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VIEWPOINT

Inflation hits diet, teeth

A forced reduction in the purchase of essential health services and products has become one of the most destructive but least recognized effects of rampant inflation, according to a recent national survey.

When members of more than 1,250 families were interviewed in a poll sponsored by General Mills, 19 percent blamed rising prices for their decision to reduce the quality of their daily diets

Another 14 percent said they had abandoned the practice of serving meat at meals every day, while 8 percent had cut back on their purchases of fresh fruit and vegetables

Ranking behind good nutrition as a victim of inflation was dental work Among those polled, 16 percent said they had postponed needed work on their teeth and 11 percent had delayed getting regular dental checkups

This truth is self evident

Alfred E Kahn, the administration's field marshal in its war on inflation, has come up with the definitive word to Americans on how the so-far losing battle is affecting them

"Your standard of living is going down "

We needed to be told?

Safety Valve

"...stop car races. "

EDITOR, News-Press

One can't pick up a paper but what it says there's a gas shortage and we are to save on gas

We could save gas by barring all car races All they do is go around and around and put money in pockets

Then, when there is more gas, put them back on the racetracks

SAM REBUCK

". Rabies shots "

EDITOR News-Press On May 22 I was bitten by a dog while out walking I was not able to positively identify the dog so I was left with no alternative but to go through the series of 21 rabies shots. Although the chances of this particular animal being rabid were minimal a decision by myself and State Health officials could have proven fatal

There is definitely a problem in Nebraska City with a great number of stray dogs and also domestic dogs unrestrained

In my opinion I feel there should be some legislation and enforcement towards this problem I know I'm not alone in protesting the present regulations concerning unrestrained animals I had the acknowledgement of local law enforcement officers that this is indeed very prevalent in Nebraska City

I would like to encourage domestic animal owners to make sure you get your pets licensed and vaccinated According to an article in "Parent Magazine" by Dr David L Hunter D V.M., "All animals, but especially aggressive animals, should be leashed or within a fenced yard and not allowed to roam free

I just don't want anyone to have to undergo the pain and inconvenience I am experiencing now

CARRIE (KRENK) POSPICHAL

AS TIME GOES BY

Medicine taken

—FORTY YEARS AGO—
—1939—

A burglar broke into the Edmondson Drug Store taking some of the contents from the medicine cabinet and some money from the cash register 125 hogs and a team of mules were sold at the Nebraska City Sales Pavilion "Tarzan Finds a Son" with Johnny Weismuller was showing at the Overland Farmers in the Pawnee City areas were preparing to use creosote to fight chinchbug infestation

TWENTY-FIVE YEARS AGO
—1954—

Roy Ojers told the Nebraska City Rotary Club about his work as foreman of a federal grand jury in Omaha .Arthur Stephenson, 60, one-time Nebraska City hotel man, was killed in an auto collision. Virgil Pitstick was reelected president of the Nebraska City Optimist Club Five U S Air Force technicians, on loan to the French in Indochina, were captured by the Communist Viet Minh

TEN YEARS AGO
—1969—

Diane Volkmer, daughter of Ronald Volkmer of Nebraska City, was one of the top 10 finishers in the Girls State tests

Approximately 150 fruit growers attended the Iowa-Nebraska Orchard Field Day in Nebraska City The cherry picking season was delayed slightly due to recent cold weather, according to Bill Oberdieck, owner of Kimmel Orchard

William Whipple was elected chairman of the Weeping Water Creek conservancy district board Elvis Presley and Nancy Sinatra starred in "Speedway" at the Trail

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The Prayer For Today From The Upper Room

Don't worry about anything, instead, pray about everything. (Philippians 4 6 TLB)

PRAYER Dear Father, how often we forget Your assurance, "Ask, and it shall be given you!" Help us to trust You more and experience Your willingness to share our every burden Amen.



