

Good days eventually will outnumber bad

By Dr. Dennis Sugrue

Q. "My mother is having a hard time accepting my father's death. It's been 10 months now, and she is still not accepting that he is gone. Should I suggest counseling to her?"

A. It's dangerous to put time limits on the painful, but necessary healing process we call grief. Usually the first three to six months after loss are the most difficult.

However, the impact of the loss often continues to be felt long after this time period. As one widow described her

grief: "You never get over the death, you just learn to live with it."

When a person loses a spouse, the first year is a series of good and bad days. At first the bad days far outnumber the good days.

Sleep patterns are disrupted, appetite is suppressed, there is little interest in normal activities, and tears come very easily. As time passes, slowly the number of good days increases until they outnumber the bad.

Nevertheless, the bad days do not disappear until well into the second year, or even much later. Birthdays, anniversaries, holidays, even the

psychology

changing of the season can trigger bad days long after the loss.

Sometimes professional help is necessary. When any of the following circumstances are true, counseling should be considered: Few or no good days after the first six months of grief; thoughts of suicide; increasing reliance on alcohol; an earlier history of psycho-

logical or substance abuse problems, or feelings of being out of control.

Q. Can hypnosis help me to stop smoking?"

A. My answer to your question is a qualified yes. The research on this subject has not been very encouraging. A number of studies have shown the

approximately one out of five smokers successfully quit smoking after receiving a hypnotic suggestion.

If you are that one person out of five, then hypnosis is a great thing. If, however, you are one of the other four people, then hypnosis is just another frustrating failure.

In my own clinical experience, hypnosis can be very useful if it is used in conjunction with a comprehensive approach to smoking cessation. Smoking is often a strongly entrenched habit which we rely upon in the face of any daily stress.

To stop smoking, we need to break

the habit, and to learn new and more adaptive ways of dealing with stress. Hypnosis can help strengthen the motivation and confidence necessary to undergo this process of change, but rarely is it a substitute for learning new habits and behaviors.

Dr. Sugrue is a clinical psychologist at Henry Ford Hospital. He welcomes questions and topics for future articles. He regrets that he is unable to answer questions on an individual basis. Questions and topics may be sent to P.O. Box 2506, Farmington Hills 48015, or to this newspaper.

high tech
Ronald R. Watcke

Technology: good servant, hard master

"Technology is all the techniques, knowledge, lore, methods and tools that have helped society survive and improve its life." So stated James Young, vice president of General Electric Co.

Many joined Young in praising all that technology has done — "GE brings good things to life." Those who unambiguously support this position believe technology is a "religion," with scientists and technologists viewed as high priests.

Regrettably, not all is well with technology. Opponents refer to the "tyranny of technology," and the horrors of technology and its side effects. Fresh in our minds is the legacy of Agent Orange and its effects upon thousands of Vietnam veterans.

Love Canal was a tragedy with long-term effects yet to be fully realized. Dioxins brought the sleepy town of Times Beach to its knees. Three Mile Island sensitized a generation to the realization that a nuclear accident can happen, regardless of safety precautions.

MORE RECENTLY we witnessed the long-term effects of fossil fuels on our environment. Literally thousands of lakes are "dead" in upstate New York, New England and Ontario, Canada as a result of acid rain.

Closer to home, in Michigan, we have a vivid recollection of technology-related environmental catastrophes such as PCB agricultural poisonings, mercury pollution of Great Lakes fishing and ground water contamination from a variety of sources.

These horrors are not isolated, nor are they peculiar to the last 10 years. Recent history is peppered with other devastating horrors which were man-made.

Remember the Thalidomide disaster when newborns were malformed as a result of their pregnant mothers using a new wonder drug?

How about the great power blackout of northeastern United States in 1965 caused by failure of an automatic system?

And there were others: Abuse of pesticides, including DDT, which killed wildlife and caused environmental contamination; explosions of high-altitude H-bombs, "wrecking" the Earth's radiation belts and the injury to Japanese fishermen caught in unexpectedly far-reaching H-bomb fall-out in the Pacific.

THIS LIST of horrors, shocking as they seem, are not outside the scope of human control, and they should properly be balanced with a list of beneficial consequences of research and technology during the recent past.

For example, microbiology has almost eliminated infectious diseases. Space technology has improved weather observation and telecommunications. The computer has eliminated clerical drudgery and aided in mastery of complex systems.

Air transportation is faster, safer and cheaper. Plant and animal breeding has vastly increased yields of food per acre, and desalination of sea water has made deserts habitable, and even cultivable.

Surely technology has brought us many wonderful things. However, its potential problems as well as benefits must be investigated and weighed thoroughly before launching ahead.

THE BOLDEST attempt to control technology was introduced by Wilbur Ferris of the Center for the Study of Democratic Institutions in 1967. He proposed rewriting the U.S. Constitution to limit technology.

A proposal to regulate and disperse the power of technology seems equally as frightening as no governmental control at all.

Greater consequences than the side-effects of technology are the central effects of direct effects of technology. Mishaps and inefficiency are matters for attention, but not more than motives and morals." So stated Nigel Calder, author of "Technopolis: Social Control of the Uses of Science."

