

The Birmingham Eccentric

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Citizen Fitness Is the Answer

Over the past several years many statistics have been published indicating that our youth are not half the physical specimens they should be as compared to the youth of other nations.

These statistics may be true, or they may be misinterpreted, as happens on occasion.

However, to stem the tide, if one exists, the President appointed a Council on Youth Fitness, which has come up with suggested elements of a school implemented plan to make our youth more physically fit.

A local citizen group, as well as the Birmingham Board of Education, are working to interject this program not only into our school system but also to a summer recreational program to keep our children from getting fat and lazy during summer vacation.

THE ECCENTRIC is publishing a series of articles (see Page 8-E) on the subject so that the residents may know that something is being done locally.

Dr. Richard Galpin will write on the importance of physical fitness from a historical view, linking health and survival of prior civilizations.

Frank Whitney, the Birmingham Schools athletic director will give us an inside view of the school program now and in the future.

Another article will be contributed by Mrs. William Compton on the aims of the Citizens Council for Youth Physical Fitness.

Governments Do Cooperate

Because their needs and problems are so similar, communities tend to band together on major development projects today.

This trend of inter-government cooperation is growing. The movement is spreading not only between communities within a county but also between counties themselves.

When certain costs become prohibitive for a single unit of government to bear, the obvious alternative is to spread that cost over more than one community.

Thus we have projects such as the Twelve Towns Relief Drains in Oakland County. Fourteen communities, including Birmingham and its immediate neighbors, share the cost of this 33 million dollar development. All will benefit; none could undertake the project alone.

WHEN PEOPLE move from the Big City to the suburbs, they demand many of the same services enjoyed in the city. They create a need for sewers and drains, a safe and adequate water supply, libraries, rapid transportation, expressways and other highways, schools, flood control.

The basic problems — financing, land acquisition, location, planning and maintenance, to name a few — are virtually the same in every suburb.

A river, for instance, courses through more than one community. It may supply water for all of them, and it may pose a flood threat to all of them.

So, the communities pool their resources

IT IS UNFORTUNATE that physical fitness programs have to stop at the youth level. Our country's real failing in the fitness area is among the middle age group: The people that are too busy working to take time out to see if that physical machine that carries them around is tuned up. In many cases their cars are better tuned than they are.

When the snows come each year we read about our neighbors having heart attacks while shoveling. Often this happens because it is the first exercise that person has had since the last snow fall the year before.

Some of our readers golf during the summer once or twice a week. What do they do during the winter? Do those extra pounds start to form around their waists during the cold season of the year? If so this should be a warning.

Bowling alone once a week will not balance eating 21 times a week.

THE CONCLUSION must be that if children should exercise so must adults to keep their bodies trim and healthy. Experts don't demand that you swim or lift weights, as long as you consistently exercise in some minor way at least 15 minutes each day. A short walk around the block is a step in the right direction.

The results of a little exercise will be amazing. Not only will the citizenry be better prepared to face whatever comes in the future; but, more important, they will feel better today, mentally and physically.

and work cooperatively and collectively to solve their joint problems.

IT IS RIDICULOUS to think that the Big City or any of its suburbs can long survive without the other; they are, whether they admit it or not, interdependent.

There is a move today to establish more community colleges. This means more communities banding together to solve their need for higher education.

Civil defense serves as another example. There can be no efficient and orderly civil defense without inter-government cooperation.

TO MAKE inter-government participation and cooperation in developmental projects possible, there must be understanding and support by the people.

As the metropolitan area becomes increasingly complex, the problems of development become more and more complex; thus requiring greater sympathy, comprehension and support by the people themselves.

The problems and their solutions will have to be approached with an attitude of sober reasoning. Emotionalism will have to give way to soundness of thought and planning.

As the metropolitan area grows and the need for inter-government cooperation increases, the people will have to make a judgment as to the reasonableness of proposed projects and not permit emotional resistance to prevail.

From The Eccentric's Point of View...

By the time youths are old enough to serve in the armed forces, they ought to know the essential differences between communism and democracy. They ought to have a general idea of how communism has spread, and of what the cold war is all about. This is the way things ought to be, but it is not the way they are. Many young men in the services appear to have rather woolly ideas about communism and why the free world opposes it. They know that the United States and other Western powers are against communism, but they do not understand why. This is a serious matter. It makes some sort of educational program in the armed forces mandatory. If the program now being started by the Defense Department turns out to be as thoroughgoing as officials claim, it should fill the bill. Armed forces education about communism and democracy is not a new thing. It has heretofore been handled far too haphazardly, however. Individual commanders have been allowed to exercise too much discretion in the matter of what was taught, and how it was taught. The result has been that some troops have received too little education on the subject, while others have been indoctrinated with highly colored political beliefs in the manner of anti-communism. The answer is a sound course of troop information in these matters, planned with care and applied

by commanders working in harmony with the overall plan. Such a plan apparently is now being drafted from the Pentagon. That is a welcome step.