Today In History

By The Associated Press

Today is Sunday, June 17, the 168th day of 1979 There are 197 days left in the year This is Father's Day

On this date in 1972, the downfall of the Nixon Administration began with the discovery of the Watergate break-in in Washington

On this date

In 1579, Sir Francis Drake landed on the California coast

In 1703, the founder of Methodism, John Wesley, was born in England

In 1775, the Revolutionary War Battle of Bunker Hill was fought near Boston British attackers were repulsed twice, but the outnumbered American defenders finally retreated

In 1944, the Republic of Iceland was formed, ending the island's union with Denmark

In 1967, China announced it had exploded its first hydrogen bomb

In 1968, the U S Supreme Court upheld a civil rights law of 1866 that barred all racial discrimination in the sale and rental of housing

One year ago President Carter, visiting the Panama Canal Zone, assured Americans in the zone their rights would be protected under new agreements to eventually turn control of the canal over to Panama

Ten years ago A Communist summit conference ended in Moscow with majority support of a policy document that refrained from any criticism of Red China

Five years ago A bomb that London police said was planted by Irish terrorists damaged the oldest and most historic part of the Houses of Parliament. Westminster Hall, and eleven persons were injured.

Today's birthdays Entertainer Dean Martin is 62 Star shortstop Dave Concepcion of the Cincinnati Reds is 31 Actor Ralph Bellamy is 74

Thought for today You can do very little with faith, but you can do nothing without it — Samuel Butler, English satirist, 1835-1902.

SAVE ON GAS

Learn to drive gently

By Barbara McDowell
(Second of five parts)

"Drive Gently" reads the first sign greeting motorists entering the state of Maryland That's good advice for drivers everywhere who are interested in safety plus fuel economy

Make smooth and steady your bywords for efficiently starting, driving and stopping your car Remember that old trick of pretending to keep an egg between your foot and the accelerator

You can save gas even before starting your car by adjusting your seat, seatbelt, mirrors and visors at that time Get exact change ready for parking and tolls. These measures save idling time once the car is running.

Still more gas can be saved by starting your car properly The following tips apply to most cars, consult your owner's manual for variations

When the engine is cold, lower the gas pedal to the floor *once* to set the automatic choke Release it. Then turn the key in the ignition

Stop if the engine does not turn over within 15 seconds. Wait 15 seconds more and try again. Even in cold weather, this should do the trick

When the engine is warm, just depress the accelerator halfway and hold while cranking the engine Remember, pumping the gas pedal and gunning the engine are wasteful

If you have a manual choke, push it in part of the way once the engine is running and all the way as soon as you start driving

Once started, get the car moving quickly — within 30 seconds Gas mileage is zero when your car is idling in the driveway But don't forget to release the parking brake before you take off

Go slowly for the first mile or so, gradually bringing the car to cruising speed Ease off the accelerator a bit when you are just below your desired speed.

Shift through the gears as quickly as possible If your car is an automatic, lift your foot off the accelerator briefly to speed it into high gear

Drive at a moderate pace The most efficient speed for most cars is between 30 and 40 mph

Many towns now have synchronized traffic signals. You should be able to hit all green lights if you maintain a moderate speed in normal traffic If you speed up, you may miss them all.

Drive defensively. Watch out for dangers ahead. Maintain a safe distance between your car and the one in front of you, the rule is one car length for every 10 mph of speed

Don't brake unnecessarily. Don't ride the brake pedal for slight slowdowns. And don't make the common driving-defeating mistake of driving with your right foot on the gas and your left foot on the brake

Remember, quick stops cost fuel The most efficient method to stop or slow down is to take your foot off the gas pedal early to reduce your speed gradually; then brake gently And refrain from racing your engine at stops

Watch the lights ahead. Time yourself to reach them as they turn green. It is best to keep moving as long as possible if only at a snail's pace; considerably more gas is needed to start up from a complete stop than from a slow roll.

Don't allow your car to idle for more than 60 seconds Less gas is used by restarting the engine when you are ready to go.

Horizontal movement is as costly as vertical movement. Avoid unnecessary lane changing and weaving from one side of your lane to the other.

Drive to the inside of curves — while remaining in your lane, of course.

