

the
Elks
magazine
February 1983

Anger

and what it can do to you



Turn Back Shoe Prices 20 Years

100% man-made stitched uppers
Cushion crepe heel & sole
Imported

**Look Like \$60 shoes
FEEL EVEN BETTER!**

2 PAIRS of LIGHTWEIGHT SHOES for only 19⁹⁵

SO NEW, we'd like you to try them AT NO RISK!

Choice of Black or Brown, Oxfords or Loafers

ALL SIZES

3 Great New Strides in Shoe Comfort!

New Soft TIGER PAW COMFORT!
Get set, gentlemen, for a new softer bouncier spring to your step! Super deluxe and executive dress shoe appearance with a quiet new ultra-cushion comfort!

New Improved FLEXI-FIT!
Easier on the feet. Your exact size, your proper width, FULL SUPPORT, and now a certain slight gentle g-i-v-e for easy comfortable individual fit. Full stitched uppers, fine bindings, full insole, heel counters, full built-in support shank in arch. You could even wear them jogging!

And amazing new SUPER LIGHT WEIGHT! It's incredible. So light they actually float. And ultra light means ultra easy on your feet. Full support, cushion step, and so much less to lug around! It's a totally new foot feeling!

Haband, the mail order people from Paterson, N.J., are famous nationwide for fast reliable service. But right here, right now is a product that beats all we've ever done before! A remarkable new product at a remarkable low price! Without question an important money saver, but most impressive as the best looking best feeling executive dress shoes you're ever apt to find. See for yourself!
Send this NO RISK COUPON NOW TODAY!

use this easy Direct Reply Order Form for a truly amazing FEET TREAT ON APPROVAL HOME TRIAL

So You Get Far Better Shoes at A Far Better Price!



My feet feel Great today!

2 PAIRS FINE SHOES 19⁹⁵

Can you say that? Most of the time, up till now my feet were just sort of down there doing their dull job and not much to look at either. Once in a while they'd hurt a little, or burn, or pinch, just good and faithful transportation! But now, bless my sole, and heel, and arch, and instep, I understand what good shoes and happy feet are all about. These days, honest, I have to look down on my way to work to make sure I'm wearing shoes! It's a totally new sensation and I swear I'll never wear ordinary old fashioned shoes again!

If you would like to experience this new shoe pleasure yourself, feel the joy of something new, something better, just tell me your size, and choice of style and color. Use the easy coupon at right. I'll be glad to send them direct to your door.



HABAND 265 N. 9th St. Paterson, NJ 07530

Duke Habernickel
President



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SIZES AVAILABLE

Medium Width: 6 1/2-7-7 1/2-8-8 1/2-9-9 1/2-10-10 1/2-11-12-13
Wide Width: * 6 1/2-7-7 1/2-8-8 1/2-9-9 1/2-10-10 1/2-11-12-13

*Please add \$1.00 per pair for wide width.

Hurry Duke! Send at once _____ pairs of Executive Shoes for which I enclose my full remittance of \$ _____ plus \$1.50 towards postage and handling.

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Acct. No. _____ Exp. Date ____/____/____

Guarantee: I understand that if upon receipt I do not choose to wear the shoes, I may return them within 30 days for a full refund of every penny I paid you.

726-481
Name _____

Street _____ Apt. No. _____

City/State _____ Zip _____

STYLE	#81	QTY.	SIZE	WIDTH
Black Loafer	H			
Brown Loafer	J			
Black Oxford	F			
Brown Oxford	G			

Home Gardening Breakthrough!

At Last! A Rear-Tine Tiller Especially for Small Gardens!

the 3 1/2 HP TROY-BILT® "JUNIOR"

If your garden is 30'x50' or less, here's why it will pay you to get the full story about the Newest, Greatest Breakthrough in rear-tine tillers in over 50 years!...

- **SAVES YOU MONEY!** Goes for half the price of larger rear-tine tillers—which you don't need for your small-sized garden.
- **SAVES YOUR BACK!** Forget spading and raking! The "JUNIOR" prepares your garden in a fraction of the time!
- **SAVES HAND WEEDING!** It's adjustable to shallow depth perfect for chopping, uprooting and burying weed seeds—killing them. Simply guide the "JUNIOR" up and down each row.
- **SAVES GARDEN SPACE!** Narrow 14" tilling width allows you to plant your rows closer together.

Half The Price Of Bigger Tillers!



The BIG JOB tiller...for small, high yield gardens!

Mail This Card Today

For the whole Wonderful Troy-Bilt® Story

YES! Please send the latest full color catalog of all TROY-BILT Models, including prices and "OFF-SEASON" Savings now in effect.

My Garden Size Is:

- A. SMALL (under 30' x 30')
- B. AVERAGE (approx. 50' x 60')
- C. LARGE (over 50' x 60')

Name _____

Address _____

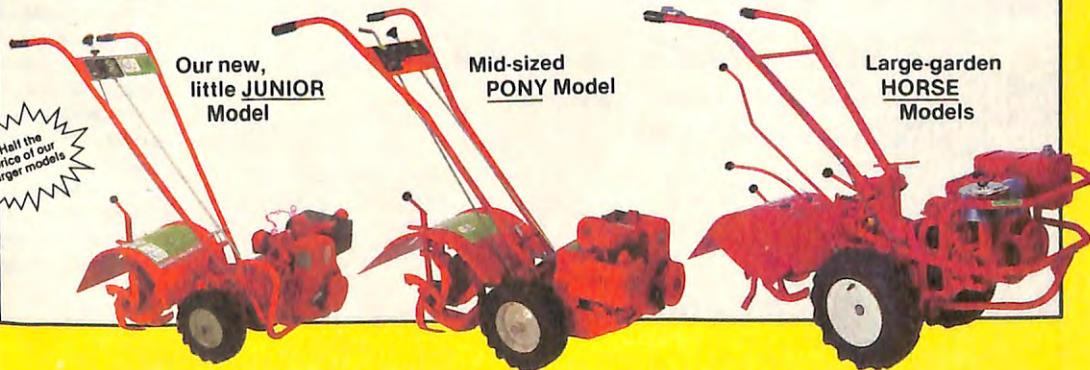
City _____ State _____ Zip _____

Dept. A1568B



No more hand weeding!"

Mail this coupon today!



Half the price of our larger models

Power Composter

NY 12180

Complete information on other TROY-BILT Tiller 4 HP PONY to the 8 HP including details on prices and savings now in effect!

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pieces? And why break your back with hoeing, raking and shovelling? The New TROY-BILT "JUNIOR" makes all your gardening chores faster and easier—increasing your gardening JOY! Send for full details TODAY!

Address _____

City _____

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W

A Message From The Grand Exalted Ruler



Elks United



February marks a great patriotic month for birthdays—a month that is a source of pride to all Elks.

Saturday, February 12, Lincoln's Birthday. President Lincoln guided our country through a serious time, the Civil War. As a result of this war our country emerged as a stronger and greater nation. The Benevolent and Protective Order of Elks has played a major part in helping our country through some troubled times. Since our founding in 1868, the Benevolent and Protective Order of Elks has contributed in excess of \$400,000,000 for charitable, welfare and patriotic programs.

Monday, February 21, Washington's Birthday. General George Washington, our first president, is known as the father of our country. He helped guide the Colonial forces to victory in the Revolutionary War and proved to the world that a nation united can survive.

The Order of Elks, through the united efforts of all our subordinate lodges, has shown that united we can survive and grow. As a fraternal organization we have been called upon to help our country in times of need. United, we have accomplished goals that are the praise of many other organizations and individuals.

Wednesday, February 16, birthday of our great Order of Elks. There are so many things to be proud of that were originated by the Elks. Our Order was formulated in 1868 during troubled times. From a small group of 15

men banded together for a common purpose we have, in 115 years, grown into one of the largest and strongest organizations. Together we work for a common cause—to help our fellow man and those less fortunate.

We have so much to be proud of as an Order. Second only to the Federal government in scholarships given to incoming college freshmen. We provided the first full field hospital in France in World War I. We made June 14 a Flag Day requirement two years prior to Congress making it a national day. Our National War Relief Commission during World War I; our National Defense Commission at the start of World War II. All these were successful because we were united for a common cause.

National Patriotism Week from February 21 through February 27 is a source of pride for all Elks. A lovely young lady from Scottsdale, AZ, Lori Cox, was a proud American student. Because of her beliefs and the support and help of the Benevolent and Protective Order of Elks, she was instrumental in getting national patriotism recognized and promoted by our Federal government.

February is a proud month for all Americans. It is especially proud for Elks because of the celebration of the birthday of our Order. Yes, my Brothers, through a united effort we have grown into a proud Order and have shown the world that "Elks Care."

A handwritten signature in cursive script that reads "Marvin Lewis". The signature is written in dark ink and is positioned above the printed name.

Marvin M. Lewis

Five-year study shows:

HIGH BLOOD PRESSURE MAY BE REVERSED WITHOUT DRUGS!

**Read about startling research conducted at a world-famous clinic—
Now detailed in a free special report available with your trial subscription.**

If you have high blood pressure, you may know all too well "the misery of potent drugs."

That's how one distinguished international medical journal refers to some of the drugs used to control high blood pressure — and no wonder!

Side effects of such drugs include arthritis, liver disease, diabetes, heart failure, senility, mental depression, disturbed heart rhythms, angina, glaucoma. And a recent U.S. Government report on another drug, used by one million Americans, indicates that the drug has caused cancer in laboratory animals.

But now there's good news — exciting news — from one of the world's leading medical institutions:

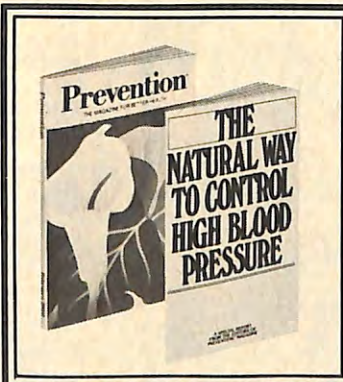
Researchers there, treating 4,000 hypertensive men and women, succeeded in reversing 85% of the mild cases and 51% of the severe cases — *all without using any drugs!*

How was it done? Where did this crucial experiment take place? Why did the doctor who conducted the study hail it as "the first scientific proof of what many of us have been seeing in our offices for years:"?

It's all explained in a fascinating, 40-page booklet called "The Natural Way to Control High Blood Pressure" — together with a host of other valuable insights to help you cope with blood-pressure problems:

- Noise, Sleep, and Your Blood Pressure
- Lower Your Blood Pressure with Better Diet
- Do You Have a Minute to Lower Your Blood Pressure?
- Potassium Puts the Lid on Blood Pressure
- Blood Pressure and Your Water Supply
- And much more

To receive your copy of this truly important special report, *free*, you need only try a



money-saving subscription to *Prevention* — with the promise that, if it's not for you, you can cancel immediately ... keep the report without obligation ... and owe nothing.

Is *Prevention* really helping people like you?

Today, more than 2,500,000 men and women pay to receive *Prevention* every month. We just don't think *Prevention* could have found so many loyal friends, coast to coast, if it weren't helping people *right now* — and if it hadn't helped people *over the years*.

They depend on it for a wide range of sometimes controversial, always stimulating health ideas and guidance: On menopause and allergies, depression and back problems, insomnia and headaches.

That's why we make this special offer to you:

A money-saving opportunity — and the free report.

We'll send you, free, the 40-page report on high blood pressure and start you off with a twelve-month subscription at the low introductory rate of \$11.97.

In addition, you have this ironclad guarantee: If you ever decide that *Prevention* is not for you — *at any time* — we'll send you a *full* refund on all unmailed issues. (Of course, you keep the free report, no matter what.)

Today in America, more than 20 million people are faced with high blood pressure. Thousands, perhaps millions, of others may have high blood pressure without knowing it. And, even if you're a lucky one, chances are good that your blood pressure will go up as you get older.

So, mail the coupon today, won't you!

Every issue of *Prevention* gives you helpful articles like these!

- 12 ways to feel better without doing anything
- Drugless therapy for dizzy spells
- Why stand for aching feet?
- Magnesium for a long (and social) life
- B vitamins can chase a lady's blues away
- A case of kidney stones
- Beating eczema with zinc
- 7 great granolas to make yourself
- Let your teeth heal themselves
- Natural treatment of diabetes
- A simple way to fall asleep faster
- Sex and nutrition: a perfect marriage
- What can I do for my bad back?
- Shopping strategies for weight loss
- Foods that keep cholesterol honest
- The natural way to mow down hay fever
- Hope for arthritis
- And many others

Prevention®

The "Feel Better" Magazine

P.O. Box 12000

EMMAUS, PA 18049

Please send me, free, your 40-page report, "The Natural Way to Control High Blood Pressure," and enter my subscription to *Prevention* magazine. Bill me later at the money-saving rate of \$11.97 for twelve monthly issues. (I save over 33% off the regular cover price.) 80705

Name _____

Address _____

City _____

State _____

Zip _____

8 Anger—What It Can Do To You

Anger is a basic human emotion. If allowed free rein it can consume you—or it can become your servant.

Jean E. Laird

18 Early American Dentistry

Most suffering colonists turned to the town blacksmith and his sturdy forceps for toothache relief.

Jolinda Osborne

24 Walking With the Animals

National Wildlife refuges offer superlative experiences in meeting wild animals and birds in their own habitat.

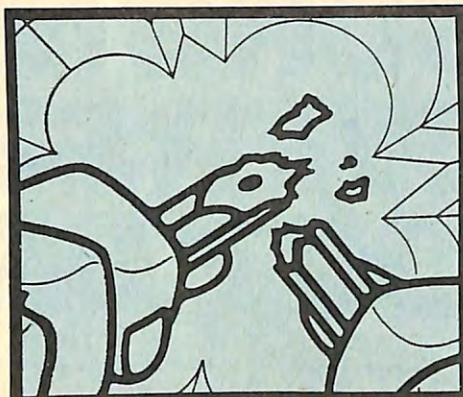
Bill Thomas

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Illustration by Jim Lavengood



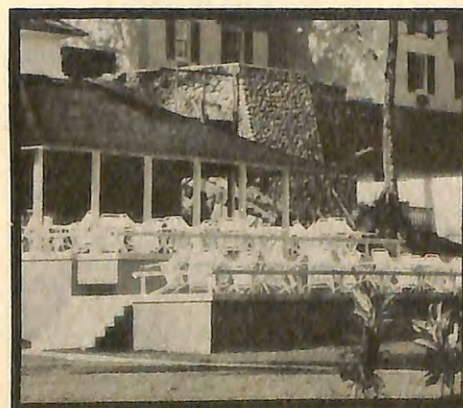
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"THE WORKAHOLIC."

Give this Home Gardener™ a job... any job.

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- Light and maneuverable
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My garden size is:
 Under 1000 sq. ft.
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Do you own a tiller?
 No
 Yes, a front-tine (___HP)
 Yes, a rear-tine (___HP)
 Other _____

YES! Send me complete information on the light and versatile Home Gardener!

MAIL THIS CARD TODAY!

Name _____
 Address _____
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 State/Zip _____ Phone _____ EKH-32C7

will do almost **any** job you need done in your garden. It'll take care of your weekly jobs all season long. It tills, cultivates, weeds anywhere, edges, composts and more.

You'll enjoy a beautiful, bountiful garden from Spring 'til Fall without a lot of hard work most ordinary tillers leave you to do... That's because the Home Gardener is...

- ✓ **Light enough for anyone to use**—If you can use a lawn mower, you'll love this.
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bigger, bulkier rear-tine models.

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- ✓ **Handles any garden**—tiny or large.
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- ✓ **Tills 9" deep or more**—And makes great, no-footprint seedbeds.
- ✓ **Engineered to LAST**—And make your gardening simple.

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For even faster service, call **800-227-2864** (in California **800-772-3589**).

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 Dept. EKH-32C7
 200 Gate 5 Road
 Sausalito, CA 94965

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 Address _____
 City _____
 State _____ Zip _____
 Phone () _____

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ON TOUR WITH
**MARVIN
 M. LEWIS**



Middletown, CT, Lodge held a dinner-dance to honor GER Marvin M. Lewis (center) on his visit to Connecticut. The affair was attended by over 400 Elks from throughout the state. Others in photo are (from left) Mayor Michael Cubeta, SDGER Arthur Roy, ER Gerard Winzer, PGER Leonard Bristol, State Secy. and SDGER Thaddeus Pawlowski, and SP Douglas Murray.



GER Marvin M. Lewis (second from left) attended the 75th Anniversary Celebration of Elkdom in Lewis County, WA, at Centralia-Chehalis Lodge. Also attending were (from left) PGER Robert Yothers; PER Virgil Lee, the lodge's oldest living member; ER Paul Brown, Jr.; and Grand Est. Lead. Kt. Frank Garland.



PDD Charles "Pat" Padias (center) welcomes GER Marvin M. Lewis and his wife Gerry to Lancaster, CA, Lodge, the host lodge for the official visitation of the GER to the California Inland District. Over 400 officers and members feted Brother Lewis and Gerry with a lamb barbecue followed by dancing under the desert stars.



While attending the fall convention of the Michigan Elks Association in Muskegon, MI, GER Marvin M. Lewis (left) participated in a special "Hoop Shoot." The contest was won by PGER Raymond V. Arnold (second from left). Other contestants were (from left) State Secy. Albert Vernon, SDGER Edmund Kowacic, and SP Edward Quirk.



GER Marvin M. Lewis (second from left) visited Hawthorne, NJ, Lodge. Also pictured are (from left) PER Thomas Carey, VP William Matthews, PGER Homer Huhn, Jr., SDGER Kenneth Cantoli, and PDD A. Frank O'Plinus.

WHY THE TIMES ARE RIGHT FOR YOU TO MAKE BIG MONEY SELLING PACE'S SEAMLESS SPRAY...

PART TIME or FULL TIME

"Every sale brings a check of over \$1,000" says Dick Rogers, President of Pace Products.

This is the Process and Product whose time has come. Due to shoddy construction, even new roofs are leaking. The Seamless Spray market is a salesman's dream. A vacuum created by the desperate condition of roofs. And the exorbitant price contractors charge to fix them.

Factories, plants, schools, shopping centers, hospitals. In even the smallest towns, you've got dozens of prospects whose roofs need SEAMLESS SPRAY which you'll make available at a small fraction the cost of what they'd have to pay a roof contractor.



Questions everybody asks

Q How much selling experience do I need?

A None whatsoever. Our process is so simple, our program so carefully set up, that common sense and a willingness to tell the SEAMLESS SPRAY story is all you need.

Q Do I have to come into this business with a background in working with important people?

A This is what never ceases to fascinate. We have carpenters, brick masons, small town merchants, insurance salesmen, wagon distributors, little people from all walks of life who enjoy selling the SEAMLESS SPRAY savings!

Q How much money does SEAMLESS SPRAY save my customers?

A It depends on the kind of roof. But you can conservatively estimate that you will save your customer at least 50% and in most cases more than 75% on what he'd invest in a new roof. Example: One school customer recently estimated their savings at over \$28,000. The bigger the sale, the bigger the savings.

Q Why does SEAMLESS SPRAY pay such huge commissions?

A Because you engage in a business where the average SEAMLESS SPRAY order for even a modest roof on a Main Street Building or a school, runs into sufficient

size to support such a salesman's commission. Pace distributors enjoy the biggest commission per sale of any salesmen in Direct Selling. This is the joy of working this program.

Q What about repeat business?

