

Happiness
by *Through*
Otto McClarrin *Health*

DIRECTORIES OF PHYSICIANS SHOULD APPEAR SOON:

Consumer groups have won a major victory in their fight to publish detailed directories that include doctors' fees, office hours, and hospital privileges. A United States Circuit Court of Appeals in Virginia has ruled that state medical boards can't deter doctors from providing directory information by threatening to charge them with unprofessional conduct.

The ruling immediately affects 42 states; it declares that statutes forbidding advertising by physician are in violation of the First Amendment. Consumerist lawyers say the court has opened the door for doctors to go into commercial advertising.

Patients will also be interested to know that doctors' practice goals have changed dramatically in the past 10 years. Surveys show that twice as many physicians now want smaller practices, as compared to a decade ago. Equally as impressive, an additional 50 percent today want more free time, while the number seeking increased income has dropped.

CUT-RATE LIFE INSURANCE FOR THE SUPER-FIT:

At least one insurance company is set to market a life insurance policy with premium discounts for those who can pass a rigorous annual physical that includes a check of lipid and glucose levels as well as stress tests.

Now that Lincoln Liberty Life of Lincoln, Nebraska, has one state's O.K. for its "super-select" policy, it's going after approval of rate cuts of at least 20 percent. No one's sure how many people can qualify for the new policy, but the idea is likely to spread to other life insurers -- and maybe to health insurance plan as well.

CANCER PATTERNS:

In general, blacks have a slightly higher death rate from cancer than whites, according to the latest study of cancer trends by the National Cancer Institute. The "Atlas of Cancer Mortality Among U.S. Nonwhites, 1950-1969" analyzes geographic patterns of cancer among blacks, American Indians, Chinese and Japanese over a 20-year period.

The findings are as follows:

*Blacks have a higher death rate than whites for cancer of the mouth, throat, esophagus, stomach, pancreas, prostate and uterine cervix.

*Whites have a higher mortality rate for cancer of the colon, rectum, breast, ovary, skin and brain for leukemia.

*Lung-cancer rates are roughly the same for blacks and whites.

*Japanese Americans have the highest death rate for stomach cancer of any population group in the United States.

*The Chinese have the highest mortality rate for lung cancer.

EXPERTS GIVE ADVICE ON TREATING HIGH BLOOD PRESSURE:

Many doctors are too quick to prescribe drugs to treat patients who are found to have mild high blood pressure, experts told a meeting at the New York Academy of Science recently.

Although drugs have been shown to be effective in preventing some of the lethal consequences of severe high blood pressure, or hypertension, it is not yet known whether the benefits of long-term therapy for milder forms will outweigh the risks, the experts said.

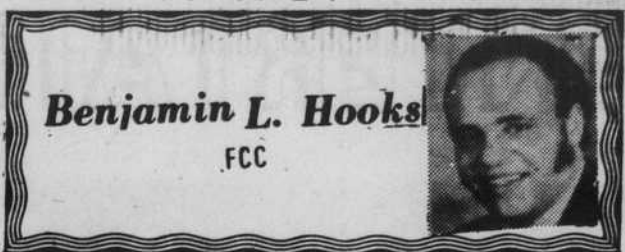
Instead of reaching immediately for the prescription pad when patients are found to have mild hypertension, the experts said doctors should first try non-pharmacological approaches to lower blood pressure and reduce the patients' risk of developing heart disease or stroke.

These approaches involve changes in the patients' way of life. They include losing excess weight; reducing dietary intake of salt, animal fats cholesterol and alcoholic beverages (if excessively consumed); stopping smoking, exercising regularly and possibly, practicing a meditation-like relaxation exercise.

The experts included: Drs. William B. Kanel, Jeremiah Stamler and Campbell Moses.

