

Health issues making headlines

Headlines — health issues are making headlines!

But is that good or is that bad?

"No Sex, Parents often dodge duty" — that doesn't sound good. Parents should teach their children about growing up, maturation, sexual development, relationships with the opposite sex, planning and spacing of children, sexually transmitted diseases and how to live as a family.

If they do not, then the children may learn about sex by making mistakes. These could be BIG mistakes.

"7-UP . . . no caffeine" — that is good news, but not for Cola lovers. Drugs are all around you, but each of us must be responsible for what drugs we take and how much we use. "Smokers' Blood Level" does not sound good. Smokers are at greater risk of heart disease and lung cancer.

These could be prevented. **WHY PEOPLE INSIST ON HURTING THEMSELVES BY INHALING SMOKE IS BEYOND ME!!!**

energy, and money went into programs for them. But at least, at last there seems to be help available for Teens.

"Counterfeit 'look-alike' pills kill 12 users," Bad news! We put out some radio ads

of coffee. "He got ripped off." (They are pure garbage, but people are buying them on the street).

The Health Department even received free samples of these "diet pills and sleep aids" from one enterprising mail order company.

"Warning Labels." Well, I'm not sure this is good or bad. The whole world could be covered with warning labels. If people are educated about the hazards and risks of a product, then it should not need a warning label.

The labels are for those who do not know better, or who are not educated. Putting labels on alcoholic beverages is probably a good idea. This will be helpful and is good news.

The best news I have heard lately came from the Alaska Health Education Consortium Meeting. Pat Simpson from Kotzebue told the members about the Inupiat Iitqusiat.

The Spirit Committee has plans to help build individual self-esteem and concern for the family and community. With this focus it is trying to address the individual's care of the Mind, Body, and Spirit. In the current health field this is called "Holistic Health," dealing with the whole person.

Everyone should participate in their own health care, either good or bad. Get to know yourself, your body, your spirit. Treat yourself well. It makes sense and is good news for everybody.

Naturally,

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