A Here is where the rest of Pace's line comes into play. Once you solve a man's roof problems and save him so much money, he's your friend for life. He then buys our PARK-KING Blacktop sealer—our CONCRETE PLUS for sealing cement areas—our LIQUID METALLIC SIDING and our HYLOZYME Plumbing Conditioner to mention just a few of the fine quality products in our Pace lineup.

Q Who applies SEAMLESS SPRAY?

A In most cases, the customer does this with his own maintenance people. No trained crews are ever needed. We ship the customer the SEAMLESS SPRAY equipment (Worth over \$2,500) on Free Loan. After the job's done, he returns it.

With today's soaring labor costs, this is one of the things that makes SEAMLESS SPRAY selling so easy.

Q What about an investment?

A You can rest easy. There is none! We send your initial kit at our expense—never ask for an investment. We even have a Supply Program that enables you to make extra money.

Q Is Part-Time Selling practical?

A Not only practical, we recommend it. Most of our biggest money makers work less than a total of 5 days a month selling SEAMLESS SPRAY. The size of the sale, the spectacular single order commission is such that this is the perfect part-time selling opportunity.

Q How do I get started?

A Just fill out and mail this coupon. We'll rush you everything you need to get off to a super-selling start. And we'll help you every step of the way.

**PACE PRODUCTS, INC. Dept. EL-283
81st and Indiana—Kansas City, Mo. 64132**

O.K. Mr. Rogers, I'd like to make some of the big money that's being made selling Pace Products. Please rush me everything I need to get started. I understand there is no cost or obligation and no one will call on me.

Print Name _____
Address _____
City _____
State _____ Zip _____

Anger and what it can do to you



What should you do with your anger, after you admit you are mad?

When you conceal your anger or express it thoughtlessly, you are the one who suffers most. But, say many experts, not only is there a right way to express anger—but also a way to make it work *for* you!

Even the long-suffering soul will rebel when pushed too far. Emotional troubles in this hustle-bustle world cannot be entirely avoided. Dr. Ralph R. Greenson, practicing psychoanalyst and a clinical professor of psychiatry at the University of California at Los Angeles, says: "The happy family does not consist of pure love and kindness. Anger has to be a respected member of the group. If it is not, the family is not genuinely happy." He adds, "If you can teach your family to hate well, then you will not be angry with yourself. You will then discover that you are part of the family of man and you will never be alone."

Anger which is turned off like a faucet, does not simply disappear. It accumulates and affects every member of your family. Anger must be recognized as an integral part of life and living. You cannot love without hating. "The opposite of love is not hate, it is indifference," say psychologists.

If you rarely feel feelings of anger, this does not necessarily mean you are a well-balanced adult personality, we are told. It is normal to feel anger when faced with an irritating situation. The point is—how long do you feel angry? Can you hate over petty things? What do you do about it?

Neurotics, for instance, are well-known haters and grievance collectors. They hoard and cherish injustices as an ex-

planation of their problems and as an excuse for real or imagined failings.

Enrico Caruso was an overly-sensitive human being. As a young man singing in his home town of Naples, Italy, the audience sat through one of his concerts completely unresponsive. The papers also gave him unfavorable criticism. Years later, returning to Naples at the height of his brilliant career, he bitterly refused to sing. He had carried this anger within him all those years, and it had literally "eaten him up."

Whatever its cause, anger and resentment are potential poisons for your mind, and your body. There are people who give ulcers and those who get them. Too many of us give them to ourselves, since the resenter most often suffers far more than the "resentee."

Immediate bodily reaction to anger. Anger is not only a psychological response. It is also a bodily reaction. Our rate of metabolism changes when we are angry. We go into emergency gear. Blood sugar concentration rises, bringing a spurt of energy. The body is mobilized for fight or flight; meeting the emergency head-on or fleeing it rapidly.

Why can anger kill you? Doctors have known for years that your anger can raise your temperature from 1½° to 2½° just thinking about your problem.

Dr. Walter Cannon of Harvard University, pioneer researcher in psychosomatic medicine, tells us what physically happens when you "blow your top." "Respiration deepens; the arterial pressure rises; the blood is shifted from the stomach and the intestines to the heart; central nervous system and muscles are affected; the pro-

cess of the alimentary canal ceases; sugar is freed from the reserves in the liver; and spleen contracts and discharges its contents of concentrated corpuscles, and adrenalin is secreted from the adrenal medulla."

In the terminology of the layman, anger may cause you to become "red with rage"; the veins in your neck may swell; your fists may clench, and you may become speechless. Your vision may become blurred, because anger blocks off the visual centers of the brain. Your body seems warmer. You are "burned up" and need to "cool off."

If we refuse to own up to our anger, we may find ourselves showing this anger through our bodies—through taut, angry muscles and malfunctioning internal organs. And the cost in the long run may be far higher than that of learning to express our anger in a straightforward way.

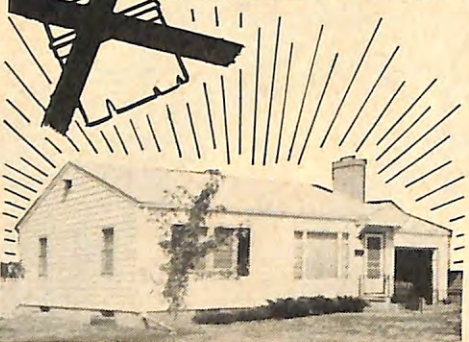
Physical and mental aspects of anger. As Freud pointed out, pent-up emotions such as anger inevitably find an outlet, often with devastating results. This is witnessed when a mother never raises her voice over a child's untidiness. (Her resentment accumulates and she gets mysterious blinding headaches, or perhaps periodically explodes over *nothing*.)

We are all acquainted with the person who is always good-natured, always at the service of others and who someday suffers a life-threatening ulcer. Or, take the even-tempered, never-angry person whose blood pressure shows a steady rise. If stress is never recognized, never worked out and confronted honestly, there can be no discharge of physical tension, and a state of chronic hypertension may result.

NOW RE-SIDE YOUR HOME

FOR

LESS THAN PAINTING!



How much would it cost to have your home painted? And then in just a few years, you'd need to do it again. For less than this you can install your own siding with a Home Kit from Aluminum Industries (America's leading mail order siding company.)

Yes, you save as much as 2/3 the average cost of installed siding. And it's so easy—if you can drive a nail and cut on a straight line you can do it.

We send you a complete kit of vinyl, aluminum or steel siding—your choice of 22 colors—everything you need, right down to the nails and tools.

Easy-pay with an FHA Home Improvement Loan or our own interest-free \$7.00 a week plan.

Make Big Money, Too

Once you've done your own home you're automatically qualified to be an Aluminum Industries dealer. When friends and neighbors admire your home and learn of the money you saved, just sign them up, making up to \$1,000 per order . . . even more if you install for them.

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Yes, rush me full details. No obligation, no salesman will call.

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City _____ State _____ Zip _____

ANGER

Studies repeatedly show that hidden anger contributes to many physical ailments. Repressed anger has been linked to essential migraine, hypertension headaches, as well as asthma, colitis and some thyroid disorders. It has been frequently known to bring on attacks of angina pectoris. Why? A noted Chicago psychiatrist explains it this way: "Since it is more socially acceptable to become ill than to lose control of our feelings, we subconsciously channel our anger to physical symptoms."

Holding anger in is fruitless. Because children are so often punished for showing anger, when they become adults they learn to repress it or to deny that it exists at all. Many people today do not even allow themselves to *feel* anger, much less to show it. However, unexpressed anger soon becomes an oppressive physical and emotional burden.

"Anger can also affect the skin, and is often the underlying cause of hives, pimples, itchy rashes," says Dr. Leo Madow, renowned psychiatrist. He suggests that a person's emotional state may be decisive in determining whether or not he catches cold. "The fact that viruses cause colds is less important than the question of what lowers our resistance."

Anger can also play a big part in problems related to sleep and insomnia. The person who paces the floor during the night or sleeps a few hours only to awaken with his body hyperalert, finds it impossible to sleep the night through.

If unrecognized anger doesn't appear in actual physical symptoms, it can show up in behavior or personality problems. This is manifested by the person who over-eats or under-eats; the person who gets involved in one disastrous love affair after another; the accident-prone person.

New York psychiatrist, Dr. Alexander Lowen adds, "The person who is chronically depressed is invariably angry about something, or at somebody, and finds his own feelings too threatening to tolerate." Doctor Lowen considers the ability to get angry one of the qualities of maturity. Anger must not be confused with aggression, because the two words are not synonymous. Anger need not be accompanied by aggression. These feelings must be handled with discretion.

Bottled up rage can take a prolonged physical toll. However, this does not mean you should tell off your boss or lash out at your family and friends to prevent high blood pressure.

How suppressed anger affects the family. As we become adults, most of us try to refrain from displaying our anger. Somehow, we feel we are not *supposed* to get angry. But anger is a normal reaction to a stress-producing event. Why, then, are we so careful to control and hide it? Because

from the time we are little tots, we have been taught that we must control our anger to get along in society.

Social situations not only determine our freedom to express our anger, but can enormously affect our willingness to perceive it. The reason is that there are often subtle rewards for *not* acknowledging angry feelings.

Dr. Leonard Zegans, prominent Yale psychiatrist, tells us, "The retaliation we fear may be the pangs of conscience, because we have been taught that anger is wicked. Or, we may fear the loss of the other person's affection."

Doctor Zegans adds, one of the most standard appeasers is the person who represents himself as helpless, expressing his anger in such a way that guilt is definitely instilled. This is evident when a mother says to a grown son, "Have a good time on your ski trip, dear, and don't worry about me being here all by myself over Thanksgiving. I'll do all right."

Sometimes parents will silently cover their feelings of anger in such a way that one or more of the children acts up in an unconscious effort to get the parents talking again. We are told about one teenage boy who would get himself picked up by the police everytime his parents were at odds. Why? This always forced the parents to talk to each other.

Children and anger. Doctor Greenson said it is difficult for some parents to believe their children feel rage and anger. But if you think a moment, why are all fairy tales full of evil witches and step-mothers who mistreat the little children and are eventually brutally killed? Why do your children laugh when daddy falls off the skateboard onto his backside? That the skateboard comes from their stored-up resentment and anger, which does not preclude that they also love and need daddy as well.

Children need to understand the anger within themselves, and they need to be shown how to keep anger under control. Children need also to realize that to feel angry or furious on occasion, is natural and normal—and much healthier than to hide such feelings with oneself.

Dr. John P. Spiegel, Director of Lemberg Center for the Study of Violence at Brandeis University, in Waltham, MA, tells us that most children today are likely to show some type of aggressive, hateful and sometimes violent behavior. However, he says mothers should deal with this as a "natural phenomenon, rather than a sinful one—something to be expected, not a psychological aberration. Then you can gently try to reduce this over-aggression instead of trying to extinguish it." No parent can stamp out aggression completely in a child, but he can try to understand what is promoting hateful or destructive behavior in the child and try to smooth it over."

Understanding teens and anger. Those
(Continued on page 37)

50% Hotel/Motel Discounts Available

Now available in this issue is a special half price rate program for those travelers to enjoy substantial savings of 50% off hotel expenses and stay at the best accommodations at participating leading hotels, motels and luxury resorts that include Marriotts, Hiltons, Sheratons, Holiday Inns, Stouffers, Ramada Inns, Howard Johnsons, Travelodges, plus hundreds of other famous name accommodations in major cities in most states including Canada, Mexico and Hawaii.

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LETTERS

- Fabulous, colossal, stupendous, magnificent, fantastic.... You name it and I think I have heard it about the November issue of *The Elks Magazine*, featuring the Elks 1983 Rose Parade Float.

If this doesn't get the attention of our Brothers and their families, nothing will. The executives of the Tournament of Roses Association were extremely impressed, as were the people at Fiesta Floats, our float builder. Nothing I can say will be adequate, so I'll just say thank you from all of us who have lived with this program from its beginning.

Up to now we have enjoyed a certain amount of success, but certainly having the float on the front cover of the magazine and the two-page spread will do more to sell it than our committee could do in a year of promotion. Thank you. I know that I, for one, will never forget it.

Robert J. McLain, Chairman
 Elks Float Committee

- A super, professional, and motivating job! (November, 1982, issue.) A credit to the float, to the Elks, and to the magazine.

Congratulations and thanks.
 Bernard E. McCune, Member
 GL Public Relations Committee

- I was especially appreciative of your article, "Jim Thorpe - Is Vindication Near?" (November, 1982), by Wayne T. Walker. It recalled a memorable morning I spent with this sports legend preparatory to introducing him to a high school student body in 1938.

Thorpe was employed by the National Assemblies and his presentation involved dressing in Indian regalia, dancing, and speaking to high school gatherings. Obviously down on his luck, Thorpe was chagrined that his act involved this humiliating orchestration. When I suggested that we dispense with these trappings, he was sincerely appreciative and spent several hours with me after the assembly, sharing recollections of his great sports career.

Just before leaving, Thorpe, then in his fifties, demonstrated his prowess by surpassing our school record in the standing broad jump by over 12 inches. I learned later that he was still world record holder in this event.

Roger Baer
 Santa Cruz, CA

- I enjoyed the article on Jim Thorpe. Many years ago when I was a young kid, my father took me to Indianapolis, IN, to see a Notre Dame/Indiana football game. As I recall, Jim Thorpe was the referee of this game and during halftime he entertained the crowd with drop-kicks. And I am sure he was making them from the 50-yard line or farther.

Peter A. Aikman
 Brownsville, TX

- Oklahoma celebrated its Diamond Jubilee on November 16; and in my elementary music classes, we discussed and sang about famous people of Oklahoma and their contributions to our state. Your timely story on *Jim Thorpe* was enthusiastically received by all, and instilled a desire in many of my students to read more about this famous Oklahoman.

Thank you so much for this informative and interesting story.
 Mrs. John A. Penn, Jr.
 Walters, OK

- In the article, "Burglary - Make Your Home A Less Likely Target" (November, 1982), by Patricia J. Hewitt, a psychiatrist states that, "For men, the gun is an extension of their masculinity." This extension of their masculinity myth has been perpetrated and bandied about by anti-gunners for years and I'm tired of it. It just simply isn't true.

The information in the article was otherwise helpful.

Eleanor Hornick
 Johnstown, PA

- I am writing a few words to express my appreciation for our new Grand Exalted Ruler, Marvin M. Lewis. His message in the November issue was an inspiration and a wonderful expression of what Elkdom stands for. It made me truly thankful to be an Elk. May God bless him and his administration!

Howard I. Spaulding
 Kingston, NY

- *The Elks Magazine* for November, 1982, was one of your best. I read it from cover to cover.

Don Howard
 Kalamazoo, MI

Letters must be signed and may be edited. Address to: Letter Editor, *The Elks Magazine*, 425 West Diversey, Chicago, Illinois 60614

What's this woman doing?

Several years ago, I was a teacher in Akron, Ohio. One evening my wife and I were visiting a group of faculty friends. One of them began discussing a very simple small business that a person can start at home — a "home money project", as he called it. But when he told me how much money it brought in, I almost dropped my coffee cup on my lap.

My wife and I discussed the project as we were driving home. We decided to try it.

The project kept us busy about 8-9 hours each week. We used our dining room as an office and kept supplies in one corner of our hall closet.

At first our income was small — \$75 to \$95 per week. But, as the months passed, we began making over \$700 A WEEK — all at home.

Let me emphasize one thing. This is very important. Our "money project" is moral, honest and downright enjoyable. And, it's 100% your own. It doesn't involve working for anyone else.

I explained the project to my mother in Akron, Ohio. She was 71 years old and lived by herself in an apartment on West Market Street. Within the first 90 days she made over \$3,000. All by herself!

As our curiosity grew, we discovered a variety of other people making money but with somewhat different projects...

I talked with an Iowa housewife who's been earning thousands of dollars for over six years. She uses one bay of her garage as a work area.

- She makes up to \$200 per week in her spare time.
- She provides a needed service to her community.
- She works exclusively at home... using a card table. She doesn't need a special office of any kind.
- She works for no one else. There is no selling involved. Most of her clients call her at home. In fact, she installed a phone in the garage.
- Her service is so simple that almost anyone with a flair for crafts could start the same business in their own neighborhood within 20 days.

OVER \$35,000 PER YEAR

Two New Jersey housewives I spoke with started a similar project two years ago. Both of them have young children at home and households to run — in addition to their home-based business. Currently, their part-time project is bringing in over \$35,000 a year.

A California couple using the same project we used made \$14,870 in just five months.

Obviously, this is exceptional income. What you make will be up to you. But the income potential from some of these projects can be staggering. A husband and wife team I spoke with started a money project similar to ours. Last year, operating full time, they earned over \$108,000 — all at home on their farm in western Wisconsin.

FEATURED ON NATIONAL TV

The complete story of several of our money projects recently appeared on a national television series. Other projects have been featured in numerous newspaper and magazine articles throughout the U.S. and Canada.

HOW TO START

First, you must be willing to work. All of these projects require time, energy and creativity.

Second, you'll need some working space in your home or apartment. A telephone will help, too.

Third, our projects are tested and workable. No envelope stuffing schemes, no "party plans", no door-to-door selling. None of that nonsense.

You won't need "money" to begin. Many of the projects can be started for as little as \$25 to \$50.

You won't need youth. Maturity and experience are excellent assets.

You won't have to wait. Most of these projects can be started in just 15 days!

Quite frankly, we're happy to share them with you. Because they involve creative projects that can be duplicated in thousands of neighborhoods all over America. The opportunity is nationwide. We won't be competing with you and you won't be competing with us.

TRY THIS TEST

1. When your Guide arrives, select one project. Read the directions carefully. Remember to begin slowly.
2. Try it for six months.
3. At the end of this trial period, examine your income. If you're not satisfied with the results, return the Guide and we will REFUND YOUR FULL PURCHASE PRICE... NO CONDITIONS... NO DELAYS.



That's why we've put everything in a simple, easy-to-follow Starter Guide. It shows you how to begin each project — step by step.

MONEY BACK IF NOT DELIGHTED

To prove that you can make extra money at home, you have our positive 100% money-back guarantee. Order your guide. Keep it for up to six months. This gives you time to actually try a project yourself. If you're not satisfied just return it. We'll send you a full refund within three working days... no nonsense... no excuses.

Also, feel free to POST DATE YOUR CHECK 30 DAYS. That way it's not cashable for a full month. I'll send your Guide right away. Read everything. Try a project. If you're not satisfied, return the materials and I'll return your original UNCASHED check. This way there is absolutely no risk to you!

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Portland, OR.

NEWS OF THE LODGES



PORTLAND, OR. A rabbit at the Washington Park Children's Zoo in Portland, OR is introduced to Amy Sampson, 6, who was among 29 students from the Oregon School for the Blind in Salem who were bused to the zoo for an opportunity to touch the "pettable" animals. The tour was sponsored by metropolitan-area Elks lodges and conducted by Elks and other volunteers.

Following the zoo visit, a picnic was held for the children at the Beaverton Elks picnic area. The highlights of that event were rides on real ponies.

KONA, HI. Lodge presented \$500 each to the Kona Special Olympics, the Pop Warner Football League, and the 4-H Clubs of Hawaii. The Elks raised the funds through their Second Annual Charity Fishing Tournament.

BUENA PARK, CA. For the seventh consecutive year, Buena Park, CA, Lodge held its "Circus Day for the Handicapped."

The lodge chartered five buses, in addition to using the lodge bus, to pick up 225 mentally retarded children and adults and take them to the lodge. There they were fed and then entertained for four hours by Brother Ronald MacDonald, Brother Al the DJ, the Country

Cloggers Dance Group, and a dozen members of the Garden Grove, CA, Lodge Clowns.