It is not good sense, when negotiating with a dangerous enemy, to make relationships worse by calling him names. Conceivably it might relieve your mind, but that is about the only possible benefit. According to Roger Tubby, assistant secretary of state for public affairs and in charge of censoring official utterances on diplomatic matters, President Kennedy early this year urged officials to speak "in terms of civility" to Communist leaders, and to explore the problems which unite rather than to belabor those which divide. He quoted Secretary of State Rusk as saying that the cold war would not be won by blustering threats of invective, and that issues should be faced directly, with channels of communication between East and West kept open. This is that not overly common thing known as common sense. How would it help to add a bitter personal hostility to the considerations that divide us from Russia? Would punching Khrushchev in the nose, which might delight many Americans, really help in the cold war?



'It's Spring'

PEOPLE'S COLUMN

Cites Data Disputing Value of Fluoridation

To the Editor: This refers to the meeting on fluoridation of representatives of the Detroit District Dent. Society and the U. S. Public Health Service with members of the Detroit Common Council, Fort Shelby Hotel 3/8/62.

According to the Detroit News, Asst. Surgeon General Dr. James Huntley implied that Sweden's unanimous Supreme Court decision outlawing fluoridation, 12/7/61, was founded on an "emotional" basis.

Actually, this decision was based largely on testimony by Prof. Hugo Theorell, Nobel prize winner, internationally recognized biochemist, and Prof. Ulf von Euler-Chelpin, physiologist, both of the Nobel Institute (1); on the opinion of medical faculties of 3 Swedish universities, Uppsala, Goteborg and Stockholm, one of the 3 schools of dental surgery and 4 county administrations (2); an evidence of poisoning from fluoridated water presented before the Swedish Medical Society Nov. 4, 1958, at a general membership meeting and upon several articles published in Scandinavian medical journals containing such evidence (3, 4, 5).

DR. WILLIAM Travis asserts that the American Medical Association "heartily endorses" fluoridation.

After a stormy debate in the House of Delegates at least one-third of the delegates voted against adoption of the 1957 Report (6). This Report was submitted by the Council on Foods and on Nutrition, U.S. Public Health Service. Several of its members were P.H.S. officials; others carried on discussions with and/or receiving grants from the U.S.P.H.S. Three staunch proponent scientists guided the hearings.

The original endorsement in 1951 was obtained through political activity of two state health commissioners (7). The delegates received proponent literature exclusively. No scientific evidence unfavorable to fluoridation was presented to the delegates.

ON WHAT basis does Attorney H. Butler claim that the Highland Park lady who was poisoned by drinking fluoridated water "suffered from the same symptoms before ever drinking fluoridated water."

Neither Mr. Butler nor any other attorney or dentist has examined this lady. Physicians who attended the patient and thoroughly investigated her case diagnosed her illness as chronic poisoning from drinking fluoridated water.

The lady had to drop the suit against the City of Highland Park when she found that it would cost considerably more money than she could afford.

Dr. Philip Jay, professor of dentistry, maintains that there is "no case in medical history of fluoridation causing damage to health." Such arbitrary statements on a man's subject by leaders in the field other than medicine is characteristic of fluoride propaganda.

THERE ARE 23 reports of chronic poisoning from fluoride which occurs in water naturally at concentrations near, at and even below that which the P.H.S. calls safe (8). They have issued 17 competent physicians and scientists

independent of each other from various parts of the world.

Dr. Jay stated that the town of Bauxite, Ark., has a natural fluoride supply of 14 parts per million (ppm); its residents drink that water all their lives without ill effect," he added.

According to D. R. McNeil, whom proponents consider their leading authority (9), "Bauxite's water supply (formerly 13.7 ppm) was changed to a fluoride-free water way back in the 1920's."

Moreover, Pittsburgh Press, 5/31/51 states: Children in the Aluminum Company-built town of Bauxite, Ark., suffered from "mottled enamel." After the "company abandoned the wells and brought water from a river, mottled enamel ceased to disgrace the children."

Even in Bartlett, Tex., where water formerly contained 8 ppm fluoride, the U.S. P.H.S. is now removing it down to 1 ppm (10) because of the damage caused.

