside the body will occur inside, she added.

"Just because vinegar and oil don't mix in salad dressing doesn't mean the vinegar in a diet pill will dislodge fat from the body; and bran pills don't swell up in the stomach to create a full feeling."

Dr. Lackey added that Americans are also quick to swallow unneeded vitamin pills when they haven't eaten a food they associate with that vitamin. "It's common for people on a perfectly good diet to take Vitamin C tablets because they didn't drink orange juice that day," she said.

Thunderstorms: A shocking record

When the balmy breezes of summer move into Michigan, they often are accompanied by a familiar sight and sound: A flash of lightning and clap of thunder.

While summer storms often bring relief from sweltering temperatures, they can also turn into severe thunderstorms.

And, according to Eastern Michigan University Climatologist George Howe, severe thunderstorms which

affect large areas, kill more Americans each year than tornadoes. In 1975, Michigan thunderstorms killed two and injured 117.

"Severe thunderstorms may do some of their damage from gusty winds, which can reach 70 miles an hour," Howe says. "But the bigger problem is the lightning."

Most injuries, he says, are caused by people being struck by lightning or by objects which lightning has hit (light-

ning bolts can generate as much as 200,000 volts).

Warnings and warnings for severe thunderstorms are issued like those for tornadoes. A watch means that weather conditions are conducive to development of severe thunderstorms; a warning means that a severe storm is on its way and the warning area is in its projected path.

To help safeguard against the threat of severe thunderstorms, Howe urges people to take the following precautions:

- Stay indoors.
- Avoid electrical appliances, as

they may serve as a ground should lightning strike the building (pull the plug on high-voltage appliances like the television set).

• Don't use the telephone, as it, too, can act as a ground for lightning.

• Get out of the water immediately if you're swimming in a pool or lake.

• If outdoors, seek shelter on low ground if possible. Don't seek shelter under the tallest tree, as it is more likely to be hit by lightning.

• If you "feel electricity"—if your hair stands on end and your skin tingles—you may be about to be hit by lightning. "Drop to the ground immediately," Howe says.

Michigan's schools have fewer whites

The number of minority students in Michigan's public schools increased by nearly 25,000 while the number of white pupils decreased by more than 85,000 during a three-year period ending last year, the state board of education reports.

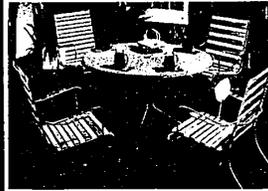
1976-77, showed that the number of minority students went from 351,664 in 1974-75 to 376,506 in 1976-77, an increase of 24,842. The number of white students declined from 1,740,872 to 1,655,749, a decrease of 85,123.

The percentage of minority students increased from 16.7 to 17.5 of the total while the percentage of white students declined from 83.3 per cent to 81.5.

The state board report, covering three school years 1974-75 through

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