EL CAJON, CA. How does a deaf or hearing-impaired person telephone for help? Previously, in El Cajon, CA, deaf persons relayed messages to authorities through a telecommunications system run by deaf community services, sometimes creating serious delays. Now, thanks to a donation by El Cajon Lodge, the local police department has received a telecommunications system to receive distress signals directly from the hearing handicapped.

The lodge purchased the system at a cost of \$1,151, and also donated \$300 to have the system installed in the El Cajon Police Department and a \$32 monthly service fee for the first six months of operation.

It is estimated that there are about 200 persons in the El Cajon area with hearing disabilities who may benefit from the emergency communications system.

BULLHEAD CITY, AZ. Lodge presented to the Elks Long-term Care Unit in Tucson, AZ, 46 lap robes that were crocheted by the lodge's Elks' ladies. A special red, white, and blue robe was given to Edward Drovedah, who was born on Flag Day, June 14, 1900.

ALBUQUERQUE, NM. PGER George Klein visited Albuquerque, NM, Lodge November 13, 1982, to lead the dedication of a monument "to our Absent Brothers who made the supreme sacrifice in service to our country." The monument with the inscription was donated by Brother Domenic DePalma.

CLAWSON-TROY, MI. Lodge held its Third Annual "Elks Pumpkin Patch" Halloween Party for handicapped children.

The Brothers painted empty refrigerator boxes to look like houses and set them up in the Lodge Room so that all the children could go trick-or-treating regardless of their handicaps. The 102 children who attended also enjoyed apple-bobbing, pumpkin decorating, a short performance by a toy soldier, music for dancing, and refreshments.

LIVERMORE-PLEASANTON, CA. Lodge has initiated a Vets Wheelchair Bowling League for disabled veterans of the area.



Cody, WY.

League All-Stars, who won the Senior Division Little League World Championship at Gary, IN, in August.

Following dinner at the lodge for the players, their parents, and league officials, an awards program was held. ER Burton Bolt presented a plaque to each of the players.

CODY, WY. Lodge presented PGER George Klein (second from right) with a bronze "Safe and Sound" that was made and dedicated to PGER Klein by Harry Jackson, a famous Western artist who is a member of Cody Lodge. Also pictured are (from left) Jack Cash, lodge secy. and secy.-treas. of the Wyoming Elks State Association; Slim Whitt, the cowboy who posed for the bronze; and ER Lee Pinckard. (Photo Copyright Wyoming Foundry Studios, Inc.)

POMONA, CA. On November 10, 1982, Pomona, CA, Lodge conducted a brief, inspiring ceremony honoring not only American veterans, but also veterans of U.S. Allies in past wars. The following Allied nations were represented: Belgium, Canada, Denmark, France, the Philippines, and the Republic of Malta.

PALO ALTO/HOLLISTER, CA. Keeping their eyes on the ball were (from left) PER Frank Greco, PSP Walter Schween, Grand Trustee Vern Huck, and Past Grand Trustee John Morey during the fourth annual golf tournament honoring "Mr. Elk," John Morey. The tournament between Palo Alto, CA, Lodge and Hollister, CA, Lodge was enjoyed by 91 golfers.

The festivities continued into the evening with a barbecue for 140 Elks and their ladies. Awards were given out by Palo Alto Golf Chm. Harry Eighteen, and the trophy was presented to ER Joe Leitner of Palo Alto by ER James Gillis of Hollister. The running score for the tournament is Palo Alto 2, Hollister 2.

NORTH PORT, FL. Lodge raised a total of \$816 for the Harry-Anna Crippled Children's Hospital through a very successful turkey raffle.

(continued on page 40)



Palo Alto/Hollister, CA.

Brother Dennis Fanucchi, owner of the Granada Bowl, has built ramps to get the veterans to the lanes.

DUNEDIN, FL. Members of the clown club of Dunedin, FL, Lodge entertain patients at the Harry-Anna Crippled Children's Hospital on a regular basis, under the direction of Brother John Kelly and ER Dan Guist.

RAWLINS, WY. At its annual fall picnic, Rawlins, WY, Lodge raised \$300 which was donated to the St. Joseph's Children's Home in Torrington, WY.

WEST COVINA, CA. Lodge helped 20-year-old Tod McIntosh, a cerebral palsy victim, obtain an electric wheelchair designed by the Stanford University Rehabilitation Center and fitted specifically to his body. For years Tod had wanted an electric wheelchair, but his family could not afford it.

SANTA BARBARA, CA. Lodge devoted its September Youth Recognition Night to a salute to the Goleta Valley South Little



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MEDICINE & YOU

by Larry Holden

LASERS & HYPERTENSION

The revolutionary laser is causing its own revolution in dermatology. The modern-day dermatologist is employing the space-age laser to treat patients with a variety of skin blemishes and conditions—from birthmarks to tattoos.

Dr. Allan Wirtzer is a prime example of modern dermatology's laser specialist. A southern California physician, Dr. Wirtzer is one of just a handful throughout the country presently using a laser for dermatological results. He uses the laser to successfully treat his patients for the removal of birthmarks and tattoos, and to treat other skin conditions involving blood vessels.

"Interestingly, older people usually respond better to laser treatments than to younger individuals. In fact, it is not even recommended that children go through laser treatment for birthmarks as the marks are not mature and tend to re-grow or revascularize. Also, the incidence of scarring is a bit higher in the young," explains Dr. Wirtzer.

In addition to the treatment of tattoos and birthmarks, the laser works well with other conditions that involve blood vessels. Such conditions include, but are not limited to: dilated blood vessels which appear in the face because of natural aging of the skin (often referred to as broken blood vessels), Rosacea or the very red bulkish nose caused by superficial blood vessels in the skin (the condition W. C. Fields had) and the superficial varicose veins in the legs.

Here's a thumbnail sketch of the laser's benefits: It doesn't have an effect that can be carcinogenic, like x-rays are. So it can be used on the skin safely. The laser is bloodless and essentially painless. The healing process is normally extremely good, because the skin around the lasered area has not been accidentally bruised. It's such a fine beam of energy it only affects the skin the physician wants to affect. Healing takes place rapidly and without any side effects. In terms of cost, the laser is also effective since it requires neither hospitalization nor an anesthesiologist.

In another area of dermatology, the noted California physician and assistant clinical professor for UCLA Hospital's Division of Dermatology employs accutane medicine. This new type of medicine is singularly significant for those who suffer with acne. It is not a cure, but it does offer about 90 percent correction. Use of the medicine as a treatment for someone who has a severe case of cystic acne brings a dramatic halt to the condition in approximately four months. Currently, accutane medicine is being used as a treatment for people who have a tendency to get skin

cancer. The results are a high percentage of prevention for that type of cancer.

Dr. Wirtzer, an expert in many fields of health and cosmetology, is a pioneer in the use of collagen for dermatological purposes. "Injection of the substance into the skin where there is a depression brings out the defect. And, remarkably, it permits the skin to actually redevelop flexible and normal tissue under the skin that prevents those wrinkles," notes the dermatologist. "The face lift procedure of cosmetic surgery can be complemented through the use of collagen, as well."

For more information on the use of lasers, accutane medicine and collagen in relation to dermatology, interested individuals may contact Dr. Allan Wirtzer, 15243 Vanowen Street, Suite 301, Van Nuys, CA 91405 Phone: (213) 787-1323.

Up to now, doctors, almost without exception, placed people with high blood pressure on medication for life. But recently some researchers, citing potentially harmful side effects of anti-hypertensive drugs, have begun to look to lifestyle changes to help prevent or relieve high blood pressure.

More than 37 million Americans are affected by high blood pressure. And it is one of the major risk factors leading to heart disease, which kills more than half a million people each year.

Research reported in mid-November at the American Heart Association's Scientific Sessions in Dallas revealed that people with mildly high blood pressure can be taken off costly and potentially harmful medication, if they modify their lifestyles. A three-year study conducted at Northwestern University in Chicago showed that a loss of 10 pounds and a reduction of salt and alcohol consumption allowed almost two-thirds of the patients studied to be taken off anti-hypertensive drugs.

The study involved 189 people with mildly high blood pressure. All were taking medication to try to maintain normal blood pressure. The study pointed out that a change in lifestyle not only could result in significant economic savings, but could also help some patients avoid the side effects of anti-hypertensive drugs. Medications for high blood pressure have been known to raise both the cholesterol and sugar contents in the blood and lower the potassium levels—all of which can negatively affect the heart. It was noted that the study did not imply that all people should stop taking blood pressure medication. The study, however, did show that many people with mildly high blood pressure can reduce it.

(Continued on page 31)

Prescription Drugs' Side Effects Revealed

(Peachtree City, Georgia)—

FC&A, a Peachtree City, Georgia, book publisher, announced today the release of a new book for the general public: *Prescription Drugs Effects and Side Effects*. It reveals the little-known side effects of over 200 of the most frequently prescribed drugs: side effects which are known to few people outside the medical profession.

The Desirable Effects Of Drugs

You take drugs prescribed by your doctor for their desirable effects, like relieving pain, combating infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or regulating heartbeat and blood pressure.

Undesirable Side Effects

Unfortunately, these drugs can also cause undesirable side effects, such as diarrhea, dizziness, drowsiness, dry mouth, depression, headache, insomnia, upset stomach, blurred vision, muscle cramps, rashes, constipation, fever, nasal or lung congestion, high or low blood pressure, fearfulness, excitement,

ringing in the ears, loss of appetite, loss of balance, fluid retention, sleepiness, nightmares, decreased sex drive, or even heart failure.

Contains Latest Information On Each Drug

Prescription Drugs Effects and Side Effects was written with the assistance of two pharmacists. They have helped to ensure that the latest information has been included in the 1983 edition. More than 200 of the most often prescribed drugs are discussed. Information is given in easy-to-understand language instead of hard-to-understand medical terms. Descriptions of drugs are listed in alphabetical order for quick, dictionary-style reference.

Easy To Read

For each drug, the book has information on the brand name, any money-saving generic name, intended good effects, possible side effects, warnings, and possible interactions with other drugs. Other chapters in the book discuss questions people ask about taking prescription drugs, how to save money by asking your

Prescription Drugs Effects & Side Effects



Interactions Side Effects
Money Saving Generic Names

doctor to prescribe drugs with generic names, and definitions of drug categories. (For example: a drug may be called an "analgesic"—analgesic means "pain reliever".)

How To Help Your Doctor

When you use this book to learn what side effects might occur from drugs you are taking, you can tell your doctor if you have any of them. If the side effects are greater than expected, he may then adjust your dosage, discontinue your medication or switch you to a different drug without such side effects.

Order Now With A Remarkable Guarantee

Order this 30,000 word, easy-to-understand book, edited by two pharmacists, now. Simply cut out and mail the coupon today, with a no-time-limit guarantee of complete satisfaction or your money back.

Partial List of Drugs In Book

Are any drugs you're now taking on this list?

Achromycin®	Chlor-Trimeton®	Erythrocin®	Librax®	Ovulen 21®	Sinequan®
Actifed®	Combid®	Erythromycin	Librium®	Parafon Forte®	Sorbitrate®
Actifed-C	Compazine®	Esidrix®	Lidex®	Pavabid®	Stelazine®
Expectorant®	Cortisporin®	Fiorinal®	Lomotil®	Penicillin®	Sumycin®
Aldactazide®	Coumadin®	Fiorinal/Codeine®	Lo Oval®	Pen-Vee-K®	Synalgos-DC®
Aldactone®	Dalmane®	Flagyl®	Macrodantin®	Percodan®	Synthroid®
Aldomet®	Darvocet®	Gantrisin®	Medrol®	Periactin®	Tagamet®
Aldoril®	Darvon®	Haldol®	Mellaril®	Persantine®	Talwin®
Amoxicillin	Demulen®	Hydergine®	Meprobamate	Phenaphen/Codeine®	Tenuate®
Amoxil®	Diabinese®	Hydrochlorothiazide®	Minocin®	Phenergan	Tetracycline
Ampicillin	Digoxin	HydroDiuril®	Monistat-7®	Codeine®	Thorazine®
Antivert®	Dilantin®	Hydroprores®	Motrin®	Phenobarbital	Thyroid
Apresoline®	Dimetane®	Hygroton®	Mycolog®	Poly-Vi-Flor®	Tigan®
Atarax®	Dimetapp®	Illosone®	Naldecon®	Prednisone	Tofranil®
Ativan®	Diuril®	Inderal®	Naprosyn®	Premarin®	Tolinase®
Atromid-S®	Donnatal®	Indocin®	Neosporin®	Provera®	Tranxene®
Bactrim®	Drixoral®	Ionamin®	Nitrobid®	Pyridium®	Triavil®
Benadryl®	Dyazide®	Isordil®	Nitroglycerin	Pyridium®	Tuss-Ornade®
Bendectin®	E.E.S.®	Keflex®	Nitrostat®	Quibron®	Tylenol/Codeine®
Bentyl®	Elavil®	Kenalog®	Norgesic	Quinidine	Valium®
Benylin®	Empirin/Codeine®	Kwell®	Forse®	Regroton®	V-Cillin K®
Butazolidin®	E-Mycin®	Lanoxin®	Norinyl®	Salutensin®	Vibramycin®
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George Washington had his problems at Valley Forge and with the Continental Congress, but his forced smile and rather strained face were more likely caused by his teeth. Washington had false teeth, and while they weren't wooden, as popular legend has it, the ill-fitting ivory and porcelain dentures gave our first President endless trouble and pain.

Washington could afford the services of one of the English-born, educated dental surgeons who had come to America. His letters and account ledgers show that he often complained about and paid handsomely for new dentures and alterations. However, most suffering colonists turned for relief to the town blacksmith who always had some sturdy forceps hanging in his shop. The smithy was quick and cheap, and he didn't mislead his farmer-customers with promises of painless extractions and miracle cures.

Others did. By the time of the Revolutionary War, competition among trained and self-proclaimed dentists had become keen; and handbills, broadsides and newspapers carried glowing promises and hyperbole. Dentists then were not noted for their humility. Josiah Flagg, a dental

surgeon in Boston, claimed he: "...cures ulcerated Teeth, and hardens the Gums without drawing [blood]—extracts Teeth, Stumps or Roots with the greatest facility and safety to the patient—fastens those that are loose by the scurvy, or other accident—alleviates the most acute pain without the use of instruments—stops hemorrhages, arising from any cause whatsoever—cleans the Teeth and Gums, restoring them to perfect sanity—free of future injury—makes artificial Teeth, with and without roots, the former equally as serviceable as the natural ones..."

Apparently, enough colonists had enough pain so that they suspended their disbelief in such immodest claims, and the dental trade grew. A James Daniel advertised himself as a wig-maker, hair-dresser, and Operator for the Teeth. Isaac Greenwood, the nation's first native-born dentist, began his career as an ivory-turner. He advertised that he could polish, pull or replace teeth, as well as supply the citizenry with ivory-tipped umbrellas, fifes, and billiard balls. Survival in the dental business in colonial America meant versatility.

Painless Parker



Even Paul Revere dabbled in dentistry. His notice in the 1770 *Boston Gazette* boasts that he can fix teeth as well as any surgeon dentist from London, and that his dentures "are not only an Ornament but of real Use in Speaking and Eating." Evidently his engraving and silversmith work were far more important and lucrative, and he abandoned dentistry, but Revere made a valuable contribution to forensic medicine. At the Battle of Bunker Hill, a rebel leader named Dr. Joseph Warren was killed, then hastily buried. A year later, Warren's remains were dug up for a proper memorial ceremony, but alas, his body could not be distinguished from the other dead. Paul Revere recalled the dental work he had performed on Warren, and he made the identification after checking numerous sets of teeth. It is the first known account of such a modern day standard procedure.

If colonial-era dentists bit off more than they could chew in terms of delivering dental care, early 19th century dentists were eager to make some serious improvements in preventive and corrective dentistry. Dentures looked terrible and often contorted the face. So dentists experimented with porcelain, enamel and ivory for a more natural look, and they devised an assortment of hinges for a better bite. Innovators like John Greenwood, son of Isaac, realized the importance of a clean mouth in the prevention of cavities, so he promoted brushing the teeth with chalk, tooth scaling, and check-ups for children. Others like Levi Spear Parmly advocated thickly waxed thread and table salt to clean the teeth. While lacking a fresh, minty taste, ADA approval, and sex appeal, these early teeth cleaning aids seemed to work.

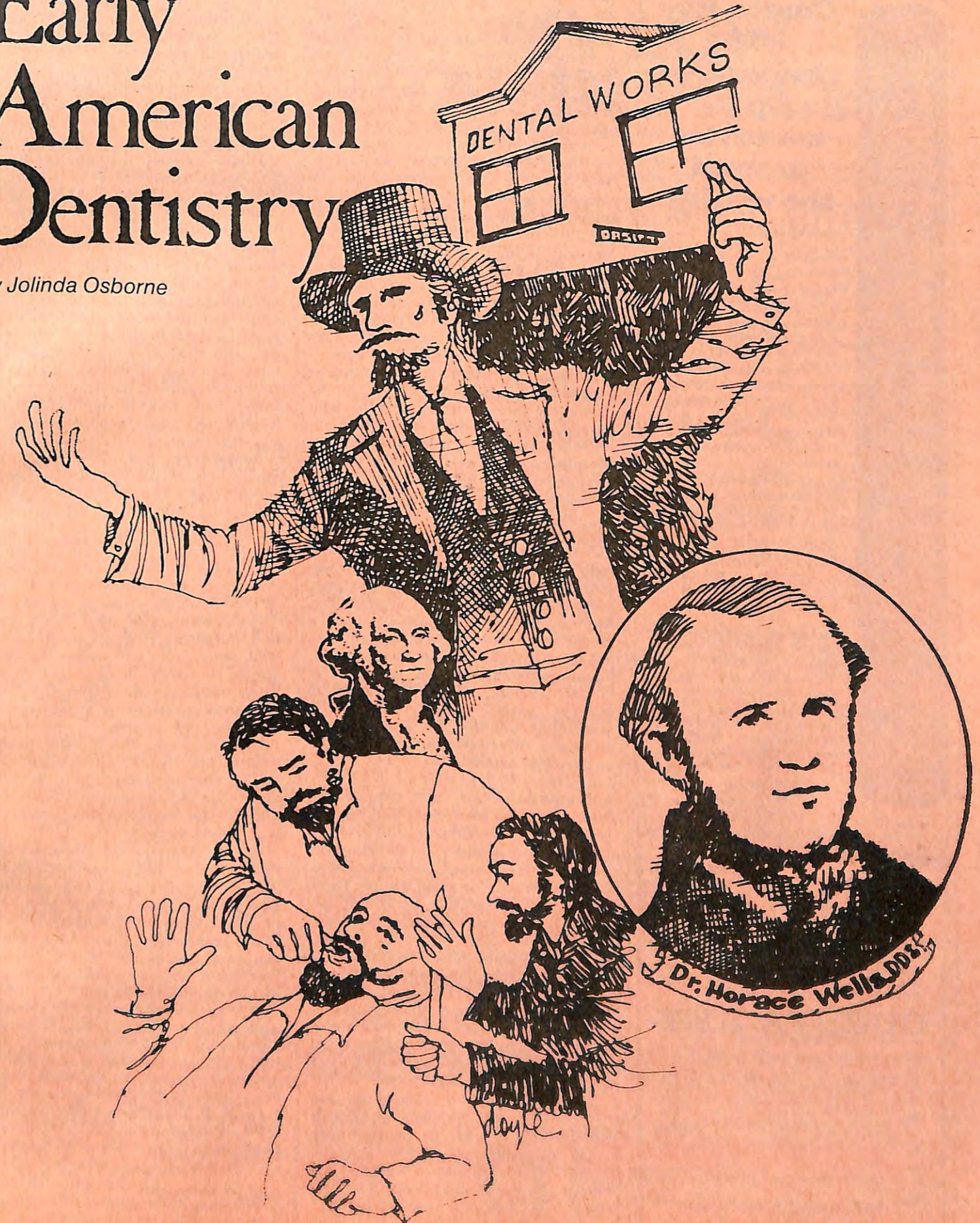
The profession also began to regulate itself in order to gain public confidence and standards of practice. Thus, in 1839 was founded the Baltimore College of Dental Surgery, the first such institution in the world. Dental organizations and journals debated the technical and professional issues of the day, and dentists sought the same status and respect that were given to medical doctors.