The Beta Eta Theta Chapter of Gamma Phi Delta Sorority, Inc has announced the presentation of their Third Annual Bums Ball Party to be held April 23, 1977, 9P.M. at the Elks Lodge, 1040 West Owens. Highlight of the evening will be the festive Bums dinner and the best dressed Bums Contest. There will be lots of food, drinks, dancing and just plain bumming around. It's guaranteed to be the funniest party you've ever attended. First place prize will be large bags of groceries. Other prizes will be given to other winners. Come out and see just how great it is to be a bum. For more information and tickets, contact party chairperson Ruth Clemons (648-0862) or ticket chairperson Ruby Frieson, 648-0629 or any member of Beta Eta Theta Sorority. Proceeds from this Affair will be used for the scholarship fund. We also extend our thanks to the members of the Elks Lodge for their cooperation.

GAMMA PHI DELTA SORORITY, INC.
BETA ETA THETA CHAPTER PRESENTS:
3RD ANNUAL BUMS BALL Sat April 23, 1977
9P.M. ELKS LODGE -- 1040 W. Owens
Tickets \$5.00 -- FOOD & PRIZES 648-0862 or 648-0629



Benjamin L. Hooks
FCC

Being a man of the cloth, I am naturally concerned with those incidents and issues in plain everyday life that deal with religion or religious experiences in a secular world.

In an earlier column, I wrote about Alex Haley's agony aboard ship -- how he thought wistfully of stepping over the ship's railing and sinking forever into the sea as a solution to his personal travail in respect to the writing of Roots.

Haley talked about how he miraculously saved himself, was wracked by sobbing convulsions for hours before a voice (he said it was his ancestor, Kunta Kinte) told him to get up and be about the business of writing the book.

I said then that although I knew nothing concerning Haley's religious beliefs, that he was at that moment touched by God.

And now I learn that the Haleys: Alex, his younger brothers George and Julius, were reared as most blacks in the church. In his hometown, Henning, Tenn., George relates, "we were raised in the CME Church. Back in those days, that stood for Colored Methodist Episcopal.

Today it's Christian Methodist Episcopal. But no matter. There was a colored Baptist church in town, as well. The CME and the Baptist churches held meetings on alternate Sundays. So although we were CME's our mother took us to church every Sunday -- one week to the CME the next to the Baptist."

Religious faith is the cornerstone of black life and many of us have experienced the ecumenical intermingling of our church experiences in having Baptists, Methodists, African Methodist Episcopal (AME), African Methodist Episcopal Zion (AMEZ), Holy Roller, etc., often members of the same family.

Certainly, church attendance was ecumenical and there was a distinct correlation of religious experience and a shared unity of belief.

I have written before and will again, that the "Welcome" sign on the Black Churches' outdoor bulletins was not an empty or hypocritical gesture. The warmth of these churches, the good singing of their choirs, the emotionally moving preaching and praying -- all these enabled blacks to endure another week of hardship and travail in an often hostile, unfriendly world. Jesus was/ is our rock to which we cling for salvation.

In the recent hour-long drama, This Far By Faith on public television, narrated by Brock Peters, some sense of this came through. For my part I would have liked more time so that we could have seen more preaching -- the "holler" preachers of the fundamental Baptist church, the suave preachers of the Howard Thurman type, the gut preacher like Adam Clayton Powell, Malcolm X, Ralph David Abernathy, Gardner Taylor, William Holmes Borders and C. L. Franklin; and the "storefront" preacher -- Father Divine, "Sweet Daddy Grace, etc.

The program was fine, but in my opinion, too broadly inclusive for a first hourlong presentation. Nevertheless, it is a step in the right direction and Ma Bell who sponsored it and the black production company, UniWorld, Byron Lewis, president who conceived and produced it, should be heartily congratulated for this sincere effort.

Since This Far By Faith gave us a brief glimpse of the rich variety of Black art -- music (spiritual, blues, jazz, etc.); art, poetry, writing, dance, etc. -- that sprang from the Black Church, or etc. -- that sprang from the Black Church, our appetites are whetted.

Perhaps a series, more narrowly focusing in each segment on the various components already presented, would be fascinating story telling of a part of our history too long neglected, the likes of which only television can, when it is of a mind, really do.

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