



**BLACK JEWISH LEADER TO CHAIR EXPERIENCE RESERVE BANK**

Earle H. Fletcher, Urban Relations Coordinator for Pacific Gas & Electric, will chair the Experience Reserve Bank in San Francisco, a minority economic development program founded by the American Jewish Congress in 1969.

**BLACK JEWISH LEADER HEADS PROGRAM THAT ASSISTS MINORITY BUSINESSMEN**

The American Jewish Congress has announced that Earle H. Fletcher, Urban Relations Coordinator for the Pacific Gas and Electric Company, has been appointed chairman of the Experience Reserve Bank in San Francisco.

The Experience Reserve Bank, which was founded by the American Jewish Congress in 1969 and continues to be sponsored by it, provides free managerial and technical assistance to minority men and women interested in owning and operating their own businesses.

Mr. Fletcher, a national leader in the Black Jewish community, also serves as a commissioner with the Oakland Housing Authority and is a member of a special advisory committee on foreign affairs for the United States Department of State.

The Experience Reserve Bank refers to itself as a bank because of the way it operates: interested volunteers place their talents and skills "on deposit," so that "withdrawals" may be made as needed in the form of assistance to wouldbe owners of private businesses in the minority capacity. "Depositors" -- volunteers -- range from top officers of large corporations to owners of small but thriving enterprises.

"These volunteers are successful people who are ready to share their knowledge with those who need it in order to succeed," explained executive director Leon Baumgarten. "Volunteers receive no pay other than the satisfaction of helping their fellows," he said, adding:

"The success of the program is due to our ability to tailor our services to each case on an individual basis. Clients range from a small retail florist to a manufacturer of African-style clothing. We are able to provide each with direct assistance from our bank of highly skilled volunteers."

## Happiness Through Health

By Otto McClarrin

### PEOPLE WHO DIE OF FRIGHT MAY BE SUFFERING FROM DISEASE:

Some people who die of fright or other stress may be suffering from hereditary hyperthermia -- the same disease that kills some patients on the operating table -- researchers believe. Hyperthermia, found in one of every 5,000 to 6,000 persons, causes some surgical patients' temperatures to rise to fatal levels when they are given anesthetic.

The "fright, flight, fight" syndrome of persons under stress can also be fatal if they suffer from malignant hyperthermia, Dr. Daniel Wingard, an anesthesiologist, said recently. He heads a University of Nebraska team that has studied several thousand patients in the past five years.

Death from hyperthermia apparently occurs when a person's metabolism runs wild, creating excessive body heat, which combines with acid and potassium to make the heart stop, Wingard said. The disease is sometimes misdiagnosed as a heart attack.

Stress, like anesthetic, can cause the metabolism "to turn on in excess," Wingard believes. Anxiety about surgery may cause some patients to die before or during an operation, he stated.

Wingard recounted one instance in which researchers found that three women who died during their third trimester of pregnancy were related to persons known to be suffering from hyperthermia. One of the women died after being given anesthesia during a caesarean operation. There were no readily apparent reasons for the deaths of the other two.

In another instance, after two young sons of related families in Fremont, Nebraska, died during minor surgery, researchers traced 700 family members in 25 states. The researchers now believe about half the family is susceptible to the disease.

Once the trait is discovered in a family, he said, doctors take muscle biopsies to determine whether other members of the family are susceptible. Precautions then can be taken to prevent them from suffering fatal attacks.

### POWERFUL PAIN-KILLER DISCOVERED:

Researchers have discovered a natural substance

in the pituitary gland which acts as a pain-killer "far more potent than morphine", the University of California announced recently. The powerful natural opiate, manufactured by the human pituitary, is called 'Beta-Endorphin'.

The announcement said, "In the first reported tests on live animals, researchers at the University of California, San Francisco, have demonstrated that this substance is at least 20 to 40 times more effective than morphine in the relief of pain when injected directly into the brains of rats and mice, and three to four times more effective when injected intravenously."

The discovery was made by Dr. Choh Hao Li, director of the Hormone Research Laboratory at the U.C. School of Medicine.

### DOCTOR RECOMMENDS WALKING BAREFOOT:

Americans should kick off their shoes as often as possible because a person who walks barefoot has healthier feet than the person who wears shoes, a clinical professor of surgery says. Dr. Paul Brand, of Louisiana State University Medical School, states, "Both health and the joy of living would be enhanced if every American spent a part of each day barefoot in his or her own garden or yard and in those diminishing areas of our country that are still unpaved."

The major foot problems that plague Americans -- corns, bunions, athlete's foot and ingrown toenails -- are caused either by poorly designed or poorly fitted shoes, he said.

### NEW VASECTOMY TECHNIQUE DEVELOPED:

Dr. William Moss, of Santa Ana, Calif., says he has developed a 10 minute vasectomy which requires an incision so small no stitches are needed. Moss says the operation has been used successfully on 1,500 patients and none has reported problems with the operation's goal of sterility.

The Moss technique requires a lateral incision on only about one tenth of an inch. Then the two tubes which carry sperm from the testicles are pinched closed and sealed by heat. Moss said a man can drive a car home after the operation. Most patients require only aspirin to relieve temporary pain or no medication at all, he said.

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