Yet into the 1840s, one overriding concern among dentists remained *pain*. Eliminating pain was naturally good business, as few people frequented a dentist until the misery of avoidance outweighed the dreaded agony in the dentist's uncomfortable chair. But beyond the financial considerations, many dentists were distressed by the pain they inflicted in the name of help. Scientists experimented with a variety of drugs and painkillers, but like their predecessors as far back as the ancient Greeks, they found the results to be unpredictable, sometimes even fatal. The time was ripe for a conscientious dentist from Connecticut and a colleague from Massachusetts to discover anesthesia.

In December, 1844, Dr. Horace Wells

Early American Dentistry

by Jolinda Osborne





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Early Dentistry

of Hartford witnessed an exhibition on the effects of nitrous oxide. One of the participants who had sniffed the "laughing gas" and who later sat next to Wells, had received a deep gash on his leg while running about, but oddly he had felt no pain and didn't even notice the bleeding leg until Wells showed concern. Eagerly, Wells obtained some nitrous oxide, had one of his own good teeth extracted while under the influence of the gas, then joyfully reported to his friends and colleagues, "I didn't feel so much as the prick of a pin." Wells was anxious to share his discovery with the world, and his former partner William Morton arranged a demonstration in Boston. Unfortunately, Wells' patient screamed, and the cynical Boston audience left in disgust.

Horace Wells was so humiliated that he returned to his Hartford practice, but he continued to quietly experiment with nitrous oxide and other even more untested painkillers. It remained for William Morton, more persevering than Wells, to arrange another demonstration—this time using ether. On October 16, 1846, in what is now called the Ether Dome of Massachusetts General Hospital, Morton had his patient breathe through a glass bulb which held a sponge soaked with ether. The jaw surgery was a complete, painless success; the world had anesthesia. Morton relished the publicity such a momentous discovery had brought him, but Horace Wells was later to receive due honor. Unfortunately for the sensitive Hartford dentist, world recognition came too late. Addicted to chloroform and despondent over his erratic behavior while under the influence of drugs, Wells had slashed his femoral artery and died—painlessly.

Anesthesia. Relief from pain. Ether, chloroform, and local anesthesia from cocaine derivatives had profoundly changed medicine and dentistry by the mid-19th century. Of course, any innovation aroused skeptics and detractors. Some Bible-touting preachers condemned the use of chloroform in childbirth. "Unto the woman He said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shall bring forth children." Childbirth pain, according to Genesis, was divinely ordained. Determined women, however, chose to follow the example of Queen Victoria, who used chloroform for her seventh childbirth and gave anesthesia some needed support.

Another believer in chloroform was Abraham Lincoln, who had his share of dental trouble. In 1841, he wrote a friend: "Do you remember my going to the city (Louisville) while I was in Kentucky, to have a tooth extracted, and making a failure of it? Well, that same old tooth got to paining me so much, that about a week

since I had it torn out, bringing with it a bit of the jawbone."

In 1862, then President Lincoln was again annoyed by a toothache. But before his dentist could secure the forceps to the bothersome tooth, Lincoln pulled a small vial of chloroform from his pocket, took a few deep inhalations, then ordered the dentist to proceed. According to Honest Abe, the operation was painless.

Once tooth extraction became a more tolerable solution to toothache, the demand grew for inexpensive, natural-looking dentures. Porcelain dentures had improved since Washington's time, but the overly-white teeth and shiny, pink gums still looked false. Furthermore, the gold or silver bases, and the time it took a dentist to make the dentures, translated into hundreds of dollars a set—an exorbitant sum for the common man. Then came Charles Goodyear, Jr.'s patent for vulcanite rubber, and Americans no longer had to go toothless. Not only was rubber inexpensive, but dentures could be easily and quickly molded. Dental laboratories were founded to fill the "gaping" need.

By the second half of the 19th century, Yankee ingenuity had made America the world leader in dental technology and practice. In 1855, Dr. Robert Arthur discovered the cohesiveness of gold foil for filling teeth. Dr. Sanford Barnum devised the rubber dam in 1864. The invention of the dental engine in 1871 ushered in the "golden age" of dentistry. These foot-operated drills made crown and bridgework possible, and the flashy gold smile became an American status symbol. Certainly the most eminent dentist of the era, Dr. G. V. Black of Illinois succeeded in perfecting the silver alloy that filled the cavities of almost every American. Black, the brilliant teacher, scientist and "Grand Old Man of Dentistry," spurred research into the causes of cavities and diseases and pioneered a standard for excellence that dental colleges strived to meet.

It was also a time for prejudices to be challenged. In 1865, Lucy Hobbs became the first woman graduate of a dental school—Ohio Dental College—and set up practice in Iowa. Women were thought to be too weak to pull teeth, but Lucy Hobbs destroyed that myth. During the Civil War, numerous blacks had assisted dentists on the battlefields, and when the war ended, many of these free and enterprising blacks set up business in the street and made house calls. When finally in 1867 Robert Tanner Freeman graduated from the Harvard Dental School, black dentists began to get professional recognition.

Gold! The exciting news from California in 1849 drew thousands of fortune-seekers West, and dentists were certainly a part of the stampede. The first arrivals were far more concerned with picking up gold from stream beds than with putting it

(Continued on page 33)



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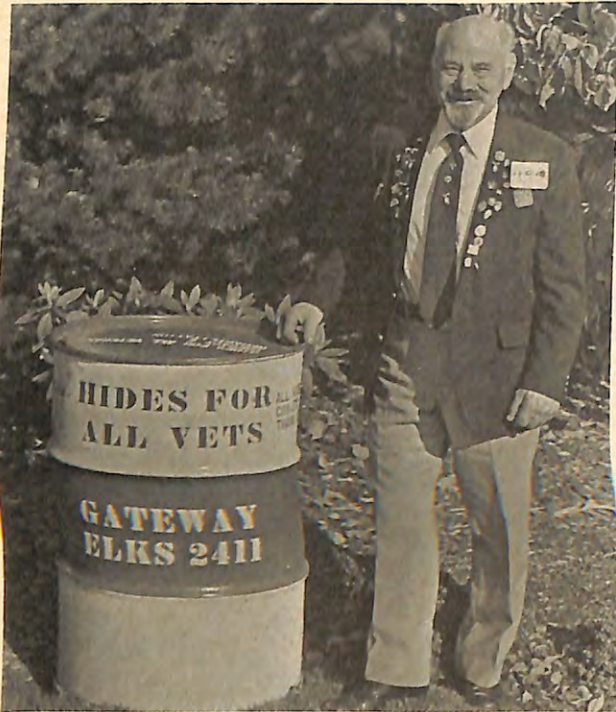
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Laboratory tested
100 Tablets **43¢**
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100 mg. VITAMIN B1	\$1.25	\$5.50	\$9.85
50 mg. VITAMIN B2	\$1.25	\$5.50	\$9.85
50 mg. NIACIN	85¢	\$3.49	\$5.50
100 mg. NIACINAMIDE	\$1.00	\$3.85	\$6.50
400 mcg. FOLIC ACID	65¢	\$2.85	\$4.95
50 mcg. B12	65¢	\$2.50	\$4.35
300 mcg. BIOTIN	\$1.45	\$6.50	\$10.95
250 mg. CHOLINE	\$1.65	\$6.95	\$12.00
250 mg. INOSITOL	\$3.75	\$16.89	\$29.75
100 mg. PANTO. ACID	\$1.69	\$5.75	\$9.75
100 mg. PABA	\$1.00	\$4.50	\$7.85

ELKS NATIONAL SERVICE COMMISSION

"So long as there are veterans in our hospitals, the Benevolent and Protective Order of Elks will never forget them."



John Ceglia, Hide Committee Chm. of Gateway (Portland), OR, Lodge, has painted his hide collection barrels purple and white, with appropriate lettering, and has strategically located them on Portland's east and north sides. Brother Ceglia has presented barrels to various Elks lodges throughout the state to encourage them to adopt his idea and make the collection barrels uniform across the state.

In keeping with Veterans Remembrance Month, Reno, NV, Lodge presented deer and elk hides to the I.A. Lagaras VA Medical Center in Reno. Pictured are George Hawkins, Sr., lodge National Service Committee Chm.; Millie Morimoto, physical therapist; and a patient working with the hides.



The New York State Elks Northeast District National Service Committee donated \$2,800 from its Veterans Indigent Fund to the VA Hospital at Albany. The Indigent Fund is used for needy veterans for transportation of their families to the hospital, and for accommodations if it is necessary for them to stay in the area. From left are PSP Perry Miller; VP Robert Peck; Rod O'Connor, hospital chief of voluntary services; SP John Quinn; and William O'Neil, district National Service Committee Chm.



At Elgin, IL, Lodge, DDGER Elmer Tannery (left) presented a veterans service award to PDD Burt Mason in recognition of his outstanding work with veterans service organizations.



WAKEFIELD, MA, Lodge maintains an active program for the veterans at the Bedford VA Hospital. During the summer of 1982, lodge members conducted five bingo parties, two barbeques, and two pool tournaments at the hospital. They also took 50 veterans to a Red Sox game and conducted three deep-sea fishing trips.

During the same period, the lodge donated to the veterans 2,000 paperback books, 100 puzzles, 500 pounds of Plexiglass, \$1,600 in clothing, 250 decks of playing cards, and \$300 for general use. The \$300 was divided evenly between the Fourth of July celebration, the hospital post fund, and the indoor golf course fund.

WEYMOUTH, MA. The VAVS Committee of Weymouth, MA, Lodge took 16 veterans from the Brockton VA Medical Center on a special tour and luncheon at the Naval Air Station at South Weymouth, MA. The group toured the helicopters used for submarine surveillance and the Marine Air hanger with its A4-E Skyhawk attack fighters.

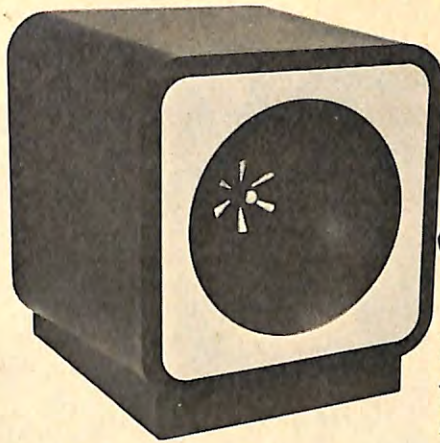
VINELAND, NJ. The National Service Committee of the New Jersey State Elks Association held its First Annual "Elks Day" at the New Jersey Memorial Home in Vineland, NJ. Among the 60 Elks and wives attending were SP Bernard Giehl and Diron Avedisian, direc-

tor of the Elks National Service Commission.

A reception was hosted by Joseph Cagno, superintendent of the home, to thank the Elks for their services to the home. There was also a film and tour of the facility, a question-and-answer period, and a luncheon.

The association presented the home with three color TV sets. Manahawkin, NJ, Lodge also presented a TV set.

NORTH PALM BEACH, FL, Elks made their November trip to the Miami VA Hospital and presented a \$1,000 check, \$2,500 in clothing, and \$300 worth of canteen books to the veterans.



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WALKING WITH THE ANIMALS

by Bill Thomas

The mere sight of them was enough to melt the heart of Scrooge on Christmas Day. A flock of seven great white birds, their wings working in symmetrical unison, moved across the leaden Texas skies and settled on the mudflats a hundred yards away. Whooping cranes. They were among the most precious birds in America. After World War II, their numbers dropped to fewer than 50 birds; that's how close they came to extinction. They still, to this day, are far from being safe.



Buffalo still roam the prairies near Audy Lake in Manitoba's Riding Mountain National Park; while great gaggles of Canada honkers fill the skies at Crab Orchard National Wildlife Refuge in Illinois.



Aransas National Wildlife Refuge in Texas is noted for being the wintering grounds of the whooping crane—seen here performing a mating dance.

It was late winter, the temperature a mild 68 degrees. The bay waters showed only light chop as I meticulously worked the 17-foot lightweight canoe closer and closer to the feeding whoopers. The little waves made playful noises on the aluminum skin, making me wish for a wood canoe. It would have been much quieter. The birds were wary and nervous. Periodically, I eased off paddling, hoping to regain their confidence, letting the canoe drift with the wind, closer, ever closer.

Suddenly, the birds, which appeared to be two families with a single chick and a stray wanting company, catapulted almost as one from the flats and retreated toward the distant marshlands of Aransas National Wildlife Refuge. This was their winter home; in another few weeks, they would be heading north and northwest on the long journey to summer nesting areas in western and northern Canada.

Laying aside my motor-driven camera to which I had attached a 500mm lens, I back paddled into a U-turn and, heading back into the wind, returned the way I had come. In vain I had tried to gain the confidence of the whoopers; on another day they might have been much more obliging. But it was obvious now it would take a lot more patience and many more encounters to get the close-up pictures I wanted of the magnificent whooping crane.

There are many places in America where one can walk with the animals. Aransas National Wildlife Refuge is noted for being the wintering grounds of the whooping crane; other places are known for other things. Blue Springs State Park in Florida is the winter haven for the manatee, or sea cow. Corkscrew Sanc-

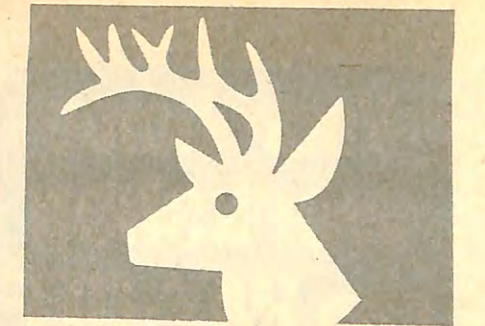
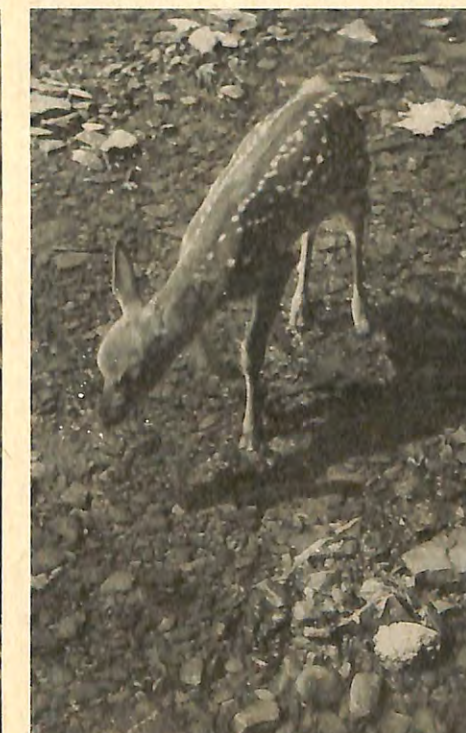
tuary, during the months of February through April, is a nesting area for North America's only native stork, sometimes called simply the wood ibis. Alaska's Nunivak Island is the place of musk ox, and Kodiak Island, Alaska, is the place of the Kodiak bear. And the prime place to visit alligators is in the Okefenokee Swamp or the Florida Everglades.

For 20 years, I've been searching out places to meet and learn about the wild creatures with whom we share the planet. Many of them are in grave trouble, some more than others. The California condor may soon be no more. The whooping crane now seems to be holding its own, but the situation is critical. Grizzly bears are endangered, except in Alaska. So are manatees, wood storks, crocodiles, sea otters, whales, musk ox, desert bighorn sheep, bald eagles, peregrine falcons, great blue Indigo snakes and the tiny Florida Key deer.

The problem is not necessarily that we are intentionally killing off our neighbors of the wild kingdom—although we are doing that, too—but mostly that we are contaminating the earth, limiting or poisoning their food and water supply or usurping their habitat, leaving them no place to live. Since the first European settlement on this continent, 36 species of animals and 94 species of birds have vanished. Since 1900, the record has been roughly one species per year and, in a world where an exploding human population fights space, this rate will be accelerated in the future.

There is still time to reverse that trend, however, if enough effort was made. And there are still places where you can make new acquaintances within the animal

Places yet remain where you can make new acquaintances within the animal world; and many wildlife refuges and national parks exist primarily for that purpose.



Here are some special places for visiting certain species of the wild kingdom:

McNeil River on the Alaska Peninsula. Alaska-brown bear. By permit only from Alaska Department of Wildlife. Late summer.

Village of Churchill, Manitoba, Canada. Annual migration of polar bears on Hudson Bay. Late summer and into autumn.

Nunivak Island, Alaska, in the Bering Sea. Only sizable herd of musk ox in the United States.

Moosehorn National Wildlife Refuge, Maine. Woodcock, moose.

Ano Nuevo State Wildlife Area, California. Elephant seal. Winter and early spring.

San Diego, California. Gray whale sightseeing trips into Baja's lagoons where they are calving; also day trips into the whale migration path offshore.

Great Wass Island, Maine. Owned and administered by The Nature Conservancy. Snowy owls. Winter.

Chilkat River Flats, Haines, Alaska. Great concentrations of bald eagles. From early October to January.

Skagit River Valley, Washington. Winter concentrations of bald eagles.

Yellowstone National Park, Wyoming. Moose, American bison, elk, black bear, grizzly bear, mountain goat.

Saguaro Cactus National Monument, Tucson, Arizona. Bighorn desert sheep, coatimundi, cougar, bobcat, coyote.

Custer State Park, South Dakota. American bison, antelope, white-tailed deer, wild burros, prairie dogs.

Big Cypress Swamp, Florida. Administered by the National Park Service. Great concentrations of large wading birds, alligators. Winter.

Green Island, Texas. Owned by The Audubon Society. Nesting sanctuary for great concentrations of large wading birds, reddish egrets, snowy egrets, common egrets, great blue heron, roseate spoonbill, Louisiana or tricolored herons. Spring.

Upper Mississippi River National Wildlife Refuge, Winona, Minnesota. Migrating waterfowl, bald eagles, occasionally peregrine falcon. Late fall.

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Walk With the Animals

world. National wildlife refuges exist partially for that purpose. And there are state-operated preserves, national parks and other sanctuaries administered by such organizations as The Nature Conservancy, the Audubon Society, Izaak Walton League or others that offer superlative experiences in meeting wild animals and birds in their own habitat. You don't have to be a naturalist, wildlife biologist, zoologist, ornithologist or nature photojournalist to engage in such encounters. These are places where anyone, if he so desires, may indeed walk with animals and get to know them.

To successfully achieve this, however, you must do some homework. Learn where to find wildlife and when. And then plan your itinerary. The national wildlife refuges would be a good place to begin. Many of them provide homes for endangered species. The Delmarva fox squirrel, for instance, can be found readily at Eastern Neck National Wildlife Refuge on Maryland's eastern shore or, farther south, at Assateague National Wildlife Refuge on Assateague Island in Virginia. You'll find snow geese, too, at the latter, beginning in late October and November. The legendary wild ponies of Assateague are there year around. You may encounter them at any time on the nature trail or the wildlife auto drive through the refuge. Many persons know them only through the annual roundup by the firemen of nearby Chincoteague each summer when they swim the ponies from Assateague Island to Chincoteague for the big horse sale. It's a way of limiting the size of the herd on the island so the ponies do not devour all the food and ultimately suffer starvation.

