

# Sunny South Is Excellent But Not Climate Change

With another season of winter ending, millions of Americans had dreamed of going South — "for their health."

This brings up once again a question that has long puzzled physicians—What effect does climate actually have on health? Should the physician advise a patient to try a change of climate to his health?

There is no pat answer. Sometimes a change of climate helps. Sometimes it doesn't.

Researchers say that the human body functions best at a temperature of about 66 degrees. They also know that babies and older people have more difficulty in adjusting to drastic changes in temperature. Diabetes appears to be more controllable in the tropics. Stress diseases—ulcers, heart disease, hardening

of the arteries—are less frequent in the South.

Do sufferers from hay fever and other allergic ailments fare better in an arid, warm climate? Sometimes. Others find the native plants in the southwest just as troublesome as those in the North.

If you are contemplating a change of climate for health reasons, by all means consult your family doctor first. He knows your family's medical history and emotional patterns. He may suggest four or five different spots that might be helpful to you. Or he might tell you that, as far as your health is concerned, you might just as well stay home.

Today's Health, the family magazine of the American Medical Association, lists several do's and don'ts to keep in mind in considering a cross-country move for health reasons—

DON'T make a change of climate hastily, on the basis of rumors from someone who spent two weeks in the new place. Don't just send queries to residents of the new place. People tend to overrate the climate where they live and play down its shortcomings.

DO keep in mind that as important as a change of climate are proper diet, pure water and air, plenty of sleep, adequate exercise and a healthy mental outlook.

DO try to live in the new locale on a trial basis for a while, a year if possible, before severing with the old home town.

DON'T defy the weather. If it's cool, put on extra clothing. If it's hot, wear light clothing and cut down on activity. Study your reactions and plan accordingly.



PATIO FURNITURE is being emphasized by Robinson Furniture store in the Vonderland Shopping Center as well as the other branches. "Cameo Rose," shown above, presents a colorful garden dining table with umbrella. The setting's green vinyl upholstery is further accented by the blue, olive green and white of the umbrella. The table top is of tempered safety glass. The setting is framed by evergreens and camellias in Robinson's Washington Blvd. Patio.

## Now Is The Time For Lawn Work

If lawn renovation is among your spring plans, now is the time to do it. Reseeding in March is similar to nature's method of establishing plants. It is much easier and gives better results than following the traditional spring or fall seeding routines, says turf specialist Howard Kaerwer. Seed applied between snowfalls works into the soil through the alternating freezing and thawing characteristics of early spring. When the temperature is right, seed will germinate and get off to a fast start before competition from older grasses and weeds is keen.

Waiting until the weather warms up means mechanical methods are needed to slightly bury the seed so it can germinate and become established. By the time the soil is dry enough to work and the seedling is completed, it may be necessary to water the seedlings until they become established.

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# Goodwill Industries Expresses Thanks For Help During Year

Dr. John E. Hoskins, executive director of Goodwill Industries of Greater Detroit, says that every year brings its own reasons for the Goodwill family of handicapped men and women to be truly thankful.

In 1968 Goodwill Industries has been able to expand its rehabilitation services as the direct result of a substantial federal grant and the added support it will be receiving from the United Fund. To date this year, 218 persons in the metropolitan area have been served through Goodwill's evaluation and counseling program, and 189 job placements have been made. Five hundred have been employed at Goodwill's workshops, industrial contract departments, retail stores and trucking department, according to Dr. Hoskins.

Dr. Hoskins also commented that, thanks to a generous public, Goodwill's workshop facilities are entirely self-supporting, and donations of clothing and household articles have increased to the point where Goodwill now offers the contributor the convenience of more than 200 collection centers on supermarket parking lots in the metropolitan area. These centers have been made possible

(through the courtesy and co-operation of local civic-minded companies.)

In conclusion Dr. Hoskins conveys his thanks and that of the board.

**Observer**

**GARDEN PAGE**

March 22, 1967 (PRFGCW-4B) Page \* 9C

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