Before you reach a hill, increase your speed for momentum to avoid having to accelerate hard as you ascend. Allow your speed to drop by 5 to 10 mph as you climb. If you must stop while ascending, don't use the accelerator as a substitute break.

Take your foot off the gas as you reach the crest and coast downhill. But don't shift to neutral

(NEXT: Car Pooling)

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CATCHING UP ON BERRY'S WORLD



"Daddy, who IS 'number one': the New York Yankees, the Pittsburgh Steelers, the Seattle Supersonics or the Montreal Canadiens?"



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Grandma wins

Grandma wins—

An 80-year-old grandmother who prided herself on her good driving sense, almost spoiled her record when she went through a stop sign.

Before the officer had a chance to write out a ticket, grandma insisted on an appearance in court.

The young judge looked at grandma and said she had no business driving at her age. She was obviously a case of poor eyesight.

With that grandma pulled a sewing kit out of her purse, threaded a needle on her first try and handed it to the judge:

"Your turn."

The case was dismissed.

+++

Our girl, Kathy—

We were pleased to read that Miss Kathy Saathoff, a NCHS grad, was selected as Miss Nebraska at the state pageant. She will go to Atlantic City, N.J , in September to compete for the national title.

Kathy was an outstanding music student at NCHS, bubbling around school halls with bundles of energy She is the daughter of Mr and Mrs Merlyn Saathoff now of Diller. Mr Saathoff taught a special education class at NCHS and Mrs Saathoff was a nurse at Nebraska City Manor

Congratulations, Kathy, and we wish you much success

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The tragedy—

A boating accident the other night claimed the life of Jeff Gunn, 22, a young man who enjoyed water sports. Jeff was a friendly visitor at most every cabin at Lake Wa-Con-Da

His father was killed in the crash of a private plane a few years ago Jeff was a likeable and happy young man and is missed by his family We extend our sympathies.

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Teen queen—

Congratulations to Debbie Jordan, 16, daughter of Mr and Mrs Bill Jordan, who was named Nebraska Teen Queen of the National Campers and Hikers Association.

Debbie will compete on a national level next year in New York.

Debbie's family has been active in camping for many years

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Guard camp—

Thanks to Lt Bernard Spiker, Company A commander and the whole Guard crew, for the interesting visit to Fort Carson, Colo , during the unit's annual summer drill

The story of the visit is told in a feature page in today's paper

But let me tell you what really happened

The flight to Colorado Springs was a pleasant get-acquainted two hours It was spitting rain when we arrived and for the next two days, it rained, rained and rained.

Second Lt. Randy Bangert, Lincoln, was assigned to take me around to the training grounds. And, he did his job well

(We learned that the lieutenant had a more pleasant assignment a few months ago He escorted Amy Thone at her dad's gubernatorial inauguration)

+++

First, let me say thanks to Sfc. Wilber Dean Barrett He saved my hide by issuing me heavy GI winter clothing, a poncho and his steel pot (helmet). Without any of them, I'd probably be a frozen mass along a mountain roadside.

And thanks to the soldier's soldier, First Sgt. Bill Rivett, who seemingly never slept and directed movements in and out of the orderly room on a 24-hour schedule Despite his busy days, he found time to make sure the "VIP's" were properly outfitted and had transportation.

When it didn't rain, the wind blew and the mercury stayed in the 40 degree mark and most of the time I think all three weather factions worked against the visitors.

The lieutenant took pity on me and on the second day he put a canvas top on the jeep that we had been using for mountain transportation.

S-Sgt. Larry Hartman slapped a helmet and headset on me, put me in a mounted area of his track machine and commissioned me tank commander all in one breath That was enough, because he took the controls and gave me what you might call a most interesting ride

Rank has no privileges in the field. A lieutenant who sought relief, was issued a shovel, a roll of t-o-i-l-e-t paper and given directions. (S-Sgt. Marshall Bates liked that)

The food was just the greatest. The chief cook and bottle washer was Sfc Allen Barrett and he's so big few people would question his menu. Sgt. Barrett also shipped hot meals to his 300 hungry soldiers in the mountain training.