During the fall migration, great gaggles of Canada honkers fill the skies of the Chesapeake country, covering the fields of Eastern Neck. And periodically, like wolves following a herd of caribou, America's national bird, the bald eagle, swoops down from the north to prey upon stragglers.

More than 300 national wildlife refuges have been established in virtually every state across the land. Some of them exist only to protect endangered species. The National Key Deer Refuge in the Florida Keys, for instance, serves little other purpose than to protect the habitat of a tiny little deer no larger than a shepherd dog. Its numbers had dwindled to fewer than 100 animals at the end of World War II; today there are more than 500 of the tiny toy deer. And in the northern Florida Keys, a new refuge is in the development stage to protect the few remaining crocodiles found there. Experts say there are fewer than 50 of these creatures still living in the United States, all of them in the extreme southern portion of Florida.

The first of the national wildlife refuges was established in Florida, too—it still exists. Tiny Pelican Island, at the time it was founded in 1903, was nearly five acres in size—a stunted mangrove island halfway up Florida's coast near the village of Sebastian. Today, it is only three. Parts of it have been eroded away by the sea and the ocean storms that track along the Florida coast.

It was established in honor of another of America's endangered species—the brown pelican. This comical clown of the waterways, for some reason, favors this tiny island as a nesting place, and each year several hundred pelicans converge on the island at one time to start a new family. So many birds come, they have hampered the growth of the protective mangrove trees, which help to hold the island intact. It's off limits to people, although you may cruise or canoe along the Indian River where it enters the ocean, or up and down the Intracoastal Waterway for a look at this magnificent little island of the pelicans.

When I was doing field work for my book, *The Island*, on America's coastal islands, Pelican Island was one of the first places I headed, for I had long been interested in pelicans. Obtaining a special permit which gave me permission to visit the island and to walk carefully among the pelicans, I found they were not wary here, but only hissed as I passed within pecking distance of their nests. They understood, I believe, that I was not there to harm them.

Getting to know the creatures of the wild kingdom means more than just observing them. I have long believed a certain comradeship can prevail. I learned when I was a small lad on a Kentucky hill farm one may form an association with wild animals. I learned, for instance, to respect them, to think of them as other forms of life that possibly just might be as important as my own. And I tried, by intense concentration, to convey that feeling and respect to them. Whether some thought processes are conveyed by magnetic field to them, I cannot say, but I have long believed it not only possible, but probable.

I've heard big game guides in Alaska convey much the same thoughts. One of them advised me when I was searching for grizzly bears to photograph one summer. "Don't take a gun with you," he said. "It's much better if you can work without one. If you take a gun, the grizzly is much more likely to charge you than if you have none—even if you keep it concealed. They know when you have a gun, and they know," he continued, "if you plan to harm them."

Animal trainers in Hollywood have said much the same thing. "It is indeed amazing," one lady trainer said, "what you can do with an animal if you have a little patience and will think good thoughts toward them. They respond accordingly."

When you visit an area where wild animals are found in their own habitat,

concentrate upon what you are about to see. Be totally aware of your surroundings. Make no noise. Take others with you if you like, but do not talk to them or let them capture your thoughts. For here, you should direct your attention to the creatures you are about to meet for the very first time. And once you meet them, you may then want to talk to them, conveying to them good thoughts and soothing sayings. A few years ago, I followed a small herd of antelope around a high Wyoming desert for half a day before I was able to convince them I meant no harm, and they allowed me to get close enough to get good pictures.

Rapport is a most important thing in

forming these new associations with wildlife. I've seen it work with reptiles, even with the most temperamental poisonous snakes.

A little lady named Grace Wiley used to demonstrate that daily at her Zoo for Happiness near Long Beach, CA. She was considered one of the most skillful handlers of snakes. On the zoo grounds was a place she called the Taming Room, with a glass window from which visitors could watch as she worked with new snakes arriving at the zoo.

She would enter the room and seat herself at the far end of a table. In one hand, she held a stick about three feet

(Continued on page 42)

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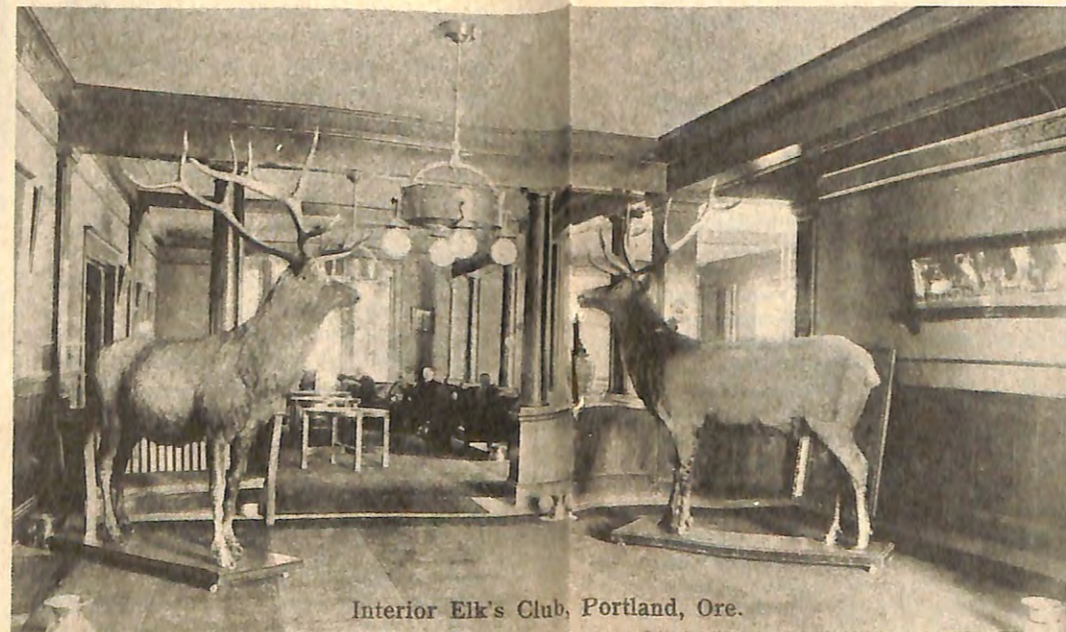
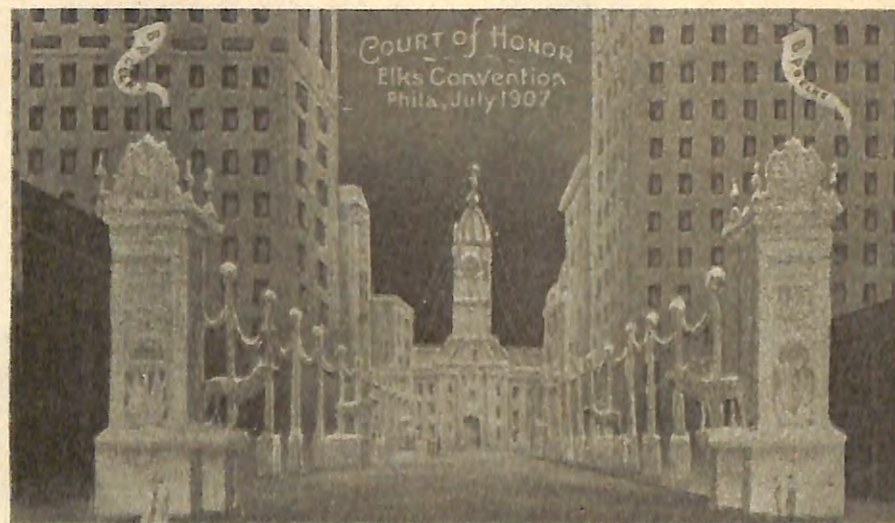
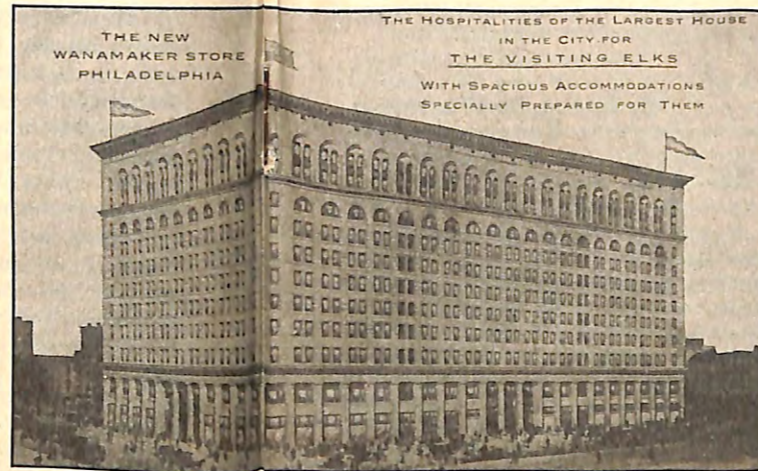
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To The Best People On Earth

by Dorathy E. Brohl



Interior Elk's Club, Portland, Ore.

Before the turn of the century, my Father, Victor L. Schaefer, could hardly wait to become a member of the Oakland, CA, Elks Lodge. His associates were already waiting for him to turn twenty-one. He was a pharmacist working for Bouman's Drug store on 13th and Broadway in Oakland.

I am his daughter and have always felt that I, too, was an Elk. Father had an old post card album and I loved the pretty pictures of the Elk with its tremendous branched horns. I asked father once what BPOE meant, and his answer automatically made me an Elk also.

"We are The Best People On Earth."

It was years later that I understood those big words: *Charity, Justice, Brotherly Love and Fidelity*, along with *Benevolent and Protective Order of Elks, and the United States of America*. I was in grammar school when World War I broke out, and I was proud of father's affiliation with the Elks Brotherhood. He was always very active and attended Elks conventions wherever they were held.

When father married mother, she became a Lady Elk, and he presented her with a Ladies Elk Tooth. There was a small diamond above a tiny clock, its hands showing eleven, and the tooth hung from a gold chain. Mother told me that I teathed on my father's large Elk tooth hanging from his gold watch chain.

My father became acquainted with other druggists who were charter members. His Brother Elks became my uncles—and when they married, their wives became my aunts. I learned early about Charity and work for children in need.

One of my Elk uncles was Henry (Heinie) Gonzales, of Oakland Lodge. He told me many stories about himself and how the Elks honored departed Brothers during the eleven o'clock ceremonies at the end of meetings. I was thoroughly impressed with *The Best People on Earth*. Years later, my husband Joseph G. Brohl was a member of Richmond Lodge.

My father had a pharmacy in Alameda, CA, and naturally joined Alameda Lodge. During the 20s and 30s he was councilman and mayor. He instigated the beginnings of The Alameda Naval Air Base. He was a very active Elk, programming projects for his Brothers and citizens of his country.

The purpose of this nostalgic article is to show off my father's post cards of early

20th-Century conventions. It was the thing to do when away from home to send a post card. A large beautiful leather album was on the library table for all visitors to note where you had been on your vacation. Today, these albums are reappearing on the coffee tables of America, and the post cards are now worth a fortune.

I am a Deltiologist, (collector of post cards and they are called PCs). The first exhibit in the nation was held in San Francisco in 1981. There we saw the History of the World, pictorially presented. On the other side of each card, country, city, town or hamlet is represented with stamp, date, time and place. The Elks printed post cards for their members to take to a convention city.

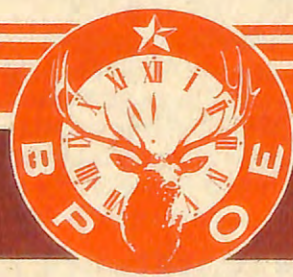
In those days, stationery was at a premium. Cards with the Elk's Lady and Elk symbol imposed upon a clock are called First Day Card Cachets. They are worth hundreds of dollars. The cards from 1907 are worth over \$150 today—and prices are going up every six months as this hobby becomes more widespread and profitable.

The history of PCs began in the early 1850s after the discovery of gold in California in 1848. Private printing companies began in Germany and Switzerland, and then small shops were established in New York and finally San Francisco. The Pony Express became necessary as thousands of gold miners needed correspondence for family and banking. It wasn't until the 1870s that my great grandfather received letters from Ohio, which took three months crossing the country.

I'm hoping that members of BPOE lodges will enjoy these post cards and perhaps begin a new hobby. Look through your great granddad's albums and find some old Elk conventions cards and get rich.

I have an old photo of my father at a convention in Florida, at the wheel of a 1907 automobile. His cap is turned backward and he's going top speed (25 mph), representing the Elks during the sorrowful 30s.

He remained an active member even into his 70s. I remain an Elks' Lady and work for children as an art teacher in my home. Will my nine-year-old granddaughter wear her great grandmother's Lady Elk pendant? A grandnephew wears my father's big Elk tooth today. ■



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YOU & RETIREMENT

by Grace W. Weinstein

SETTLING AN ESTATE

Years ago, when a parent or a dear friend requested that you serve as executor of his or her estate, you said yes. Now the moment of truth is at hand. What do you, as an executor, have to do?

An executor's chores can be summed up in three simple phrases: collect all the assets, pay all the bills, and distribute the remainder to the heirs. The performance of these tasks, however, is not quite so simple. Here's what's involved:

The very first step is locating the will. (If there is no will, the executor's role will be performed by a court-appointed administrator, distributing the estate in accordance with state law.) Once the will has been located, it must be probated—accepted as valid by the probate court. In some states, the probate court is called the orphan's or surrogate's court.

You may or may not want to engage a lawyer to handle probate, depending on the complexity of the will, the size of the estate, and the law in your state. Fourteen states have adopted a Uniform Probate Code or equivalent legislation, which makes the process much simpler, but many states still have archaic rules and difficult-to-follow procedures. If you do hire a lawyer, his or her fees are paid by the estate.

Once probate is complete, the fun begins. There are a host of immediate details to see to: Claims for life insurance, veterans benefits and social security death benefits must be filed (the funeral director will provide the necessary copies of the death certificate), the deceased's property must be safeguarded (if a house is standing empty, you may want to change the locks and ask neighbors to keep an eye on the premises), insurance on the property must be kept up-to-date (you are responsible if there's a loss), mail should be forwarded (if it goes to you, you may learn of outstanding debts or additional assets), bank and brokerage accounts must be transferred to the name of the estate, and a new bank account opened for the estate.

Collecting the assets of the estate is the first major task. If your parent or friend was well-organized, this may not be too difficult. In most households, however, the jumble of papers, kept in various locations, makes collection an onerous chore. You'll have to locate all bank accounts, certificates of deposit, stocks and bonds, deeds to real estate, and safe deposit boxes. Look for documentary evidence, passbooks, vault keys, etc. Review previous years' income tax returns for clues to income-producing assets. Then determine the value of all assets at the date of death.

Newspaper stock tables can provide stock prices. Banks will give you date-of-death account balances. If household furnishings are valuable, they should be appraised and included in your inventory of assets. (Note: Performing this chore, just once, for someone else will make you put your own records in shape. But why wait? A well-organized list of assets will help you in your personal financial planning, will help your surviving relatives, and will make life a lot easier for your executor.)

Collecting the assets of the estate also includes collecting any money due to the estate. Such sums can range from the major (life insurance proceeds, for example) to the trivial (refunds on magazine subscriptions). Don't overlook possible death benefits from an employer, a union, or a fraternal organization. Read automobile and disability policies for leads to other death benefits. Even a credit card company—if death occurred in transit and tickets were charged—may add some cash to the estate.

While collections are being made, payouts may also be necessary. You'll have to take care of rent or mortgage payments until the property can be sold. Property insurance premiums must be paid. Funeral expenses, outstanding debts, any court costs associated with probate...all must be paid from the checking account set up for the estate. If there isn't enough cash in the estate to pay these bills—plus lawyers fees, if any, and taxes—then assets will have to be sold.

Personal income taxes will have to be paid for the preceding year, if they haven't been paid at the time of death. Federal estate taxes—forms must be filed within nine months of the date of death—will be due to Uncle Sam on estates exceeding \$275,000 in 1983 (the figure is going up each year, until it hits \$600,000 in 1987) unless the excess has been left to a spouse. The 1981 tax law provides for an unlimited marital exemption. And don't forget state taxes; most states have either an estate tax (charged to the estate itself) or an inheritance tax (charged to the heirs). Many have both. And most state taxes apply to much smaller estates than the federal tax. The attorney for the estate, if you have retained one, will file the tax forms. But you, as the executor, are responsible for a complete inventory of the estate's assets.

If the heirs need money to live on while all this paperwork is taking place, you can distribute some of the assets of the estate. (Court approval may be necessary, however, if assets must be sold to raise the cash.) Be careful, however. If there isn't enough left to

pay outstanding debts, the money will have to come out of your pocket.

Final distribution of the estate takes place when everything else has been done, a number of months or, sometimes, years after the death. At that point, you will owe the court a complete accounting: all assets received and sold, all claims and expenses paid. Accurate records are essential. If you've never been well-organized, and you're named an executor, you'd do well to become well-organized immediately.

You'd also do well to take this opportunity to put your own affairs in shape:

- Write a will, now, if you haven't done so. Or review an existing will, to make sure it still meets your needs. Don't rely on joint ownership instead of a will. While jointly-owned property does avoid probate, it's still included in the estate for the purpose of calculating any taxes which may be due. There is also another problem with skipping a will and putting everything in joint ownership: You don't know what "everything" is. An unexpected death benefit, for example, could wind up being administered by the court.

- Organize your affairs, with an inventory of assets, so that your relatives and your executor will avoid much of the hassle you've just been through. Pick your executor carefully, too, now that you know how much hard work goes with the honor. Think about naming co-executors: a trusted friend or relative and, perhaps, the trust department of a bank. Just be sure to indicate who has final authority in case of disagreement.

A reader asks: How should gifts be handled for tax purposes? And why need gifts be recorded at all?

Answer: The Federal Government taxes large transfers of property, in the form of gift taxes during life and as estate taxes after death. The tax rate is the same, but some provisions differ. You may give any amount of money or property to your spouse, before or after death, without being taxed. You may give up to \$10,000 to any other person in any one year, during your lifetime, without tax. This provision can be used, if you will still have adequate resources for yourself, to transfer property during your lifetime and reduce your taxable estate. ■

Medicine & You

(Continued from page 16)

The study divided its participants into three groups. The first group was taken off medication, given intensive nutrition counseling and urged to lose 10 pounds—plus limit alcohol intake to two drinks a day. The second group was taken off medication, but allowed to keep the same lifestyle. The third group remained on medication and kept the same lifestyle.

The subjects' blood pressure was checked twice monthly. If the pressure rose above a safe level, they were put back on medication.

After 18 months, 60 percent of the patients in the first group remained off drugs. They had lost an average of eight pounds, had reduced salt intake by 40 percent and had drastically reduced alcohol consumption.

Only 33 percent of the patients in the second group were able to remain off medication. None of the patients in the second or third group lost weight or lowered salt intake. ■



Brand new 1983 Coin Guidebook shows you how much America's best coin dealer guarantees to pay for hundreds of valuable coins.

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Half Dollars	1901	1,200.00
Pennies	1955	10,000.00
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The Coin Guidebook tells which special coins listed in the Guidebook dated before the dates given above are valuable.

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\$130.00 Paid For This 1972 Penny. It's Slightly Different From Most 1972 Pennies. Can You Spot The Difference?