THE CLAIMED "50 per cent reduction in youngsters and 65 per cent among 13-year-olds in Grand Rapids" has been obtained from "statistical errors" (11, 12, 13, 14).

Official data from Grand Rapids (15) have been repeatedly refuted by neutral statisticians and scientists. They show that fluoridation has merely delayed tooth decay by three years.

Similarly, the raw data from other cities, when analyzed objectively, show a one to three year delay. Children's teeth in Milwaukee, Wis., Evanston, Ill., Brantford, Ont., show approximately the same amount of tooth decay now as before the process was instituted.

The only difference is two years' delay in its appearance. In Newark, Delaware and Hastings, N. Z., only one year delay occurred.

In Grand Rapids, Michigan, eight-year olds before fluoridation had 2.65 decayed, missing and filled (D.M.F.E.) teeth, per child. After a decade of fluoridation the 12-year olds show 2.95 D.M.F.E. In other words, allowing for the three-year delay, tooth are in the same condition. Similarly, 11 12-year olds before fluoridation suffered from 8.07 D.M.F.E. teeth. After one year of fluoridation, they were 8.07 D.M.F.E. suffered in the 15-year olds, ten years later.

IN ORDER to present both sides of this questions to your readers, we suggest that you publish in reply to statements reported concerning the above concern.

1. Svensk Tandlakare-Tidskrift (Swedish Den. Journ.). Carolin Supplementum, 1952 2. Dagers Nyheter, Stockholm, 11/23/59. 3. Acta Med. Scand., 156:157-168, 1956. 4. Nordisk Med., 61:971, 1955. 5. Acta Allergologica, 13:456, 1959. 6. Letter 1/15/58 by L. A. Alesen, M. D., A.M.A. Delegate. 7. Letter 10/16/54, C. L. Farrell, M.D., Chgo. 8. Environmental Health, 2:159, 1951. 9. D. R. McNeil, The Fight for Fluoridation, One Year, 1952. 10. 1957, 10. Pub. Health, Rev. 7:1217, 1956. 11. Med. J. Australia, 130:149, 1956. 12. Fluoridation and Omissions in Experimental Trials, Cambridge U. Press, 1961. 13. DeStefano, 1957. (See DATA, 5-B)

Happenings of Long Ago

Bits of News Gleaned From Old Files of The Eccentric

50 YEARS AGO

March 29, 1912

The question of a licensed saloon living up to the law versus prohibition will be discussed Saturday evening at the Johnston-Shaw Hall by two eminent speakers, Hon. Fred A. Baker of Detroit and Hon. James H. Lynch. The talk discussion of course will relate to the question of local option.

On Friday evening, Lucy Ward entertained at a handkerchief shower in honor of Miss Porter. There were five tables of progressive hearts. At a reception in the home of Mrs. George H. Mitchell Thursday, Miss Porter was also presented with a cut glass nut set and an enamel dish from the Young People's society of her church. Miss Porter is engaged to E. L. Andres of Detroit.

30 YEARS AGO

March 31, 1932

The Bloomfield Township board paid slightly more than \$4,000 from the payroll of officials and employees for the fiscal year which begins Friday April 1. The action came after pressure from a committee of the Property Owners division of the Birmingham Real Estate Board. Provision for eliminating one of the employees, an office clerk, was made in the board's resolution. The committee also recommended dropping the township engineer and assistant supervisor.

Draper Allen, 528 Westwood Drive, will present as permanent chairman of the Oakland County Democratic Convention to be held in Pontiac Friday. The 37 delegates to the state democratic convention April 14 in Saginaw will be nominated at the morning session of the county convention.

Paul J. Sachs will give an illustrated lecture on "French Painting and Drawing of the 19th Century" at the Cranbrook Academy of Art on April 8. He is professor of fine arts and director of the Fogg Museum of Art at Harvard University.

15 YEARS AGO

March 27, 1947

The Michigan Bell Telephone Co. today announced plans to change all telephone numbers in Birmingham in the next four to five years, along with 250,000 in Detroit. The changes will put Birmingham and nearby exchanges on a seven-digit numbering code and enable local resident telephone users to dial Detroit numbers direct and vice versa.

City Commissioners Monday night confirmed the assessment roll Monday for the proposed \$43,000 improvement of Eton Road with an 18-foot pavement from Webster Street south to 14 Mile Road.

A \$531 cost-of-living increment is being written into the 1947-48 contracts which have been presented to Birmingham's 120 teachers. Superintendent Dwight B. Ireland announced Monday that he expects the great majority of teachers to return their signed contracts to his office during the first part of next week.

