Bearing false witness: Names hurt as much as sticks and stones

Remember the rhyme from child-hood days: "Sticks and stones may break my bones, but words will never hurt me." It was a way to handle ridi-cule, taunts and jeers. We would have been better advised to solve the prob-

been better advised to solve the problem in other ways.

The always considered it significant that the Ten Commandments include prohibitions both against stealing and bearing false witness. Even more significant, they are placed next to each

other.
Stealing is prohibited because it takes away from another what is part of that person's identity. So does bearing false witness.

THE PROBLEM in our contemporary culture is a very careful attention to the first one and a blatant disregard for the second. It is certainly against the codes of our community life to steal from one another, but we seldom hold one accountable for what is said about

one accountable for what is said about another.

To be sure, we do have legal codes defining slander and defamation of character, but the courts have always determined that a person can better afford a half-truth about his/her character, than the loss of a material real action of the standard of the said of the said

community.

Language is the basis of community, and when we speak half-truths of others, we are taking something from them just as surely as if we were stealing a material item form them.

MERE PROHIBITION against bear-ing false witness will not be enough. It certainly bears consideration as a place to start. Saying nothing is better than speaking a distorted version of the

than speaking a distorted version of the truth.

But Martin Luther saw another op-portunity in this commandment than a mere prohibition against lying. He as it as a way to build community and so he enjoined others to speak well of oth-ers and explain their actions in the kindest way as a way of obeying this commendment.

commendment.
Civility in public intercourse is increasingly rare. We know how to jab
and swat, stab and cuff with words. We
know how to "cut people down," to
'trim them to size." to "gut them in
their place." But the very words we use
to describe our actions, betray our intentions. We mean to take something

I DON'T anticipate any public de-mand for legal codes extending the probibitions against bearing false wit-ness in the same way that our society has determined to protect the property

ness in the same way that our source, the safe termined to protect the property rights of all.

But the consequences for our lack of care in the way we speak of one another may be more disastrous than we can imagine. By being less than honest and responsible in our speaking of one another, we have taken from them the character they bring to our world.

In the final sense, we are the losers. The community that is created in the interchange of equals has been destroyed and we are left allenated one from another.



gerontology

A. Jolayne Farrell

Changes that occur in the urinary system are part of aging process

Dear Jo:

A friend of mine who lives in Ann Arbor sent me your column. I have a question for you. My bushand and I are having difficulty holding our urine. I have been to several doctors but have not been helped. Is there anything that can be done for older folks who have this problem? Thank you for an early reply.

J.W., North Artlington, N.J.

J.W., North Arlington, N.J.

There are certain changes in the uri-nary system that occur in most of us that are considered to be part of the aging process. There are other changes that are considered disease processes and can and must be treated by a phy-sician

and can aud mass scient.
Your statement "difficulty in holding our urine" could mean many things. I will print some of the expected changes here in the column. Also you said that you have been to see several doctors, has your husand also been seen for his condition? You both may not have the area combine.

condition? You both may not have the same problem. Some of the urinary changes are a decrease in the blood supply to the kid-neys: the kidneys themselves decrease size and have a decreased filtration rate. Urine becomes more concentral-chad and may have a stronger odor. The size of the bladder decreases by as

much as one half which causes the old much as one half when causes the out-er person to urinate more often. This is quite noticeable at night when those who are over age 65 have to get up to urinate at least once. (Those over 80 have to get up more than once.)

nave to get up more than once.)

There is a weakening of the bladder muscles which causes one to have less control over the emptying of the bladder. In men there is a possibility of enlargement of the prostate gland whose can limit or observing of the bladder is more difficult and retention of large volumes of urine can result.

If your urinary problems are out of the range of the expected changes, I suggest that you see a urologist, who is a physician who specializes in urinary problems.

Dear Jo:

My pupils look so small, they hardly
dilate even in a fairly darkened room. I
wear glasses and see my eye doctor
every two yers, but I forgot to ask him
about this. Is this normal? I don't take
any medication except vitamins.

D. Lee

D. Lee

As we grow older, our pupils de-crease in size and are less reactive to light. Thank you for your letter.

volunteers

The Oakland County Volunteer Bureau has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at more than 200 agencies may be obtained by calling the bureau at 642-772. Am yon-profit organization needing volunteer assistance may call the bureau. PATIENT AIDES — If you have desire to help others and would like to work in a health-related area, this may be the position for you. The Red Cross unit at Botsford Hospital needs volunteers to work in a variety of patient bare capacities. Volunteers are needed The Oakland County Volunteer

one day per week for approximately five hours.

DRIVERS — The Royal Oak Senior Citizens Center needs drivers to take the elderly to and from stores and vital appointments. Volunteers are needed on a flexible basis.

MAINTENANCE ASSISTANT —
Would you like to put your plumbing, carpentry or general repair talents to good use? The Institute for Advanced Pastoral Studies needs volunteers to help with general building maintenance. Hours are flexible.

Funeral options ្ធ discussed

Options about funeral arrangements will be explored at a meeting of the Greater Detroit Memorial Society at 230 pm. Sunday in North Congregational Church, 2627s. Northwestern, Southfield.
The society is dedicated to dignity, simplicity and economy in funerals through pre-planning. For more information on the group, contact Mildred or Peter Poss at 476-5507.

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Ascension of Christ Lutheran Church 16935 W 14 Mile Road Burmangham SUNDAY WORSHIP 9 15 AM 644-8890 Morning Worship 10 30 AM



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Charles Fox -- Pastor Mark Radiolf -- Pastor 8:30 & 11 AM. Worship 9:40: Sunday School

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