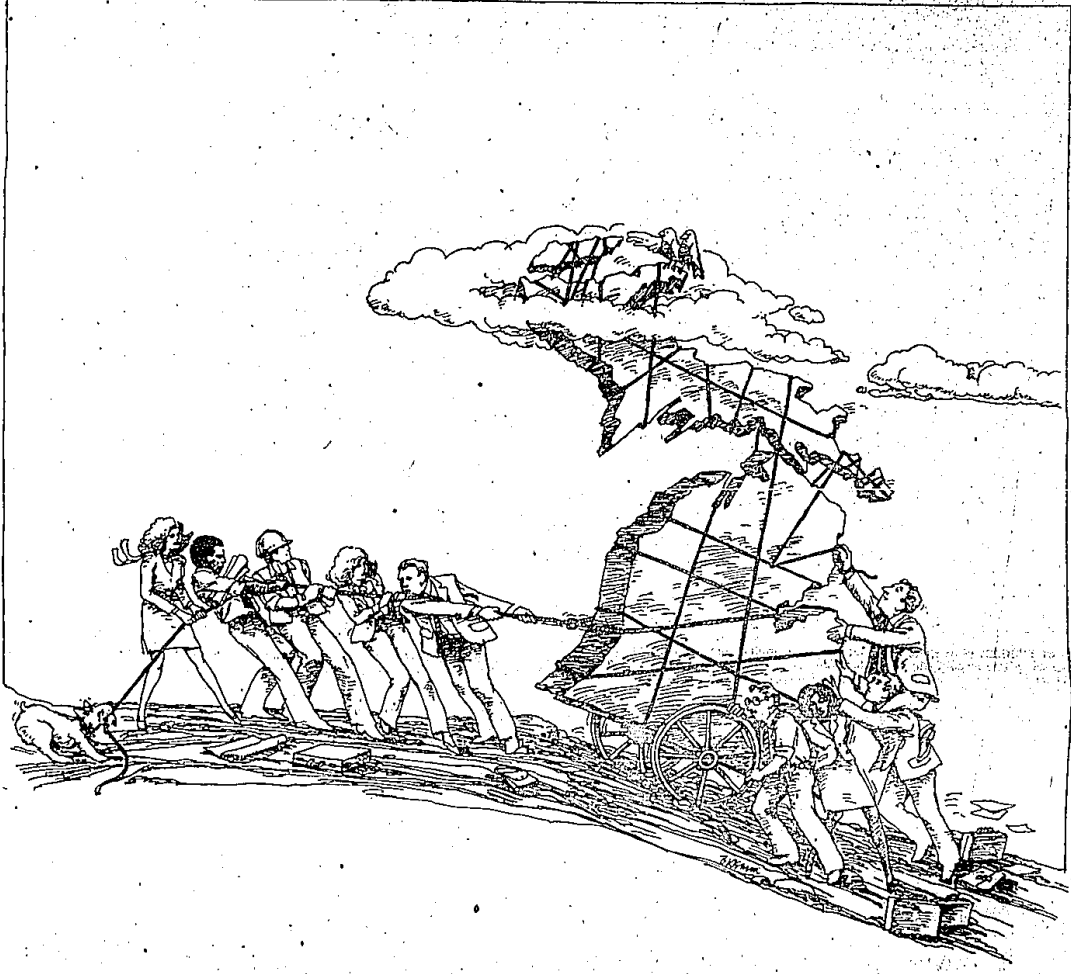
Dr. Watcke is dean of liberal arts at Wayne County Community College.

OCC board contest draws 5 candidates

Five candidates will compete June 11 for two openings on the Oakland Community College board of trustees.

Since two present terms expire June 10, the members will be elected for six-year terms. Trustee David Preston, who was appointed following Elizabeth Hawthorne's resignation, did not file for reelection.

Seeking reelection is Trustee Sandra L. Ritter, who is vice chairman of the board. The Waterford resident is district administrative assistant to U.S. Rep. Bob Carr, D-Oakman.



Introducing a startling new idea from Lansing. It's called help.

Michigan business used to characterize state government with the three "R's": red tape, red ink, and every now and then some red faces. That's a powerful stereotype to overcome. Nevertheless, it was a stereotype.

The fact is that things have changed in Lansing. Because now we're listening to your needs and acting in direct response. Michigan business, the answer is yes.

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1981 rates have declined by 30%. A \$300 million savings. In fact, we've opened up the whole insurance system to make it more competitive, so some businesses can save even more money by shopping around.

It means we listened when you complained about too much red tape in state government. This year the departments of Commerce, Labor, and Natural Resources will eliminate 19% of all their forms that affect the business community.

It means, too, that we've changed the single business tax. Now small companies that make little or no money or lose money will have their tax liability reduced by 90%. That's an addi-

tional \$18.5 million in tax relief for small business.

Eventually we think those old three "R's" will be replaced by three new ones: receptive, responsive, and resourceful.

That's the kind of state government Michigan deserves. And with your help, that's the kind we're becoming.

For more information on how we've changed, write: Ralph J. Gerson, Director Michigan Department of Commerce, Lansing, MI 48909.

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Michigan business, the answer is yes.