

Happiness Through Health

by Otto McClarrin

CIGARETTES CLASSIFIED AS MORE ADDICTIVE THAN HEROIN: Cigarette smoking is more addictive than heroin, according to Dr. Robert Dupont, director of the National Institute of Drug Abuse.

In fact, he says cigarette smoking is so addictive that two-thirds of all people who have ever smoked cigarettes are still addicted and smoke every day. That's a higher rate of addiction than heroin or alcohol or barbiturates or any other drug, he says.

Cigarette smoking is addictive; not just habituating as smokers have always been assured in the past. The distinction is crucial. It means that to quit, a smoker not only has to break a habit, but must also overcome withdrawal symptoms that propel him back to smoking unless he is powerfully motivated to stop.

Joseph A. Califano, Jr., Secretary of Health, Education and Welfare, recently announced a major initiative aimed at discouraging Americans from smoking. In a memorandum to all HEW employees, he stated, in part:

"The enormous toll of death and disability related to the smoking of tobacco products has established it as the leading preventable cause of death in the United States today. In 1977 alone, over 300,000 people died prematurely from cancer, heart disease, and lung disease attributable to smoking. Scientific evidence now indicates definitively that smoking is even more harmful than we thought it was 14 years ago when the Surgeon General's Report on Smoking and Health was issued."

Califano's new policy for HEW employees prohibits smoking in all HEW conference rooms, auditoriums, classrooms, libraries, elevators and shuttle vehicles. And to the extent that it is possible, efforts will be made to assign smokers and nonsmokers to separate and physically distinct work places.

Cigarette smoking is addictive. But that doesn't mean that it's hopeless. Smokers can quit. One-third of them have stopped. But tobacco use should be treated "as addictive disorder," advises Dr. Dupont. The kind of therapies effective in alcoholism and drug abuse - primarily self-help groups with close supportive relationships on a one-to-one basis - can work for those who really want to shake the hold smoking has on their lives.

NEW SPECIAL USE FOR ASPIRIN: The chances of getting blood clots, one of the most common complications of surgery, can be greatly reduced by moderate doses of aspirin, a new study indicates. The Harvard Medical School showed that after hip surgery, men who took four aspirin tablets a day had only a third as many cases as expected of dislodged blood clots floating through their veins.

"This is the first rigorous, scientific documentation that aspirin does provide protection against the development of blood clots in a high risk group of patients," Dr. William H. Harris, who directed the study, said.

Such clots frequently form in the veins of surgery patients who are over age 40. They can be fatal if they lodge in the lungs, and about 47,000 people die from this in the United States each year.

However, the study showed that the aspirin treatment works only for men. Among women, the risk remains the same, whether or not they took aspirin. The doctors could not explain this difference. Doctors elsewhere are trying to find out whether aspirin also prevents the formation of blood clots in arteries. These clots can lead to heart attacks and strokes.

CANCER WARNING IS ISSUED ON BROILING BY CHARCOAL: Cancer-causing agents can be formed in charcoal-broiled food, the director of the National Cancer Institute said recently.

"It is safer to boil food or to poach food than to charcoal broil it, Dr. Arthur C. Upton said recently. "We have evidence that in broiling food we form the cancer-producing

substances in the process of cooking."

He stated further that "We think at least two kinds of substances are formed in broiling: One is related to the tar that one gets in the cigarette smoke condensate. Cooking, the charring of the surface of the food, produces this tar fraction." The other factor, he said, involves the breakdown of some amino acids in protein.

NEW DAY BEGUN

by

Benjamin L. Hooks



For Millions of poor Black Americans, President Carter's declaration that the State of the Union "is sound" raised several questions. No doubt, the nation's economy is truly sound and the overwhelming majority of Americans are well fed and clothed and have more than enough of society's material comforts despite the erosion of the dollar by inflation.

For the NAACP and its members, however, Mr. Carter could have placed more stress on the problems of urban decay and black unemployment.

One indication of the President's almost casual treatment of this national crisis was his lack of emphasis. He did mention the problem. "A major priority for our nation is the final elimination of the barrier that restricts the opportunities available to women, and also to black people and Hispanics, and other minorities," he said.

The underlying thrust in both his State of the Union Message and tax reform package was the need to keep inflation in check and the lid on economic growth, not rebuilding the big cities or pushing for full employment. The fear, of course, is that if the nation moves too rapidly on the unemployment and urban problems, the economy will again be thrown out of joint.

Ironically, however, as Prof. Lester Thurow of the Massachusetts Institute of Technology has noted, almost nobody anticipates that the current high unemployment rate will reduce inflation.

But many people argue that to lower the average jobless rate from the current level to five or 5.5 percent would worsen inflation.

This argument, Prof. Thurow notes, is based on the assumption that the unemployment rate is even, that is it is 6.5 percent for both blacks and whites. But this is not the case.

In the third quarter of 1977, it ranged from 11 percent for adult blacks, six percent for adult white women and only 3.7 percent for prime-age white males.

The point that Prof. Thurow makes is that society runs out of prime-age white males when the economy expands while other groups suffer high unemployment. "Inflation breaks out in the wages of prime-age white males (a heavily unionized group which provides about 40 percent of all working hours) and spreads across the whole of the economy."

What the NAACP wants to see President Carter do, therefore, is not to address the unemployment-inflation question in customary terms. The problem, as we see it, is that of mobilizing the nation's resources to address the critical urban and black economic crises that are so rapidly destroying millions of disadvantaged Americans.

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TOUR

A three-week tour of England, Germany and Denmark designed for local teachers is being offered this summer through the University of Nevada, Las Vegas.

Sponsored by the Department of Curriculum and Instruction and the Department of Continuing Education, a series of lectures will precede the trip which is July 18 through August 8.

Mrs. Eva Bortman, associate professor of education, and Dr. Robert Boord, chairperson of curriculum and instruction at UNLV, will lead this journey which can be taken for noncredit or three units of graduate or undergraduate credit.

Arriving in London on July 19, participants will have three days in which to see the sights and to enjoy two stage plays of their choice.

On the morning of the fifth day, the travelers will depart on a two-day tour of southwest England, including Stratford-on-Avon for a Shakespeare Theatre performance, and then to Northampton to attend the United Kingdom Reading Association Summer Conference.

After the conference, participants will depart for Munich, Germany, and a trip through the Neckar Valley and Burgen-Srasse to the medieval town of Rothenberg followed by a night in Heidelberg. Next, the group will travel to Weisbaden and on to Hamburg for the Seventh World Congress on Reading.

Bortman said the trip should be of special interest to local teachers or anyone interested in reading instruction because of the stops in Northampton and Hamburg.

On Aug. 4, the visitors will see the historic sites of Copenhagen before departing for home.

For more information on this program, contact UNLV's Division of Continuing Education in Frazier Hall Room 109.

SCLC

The Southern Christian Leadership Conference (S.C.L.C.) wishes to encourage all residents of the West Las Vegas area to utilize the facilities of the West Las Vegas library.

Mr. Bill Ludwig, director of the West Las Vegas library, offers his services in the orientation of the programs of the library. Also, space is available for the showing of movies for all interested parties. The library has a variety of books that can be obtained by becoming a member of the library.

EDUCATION

CONTINUED FROM PAGE 4 COLUMN 3 satisfaction. Knowledge of progress or lack of progress, if seen in the light of the total evaluation process is helpful, not threatening. Evaluation procedures can raise the level of aspiration of pupils.

Black students need desperately to have their level of aspiration and their self-concept raised. This can be helped through a thorough examination of our evaluative process.

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