(By Wayne K. Wood)

I want to give you the secret of finding ordinary coins that have great value. What's more, America's best coin dealer will buy them from you after you find them. Is it worth a couple of minutes of your time each day looking through your change, so you can make a killing in coins? What if you found a coin that was valuable enough to let you go on a shopping spree and buy a few of the luxuries of life?

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Coins Can Be Turned Into Big Bucks

Yes, you can find valuable coins in your own pocket or in a jar of change. People who know what to look for are doing it every day. Imagine owning things like new clothes or just seeing your picture in the paper. You can be one of the fortunate ones to strike it lucky if you know what to look for.

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It's easy to make big profits from small change. Not long ago every coin of a certain type tripled in value almost overnight. The total increase in value to people who knew what to look for amounted to billions of dollars. It's possible to add a valuable coin to your treasure trove each day just by going through change.

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Take another look at the coin pictured above. It looks almost like an ordinary '72 penny, but there is something almost unnoticeable about it which makes it valuable. Unless you know what to look for you'll ignore a coin like this and pass it to someone else. Did you spend this coin

today? Think about the many valuable coins that may have slipped through your fingers.

Coin Guidebook Shows You How To Spot Rare Dates And Marks

I've bought quite a few coins like this from people who've read my Coin Guidebook. I'll buy from you too, if you find one like it. But you need to read my guidebook first. It's hard to spot the difference unless you know the special markings that make this coin valuable. I guarantee this will never happen after you read the Coin Guidebook. Then you'll know what rare dates and mint marks to look for.

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Hold on to your coins; DON'T send them to us until you read the very important safety mailing instructions in the Coin Guidebook. Answers to questions about coins can be found in the Coin Guidebook.

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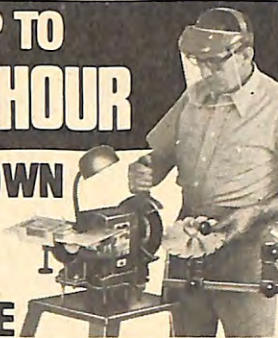
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Departed Brothers

PAST DISTRICT DEPUTY Ernest L. Tinklepaugh of Poughkeepsie, NY, Lodge died March 14, 1981. The news of his passing was received by this magazine only recently.

Brother Tinklepaugh served as District Deputy Grand Exalted Ruler for the East District of New York in 1950-51. He also served as secretary of Poughkeepsie Lodge for 21 years.

PAST DISTRICT DEPUTY C. Roy Denney of New Castle, PA, Lodge died November 8, 1982. Brother Denney served as District Deputy Grand Exalted Ruler for the West District of Pennsylvania in 1969-70.

did you know.



It took only one vote.

When the 15 Jolly Corks — the original name of a group of friends — decided to organize themselves into a fraternity with a purpose along benevolent and protective lines, they looked about for a name.

Charles Algernon Sidney Vivian, who is credited with starting the Jolly Corks, favored an English organization, the Royal Antediluvian Order of Buffalos. Vivian wanted to call the new organization the Buffalos.

Others, however, were desirous of a name more distinctively American.

The suggestion of the name "Elk" was the result of a member of the committee visiting Barnum's Museum, then located at Broadway and Ann streets in New York City.

There was a large elk's head occupying a conspicuous place in the museum.

On visiting the library, the committee found the elk described as an animal "fleet of foot, timorous of wrong, but ever ready to do combat in the defense of self or the female of the species."

On Feb. 16, 1868, 114 years ago this month, the organization adopted the name of Elk by a vote of eight to seven over Buffalo.

The record isn't clear which one of the Jolly Corks cast the deciding vote, but if it hadn't been for that one vote we might have been Buffalos instead of Elks.

Many lodges show their communities that "Elks Care" by holding a special

PAST GRAND LODGE COMMITTEE-MAN Paul Manship of Noblesville, IN, Lodge died December 1, 1982. Brother Manship served as a member of the GL Committee on Credentials in 1962-63 and as a member of the GL Lodge Activities Committee from 1972-74.

PAST DISTRICT DEPUTY Gordon F. Murray of Jamestown, NY, Lodge died October 29, 1982. Brother Murray served as District Deputy Grand Exalted Ruler for the West District of New York in 1957-58.

PAST DISTRICT DEPUTY Charles F. Niland of Lockport, NY, Lodge died October 4, 1982. Brother Niland served as District Deputy Grand Exalted Ruler for the West District of New York in 1947-48.

night to honor law enforcement officers. If your lodge does, tell your Exalted Ruler that you'd like to help.

Don't forget the firefighters, too. They perform a valuable service, and in many areas they also operate and function as Emergency Medical Technicians.

Perhaps your lodge might want to consider a night for law enforcement officers and a separate night for firefighters. It might garner your lodge twice the favorable publicity.

The Elks National Home, nestled in the foothills of the Blue Ridge Mountains at Bedford, VA, is a beautiful monument to our great Order and one of which we all should be very proud.

Residents of the Home are all members of the Order from lodges throughout the United States. They have come to the National Home to spend their retirement years in surroundings that afford many opportunities for recreation, companionship and an active life.

This past year, cable television became available in Bedford. The Home was already waiting and ready. The residents' rooms were rewired, making this service available should they desire it. Over 100 residents are receiving cable and are enjoying the wide variety of programming, especially sports. Indeed "Elks Care."

Have you got any idea how much Elks spent during the past lodge year for charitable, educational, welfare and patriotic work?

The grand total in cash only came to a whopping \$22,185,855.

Then if you add the man-hours at only \$3 per hour—less than minimum wage—there's another \$13.3 million. On top of that the ladies donated another 1.6 million hours. At \$3 per hour that's another \$4.9 million.

Like Grand Exalted Ruler Marvin Lewis says: "Elks Care."

Early Dentistry

(Continued from page 20)

in teeth; but when their claims failed, the most ambitious—or hungry—returned to dentistry. Often, they set up business on a street corner. Far-sighted dentists had brought their instruments with them; others, and anyone for that matter who cared to call himself a dentist, could take forceps, a turn-key, even a stone hammer and nail, and open up shop. The only other requirement in a gold town was a strong lantern, for miners worked all day and only took time to have an aching tooth pulled after dark.

During the following expansionist decades, Eastern-trained dentists continued to migrate West, usually with more realistic expectations than instant fortune. They came for the warmer climate, for adventure, for the chance to find a prominent niche in a new town. Doc Holliday is undoubtedly the most famous dentist of the Old West, although his short life was certainly atypical. John Henry (Doc) Holliday graduated from the University of Pennsylvania School of Dental Medicine in 1872. At 21, he already had tuberculosis, and he was told to move to a drier climate to prolong his life. He went West and, ironically, he managed to risk his life each time he entered a new town. In Dallas, TX, he killed a prominent citizen

in a gambling dispute and had to flee town. The same scene was played out in Colorado, Texas, Arizona and California. Doc's involvement in the shoot-out at the OK Corral is legendary and documented, and one is led to wonder when, if ever, he practiced dentistry.

Times were hard for dentists in the West, and although a few unscrupulous men sought dishonest fortunes, most dentists were eager to provide professional service and establish a reputation for themselves and their families. Out of necessity, a dentist often rode a circuit—like a preacher. He would select one town—usually in the warmer south—as his home base, then on horseback ride from one small town to another seeking business. The "tumbleweed dentist" would announce his imminent arrival with handbills and posters, and he might even stage a dance to bring the townspeople together. He would rent a two-room suite at the local hotel, seek temporary use of a barber chair, and then open for business. If business was slow, he would arrange appointments so that patients would meet each other, in order to appear busy.

The circuit dentist packed all his instruments in a saddlebag or suitcase. He also carried alloys, mercury, gold foil, paste, vulcanite, artificial teeth, and any specially concocted mouthwash or tooth powder that he might try to sell. His painkiller was usually a bottle of strong

whiskey, occasionally cocaine.

He would do his own lab work, prepare solder, devise his own kerosene-fired vulcanizer, even design his instruments. He would hammer foil for plating on a blacksmith's anvil from \$20 gold pieces, or else put the coin on the railroad track and let a train run over it. One ingenious Oregon dentist devised a dental engine made from an apple peeler. When he traveled to farms, he fastened his engine to the arm of the rocking chair in which the patient was seated, then had the patient rock furiously to power the machine.

Gradually, as the population of the West grew and stabilized, dentists prospered and became permanent and prominent town residents. Railroads meant more reliable supplies, and Western dentists were able to keep informed of new methods and materials coming out of the Eastern dental schools. By the end of the 19th century, nearly all Americans were within reach of competent, inexpensive dental care. Dentists hung their shingles above fancy doorways in Boston or Chicago or San Francisco. They still rode their weighted buggies along the gold-town circuits of California, set up offices above their apartment homes in Cleveland or Denver, even walked the Indian trails and maneuvered the fast-flowing streams of the Pacific Northwest. They served the American people and cemented a tradition that has continued into the 20th century. ■

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JAMAICA



The Blue Lagoon near Port Antonio is one of Jamaica's loveliest attractions. And the Dragon Bay Hotel lures many visitors.



Exquisite villas and cottages (top) are available for rent in Jamaica, and many provide extras like a private tennis court. For the golfer there are excellent facilities such as the course at Runaway Bay Country Club (below).

by Jerry Hulse

Lightning lit up the horizon like artillery fire as the jet from Miami put down at Montego Bay in Jamaica. The runway glistened with rain and a soft breeze blew in from the sea. Waiting at the airport was a Jamaican friend, David Webster, and after clearing customs we drove west toward Negril, Jamaica's laid-back village that's stirring, but still not wide awake.

The headlights stabbed the darkness while the car sloughed through puddles, and the night was filled with the melody of singing frogs. Lightning flashed in the heavens again and rain spattered against the windshield as we approached Rita Hojan's Sundowner Inn on a lonely stretch

of road an hour out of Montego Bay. The night man led us to our rooms. "Weather report says sun's gonna shine tomorrow," he said, softly closing the door. Outside, the singing frogs kept up their concert until the approach of dawn with its freshly laundered skies.

The Sundowner was the secret hideaway of artist Norman Rockwell who came to fill his soul with the serenity of this untroubled Jamaican resort. With brush in hand, he sketched the peaceful scene for others who chose the Sundowner as their special place in the sun. A two-story block of rooms, the Sundowner faces a slip of beach and a garden of palms with bursts of pink hibiscus. Guests take their meals on the terrace and doze in the sun. A swinger's resort it is not. Rather, the Sundowner is one of those quiet beachside inns that Jamaica is famous for. This isn't to say the Sundowner is another Half Moon Bay or Sans Souci. But for the vacationer looking for solace and simplicity, well, it works out quite well. Fans spin in

Guests dine outdoors on river perch, red snapper, lobster, chicken creole and Jamaican fish chowder. Sunsets are smashing and Rick's rum coolers are staggering. It's one of those boy-girl spots that inspire romance.

For vacationers bent on losing themselves inexpensively, American Ian Fennell provides water beds, hammocks and kerosene lanterns at Awae Maway, a village featuring bungalows with thatch roofs, outdoor showers and bananas free for the picking. Up to six persons share one of his pads in the palms for as little as \$25 a night during the off-season or \$50 in winter. What's more, the Jamaican lady who rides herd over the place, Evadney Muschette, will cook up a meal free in the communal kitchen. Just bring along groceries. A similar setup does business across the road—a peachy spot called Rock House. Here a scattering of eight thatch-bungalows rise in a stunning setting of peaceful grottos, spindly palms, breadfruit trees and sea grape. Six of the cottages feature kitchenettes. Still, those looking for action would be disappointed at Rock House. The fast life simply doesn't exist. Instead, there's a beauty and special peace that permits the nerves to unravel. A swimsuit is all that's necessary. Day or night. Footpaths lead to narrow bridges spanning the rocky ledges. And because there is no beach, bathers make their own way down stone steps to water so clear a pebble 30 feet away appears within easy reach.

I have a fondness as well for the little 10-room Charela Inn that brings to mind a Spanish hacienda along the Costa del Sol. The choice of honeymooners, it faces a splendid beach a short stroll from the village of Negril. Two rooms are special: 201 and 203. Both upstairs, they provide guests with a straight-on view of the sea, which at sunset takes on the soft shade of faded jeans. Proprietors Daniel and Sylvia Grizzle feature Jamaican and French fare that's served in a relaxing dining room facing the beach. Rates: \$100 and up, breakfast and dinner included.

The Charela Inn has as a neighbor the Negril Beach Club that's strikingly reminiscent of Aggie Grey's old place in Samoa. The same foliage, the same open skies, the same informality that possesses Aggie's sets it apart from other resorts along Negril's coastline. Signs in the lobby tell of sunset cruises aboard a 40-foot Polynesian catamaran equipped with a bar and manned by musicians, plus picnic outings to Roaring River that spills from mountains rising behind Negril.

Negril is a seven-mile slice of sand the likes of which posters are painted. As Jamaica's newest resort setting, it continues to attract a mostly younger crowd. Some settle in with families in private seaside cottages. Others do their number at Hedonism II. One's wardrobe poses no

JAMAICA

problem. No coats, ties, or cocktail dresses. Just shorts or swimwear. The disco runs till dawn. Sometimes later. Just recently, an all-time record was established when the disco closed down at 11:05 a.m., this after a session that began early the night before.

Proprietor John Issa came up with the idea of Hedonism II when he found his old hotel formula wasn't working well anymore. The new formula involves a one-package deal. For as little as \$700 a week one gets shelter, meals, snacks, entertainment, sports events, ad infinitum. Issa studied the Club Med routine and tacked on a couple of twists of his own. At Hedonism II even the drinks are free. Those who survive the nighttime disco sessions spend their days scuba diving, wind surfing, snorkeling, riding, water skiing and getting in their licks on the tennis, badminton, volleyball and basketball courts plus workouts in a Nautilus gym. Guests for the most part are in their 20s and 30s. But then there's graying, 55-year-old Jerry Weatherly, a Chicago grandfather who's on his 30th trip to Hedonism II.

Still, if it's travel folder romance you're looking for, then consider Jamaica's seaside village of Port Antonio. First there's

Blue Lagoon. Fed by underwater streams, it's a scene that'll remain forever etched in the mind. Framed by verdant mountains, it beckons to the vacationer searching for a transfusion of such fragile beauty.

In Port Antonio clouds hang on the horizons and the jungle sweeps from volcanic peaks to the sea, and in places the growth is so intense that day turns into night. Coconut palms and breadfruit trees line the road, and goats, pigs and chickens cross at will. Waterfalls spill from the heavens and rivers pour to the sea. Poet Ella Wheeler Wilcox called the setting "the most exquisite spot on earth."

Few will argue the point. Errol Flynn had his only lasting love affair here, with the island itself. Particularly Port Antonio. His widow still owns a plantation nearby. The actor sailed down in the '50s and fell head-over-teakettle over the scene. He bought a small island within sight of Port Antonio and stocked it with rum. Down by the waterfront the other afternoon I ran into Glaister Scott, a Jamaican who worked with Flynn on his yacht, Zaca. Scott stood in jogging shoes, shorts and a T-shirt. "Too bad we can't find a few more men like Mr. Flynn," he said. "...A kind man."

Scott remembers when the excursion train arrived on Sundays with tourists from Kingston. Everyone wanted to see Flynn. "I'd say to Mr. Flynn, 'Boss, they lookin' for you.' He'd smile and say, 'Oh,

really? Well, now, Scotty, we can't disappoint them, can we?' Then he'd sail by and wave to the folks. Sometimes he even waterskied by. Yes sir, sure too bad we can't find more men like Mr. Flynn."

The actor wasn't the only soul to be bewitched by Port Antonio's charms. At various times it captured the hearts of actresses Clara Bow, Bette Davis, Ginger Rogers and billionaire J. P. Morgan, who arrived regularly aboard his yacht.

Port Antonio still weaves its spell over vacationers from London to New Rochelle. This side of the island drew its first tourists from the banana boats, a trade pioneered by a Yankee skipper in 1871. While the captains loaded their green gold, passengers hurried ashore with steamer trunks to spend the winter at Bonnie View, a 30-room hotel perched on a hilltop overlooking the harbor. Although a trifle Spartan, it's thrifty nonetheless. Thirty-four bucks in the off-season gets you a double. Or there's a winter rate of \$40. Guests take to lounge chairs on a red-tile deck with a smashing view of Port Antonio laid out below.

In Port Antonio, high marks go to the Trident, a resort spread across jagged lava rocks next to the sea. When guests arrive they're handed a note that reads: "Welcome to the Trident. Feel at home and let us spoil you." This is a sybarite's retreat. Only it takes big bucks. One has the choice of a suite or a villa. In winter the suites go for \$234 a day, the villas for \$274. Breakfast and dinner are included. Stiff, but the setting's superb, the service is impeccable. White-gloved waiters deliver dinner by candlelight while Roger Bevan strums romantic melodies on his guitar. The tab also includes horseback riding on a Jamaican plantation, tennis, sailing and snorkeling. Besides this, guests who book for six nights or more are picked up by private plane and delivered to the Trident from Montego Bay or Kingston.

A couple of years ago the Trident was wiped out by a hurricane. Next day owner Earl Levy surveyed the damage and vowed to rebuild the Trident on the very spot. Thus, the brand-new Trident, an absolutely smashing resort. Few settings in the entire Caribbean offer such dramatic appeal. Sea water flushes into grottos just outside one's door, providing a steady musical note that steadies the nerves and lulls one to sleep.

If the Trident seems out of reach, there are other choices. Dragon Bay, for example, which is a series of one- and two-bedroom apartments scattered on the hillside not far from the Blue Lagoon. Guests register in a colonial-style main house topside. Below there is a courtyard with a dragon fountain, lily ponds and huge almond trees. Terraced down the hill, the property leads to a private beach.

Another Port Antonio spectacular, Jamaica Hill, is comprised of individual cottages spread across a perfectly

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Water Oak's million dollar recreation complex now completed with pool, saunas, whirlpool, shuffleboard, tennis, billiards, card room, snack bar and a golf course.

THE ELKS MAGAZINE FEBRUARY 1983



manicured, grassy hillside involving 40 acres. The one- and two-bedroom units (all with kitchens) provide superb views. And for those who aren't into cooking, meals are served in a sheltered dining room next door to a bar that wears a thatch roof. Except that Jamaica Hill is across the road from the beach, it's a five-star favorite of old Caribbean hands. It's also a bargain of sorts with rates of \$107 a day per person, with meals and drinks.

Along the same stretch of coast, Frenchman's Cove continues to draw well-heeled vacationers. Opened in 1960, it took off as a \$1,000-a-week, all-inclusive package. Its 18 elegant cottages featured a private butler, a maid, a cook, meals, liquor, chauffeured limousine, sport fishing, golf, free airplane rides around the island, an electric golf cart for puttering about the grounds. Even long-distance phone calls were on the house. The idea was that the guest could choose whatever the heart desired. An astronomical sum was spent to make Frenchman's the most elegant resort in the world. Each piece of stone that went into the buildings was hand-hewn. Cottages were topped with copper roofs, tiles were custom-made in England, china was imported from Germany, the silver from Sweden, the furniture from Denmark. Frenchman's Cove figures out to \$190 a day per couple, breakfast and dinner included. Considering costs these days, it's not out of sight. ■

ANGER

(Continued from page 10)

teen years can be very turbulent. And the experts tell us there will be times when the average teenager hates his father, mother, brother and sister because he is so angry with himself. He is always shadow boxing but never manages to get on top. He is not only a stranger to his family, but worse, to himself. He looks into the mirror for reassurance. Acne, even one pimple, can prove what he fears—he is a human zero. Psychiatrists sum up the adolescent years as "a house divided against itself." No wonder there are times when the poor teen is a bundle of hate, anger and resentment.

