

Happiness
by *Through*
Ono McClarrin *Health*

THIRTY-YEAR STUDY SHOWS EMOTIONS CAN CAUSE CANCER:

A recent report on a 30-year study at the Johns Hopkins Hospital in Baltimore has confirmed what medical authorities have been saying for centuries: human emotions can be a factor in the development of cancer.

This means that loneliness and estrangement from family may one day be listed with cigarette smoking and environmental chemicals as causes of cancer.

A task force of the American Psychological Association reported late last year that cancer often occurs in persons who repress unpleasant childhood experiences. It based its conclusion on an accumulation of studies in recent decades like the one done at John Hopkins.

One of the most recent studies of cancer was done by the late Dr. David Kissen at the University of Glasgow in Scotland. It involved 150 lung cancer patients. Dr. Kissen found that most of the patients had difficulty expressing their emotions.

At the University of Rochester Medical Center in New York, Dr. William Greene, a psychiatrist, studied more than 100 men and women with leukemia and lymphoma, two forms of cancer. In all but a few cases, the victims had experienced loss of a loved one before developing cancer.

The researchers at Johns Hopkins, headed by Dr. Caroline Bedell Thomas, interviewed and tested entering medical students between 1948 and 1964 in what is described as one of the most extensive studies of psychosomatic disease ever undertaken.

The researchers have followed 1,337 medical students through their careers as students and doctors, and those surviving now range in age from 30 to 60.

In the Hopkins study, 41 of the doctors have died thus and 131 have fallen ill, including 16 listed in the illness category who committed suicide. The causes of deaths were not specified in the published results. The illnesses include 43 with cancer, 20 with high blood pressure, 14 with heart attacks and 38 with mental illness.

The physicians who developed cancer had personality characteristics and family histories similar to those who became mentally ill or committed suicide. They were low-keyed, quiet, emotional self-contained and lonely, as children they were not close to their parents.

Dr. Thomas said the lack of closeness to family is "a striking and unexpected finding" in the study.

Nearly a third of the physicians who committed suicide, or suffered cancer and mental illness, indicated that their fathers were not steady,

ness, indicated that their fathers were not steady, companionable, understanding or warm, while less than 10 percent of all the students in the study had such fathers. Only 116 of the 1,337 students studied were women.

At a recent meeting at New York Medical College, Dr. Jay Lefer, of the college's department of psychiatry, said, "In a sense cancer is a total psychobiological process. People just don't get a malignancy. It is a consequence of a total biography - a total organismic situation."

DEVICE TO BE SET IN CHEST WALL MAY CUT HEART DEATHS:

A team of cardiologists under the direction of Dr. Michel Mirowski at Sinai Hospital in Baltimore has developed a device that could turn out to be a major break-through in saving the lives of the most helpless of all heart disease victims - the victims of massive heart fluttering, termed "sudden death."

The unit, an automatic defibrillator, works something like a pacemaker, is about that size and is implanted beneath the chest wall. Hooked to the heart by a catheter, the device will detect sudden ventricular fibrillation - a wildly

COMMISSIONER HOOKS' COLUMN
CONTINUED FROM PAGE 4 Column 1

all of his subsequent awards and glories achieved on the pro tennis circuit.

And he ends with this very sane observation: "We have been on the same roads -- sports and entertainment -- too long. We need to pull over, fill up at the library and speed away to Congress and the Supreme Court, the unions and the business world. We need more Barbara Jordans, Andrew Youngs, union cardholders, Nikki Giovannis and Earl Graveses. Don't worry: we will still be able to sing and dance and run and jump better than anybody else."

To which I say: Amen.

BUSINESS IN THE BLACK
CONTINUED FROM PAGE 2 Column 3

cessful people to inebriate. The illicit drugs of his concern were no longer marijuana and cocaine, but nicotine and caffeine. Dr. Jones claims smokers have nicotine on the brain.

In fact, it is the smoke which carries the nicotine to the brain which then becomes addicted to nicotine. Dr. Jones, argues that most smokers would like to give up the habit, but cannot stop. Furthermore, the more successful a person, the more they tend to smoke.

Even Sigmund Freud, who harped on toilet training and finger sucking, died of cancer of the mouth from his cigar smoking. Low nicotine cigarettes simply call for more cigarettes claims Dr. Jones. It is the tolerants level of the brain which is most important as a comfort index.

