



consumer mailbag

Terry Gibb

Can your child handle trouble?

Q. I received the enclosed magazine in the mail and wanted to share it with you and your readers. I found the child safety quiz a good reminder to myself now that school has started again.

B.W., Troy

A. Thank you for sending the Child Protection Alert magazine to Concern. I also found the quiz very useful. With the hustle and hurry of September, many children forget basic safety rules and we parents forget to remind them.

Take the following quiz by simply answering "yes" or "no" to each question.

1. Can your child recite his full name, address and telephone number, including area code, city and state?
2. Can your child make a long distance telephone call? Dial direct or with operator assistance?
3. Does your child know never to enter anyone's home without your permission?
4. Do they know of any special homes where they are not to enter under any circumstances?
5. If separated from you in a store, would your child go to the nearest check-out clerk?
6. Would he or she verify that the person is in fact an employee of the store?
7. Would your child go into a parking lot either alone or if encouraged by an adult?
8. Does your child know always to play with others — to go places only on the "buddy" system?
9. Does your child know that adults seldom ask for directions from children, and that if approached by a car, they should never go near or get in an automobile with a stranger?
10. Does your child know not to accept rides from strangers or even from acquaintances without your specific permission?
11. If followed by an adult or stranger, would your child know to proceed immediately to a place where there are other people; e.g. a store, neighbor's home?
12. Would your child refuse an offer of a ride lacking your permission?
13. Does your child know never to

tell anyone over the phone that they are home alone?

14. Would your child yell "NO!" and create a public scene if they were being subjected to "bad touches" and the perpetrator would not stop?

15. Would your child immediately report to you if an adult asked them to keep a secret from you?

16. Does your child know not to answer the door to a stranger or answer the door when home alone?

17. Do you and your child have a code word to exchange if your plans change?

18. Does your child know never to talk to or accept gifts of any kind from strangers?

EVERY "NO" answer indicates a possible area of risk for your child. You might want to ask your child these questions in a modified form as a reminder.

Don't forget your pre-teen. As they approach their teen years, they tend to disregard these precautions as not applying to them anymore. Unfortunately, that's when they become most vulnerable.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, 1025 Shelby, Detroit 48226.

TOUCH OF CLASS CATERING

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Diet can control blood pressure

Dear Jo:
Can diet help control high blood pressure?

Mr. M.G.

Dear Mr. G.:

If you have a problem with high blood pressure, maintaining your ideal weight is important in controlling it.

Your doctor may also suggest that you watch the intake of salt (sodium chloride) in your diet. You can do this quite easily by:

- Limiting the amount of salt you add to your food, i.e., never adding salt to your food at the table or in its preparation. Try cooking your vegetables in a microwave; their flavor is enhanced without salt. Experiment with different spices when cooking meats and fish.
- Avoid processed foods such as canned soups and dried soup mixes, smoked and cured meats, bouillon cubes, pickles and saucers.
- Avoid salted snack foods like potato chips, pretzels and salted nuts.

Always read product labels to see if salt has been added. Other sodium compounds to look for include MSG (monosodium glutamate), a flavor enhancer, and sodium benzoate, which is used as a preservative.

Salt substitutes should only be used on your doctor's recommendation.

gerontology

A. Jolayne Farrell

It is important that the diagnosis of high blood pressure be taken seriously and to help oneself by doing something about it — and one of the best ways is to reduce salt in the diet.

Dear Jo:

My mouth is quite dry. Is there anything that I can do about it?

Mrs. M.B.

Dear Mrs. B.:

There are a number of reasons for a dry mouth. Blockage of the salivary ducts and poor diet are common reasons.

You should speak to your family doctor or dentist about it as your problem most probably is treatable. Also, there is a product (Molstr) on the market that artificially creates saliva. It is available at most drug stores.

Dear Jo:

Every summer I have a problem with burning and itching feet. Is there anything I can do?

Mrs. G. Regular Reader

Dear Mrs. G.:

Burning and itching feet are most

common in hot weather. For relief, try rubbing your feet with witch hazel or a mentholated preparation.

The problem may be caused by wearing nylon socks, so you may want to wear sandals and no socks or wear thin cotton socks. If your condition is not relieved by these simple

remedies, you should see a podiatrist.

Readers can write to Jolayne Farrell at P.O. Box 66, Postal Station G., 1075 Queen Street East, Toronto, Ontario M4M 3E8, Canada.

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EYE CARE

Gordon R.A. Fishman, MD

Diplomat of the American Board of Ophthalmology

INTRAOCULAR LENSES

Intraocular lenses are tiny plastic lenses about 1/4" in diameter. They are placed inside the human eye after a cataract is removed. Most eye doctors consider intraocular lenses the greatest advancement in eye care of this century. Intraocular lenses actually take the place of the natural lens inside your eye.

If you read my column last week you know that a cataract is a clouding of the normally clear lens in the eye. Therefore, when a cataract is removed, the lens in your eye is removed. Vision can only be restored when a substitute lens is put in its place. The substitute lens can be in the form of a thick spectacle glass, or in the form of a contact lens. Both of these methods correct vision in the eye that has been operated on for cataracts. However, the thick spectacle lens is heavy, causes 35% magnification, and also prevents good side vision. The contact lens, on the other hand, must be removed and cleaned and sterilized.

However, my patients tell me that

when they remove their contacts their vision is so poor they have difficulty in reinserting the lens.

Intraocular lenses, on the other hand, never have to be removed to be cleaned, or sterilized, and they are permanently inserted inside the eye. The latest technique is to place the intraocular lens inside the skin or "sac" of the natural lens which was removed. This places the new plastic lens in the exact position that nature had intended it to be. Some studies have shown that there is less incidence of complications when the lens is placed in this position. My patients with intraocular lenses see more like normal, have full fields of vision, have color perception, and sometimes can go without any glasses at all.

For your FREE copy of Dr. Fishman's brochure "EYE CARE" write to him at 1777 Axiell Rd., Troy, MI 48064 or 23700 Orchard Lake Rd., Farmington Hills, MI 48024

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WE TAKE EXCEPTION TO WHAT YOUR MOTHER TAUGHT YOU.



WE TAKE EXCEPTION TO WHAT YOUR MOTHER TAUGHT YOU.

YOU SHOULDN'T EAT EVERYTHING PUT IN FRONT OF YOU.

You should avoid foods high in cholesterol. It's a fact, a high blood cholesterol level substantially increases your chances of developing heart disease. By cutting down on fatty, rich foods, you can do yourself a big favor. You could lower your blood cholesterol level and reduce your risk of heart disease.

For more information about a planned and balanced diet, contact your American Heart Association. We'll give you some free advice on how to plan a diet good for life.

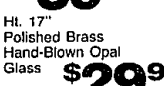
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