Something happens when most children hit the magic age of 13. That fairly obedient child who has always trusted your judgment and planted a halo on your head, praising you for your godlike qualities—is suddenly questioning every breath you take—your opinions, your actions, and even your status. It takes much patience and wisdom to weather these adolescent storms.

You might feel angry and very resentful because that child you love has "turned you off." You are constantly confronted with a push against authority, and you end up raising your voice. Angry people say things they don't mean, and dis-

traught parents punish too harshly. What's worse, your young teenager often becomes a highly opinionated bundle of insecurity, forever accusing parents of "losing their cool." Sometimes the atmosphere at your house might depend wholly on a saving sense of humor and a low boiling point.

These teen years are usually the scene of violent hate-love emotional conflicts. And many parents today are unsure of just how to handle these situations, for fear of alienating their children forever.

How to turn your anger into a positive emotion. The first step is to admit that you are really angry—even if it's only to yourself. In reflection, ask yourself *why* you got angry. Were your feelings hurt? Were they out of proportion to the words or actions that triggered them? Did you take as personal slight something that was not aimed at you at all? Did you jump to wrong conclusions? Did you get more upset than you really should have, considering the slight and the situation? Once this has been established you can go about choosing a way of expressing or venting this anger. Perhaps you will decide that a quarrel will clear the air. Or perhaps you may decide to ignore it until the object of your anger needs a favor from you. What you do with your anger is not so important, psychologically, as admitting the feeling.

(Continued on page 42)

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IT'S YOUR BUSINESS

by John C. Behrens

NO "SUPER CYCLE" AHEAD

I sat down with three economists from Utica College before Christmas and we talked about what we can expect from the economy in 1983.

Nobody predicted a "super cycle" like periods during the 1920s and 1950s. Two of the three business watchers, however, were generally optimistic about the year...especially prospects for the second quarter.

"As far as a turnaround," said Allyn Earl, a professor of finance and an investment counselor in New York state, "I think we're going to see one if you compare it to 1982. Whether this happens in the first quarter is debatable. Certainly the consensus of economists is that the real Gross National Product for all of 1983 will be up 2 to 4 percent, probably nearer the lower end of that range.

"I can see a few encouraging signs for some strength in 1983. Housing, with reductions in interest rates, will be stronger, and probably some of the durable goods sector of the economy—such as autos—will be somewhat better. Add these two elements and you have the promise for at least a modest recovery this year."

Mark Prisloe, an economist at the Syracuse University Utica campus, is also optimistic. "I think we can see the recovery for the first or second quarter...more likely the second...I believe there is pent-up demand by consumers..."

But economist Stephen Neun doesn't agree.

"I don't think we're going to get the rate of growth really...It probably will be around the low of 2 percent in the second quarter. The capacity of utilization is less than 70 percent. We have a long way before we get to where industries and firms feel they can invest in terms of new plant and equipment. They can meet pent-up demand with existing structures. I don't think private investment is going to take off the way people think."

Actually, the Utica College group reflected the uncertainty that frustrates most Americans...and certainly many of their colleagues

in government, on campus and in the private sector today.

The National Association of Business Economists, for example, surveyed 550 of its members and discovered that a "modest business recovery" has been underway since last fall. However, when *USA Today* contacted economists at major corporations throughout the country to comment about their own regions and companies there was a standard reply. "Don't ask," most said.

Legislated provisions are virtually insuring that federal spending will continue to rise faster than government income, and Thomas S. Johnson, an economist with New York's Chemical Bank, believes that leads to a "structural deficit gap."

"Never before have we been stuck with growing deficits no matter what we did," he told NAB economists not long ago.

While there has been continuing optimism about a good final quarter in 1982 to back President Reagan's view that the consumer will bring the economy back to life, retail profits in the third quarter dropped, putting more pressures on the need for a Christmas sales boom.

New York economists, though, weren't the only ones at odds over the business developments and their consequences.

Two Oklahoma economists' views indicated how the principles of economic theory can differ. The Keynesian group, for example, believes the federal reserve system needs to be flexible by adding and subtracting from the nation's money growth rate depending upon current economic difficulties.

"Following this line of policy, the Fed should try to increase the growth of the money supply because the economy is presently declining (in October)," said one. "I believe Mr. Volcker (Federal Reserve Board chairman) when he says the changes...are just temporary because I think when the board feels there is not as much danger with the economy, it'll go back to its original money supply targets."

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During the fall the federal reserve increased funds so banks had more money to lend...a tacit endorsement of Keynesian beliefs, some said.

But a member of the Oklahoma State Center for Study of Financial Institutions pointed out that Monetarists take a different path; one where less intervention creates a more stable situation for the private sector and consumers.

"History has proven that when the government gets too involved, things only get worse...The Fed has talked as if it's been following a money supply growth target but in fact it hasn't. What it has really been doing is compromising between two grounds and getting the worst of both worlds. It hasn't really changed from targeting interest rates to targeting the money growth as it said it would do two years ago. Instead it's allowed the interest rates to move in a wider band," he argued.

A Texas economist, who formerly worked on the Federal Reserve Board, takes another view. Past federal reserve policies—increasing money supplies to spark a recovery—have inevitably led to high inflation. Prof. William Barnett of the University of Texas told the university student daily he believes the greatest danger to a recovery is a large surge in the money supply. He spent eight years as a research analyst on the Federal Reserve Board.

"If the money supply growth rate got high and remained high, it would ultimately shake the confidence of the private sector," he says.

Meanwhile back in New York, the three Utica College economists offered their views about what 1983 will mean for small business owners.

"I don't see prices decreasing in 1983," Neun believes. "The rate of increase is going to decrease, I think. Interest rates are probably going to come down, which will mean consumer durable purchases are going to increase."

But the issue of jobs and employment, he insists, is a different matter. "In terms of young persons getting jobs or breaking into the market, I think that's going to be very difficult for an awfully large chunk of the American society. In fact, I see a polarization in terms of income groups. I think you'll see a lot of people with jobs benefiting, but I also see a lot of people in dire straits in terms of what's going to happen to them."

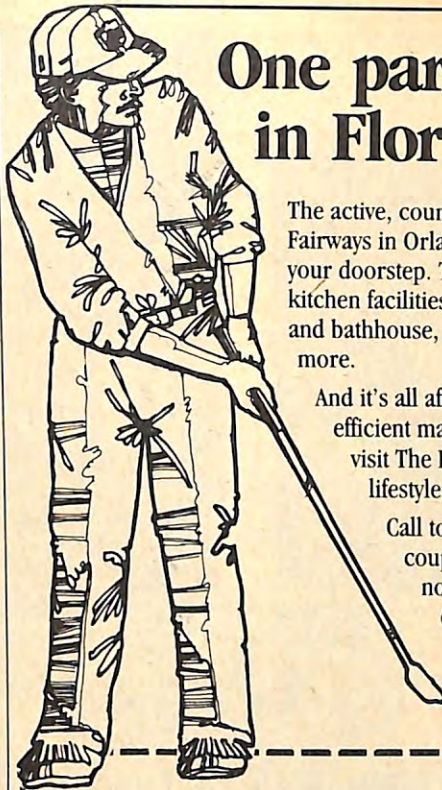
Neun suggests that "marketing will continue to be a crucial factor"...and a number of small business proprietors agree.

Prisloe believes that as government scales down its involvement, the businessman is going to have to preserve his resources better, take the initiative and seek to increase or continue to improve the quality of goods and services. "Continual improvement of quality of goods and services is a good way to meet what may be future demand in times such as this," he said.

Earl thinks that proprietors have to be more aware of their demographics. "Smart small business owners are going to have to examine it carefully. Small business is a continual shakeout. The turnover is tremendous regardless of the type of business."

But he believes there is an answer.

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NEWS OF THE LODGES

(Continued from page 15)



SALINAS, CA, Lodge sponsored its Second Annual Tractor and 4-by-4 Pull to benefit the state Major Project. Participants came from many of the western states, and the event raised \$12,500 for the Major Project. Pictured from left are ER Cliff Townsend, Jr., PER Elmer Lanini, PGER Horace Wisely, and Super Pull Chm. Don McKinley and Tom Domingos.



OLYMPIA, WA. PDD Walter Wilson, Major Project Chm. of Olympia, WA, Lodge, presented a well-earned award to Abbie Meach, physiotherapist, who retired after 22 years of service to the Washington Elks Therapy Program for Children. Among other awards, the lodge presented Mrs. Meach and her husband Chuck with tickets for a trip to Hawaii.



HOQUIAM, WA, Lodge has organized and sponsored Hoquiam's Loggers Playday Parade for the past 14 years. The 1982 parade had over 300 entrants. Pictured is the lodge's float in the early stages of construction.

CORVALLIS, OR. Bill Critchfield (right) of Corvallis, OR, Lodge, regional "Hoop Shoot" director, shows PGERs Frank Hise (left) and Raymond V. Arnold the Oregon "Hoop Shoot" Hall of Fame plaque to be placed in Corvallis Lodge. The "Hoop Shoot" was started by PGER Hise at Corvallis Lodge in 1946 and has since grown into a national event with three million participants.

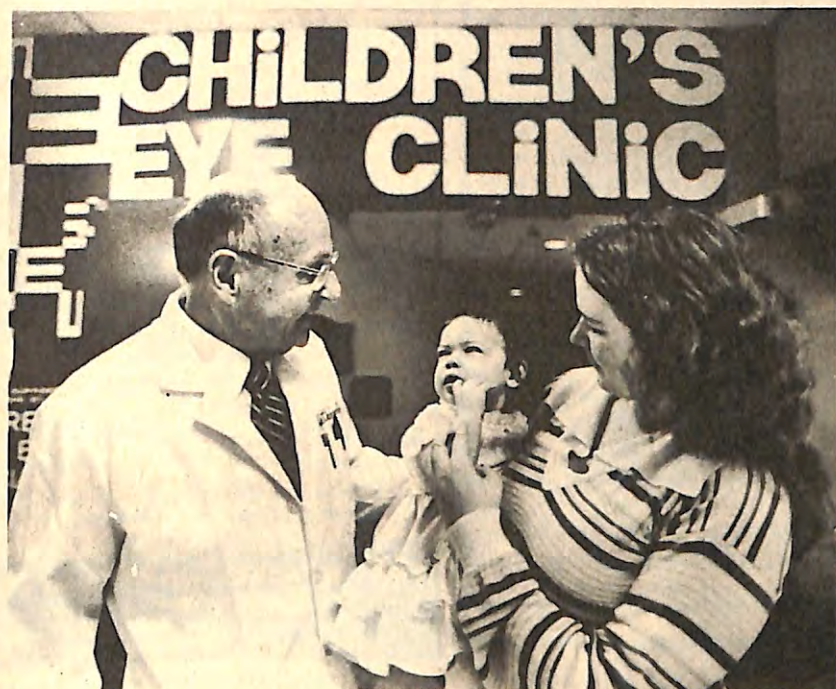


PARAMOUNT, CA. ER Bill Cissell of Paramount, CA, Lodge accepts a special plaque from Helen Melton, chm. of the Los Angeles Basin Parks and Recreation Commissioners. The award was given to the lodge for "outstanding involvement in the field of recreation" in Paramount. Also pictured are Brothers Buddy Rogers (left) and Art Melton.



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A FITTING TRIBUTE



Swan has a warm smile for Amanda Bailey, 1, who is held by her mother, Kathy, outside the Elks Children's Eye Clinic.

Nearly 40 years ago, Dr. Kenneth Swan took a special interest in children with visual trouble. That interest now has grown to become the brightly painted Elks Children's Eye Clinic, a major regional center with a staff that treats hundreds of children annually and keeps in the forefront of the latest research.

"In the late 1940s, there was no significant facility for providing eye care for children," Swan says. "Our department took care of the blind children at the State School for the Blind in Salem. The Elks were looking for a project, and we were looking for help in establishing pediatric ophthalmology, and that's how Vision for the Future started — the first children's eye clinic."

With most of the equipment donated by Oregon State Elks, the clinic is completely geared to children. In ophthalmic photography, \$95,000 worth of Elks-donated equipment is used to photograph the eyes of children too small to sit still for a lengthy examination. In the special examination lane of Dr. Earl Palmer, the clinic's director, a toy monkey clangs cymbals and a stuffed dog yaps — fixation devices designed to hold a youngster's attention. Toys and books, collected by the Elks's Women's Auxiliary, fill the waiting rooms.

Since 1949 Oregon Elks have contributed close to \$3 million to the program. "This is especially important now, in light of the lack

of state appropriations," says Swan, who served as director of the children's clinic until turning the reins over to Dr. Andrea Tongue and now to Palmer. "But I'd feel very guilty to be credited with the children's clinic, because so many people have contributed. It's not a one-person project."

Now the Elks are in the process of raising \$500,000 to expand the 10th floor adjacent to the children's clinic for much-needed laboratories and clinics. The new, expanded Ophthalmology Center will include 7,000 square feet of additional space, and renovation of already-existing specialty clinics and labs. Cost of the expansion is estimated at \$2.5 million, financed through a University Hospital bonding program. Grants, bequests and gifts are sought from businesses, organizations, foundations and individual Elks Lodges as well.

Swan's colleagues are busy planning a clinical research area in the new space. It will be dedicated to the man who, more than anyone else, brought the best in eye care to the region's children. Dr. Frederick Fraunfelder, chairman of the department of ophthalmology, explains, "We want to build an area to test new drugs and new therapies, since this is what Swan's life has been dedicated to." The new clinic will be a continual testimonial, according to Fraunfelder, "of what Swan has done for the people of Oregon." ■

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Walk With the Animals

(Continued from page 27)

long, on the end of which was a mesh wire cup which would be used for stopping a striking snake. In the other hand was another stick about the same length, the end of which was padded with a soft cloth. This was known as the petting stick.

All kinds of snakes came ultimately into that room to be introduced to Miss Wiley. And virtually every one of them, within seconds after being uncrated; settled into a state of calm as pacified as a pussycat. Western diamondback rattlers, king cobras, adders, copperheads, green mambas, fer-de-lances—each, upon learning they were not to be harmed, within minutes was allowing Miss Wiley to stroke him at first with the petting stick and finally with her bare hand. Once this stage had been reached, not one of them threatened to strike or harm her.

No magic occurred between Miss Wiley and her snakes. It was the same rapport anyone can establish with any wild creature anywhere, if the situation warrants and one tries hard enough. Once you have experienced some evidence of success, your concept of other creatures with whom we all share the planet will change considerably. And you will have taken a big step toward a new rewarding experience of walking with the animals. ■

ANGER

(Continued from page 37)

Remember, our first angry reactions are seldom ones we pursue in the light of reason.

We must also admit that anger rises from a sense of frustration and insecurity. Your job is to find out what is bothering you and bring it out into the open. Whom do you feel angry toward, and why? Don't bottle it up. Talk it out, explode occasionally, rather than contain it.

Workable alternatives to vent your anger. When you feel angry enough to really "tell somebody off"—be it your boss, spouse, whatever—do it in a room all by yourself, with the door closed. Really concentrate on what you are doing and saying. Use the angriest, ugliest words in your vocabulary, and you might even set up a punching bag to further vent your anger. Wave your arms, stamp your feet, grimace, growl, snarl, and you will feel much better when it is all over.

Or, buy the cheapest package of pencils you can find. The next time you are blind with rage and feel you must destroy something, take out those pencils—one by one—break them into little pieces. They make a very satisfying "snap" when they are broken, can sometimes be stubborn enough to give your hands a workout, and

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Another safe outlet is in the realm of fantasy. One fellow we know makes a practice of dreaming up imaginary letters to people with whom he is angry. He never sends them, but in the process of releasing his anger, it evaporates.

We can find constructive ways to deal with our anger and rid ourselves of the slow—but destructive poison of resentment. One of the most popular people we know says: "I am a good hater. I get over it quickly. You don't catch me being angry by the hour. A minute is long enough." This advice is a sure antidote, but there are many, many others.

One good way to be sure those feelings of anger don't last more than a moment, is to blow off steam through exercise and sports. Beat that tennis ball and pretend it is the object of your anger.

If you find that you are very angry and cannot express your feelings without hurting someone or losing your own self-respect, you can at least make an effort to discharge your rage in a harmless manner...work it off, bake a cake, take a walk, or clean out the garage or a closet.

Psychologists have some basic rules for handling anger that are generally useful. They are:

"1. Know what you are really angry about. Is it because your son took the car *without asking—or because you feel that, in his infatuation with a new girl, he is oblivious to his family?*

"2. *Keep to the subject at hand. Don't interject past grievances and confuse the issue.*

"3. Make your point, explain why you are angry—but remember that conflict is a two-way process. Listen to what the other person has to say."

The important thing is to use your anger. Don't let it use you. If you are feeling angry at your boss, you can channel this emotion into creatively aggressive acts such as working harder on the job, succeeding, and buying the boss out, as it were. Anger can be a source of dynamic, creative action. The additional adrenalin released into your blood stream almost triples your energy—which jars you out of your lethargy.

Anger is a basic human emotion. It can consume you—or it can become your part-time servant. It is up to you to overcome those feelings of anger, in a positive manner.

How not to vent your anger. Though expressing anger is healthy, in general, it is
(Continued on page 56)

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The Aviator Shirt.

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* DuPont registered trademark



Size Chart for the Aviator Shirt

Neck Size	14½	15, 15½, 16, 16½, 17	17½
Sleeve Length	Med. (32/33)	Med. (32/33) or Long (34/35)	Long (34/35)

When ordering, indicate sleeve length by using letters M or L.

Neck sizes for short sleeve shirts: 14½ to 17½

LONG SLEEVE @ \$19

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Qty	Color	Neck Size	Sleeve Length M or L
	White (52-309X)		
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Qty	Color	Neck Size
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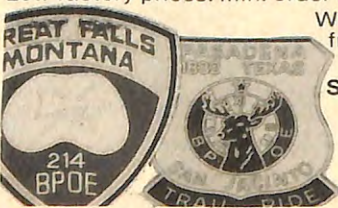
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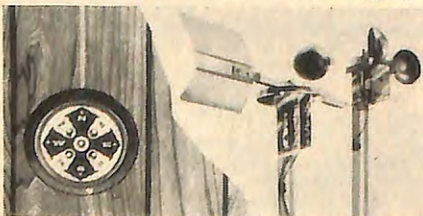


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So the whole thing was repeated—the guide put on the bait, rubbed it again, and up popped another beauty. Meanwhile, I sat there patiently waiting for my first fish.

This went on all morning. Mark caught 30 bass and I got eight.

When I pulled the boat in at noon and paid off our Indian guide, I noticed that a small, unusual seed had apparently fallen from the guide's pocket into the bottom of our boat. The odor from the seed was quite strong and certainly different from anything I had ever smelled before. This was what he had rubbed on Mark's bait!



*It works for me—
wouldn't be without it.*
D. Hulbutt, Duluth

When we returned home the next day, I gave the seed to a chemist friend of mine. He analyzed it and duplicated it into a spray for me.

I could hardly wait for my next fishing trip. What I discovered on that trip was absolutely unbelievable. I have never before caught fish like that. Every time I baited my hook. I sprayed it and up popped another fish.

I tested some more. I put spray on one bait and nothing on another. The sprayed bait got the fish almost immediately. The unsprayed bait got some nibbles, but nothing more.

I gave some of my friends samples of the spray to try and the results were the same—they caught fish like never before.

