

# Killing your husband — part two

In my last column, I offered three socially approved methods to hasten widowhood. They were: fatten your husband, increase the saturated fats and cholesterol in his diet, and get him accustomed to more and more salted food to increase his blood pressure.

Three others were cut because of the heavy flow of Republican national convention news. They are:

1. Buy him cigarettes by the carton. Cigarette smokers develop heart disease at three to six times

the rate of non-smokers. If heart disease doesn't get him, lung cancer may. An expensive, engraved lighter gift from you may encourage him to use the lighter often.

2. Encourage him to be as inactive as possible. The sedentary man runs almost twice the risk of heart disease as the active man. It is important that the inactivity associat-

ed with his desk job extend into his leisure and weekend hours.

• Encourage TV, cards, bowling and spectator sports. If he enjoys golf, buy him a motorized golf cart. Finally, buy him power tools for home landscaping chores or, better yet, hire someone to do it for him.

3. Promote stress and tension in his life. Stress and tension appear to be related to the development of heart disease. Some sure-fire ways to induce anxiety are to work with him about his children, work or home life.

fitness



Barry Franklin

# Single woman parents: 3 phases mark concerns

Recently widowed or divorced women are facing the most stressful time in their lives, but just knowing that can sometimes help them cope, says a Michigan State University Extension home economist.

These women face multiple concerns, like raising a family alone, providing financial support and coping with their own feeling of loneliness, says Marion Prince.

People, she says, go through three stages after a divorce or the death of a

spouse: disintegration, response and reintegration. "During disintegration, you may feel like you're falling apart; it's like a vacuum, like the bottom is falling out," Prince says.

Then your body begins to respond to the stress, and sometimes women become ill. Afterwards comes reintegration, when women start to rebuild their lives. "Many people make a new life for themselves, but some never do," she says. "They never learn how to say good-bye."



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