

PORTLAND OBSERVER
world of women

Emphysema Country

By James L. Mack, M.D.,

One cigarette upsets the flow of air and blood in your lungs. Years of smoking are associated with emphysema. And in the last decade, deaths from emphysema almost tripled in this country.

To investigate the relationship of smoking and emphysema, two prominent researchers - Drs. Oscar Auerbach and E. Cuyler Hammond - studied whole-lung sections from autopsies of 1800 men and women. Then they checked the lungs for the degree of emphysema that might be present. Later they found out from relatives the smoking habits of the dead persons.

How closely did smoking habits correlate with the extent of emphysema in the lung? Very closely.

Of the persons who had never smoked regularly, 90 per cent had no emphysema at all. The air sacs, where oxygen and carbon dioxide are exchanged, were not damaged and torn. The walls of the small blood vessels around the air sacs were not abnormally thickened. In contrast, of the persons who smoked 20 or more cigarettes a day for some degree of emphysema. And 20 per cent of these smokers had advanced emphysema. Their

lungs looked lacy, dotted with holes where thousands of air sacs had ruptured and broken. Among persons with the same smoking habits, the degree of emphysema in their lungs increased with age and the number of years they had smoked cigarettes.

Other studies cited by the U.S. Surgeon General show the chances of dying from emphysema are 25 times greater for people who smoke two packs a day than for nonsmokers.

Find out more about ways to quit smoking from your local tuberculosis and respiratory disease association. It's a matter of life and breath.



Women in the Navy are being assigned to jobs previously considered "for men only." Several enlisted women at Pearl Harbor are now performing port jobs formerly handled by their male counterparts.

The girls are assigned as line handlers and coxswain on the tour boats to the USS Arizona memorial and Pearl Harbor. They are responsible for piloting the 64-foot passenger barges around the harbor and securing the boats to the pier.

School lunches expand

Portland Public Schools will mark 26 years of progress in the field of child nutrition next week when it joins in the celebration of National School Lunch Week, October 9-13.

Mrs. Ruth Smalley, coordinator of cafeterias for the school district, said more than 5 million meals are prepared each year for Portland children.

She said this amounts to about 29,000 meals per day and is jointly financed by the federal government, the school district, and by meal costs. Federal grants under the National School Lunch Act amount to \$1.3 million of the district's \$3.8 million budget for food service for 1972-73.

Each year Portland schools buy nearly 200 tons of meat and a half million gallons of milk for school lunches. In addition, Mrs. Smalley said, Portland school children consume more than 800 tons of fresh fruits and vegetables each year.

Since 1946, when the National School Lunch Act was enacted, Congress has accelerated expansion of the school lunch program to provide meals to nearly 25 million school children a day. Currently about 30 per cent of these lunches are served free or at reduced prices.

In 1968 an amendment to the National School Lunch Act provided special food service programs for children. This made Federal assistance available for both preschool and school-age children in both public and private institutions,

including day care centers.

More than 2,000 Portland school children in 40 district schools also participate in a breakfast program provided under the Child Nutrition Act of 1966.

Mrs. Smalley said two full time dietitians plan school meals up to one month in advance. She said they are required to plan meals meeting the nutritional needs of school children first and then they consider popular tastes. She also said standards require that each noon meal meet one-third the daily-nutrition requirement of children.

PCC-OMSI classes

Portland Community College in cooperation with the Oregon Museum of Science and Industry (OMSI) will again offer science classes for children grades one through six, each Saturday morning, October 14 through November 11, 9 to 11 a. m. at PCC Sylvania, 1200 S. W. 49th Avenue, room C4 ST.

Emphasis will be on laboratory activities in basic chemistry. Each student will have the opportunity to explore topics such as indicators, solutions, and the preparation of gases. Topic groupings will be by age and there will be an instructor for each group.

Cost for the five-week series is \$7.50. To enroll contact PCC Community Education, 24-6111, extension 318.

Abortion hearings

An Oregon Women's Tribunal on Abortion, Contraception, and Forced Sterilization will be held on Saturday, Oct. 21 at Portland State University Ballroom, starting at 12 noon.

Any woman who wishes to testify about her experiences with abortion, contraception, or forced sterilization, or who wish to help build the Tribunal should contact the Oregon Women's Tribunal Committee, c/o Women's National Abortion Action Coalition, Educational Activities office Portland State University, Phone 229-4451.

Notice

The Webfoot Post Card Club members will have a display of modern and old-time post cards at Lipman's downtown store in their Holiday Lane department for the entire month of October.



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Dissenting Opinion

News stories about split decisions by the United States Supreme Court must surely bewilder many a reader. What the majority confidently asserts in Paragraph One, dissenters just as confidently deny in Paragraph Two.

What shall the ordinary citizen make of all this? If even the experts cannot agree on what the law is, how can plain folk be expected to know?

Of course, the law is what the majority opinion says it is. A dissenting opinion has no legal force.



In fact, in many countries, dissenting opinions are simply not allowed. Once a majority decision is reached, dissenters are expected to keep their views to themselves.

But on our Supreme Court, public dissent has a long and respectable history. It has been a regular feature of the Court ever since 1806, when a holdout justice voiced his disagreement with Chief Justice John Marshall.

One great virtue of this right of dissent ("the only thing that makes life tolerable," said Justice William O. Douglas) is that it may help shape the law of the future. Major changes in the law, including even amendments to the Constitution, have had roots in earlier dissenting opinions from the Court.

Still, dissent, if overdone, can needlessly weaken both public understanding and public acceptance of a Court ruling. At least, say critics, a judge should not dissent merely because of minor disagreement or personal pride.

Statistics do show that relatively few of the dissenting opinions — even those of Oliver Wendell Holmes, the "Great Dissenter" — have ever become the law of the land.

Is it surprising that dissents occur so often? Not when one considers the kind of questions the Court must answer. Almost always, they are questions on which even the wisest and fairest of men may differ. The easy ones just never reach the Court at all.

A public service feature of the American Bar Association and the Oregon State Bar Association. Written by Will Bernard.

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