The days are long for the guardsmen and the nights twice as difficult because war games go on 24 hours a day

The day Governor Thone appeared to watch the fire power demonstration of all the weapons, the rain came down harder. That was the afternoon we seated ourselves on iron bleachers and sat through another downpour Capt. Cliff (Corky) Lant, Lincoln, ex-Nebr. City resident, engineered the fire power show

Our guides did an excellent job of explaining the daily procedures and hauling us all over mountain areas showing us how the training was conducted.

There is a great deal of war training that is difficult for an outsider to grasp, but there was one thing about men that we got ahold of the first thing — morale.

We can report that Company A of Nebraska City and the Second Battalion in general, have a high morale. The men are interested in what they are doing and they are doing a bang-up job of it

News in brief

NEW YORK (AP) — General Electric says it is developing a new light bulb that uses one-third the energy of conventional light bulbs.

The company announced Thursday that it will begin tests of the new bulb late this year, and that it will be on the market by 1981.

The new bulb will cost $10 as compared with about a dollar for an ordinary bulb, but Marketing Manager Chuck Stewart says it is so efficient it should save $20 in electricity over its five-year life.



HEALTH

Lawrence E. Lamb, M.D.

Eczema since birth

By Lawrence Lamb, M.D.

DEAR DR LAMB — My son has had eczema since birth. We have doctored it most of this time and always when he was a baby The pediatrician said he would outgrow it but he's 31 now

He clears up sometimes and then breaks out on his body, hands and in his hair He was given shots for years and still takes them but we really can't see very much help from them. As a baby and a child we tried to watch his foods

What is lacking? I had a poor diet before his birth Isn't there some way one can correct this? I insisted on good foods thereafter We have three daughters and they have no problems What could he take to help his system and is there a diet he could follow?

DEAR READER — The first question is the diagnosis You need to be sure that it is simple eczema that your son has If that is the correct diagnosis, I suspect he is going to have to live with it all of his life It's true that some children or infants have eczema as a child and it disappears In such instances it's often related to an allergic reaction to cow's milk In other instances it's onset is associated with the introduction of wheat cereal into the diet or eggs

You need to understand that this is an inherited condition Incidentally, it has nothing at all to do with your diet during the time you were pregnant with your son At present there is nothing you can do about such inherited characteristics any more than you can change the color of your eyes or other inherited features

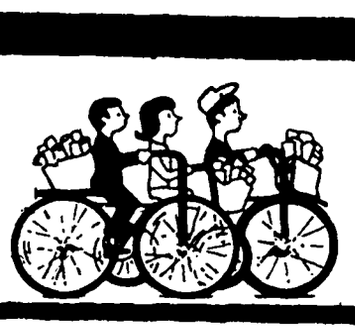
The primary problem in eczema is a dry, itchy skin caused by this inherited characteristic The other skin manifestations — weeping, redness, crusting — are usually secondary reactions These may be from an infection directly related to the scratching and irritation of the skin One of the prominent features of the disorder is the excessive itching that occurs

When a person inherits this characteristic there are numerous different factors which can precipitate an attack. This might be contact with nothing more than wool clothing Incidentally, these people usually do better wearing clothing made of cotton fibers because they are less irritating to the skin

When a person has infections, reddening and other problems, the first goal in treatment is to correct these complications This may involve taking antibiotics.

Because the problem is related to drying of the skin, it's important to prevent loss of moisture from the skin One approach to treatment is to avoid taking baths In severely affected people, doctors often recommend total cessation of baths for long periods of time A cleansing fluid that contains no oil or greasy material is used instead It's important that the air in the house be adequately humidified.

READERS WHO want to know how to delay aging of the skin and such changes can send 50 cents with a long, stamped, self-addressed envelope for The Health Letter number 7-10, Your Skin Sun, Aging, Spots And Cancer. Send your request to Dr. Lamb, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019



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