

Ask the Doctor



This column is presented as a public service by the Oakland County Medical Society and The Birmingham Eccentric. It is written by "465 physicians in Oakland County" who are members of the society. Questions should be addressed to the Oakland County Medical Society, 346 Park, Birmingham. Questions must be of a general nature, as no effort will be made toward diagnosis or treatment in specific cases.

SEA SALT HAS NO SPECIAL VALUE

Q—I'd like to know something about sea salt. Some of my friends are using it, and now I wonder if it would be good for us.

A—A number of towns and cities have been inundated by sea salt sold as a condiment and health food.

It has never been demonstrated that sea salt provides any nutritional bonus over and above that obtained from the same amount of iodized table salt. Nor has it been demonstrated that the usual American diet is low in the minerals found in sea salt.

Sea salt is 75 per cent sodium chloride with the remainder being trace minerals, including magnesium, potassium and iron.

FAT AND ARTERIES

Q—Once arteries have hardened, is there any chance that this might be cleared up by following a low-fat diet?

A—Although this matter is still far from being settled conclusively, evidence has been presented that cutting down on the intake of saturated fats, and the cholesterol they contain, promotes removal of the deposits found on the inside of blood vessels that are hardened, or arteriosclerotic.

In general, there is no reason why such a routine should not be carried out, and one likely benefit will be some reduction in weight. We feel sure your physician can advise you about the diet that will be most suitable in your case.

WHY BLACKSTRAP MOLASSES?

Q—Can you tell me if it is true that my children should eat blackstrap molasses as a source of vitamins?

A—The term blackstrap molasses is commonly applied to the lowest grade of molasses from which all the crystallizable sugar has been removed. It contains about 50 per cent of various sugars in solution, and is used chiefly in stock feeding and the fermentation industries.

It does contain some vitamins and mineral of the original cane sugar from which the commercial sugar was produced, but also contains chemicals used in the manufacture of sucrose. Because of this, it is difficult to understand why anyone would prefer blackstrap molasses to more palatable sources of dietary essentials.

NOT ONLY will these be supplied adequately if a varied diet is followed, but there will be more certainty about obtaining them. Blackstrap molasses does not have to meet any fixed standards so far as vitamins and mineral content is concerned.

We believe you would be wiser to give your children an adequate, well-rounded diet than to rely on blackstrap molasses.

Lung Cancer Rate Higher in B'ham

(SPECIAL TO THE ECCENTRIC)

The cancer rate in Birmingham and in most other parts of the country remains high despite the progress that has been made in combating certain forms of the disease.

The extent of the problem is brought out in a new vital statistics report released by the U. S. Public Health Service. It covers communities in every area of the nation.

Special interest centers on it at this time because of the fact that this is "Cancer Control Month" and because of the recent furor over cigarette smoking and lung cancer.

THE FIGURES show that the rate of death from cancer of all types is somewhat lower among Birmingham residents than among those in most sections of the United States.

Phi Delta Chi Cites Area Man

BIG RAPIDS—The men of the Ferris State College chapter of Phi Delta Chi, professional pharmacy fraternity held their spring formal week end May 1 and 2, as a recognition event for Richard Wilson, owner and president of the Wilson Drug company of Birmingham.

The recognition came in the form of initiating Wilson into the chapter as an honorary member and dedicating the traditional spring formal dance to him.

IN ADDITION to the operation of his chain of stores, Wilson has served as an active member in the Oakland County Pharmaceutical Association, National Association of Retail Druggists and American Pharmaceutical Association. He is a past officer of the Michigan State Pharmaceutical Association and has served as chairman of several committees with the association.

He is a past president of the Exchange Club and the Birmingham Chamber of Commerce and recipient of the United States Junior Chamber of Commerce Distinguished Award for outstanding community service in 1959.

Locally, there were 38 cancer deaths in the year ending Jan. 1, 1963, according to the official report. This does not include deaths locally of non-residents.

It represented a rate of 139 cancer deaths per 100,000 population, as against a rate of 149 per 100,000 for the nation as a whole. In the state of Michigan, the average was 145 per 100,000.

WERE IT not for lung cancer, which the mortality record has increased with a 19 per cent increase in number of deaths in a three-year period, the battle against cancer would seem more promising.

The rate for the other types of cancer, taken as a whole, actually dropped in the period. The good results are attributed to several factors. A principal one is that more people have been encouraged to get regular checkups so that the disease may be detected in its early stages.

ANOTHER FACTOR is that medical researchers have gained a broader understanding of cancer cell structure and development.

The number of cancer cures at tests to their success. The American Cancer Society states that there are over 1,200,000 people in the United States who had cancer at one time and who are now cancer-free.

Lung cancer, however, continues to be uppermost in the public mind, due to the cigarette issue. Nationally, 16.0 percent of all cancer deaths in the year were due to lung cancer. In Birmingham, lung cancer was responsible for 21.0 percent of them.

School Aid Funds Top \$4 Million

State aid money distributed to school districts in Oakland County amounted to \$4,280,152 during 1963, according to Charles A. Sparks, county treasurer.

A breakdown of amounts by school districts include: Birmingham \$284,192; Bloomfield \$1,885,076; West Bloomfield Township, \$48,970; Southfield, \$203,134; Troy, \$107,070. Special Education Program, \$12,782; Oakland Schools, \$7,484.

