

You and Your Health / By Dr. Mikal Ramadan

(Editor's note: The questions and answers presented here are not intended to serve as a substitute for the reader seeking personal and qualified health care for their medical problems.)

QUESTION: Can a heavy accumulation of wax cause deafness?

ANSWER: Yes. Impacted ear wax (cerumen) is an important cause of conductive hearing loss. The impacted ear wax may simply serve as a mechanical obstruction to save waves entering the ear.

QUESTION: Do you think Laetril is effective in the treatment of cancer?

ANSWER: Quite frankly, I feel it is too early to say. I am certain that all of the information is not in about this form of treatment, so I am anxiously watching the developments and research findings.

QUESTION: I have heard so much about different diets and nutritional programs that I am thoroughly confused as to what my main nutritional concerns should be?

ANSWER: I would say simply to increase your consumption of fresh fruits and vegetables, whole-grain breads and cereals. Reduce your fat and sugar consumption. Cut down on salt intake. Eat less red meat, more poultry and fish. Use polyunsaturated vegetable oil for cooking and drink plenty of water as your main thirst quencher. We would all be much healthier to reduce or eliminate from our diets such things as candies, baked goods, soft drinks,



potato chips, alcohol and pork.

QUESTION: My 2-month-old infant baby prefers to sleep on her back, but practically each time someone sees me lay her on her back they caution me that she may strangle. I'd like to know is there a recommended way to lay an infant?

ANSWER: Most infants prefer a particular sleeping position and for the majority of infants it seems to be lying on their tummy. Very often concerned mothers like yourself are convinced to try to change this preference in their infant because they've heard one position is more safe than another. Actually, satisfying the infant's natural preference for a comfortable sleeping position seems to me far better than tussling with her to change. And unless the infant is sick, she won't gag on her back.

Perils of self medication explored

By Murray C. Brown, M.D.

In former times, when grandma gave all members of the family sulfur and molasses as a spring tonic, she was dispensing a remedy that was ineffective but harmless. Today's home remedies are more effective but they are also more dangerous. The danger lies in the fact that a person may take a powerful drug to relieve a symptom without first identifying the cause of the trouble.

The drugs most commonly taken without first getting a doctor's diagnosis are the pain killers. Of these the safest is aspirin but most persons who dose themselves take more than the recommended dosage and risk hemorrhage from the digestive tract. Some pain killers contain acetophenetidin which, when taken regularly, may cause kidney damage.

Cold remedies are also widely used. They usually contain one or more of the popular pain killers and an antihistamine. The latter is of benefit for allergic rhinitis but is of no use in the relief of nonallergic

respiratory disease.

Another type of preparation that is often taken without medical advice is the multivitamin pill. If you are getting a balanced diet you don't need them and if you take large amounts of the fat soluble vitamins (A and D) you can get vitamin poisoning. Furthermore, multivitamin preparations may contain materials that irritate the stomach.

Laxatives are also sorely abused. When they are taken to relieve an abdominal pain, they are especially hazardous because, if the cause of the pain is an inflamed appendix, the laxative may cause it to burst. The result is an acute and possibly fatal peritonitis.

Weight reducing pills may contain thyroid extract or digitalis and when taken in large doses these can be very dangerous. Such pills should never be taken as a substitute for a sensible low calorie diet. Sleeping pills, pep pills and tranquilizers are other drugs that should be taken only under careful medical supervision.

Howard Lockett

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Robertson has not recommended to the federal court that Mr. Huff be jailed for violating the federal probation.

In fact, Mr. Robertson claimed during a recent Bilalian News interview in his Tuscaloosa office in the Federal Building that he didn't know that Mr. Huff had been convicted of the carnal knowledge charge.

Howard Lockett asserts that Mr. Robertson's inaction is not so strange after all. He says that Mr. Robertson frequently travels to Brent from Tuscaloosa.

Mr. Lockett suggested that Mr. Robertson appears to be a solid member of the "good ol' boy" Southern racist brotherhood which would turn its head while Lovell Huff does his thing.

Ralph Nader

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for the bill. President Carter's calls made little or no difference as well.

Nothing mattered—not a two-to-one support margin for the bill reflected in national polls, nor the explicit support of major labor, farm, consumer, elderly and neighborhood constituencies and state-local officials.

What came out of the House's disgraceful performance was more than a contempt for the hard-pressed consumers they are supposed to represent. What emerged was another affirmation of the need for public financing of congressional campaigns.

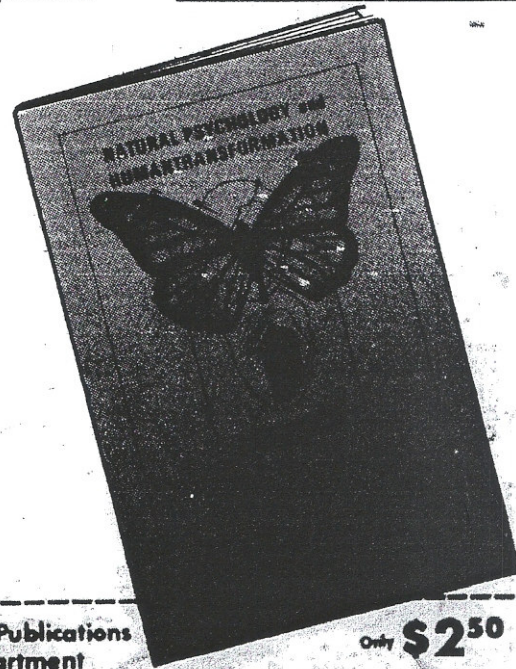
If the Democrats do not wake up to this over-arching reform this year, many of them will be replaced by challengers riding in via the business buck.

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