

THE PEOPLES JOURNAL

Announcing ...



BY STEVE OTTO

There's a man in town planning to build a new restaurant. He will specialize in foods that are unusual. The restaurant will be called, "Everything You Always Wanted to Eat and More." It will be an international restaurant, with American, Mexican, German, Iceland and Topeka, Kansas foods.

His food will vary from Hot to Bitter to Sweet. The man's name is Frank splshfitsz. He is from Topeka, Kansas. He is 80 years old and his hobbies are bicycling and photographing Bison and Wolves, which he hasn't done since they became extinct.

He has been generous enough to share some of his famous recipes with Public Notice. You'll have

to admit they are unusual and exciting.

JUNK FOOD CASSEROLE

5 potatoes, sliced thin; add one cup of lard
3 teaspoons of sunflower oil
½ cup of peanut butter
½ cup of pepper

Add salt, onion salt, oregano, arrow and Italian seasoning. Heat for three hours and smother with soy sauce.

CRABGRASS DINNER

(can be made with cabbage too)

Boil crabgrass or cabbage with water and oil for five minutes.

Extract oily layer using a separating funnel and save for later. Mix grass with ½ cup of cooking oil and 3 gs of vinegar. Add salt and pepper and boil in a reflux condenser for ½ hour then dry in a desicator over magnesium sulfate. Add ½ cup of chopped almonds, ¼ cup of cloves, ¼ cup of tomali and oil extract. Blend, heat and serve.

HARVEY BANGUP (for those who like that "been out drinking" feeling without alcohol.)

one shot of vinegar
one dash of tobasco
one nightshade berry
(can be fatal in large numbers)
Dilute with orange juice and water and ice.

Got a Pain? Watch Out for Quick Cures

BY KATE DUFFY - Consumer Affairs

Prescription drug sales in the United States came to over \$5 billion in 1972. Drug manufacturers have made equally high profits. Over the past 10 years, the drug industry has ranked as one of the 2 most profitable manufacturing industries in the country (the other is soft drinks.)

What's going on? Many everyday health problems are more annoying than dangerous. Left alone, people could cope quite well with such problems. But we are being bombarded with "miracle this and that" through T.V., radio, newspapers, magazines and labels on rows and rows of products filling drugstores and supermarkets. Got a pain? Pop a pill. An itch? Rub this on. Upset stomach? Drink this. Consumers' Union (publisher of Consumer Reports Magazine) calls it the medicine show. Advertising agencies are the new medical educators of the public. The education style is basically the same. They work to induce alarm so that they can reassure and promise relief or

benefit with every bottle, jar, and tube. Selling is their main purpose; thus, they state no more than what is in their interest.

**TEETHING PAINS
RELIEVED
QUICKLY**



Consequently, 60 million people use valium as part of their daily routine. About 2/3 of the United States use prescription drugs at one time or another. An estimated 75 million Americans are taking 1 or more drugs on a regular basis. 70 to 80 percent of prescriptions written by private doctors are used by non-hospitalized patients. Over 15 million people take aspirin or combination drugs containing aspirin.

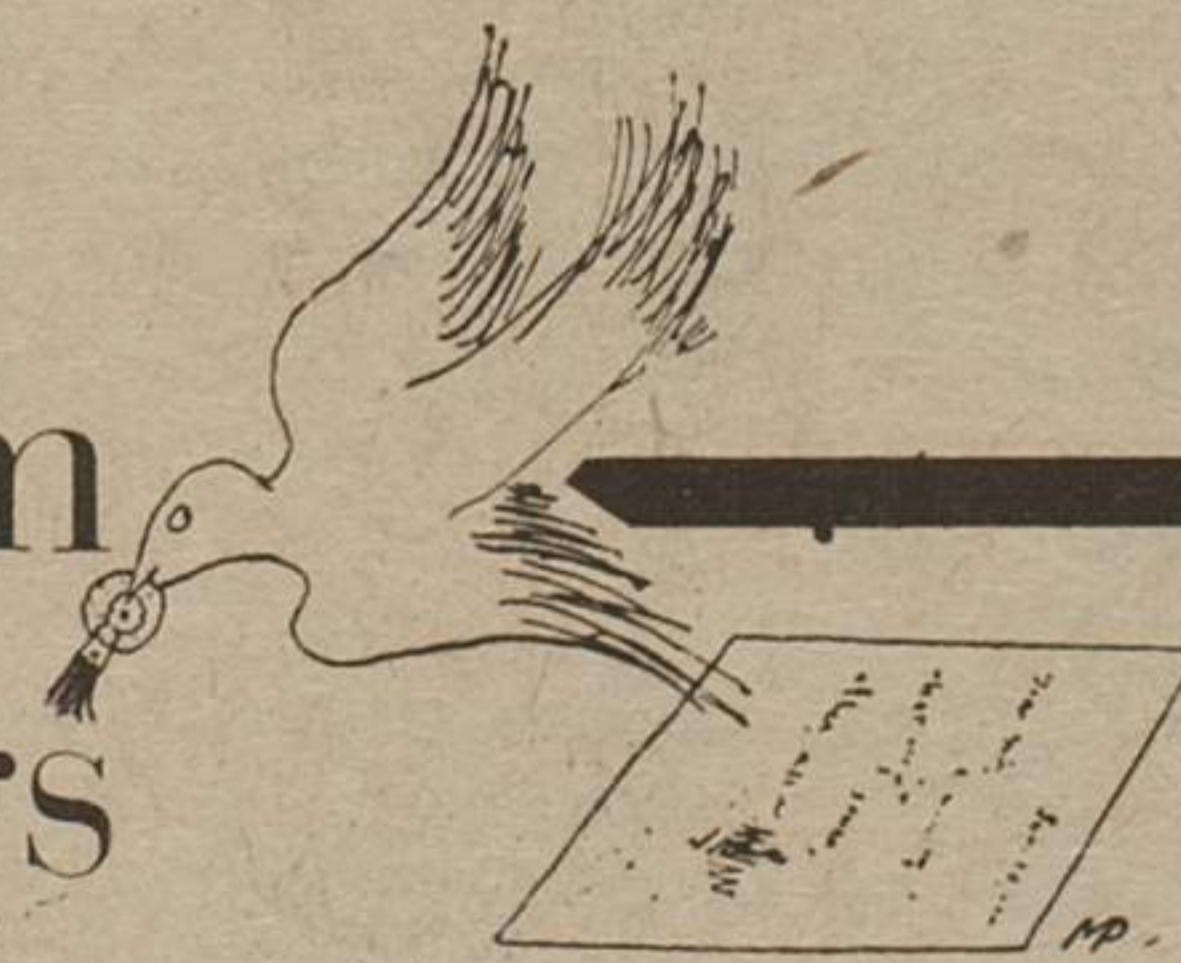
Prescription medicine keeps getting stronger year after year and laws aren't strong enough to protect the consumer. So, the consumer must protect him or herself. For example, the FDA requires a drug manufacturer to test new drugs for safety and effectiveness. But the manufacturer isn't obligated to check the drugs' safety when used in conjunction with other drugs.