BY DEN SCANLON

"The Scotsman exclaimed in surprise: 'Hoot moon, what are your rats like over here?'

Here's a way to add it up fast: "How old are you?" the business man asked the man he was interviewing for a job.

"Forty," was the reply.

"How long were you at work on your last job?"

"Fifty years."

"How long could you work fifty years at a job if you're only forty years old?"

"Overtime."

Suburban Sidelights

By HANK HOGAN



Every day we ask ourselves why can't the state stop spending money and eliminate the need for new taxes every year.

To find this was possible I took out a copy of the state budget to see where we could start chopping. I was amazed by the simplicity of solving our state's financial woes.

I found from the budget book (which is so big that they don't even number the pages) that if the people of the state of Michigan were willing to pay the complete cost of a college education for their children, as is done if they send their children to a private college, we could cut the state budget by 22 per cent. If this were done we could forget about an income tax and even lower the sales tax back to 3 per cent.

NOW IF THE people were willing to go further and pay for their local primary and secondary school systems completely on the local level by property assessments or some other local levy, we could cut the state budget 10 per cent more and lower the sales tax to 2 1/2 per cent.

If the people were willing to take care of their local welfare problems on a local level, the state's budget could be cut another 18 per cent and that would mean that our sales tax could go down to almost 1 1/2 per cent.

While it is not feasible, if mental health could be financed in each community we could slice 15 per cent from the state budget and practically eliminate the need for a sales tax.

While these four items can't be cut, they amount to over 65 per cent of the state's budget. And if cutting is to be effective it must start with the bigger items.

I MIGHT ADD that it is no coincidence that these four items take the lion's share of the budget. These are the four most lobbied areas in state government. We think of lobbyists with their hats pulled down over their eyes and their collars pulled up to hide their faces.

In reality, the most effective lobbyist is the housewife who sits down and writes a letter to her congressman or legislator. In many cases she does not think of the overall repercussions of her request, but she sees a need in a certain area and wants her government to know about it.

The problem is that there are many such people and the mail comes in by truck loads.

UNDER THIS pressure the legislature feels that the people want more instead of less, and hence vote for more taxes to pay for the peoples' requests.

It becomes a vicious cycle because if new tax money is found people write saying how they wish it to be spent, and soon it's all gone and new taxes must be enacted.

It is my humble opinion that an income tax will not solve the state's problems, because it will just set off a new series of fights between the various state agencies and institutions on who gets the new money, and by using the citizenry the tax rate will be forced up almost every year.

TO SHOW THAT this is normal, let me tell you a story I heard last year. The director of the department of corrections (state prisons) concluded his appearance before the state senate appropriations committee with a remark something like this, "I know you will be fair in determining the appropriation for my department because you have been fair in the past, but my department can not compete with the other departments in getting new money, because we do not have a well organized alumni."

BY KEN WEAVER City Beat

To what extent can a city be held liable? Once a city has been officially informed of a possible traffic hazard, is it more liable than before it was informed?

And if the hazard is called to the city's attention again, does the extent of liability increase?

These questions arose at a recent Birmingham City Commission meeting following a decision not to remove what I call the "sacred tree" on Westchester.

This tree stands in the public right-of-way.

Commissioners debated the possibility of removing the tree on two different occasions. Was it a traffic hazard or was it not?

They finally decided to let it stand.

AT THE MARCH 12 meeting, Mayor Florence H. Willard said a Westchester resident had wondered whether by leaving the apple tree in the right-of-way after having it called to their attention officially the commissioners might be held "more negligent" than if they had not been notified.

Discussion at that meeting indicated that there was no disagreement that the possibility of a traffic hazard existed. (So state the minutes.)

But, commissioners felt, their action did not increase the city's liability even though the matter had been called to their attention previously.

"THERE IS a general legal principle involved," said legal advisor James Howlett, "as to whether you are notified of a defect, and then fail to act on it, or whether the defect is something you have no notice of."

The minutes from the meeting conclude: "There was a short discussion to the point that there are some areas in the City which would probably be safer if trees were removed or streets widened and that if there is a change in thinking about removing the tree on Westchester, it can be considered again."

"WHAT DO YOU have against trees?" a friend asked following my first article on the "sacred tree."

"Nothing," was the reply. "I like trees; but when they grow in or too near the street, they should come out."

The city administration implied, at least, that the tree should be removed. It had been under consideration several times before.

The question of time when it comes down," commented City Manager L. R. Gare. "Seems to me that if the tree is so close to being a traffic hazard it should be removed."

It is gratifying to witness the love the people of Birmingham have for their trees. But it is discouraging to think that sentiment might stand in the way of safety.