



Accident occurred last Tuesday, with pick-up truck driving into the Mini-Mart for drive in delivery. Unfortunately window was in the way.

The Efficient System

by D. Edwin Noyes

A few years ago a newspaper of Toronto, Canada carried a startling announcement made by the Minister of Health of this province. The expenditure of the province of Ontario for the medical bills each year totalled above one billion dollars. He stated that this could be reduced by four hundred million each year if the entire province would follow the lifestyle of a certain group of people studied within the province. This group of people represented the average citizen from professional to laborer but they were studied because of their style of life. The major difference involved the use of alcohol, tobacco, and a more simple diet emphasizing increased use of foods from the plant kingdom.

Mr. LaLond, Minister of Health for the entire nation of Canada, commented in Toronto in 1976 at the seventh world conference of family medicine that "it has become evident that, in countries with well-developed systems of national health insurance such as Canada, a point is eventually reached after which increased investment in medical care and acute hospital beds cannot be expected to improve the health level of the population to any noticeable extent." He felt Canada had reached its level and was then planning to increase their spending toward promoting the lifestyle of changes which would affect improved health.

A startling study made by Dr. Breslow, M.D. of the University of California at Los Angeles School of Health during the 1970's has greatly magnified our knowledge in regards to patterns of life and its relationship to health. Dr. Breslow and his colleague, Nedra Belloc,

found that seven health-related behaviors have much more impact on our health than all of the developments in medical care since the turn of the century. Out of these seven, four are related to nutrition. These are limiting alcohol consumption, eating not more than three meals each day, and absolutely no eating between meals, eating a breakfast, and eating only the amount of food to maintain appropriate weight. The other three behaviors are regular exercise of a vigorous nature each day, seven to eight hours of sleep and abstaining from tobacco. For a white male of age forty-five who would follow these seven behaviors persistently throughout his life, eleven years will be added to his life above the life span of the forty-five year old male who followed three or less of these practices.

All of the improvements of medical science since 1900 have added less than four years to the lifespan of a male that has already reached forty-five years of age.

I would like to present a very simple model to illustrate and emphasize the importance of the environment on health as well as behavior patterns.

A young man builds a high performance racing vehicle. He makes certain that only the highest quality parts and materials are used, the timing of the electrical system is exact, as is the fuel mixture and the carburetor setting. Even the exhaust system must be unimpeded so as not to lower performance. When so built, and maintained and serviced, he will receive the highest service possible according to the basic engineering of the design. However, if cheap, poor quality parts, improper timing, fouled fuel,

Nehalem Valley Calendar

Thursday June 21

TOPS Christian Church 7 pm
Izaak Walton League WOE
Craft Class 7:30-9:30 CSAC
Genealogy Class LDS Church 7:30

Friday June 22

Interdenominational Women's Bible Study at Museum 1pm

Saturday June 23

Sunday June 24

Monday June 25

DEQ Meeting at City Library 8 pm
Community Prayer Group at Scout Cabin, 7:30 pm
Overeaters Anonymous Catholic Church 7:30
Aft and Craft Society at the home of Valerie Price 12:00
T-Ball: RC Tigers vs. Lews, West Field at 4:30 pm
Little League: VMP vs. VV on West Field at 6 pm
Little League: Bhvd vs VAR-BTVH on East Field at 6 pm

Tuesday June 26

American Legion at Legion Hall 7 pm
Jaycee-etts meet at members homes 7:30 pm
BSPEO Sisterhood 8pm at members homes

Wednesday June 27

Natal Grange 8 pm at Natal Grange Hall
Baby Co-op 10-12 CSAC
Jamboree Meeting at School District Office 7:30 pm
CSAC Photography Class VHS 7-10pm
T-Ball: Lews vs. Anybody's Logging on West Field 4:30
Little League: VV vs. BHVD on West Field at 6 pm
Little League: VAR-BTVH vs. VMP on East Field at 6 pm

Thursday June 28

TOPS at Christian Church
Rebekah's IOOF Hall at 7:30
Ridge Riders WOE 8 pm
Genealogy Class at LDS Church 7:30 pm

Friday June 29

Interdenominational Womens Bible Study 1pm at the Museum

Saturday June 30

Sunday July 1

Frog Valley Breakers potluck 1 pm, meeting 2 pm
Vernonia Golf Course 50th Anniversary Celebration and Tournament and barbequed chicken dinner

Monday July 2

City Council 8 pm City Hall
Community Prayer Group at Scout Cabin, 7:30 pm
Overeaters Anonymous 7:30 at Catholic Church
T-Ball: Anybody's Logging vs. RC Tigers on West Field at 4:30
Little League: VMP vs BHVD on West Field at 6 pm
Little League: VV vs. VAR-BTVH on East Field at 6 pm

maladjusted carburetor, or impeded exhaust is present, the overall performance will be reduced. In time, even breakdowns may occur. Health is not the absence of diseases, it is the capacity for a dynamic performance limited only by the genetic engineering. It will be hindered under the same basic influences as the racing machine described above. Disease is the condition which exists in a living machine when there has been improper functioning within the system. Our human machines were designed to function best under the

Continued on page 8

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