So how do you know if the medicines you take won't clash dangerously? The best way to protect yourself is to know what you're getting into when you take medicine. Find out what you can from the doctor who prescribes or suggests the medicine in the first place. Don't be afraid to ask questions. Make sure your doctor has complete information about your health before accepting any drugs or prescriptions. This includes any

allergies you may have, drugs you are already taking, pregnancies or present illnesses. Know the name and correct spelling of the drugs you're taking. When taking liquid medicines, remember to shake them thoroughly before you down them. This insures uniform distribution of the ingredients. If you are having surgery, tell all the doctors involved what drugs you take, including aspirin and other over the counter drugs.

Keep written records of all drugs and vaccines you take and any allergic reactions to them. If you're pregnant it's especially important to keep accurate records of the date, dosage and any reactions that occur. Always read the labels of over the counter drugs before you buy them. It's not good to mix some over the counter drugs with prescription medicines. You can find out which ones by looking at prescription reference books in the Consumer Affairs Office, 901 Kentucky, Rm. 305B. Or ask your pharmacist for more information.

Letters from Our Readers



TO THE EDITOR:

Awesome Dangers.

Nuclear power represents the greatest single threat to the health and safety of humanity. These dangers are immediate,

awesome and unprecedented risks of catastrophic accidents, the building of atomic bombs by terrorists. These are only a few of the ominous possibilities. Any one of these can have devastating short-run consequences for the thousands of people who will die slowly and for the tens

of thousands who will suffer.

The long-run effects promise to be worse than anything our species has ever known. In fact, they may have virtually no end, for the damage could persist for 50 times the length of recorded history.

It's little wonder that our insurance policies are worthless should a nuclear accident happen.

--Francis Blaufuss
Westphalia, Kansas

TO THE EDITOR:

Have you read British economist E. F. Schumacher's book "Small is Beautiful"? Schumacher died this year and that is a great pity. For the "civilized" nations--especially the United States--need men like Schumacher to prod the insensitive, heedless and arrogant.

Of creation, Man is the highest and most beautiful. But Man is small. Therefore, SMALL IS BEAUTIFUL and he, MAN, should not be for the huge, the super and that, like noise and pollution, but return to the simple. He should cease flouting Nature, as he has done in the last quarter century. Rather, he should work with it.

Again and again, Schumacher decries mass production. Instead, he urges a return to production BY THE MASSES. He quotes Thomas Aquinas who said Man is endowed with two priceless attributes: a brain and hands. But unless they are used, they will atrophy and die, which great masses of unemployment, brought on by mass production, insures.

I have long thought that too much automation is "for the birds." For what does it do? Displaces people from the land--their land--creating megalopolis, and with them unemployment, disease and CRIME.

As the highest of all things created, Man should treat the lower forms with respect--with noblesse oblige, as the kind should treat his loyal subjects with kind

consideration. This applies to both plant and animal life, of which combined there are over one and a half million species. Remember, in 1961, Rachel Carson's "Silent Spring"?

But Man has--IS--exceeding himself, and as a result he will eventually reap the whirlwind.

All Schumacher's chapters are heady stuff, but none more so than the one on the potential disaster to the entire earth if nuclear fission is allowed to continue, and this by the arrogance of the few, aided by their governments.

For once loosed, radiation cannot be stopped; and the alpha, beta and gamma rays thus released are particularly harmful to all living cell tissue, causing cancer and all manner of mutations.

We could have deformed births, exceeding beyond imagination the thalidomide babies of some years ago.

The earth over millions of years was created in its marvelous fullness for all creatures--that enormous, wonderful, incomprehensible system of God-given nature of which we are a part, and which we certainly have not made ourselves." It certainly WAS NOT MADE for the few super-rich and "super-clever" to tell the rest of us what is right for us!

A critic wrote that he had never heard of E. F. Schumacher until he read this book. But having read it, he now would nominate him for the Nobel Prize in Economics.

--Sarah Shoner
Topeka, Kansas