I named my spray "CATCH FISH LIKE CRAZY" cause that's just what it does and it works with all kinds of fresh or salt water fish. It works equally well on artificial or live bait.

Here's what fishermen say about my spray:

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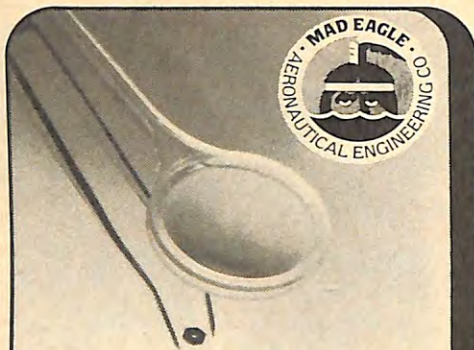
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Elks Family Shopper consumer/news

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If you're involved in a cold-water accident, try to make your entry into the water gradual rather than abrupt. For example, stay with a sinking boat as long as there's anything left to hang onto, and keep as much of your body out of water as possible. A sudden plunge into icy water can send your breathing rate up uncontrollably, causing you to take water into your lungs. If there's no way to avoid a jump or fall, keep your elbows at your sides, cover your nose and mouth with one hand, and hold that wrist or elbow with the other hand.

Once you're in the water, the danger of drowning is compounded by the threat of hypothermia—a condition where your body loses heat at its core, with effects ranging from numbness
(Continued on page 48)

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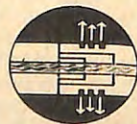
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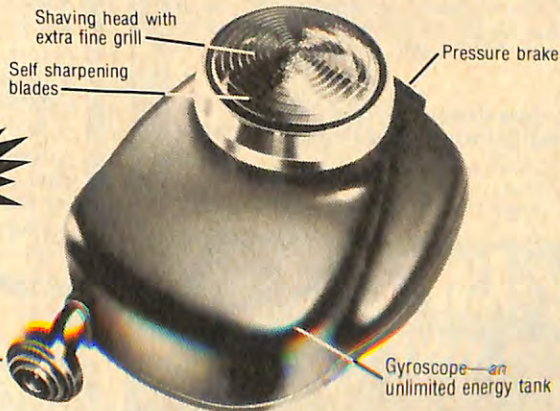
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Finally, while you're waiting to be rescued, try to keep your optimism up and think positively. In many cases, a stubborn "will to live" has been what's pulled people through. ■

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Small Firm's New Golf Ball Draws Hole-in-One Letters from All Over U.S.

Seller Guarantees Ball Will Cut Strokes—or Money Back

Perfect Balance Reduces Hooks, Slices

By MIKE HENSON

NORWALK, CT—A small company in Connecticut is selling what might be the most hook-free, slice-free ball in golf. Independent tests prove its perfect balance is light years ahead of the best balls on the market. Its center of gravity is 97.5% perfect, compared to 58% for Top Flight, 28% for Titleist and worse for Hogan and Maxfli. This huge advantage on balance makes the ball less likely to spin off course, and surely accounts for the best proof a company could ask for: hole-in-one letters from all over the U.S. As you can imagine, these men and women think the ball is the best thing that has happened since they began playing.

The ball also has up to 21% more rebound power than Titleist, Top Flight, Maxfli and Hogan. It comes off the floor like a jack rabbit!

The ball's name is Guidestar and although its sales are small it is drawing letters like this: "Shot my first hole-in-one the first time I used Guidestar on my home course. Great balls!"

There is even a letter from New Zealand where a minister scored a hole-in-one with the ball.

In light of independent tests and a file full of hole-in-one letters, the company guarantees Guidestar will cut a golfer's score dramatically. If it doesn't they will take back the balls and refund their price promptly.

They also guarantee Guidestar's patented construction makes it the most durable ball in the world, and to prove it we'll send a buyer *three new ones free* if he ever cuts one. All he has to do is return the damaged ball with 50¢ for postage.

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If you want to save money on lost and damaged balls and (who knows) watch breathlessly on par 3's as Guidestar's perfect balance carries your tee shot toward the cup!—then try this new, patented ball. White or Hi-Vision™ yellow you can't lose—a refund is guaranteed if you don't cut strokes.

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Mike Henson is a New York-based freelance writer and the author of *Secrets of the Short Game*.

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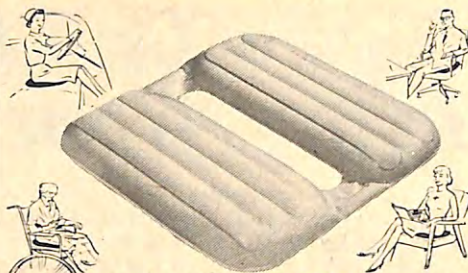
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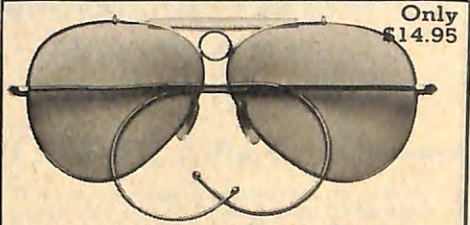
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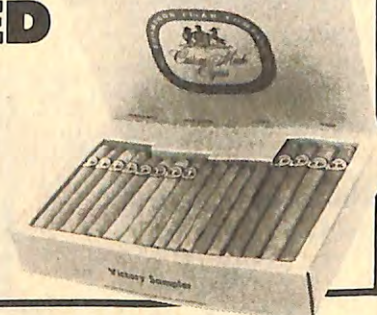
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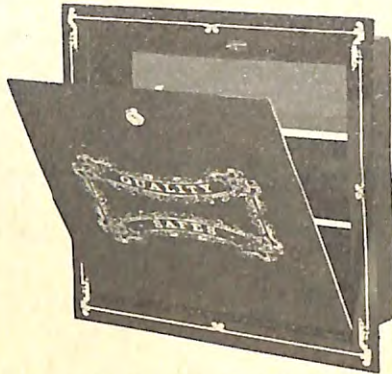
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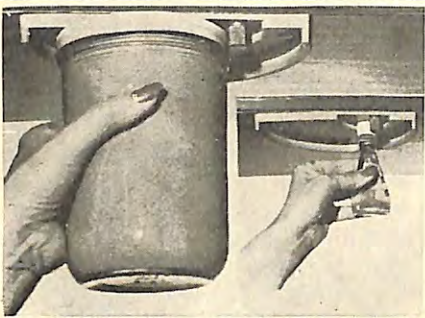
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UNITED STATES TREASURY MINTING ERROR*

Creates Rare Collecting Opportunity



Actual Size of
Susan B. Anthony \$1 Coin



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AN OPPORTUNITY LIKE THIS MAY NEVER OCCUR AGAIN IN YOUR LIFETIME! It's the result of a most unpredictable turn of events. When the United States Mint first issued the Susan B. Anthony \$1 coins in 1979, they never intended them to become rare coins for astute collectors or investors. But, since they stopped minting them in 1981, this is how it seems to be turning out.

Here is the story that makes the Susan B. Anthony coin a rarity. In 1979, The United States Mint produced millions of SBA coins for general circulation, and then found that no one wanted to use them. In 1980, they drastically curtailed the minting and in 1981, they did not mint any at all for general circulation.

**What's so remarkable about this set?
Consider these facts:**

- These are most likely the last one dollar circulating coins the United States will ever issue.
- For every 75 Susan B. Anthony coins struck in 1979, the first year of minting, *only one* was minted in 1981, the third and final year of minting.
- This final 1981 minting was *never released* through banks to the public.
- Congress is now debating whether they should order the U.S. Mint to melt down the remaining Susan B. Anthony coins.
- This may be the only complete "closed" coin issue you will ever be able to buy in your lifetime at such a reasonable cost.
- Susan B. Anthonys are undoubtedly one of the shortest lived American coins ever minted.

LIMITED AVAILABILITY

The Washington, D.C. Columbia Mint has acquired a limited quantity of Susan B. Anthony coins in Brilliant Uncirculated condition and assembled them into complete nine-coin collections, consisting of one coin for each of the three years they were minted (1979, 1980, 1981) and from each of the only three mints (San Francisco, Denver and Philadelphia) that minted them. Each coin bears the individual mintmark S, D, or P of the mint that produced it. This unique collection is housed in a specially designed custom case. The case protects their value and provides an attractive display showcase as well as convenience for your safe-deposit box.

When our supply of the Brilliant Uncirculated nine-coin collector sets is depleted, this offer will automatically expire and any unfilled orders and remittances will be returned. We urge you to place your order immediately. We regret that we must restrict each individual order to a limit of two collections. This limit applies whether you are a collector or a professional dealer, ensuring the same opportunity for all. Do not delay, order today.

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The last time there was a similar collector opportunity was more than 100 years ago when 20-cent coins were minted in 1875, 1876, 1877 and 1878. The similarities between that 20-cent coin and the Susan B. Anthony coins are astounding. The old 20-cent piece was about the same size as a quarter. Consequently, the people rejected it—just like the Susan B. Anthony. Circulation quantities of the old 20-center were struck in large numbers only the first year—just like the Susan B. Anthony. Believe it or not, one of those old 20-cent coins would bring you as much as \$39,000 today! Just think about the potential of the Susan B. Anthony coins for you.

Not only will these SBAs enrich your own collection, but they should become family heirlooms to be passed along to your children and your grandchildren.

Again, we must emphasize that our nine-coin collector sets are severely limited. These coins will never be minted again. We challenge you to try to assemble this complete nine-coin set yourself. Go to any bank and ask for a Brilliant Uncirculated Susan B. Anthony dollar from just one of the three years of minting and you will then quickly realize the exceptional opportunity you have. We strongly suggest—to avoid disappointment—that you not delay in ordering. **Satisfaction guaranteed.** If not completely pleased, return within 30 days for full refund.

* **MINTING ERROR** The error that makes this a rarity? Take a quarter and lay it on the Susan B. Anthony pictured above. Note the similarity in size that turned out to be its problem. People refused to use it—perhaps you were one of them. When the U.S. Government became aware of this public rejection, they recognized that there had been an error in judgment. Susan B. Anthony coin minting ceased forever, destining the coins to collector status.*

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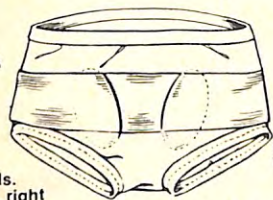
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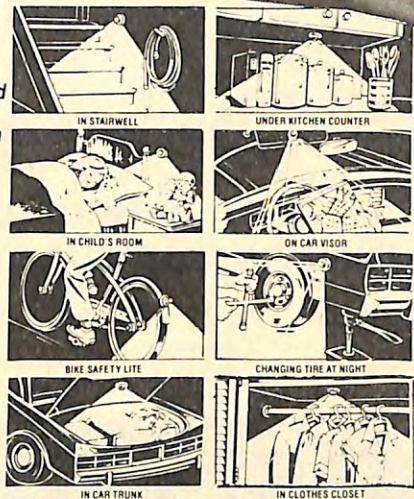
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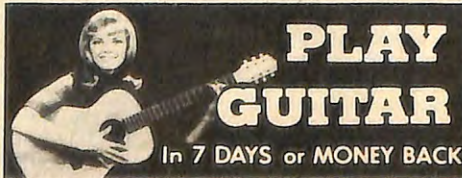
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ANGER

(Continued from page 43)

important to do so in a way that will clear the air instead of making the situation worse. Abusiveness, for instance, not only breeds fury but it intensifies the situation. Calling a policeman "a pig," accusing a salesperson of stupidity when she has shortchanged you, shaking a disobedient child and calling him a brat—certainly allows you to blow off steam, but it can provoke in the other person a response that only intensifies your anger. (The policeman gives you a ticket, the salesperson becomes rude, and the child shouts "I hate you.")

I.A.R. Wylie has this antidote for eliminating angry feelings when he says, "Evaluate your grievance, then toss it out of court. Do not let it sink unresolved into your subconscious, to breed like poisonous bacteria in your emotional bloodstream. Even if you have a genuine reason for anger, don't put it in a glass case and gloat over it. Believe me, you will travel with a lighter heart and surer foot without it!"

We all know obnoxious "truth-tellers" who are usually quick to promote anger. They have a way of getting under the skin

like prickly heat. Yet, they feel free to say anything that comes to mind, as long as it is the truth. Examples: "God, you look awful. Are you sick or something?" Or, "I know you went to your mother's funeral in Arizona, but you sure got a lot of color."

These types who vent their anger with you in such a subtle manner, oftentimes deserve the full brunt of your undisguised anger in retaliation, because most injured people react this way. However, we must do our best to control it. Why? Because controlled anger can make you feel much better about your life and get much more fun out of it.

Down through the ages, people have had ideas about anger that are just as valuable today as they were then. For instance:

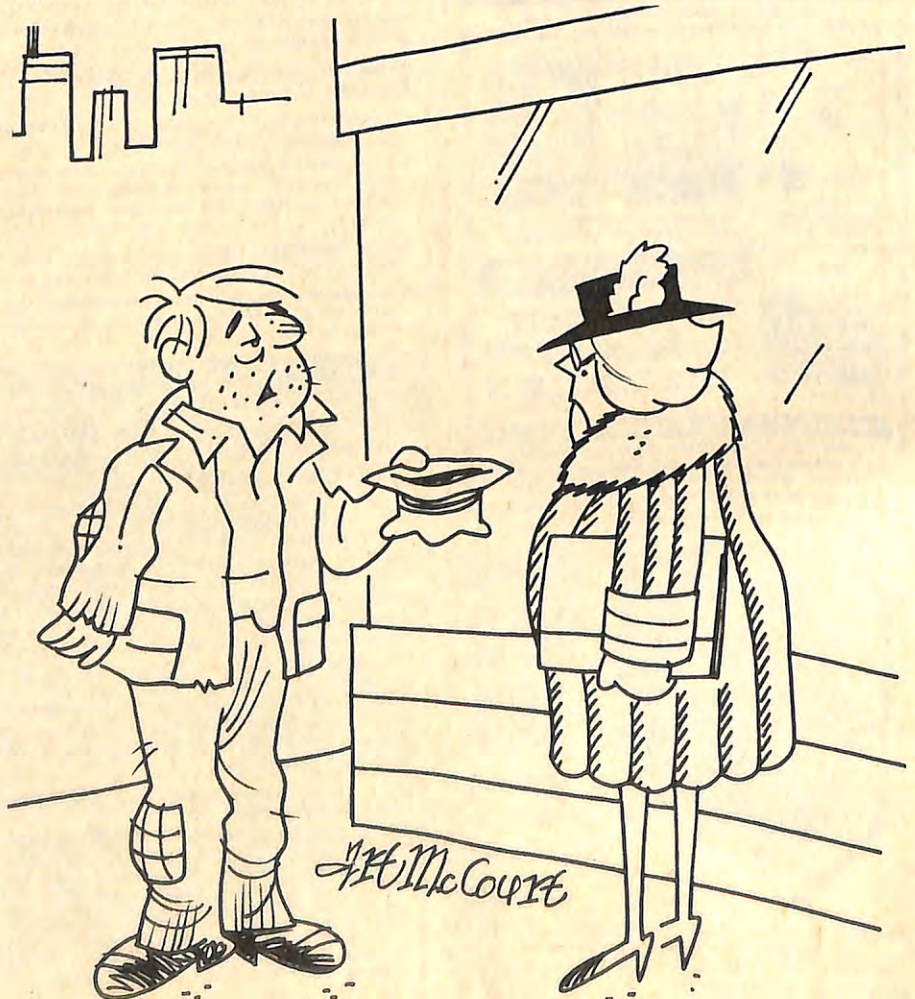
"Anyone can become angry—that is easy, but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way ...this is not easy." (Aristotle)

"Never answer a letter while you are angry." (Chinese proverb)

"Anger is momentary insanity." (Horace)

"The greatest remedy for anger is delay." (Seneca)

"When angry, count to four; when very angry, swear." (Mark Twain)



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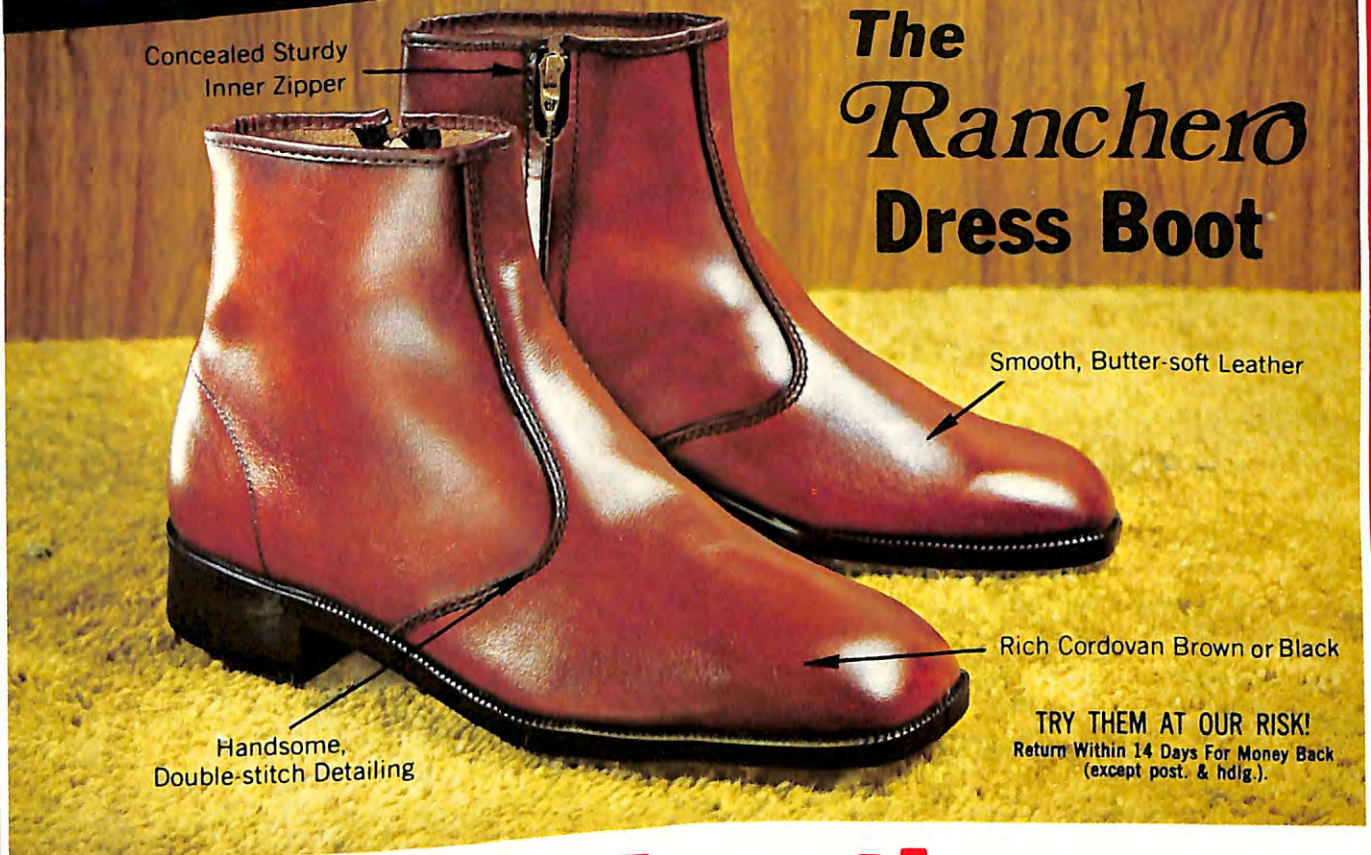
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