The research by Dr. Jones reveals that individuals can get just as high on cigarettes as marijuana by using the same smoking style and multiply the number of cigarettes smoked by six. This will cause vomiting and the usual symptoms associated with the addictive drugs.

Dr. Jones was not much kinder to the coffee addict. Claiming five to six cups a day drinkers are hooked. Undesirable effects, like dizziness, inability to sleep, etc., are also available to the caffeine addict. There is some small comfort in knowing caffeine is the most widely used drug in the world. Caffeine is in coffee, tea, cocoa and chocolate.

While the dosage is not as great in a cup of tea, due to the brewing process, as in a cup of coffee, only about a half, watch out for chocolate bars and coca-cola. The intake on the basis of milograms runs something like this: cup of coffee 100, cup of tea 50, 10oz. coca-cola 40, 10oz. Pepsi-Cola 25, and chocolate bar 25.

Hyperkinetic children will drink coffee and coke on their own. In Brazil, such children are given strong black coffee to slow them down. Any drug can be dangerous as well as helpful. Dr. Jones cautions you don't get anything from a drug without paying for it. Next week, some ideas for those who want to survive the stress of success without artificial means.

EDITORIAL
CONTINUED FROM PAGE 2 Column 2

The Voice, is your voice, and we want to hear from you at all times regardless of whether in regard to an editorial or church news. We can never be any greater than the people who make up the Black community.

Remember that it is impossible for the "Counterfeit Traitor" to operate or even exist if we as Black people stand up and let our voices be heard. Remove this apathy and share the development of the Black community and we will all benefit in the long run.

Remember the "Counterfeit Traitor" has gotten as far as they can because of our inability to care and communicate. Let's reverse this trend and build a strong and durable Black community so that our children will have a better tomorrow.

vibrating movement of the heart from beating normally. Having detected the wild movement, the new device will restore the normal heart-beat within 50 seconds, rapidly enough to save the patient's life. Some 300,000 people -- 30 to 40 percent of all heart disease deaths in the country -- died in 1975 in the USA alone from sudden coronary malfunction.

RUBY SAYS
CONTINUED FROM PAGE 14 Column 3

I want to repeat something I said last week regarding the Welfare Department. It's a shame that the welfare division is never penalized for making mistakes and that is is always poor women and children and seniors who pay for the Department's errors. I want to let people know it is not always the fault of their caseworker when they get hassled and suffer. The caseworkers cannot help clients or they get fired. They are caught between two sides and the choice of whether to get a paycheck at all makes the decision for them.

AGAIN - MORE SOON ON THE POLITICS OF NEVADA

SOUTHWEST NAMED TO ABC MEMBERSHIP

The election of Southwest Advertising to membership in the prestigious Audit Bureau of Circulations was announced Tuesday by Alex Sample, President and Chairman of the Board.

Sample said word was received in a letter from Alan T. Wolcott, ABC President. Southwest Advertising is the only ad agency in the state to have received the coveted membership, which is referred to as the Golden Standard of Media Measurement. It is also the only Four-A agency in the state.

The membership provides Southwest with immediate access to research figures and information on all publications, including consumer, trade and business; newspapers and magazines.

"With statistical data we now have at our fingertips, Clients no longer have to pay exorbitant prices for research information when they sit down to map out their campaign profiles and expenditures," Sample said. He said the information supplied by ABC is computed locally, regionally and nationally, so clients can know not just what their own area is doing, but the entire United States as well.

"ABC membership is the symbol of Southwest's participation in industry self-regulation, that has given advertising buyers the assurance of full value for their print media investments over the past 63 years," Sample noted.



FR. YA PAYNE

CRUSADING SONGSTRESS -- Sultry songstress Freda Payne is the only Black woman to be named a Dame of Malta. Miss Payne achieved the elevation in 1974 through the efforts of Prince Basaraba Von Brancovan and Princess Brancovan of Rumania as a tribute to her fund-raising activities on behalf of such causes as Sickle Cell Anemia and the March of Dimes. Miss Payne is currently appearing in the Tropicana Fountain Room.

If you catch Miss Payne's performance at the Tropicana you might see the special glow of an expantant momma.

ORIGINAL DEFECTIVE