School PR To Gather At Oakland U.

The Michigan School Public Relations Association sponsored a workshop for school superintendents and public relations directors last Friday at Oakland University. Oakland University Chancellor Durward B. Varner welcomed the conferees to the first general session at 9:15 a.m.

Wayne Grimm, manager of personnel administration for Chrysler Corporation, and Robert Hetty, public relations manager for the Ford Division of the Ford Motor Company, were the featured speakers at this first session with "The Inside and Outside of School Public Relations" as their topic.

DISCUSSION meetings scheduled for 11 a.m. were led by Roy K. Wilson, director of press, radio and television relations for the National Education Association; George C. Brown, Michigan Education Association public relations director; and Ned Hubbell, public relations director of the Port Huron public schools.

Wilson and E. Dale Kennedy, president of the National School Public Relations Association and executive secretary of the Michigan Education Association, the parent organization of MSPRA, spoke at the 12:15 luncheon.

A panel discussion of "The Challenge of Financial Campaigns" was held at 2 p.m. with John Marrs, director of special services for the Lansing public schools, acting as moderator. Panel members are Otis Crosby, assistant director of information services, Detroit public schools; Norman May, director of press, radio and TV relations, Fisher Body Division, General Motors Corporation; Russell Hilbert, superintendent of the Redford Union public schools; and Robert Smith, superintendent of the Grosse Ile public schools.

Calhoun Seeks Re-election as County Clerk

David R. Calhoun, Oakland County clerk-register of deeds, announced that he will be a Republican candidate for that office in the fall primary.

Calhoun was appointed the first of this year by the county's seven circuit court judges to replace Daniel T. Murry, now chairman of the board of auditors.

CALHOUN WAS mayor of Huntington Woods for 13½ years and a city commissioner for two years prior to that. As a supervisor, he was appointed Secretary to the County's Department of Public Works Board and was chairman of the Supervisors Drain Committee. He was a key member of the Supervisors Inter-County Committee.

"Saving the taxpayers money with improved and advanced office operations is only half the job," Calhoun stated. "We must constantly improve the many services our office provides." "The use of automatic data processing equipment and advanced methods of recording, storing and copying of records will save money and provide faster service."

Confer Masons With 32nd Degree

Six area Blue Lodge Masons were among a class of 285 to receive the 32nd degree in Scottish Rite of Freemasonry during their 25th reunion held last week in Detroit.

They were Stanley B. Ainsley, 5678 Kingsmill Drive; Edward L. Griffin, 2961 Town Hill; William J. Hunter, 18961 Devonshire; Robert A. Karnes, 5346 Poplar Lane; Howard W. Riemann, 16124 Locherlie, all of Birmingham; and William E. Burkhardt, 57 Berkshire, Bloomfield Hills.

GEORGE E. Bushnell of Detroit, a 33rd degree Mason and former Michigan Supreme Court Justice, now sovereign, Grand commander of the 600,000 Scottish Rite Masons of the northern jurisdiction, told of the contribution that Scottish Rite is making to human welfare through its 30-year research program in the cause of schizophrenia, the nation's most prevalent and severe form of mental illness.

Judge Bushnell estimated the current year's expenditure at \$150,000 and stressed the fact that more than \$2,000,000 has been channeled into schizophrenia research by Scottish Rite membership.

Georgia, the largest state east of the Mississippi River, was the last of the British colonies formed in what is now the United States. It was named after King George II, who granted a charter for it in 1732.



Feting Auxiliary's 50th

The 50th anniversary of the Salvation Army auxiliary was celebrated recently with a luncheon at which Mrs. Alfred G. Wilson, of Rochester (center), president emiratus of the auxiliary, will speak on its history. Meeting with her before the luncheon is Mrs. Malcolm MacQueen (left), auxiliary president; and Mrs. Charles Wing, chairman of the luncheon. Headline speaker for the afternoon is Chancellor D. B. Varner, dean of continuing education at Oakland University.

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Birmingham-Troy GOP Women Meet

The Birmingham-Troy Republican Women's Club will meet Thursday, May 14 at 1 p.m. at The Birmingham Community House. Special guests are Mrs. Robert Jones, Michigan coordinator for the Goldwater-for-President committee; and Larry Lindemer, mid-west campaign chairman for Gov. Rockefeller.

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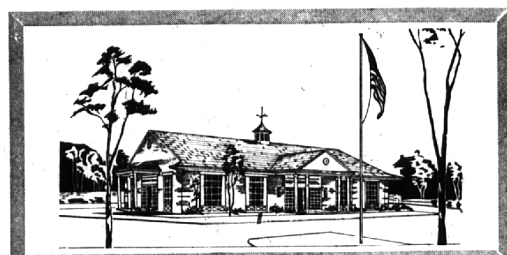
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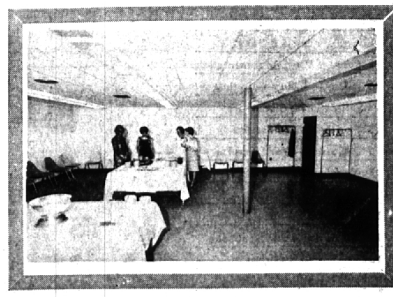
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HOURS: 9:00 A.M. to 3:30 P.M. Mon. Thru Thurs. Friday 9:00 A.M. to 8:00 P.M.