Water...Is It Safe To Drink?

By Marilee Wyman

In Elizabeth, New Jersey, thousands of barrels of dangerous chemical wastes were discovered in a waterfront storage facility. It is only one of many potentially hazardous situations which threaten water supplies in the New York/New Jersey area. Elsewhere the situation is worse. The water supply of Berlin, New Hampshire was responsible for 750 illnesses in 1978, while in Sewickly, Pennsylvania, 5000 people got sick from drinking water which was presumed to be safe.

The purity of our water can no longer be taken for granted. Since 1961, over 80,000 Americans have gotten sick drinking "safe" water. Some officials believe this figure reflects only 1/10th of the actual illnesses caused by contaminated water, because many health departments don't keep statistics and because people often don't realize the source of their illness. In addition, the long-range effect of trace chemicals found in many water supplies is difficult to determine.

How Safe Are You?

Fortunately, 65% of our population receives water from large municipal systems which are relatively safe. This water is generally free of bacteria, though some systems contain trace chemicals which may produce long-range health problems. About 15% of us receive water from smaller public systems which vary in quality from water of remarkable purity to water that is actually dangerous. One out of every five Americans get their water from private wells.

Public systems are required to comply with the Safe Drinking Water Act, which imposes strict standards for bacteria, chemicals and metals in public water supplies. Though passed by Congress in 1974, little has been done to enforce the Act. The cost of cleaning public water supplies ranges from $1-$240 per person per year depending on the size of the system. Private wells are not covered by the Act.

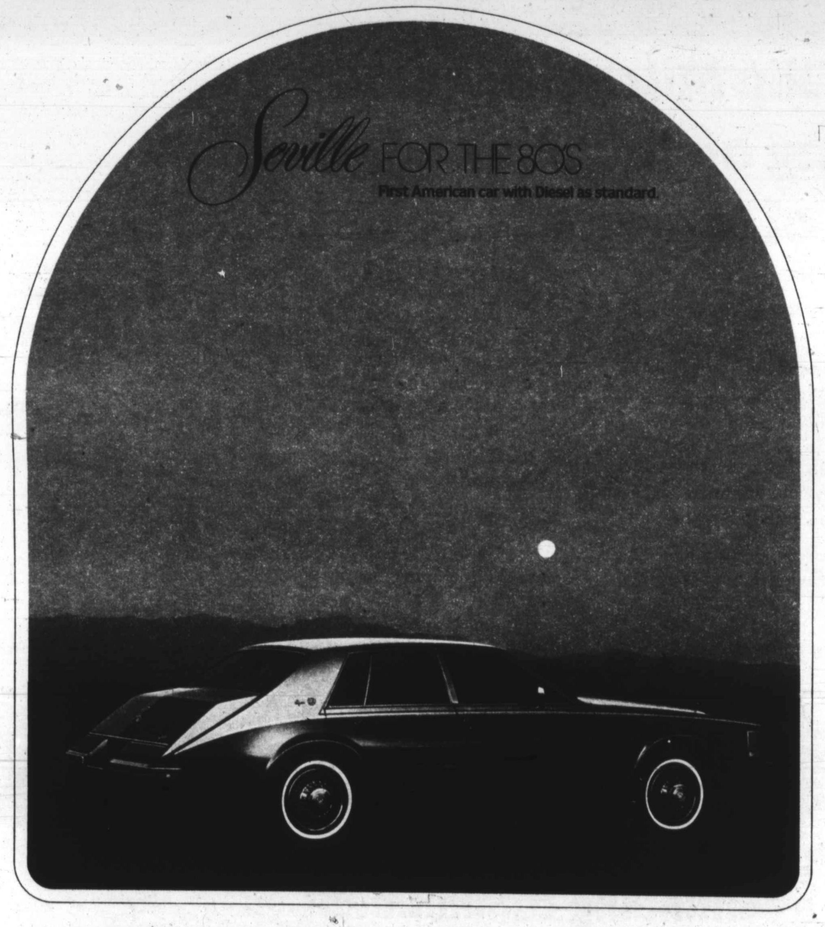
Small, rural water supplies are most likely to have contaminants. If you are in this group, you should have your water analyzed periodically. It is not safe to assume that if the water tastes good it's safe to drink, because contaminated water often tastes no different from clean water.

Do Filters Work?

Home filtering devices use activated carbon, ion exchange, reverse osmosis and distillation. They can be used singly or in combination, but they are not effective against all forms of contamination. It takes 7-18 minutes to trap many cancer-causing chemicals. Home systems are rarely capable of this, and the Federal Trade Commission has been asked to crack down on misleading advertising by manufacturers who claim their filters rid water of carcinogens, for example.

Furthermore, not all systems do the same thing. Some, like the carbon filters, remove sediment, unpleasant odors, colors and some chemicals. Others "soften" water by removing minerals which can form deposits that eventually clog plumbing. Others do both. Some systems are relatively inexpensive and easily installed; some require professional installation and maintenance.

You can spend up to several hundred dollars for a water filter. Before you do, read the manufacturer's claims carefully and be skeptical of claims to produce "totally pure" water. At best, home filtering systems provide only a partial solution to water contamination.



SO DISTINCTIVE OF LINE, SO ADVANCED IN TECHNOLOGY... IT SETS A NEW AMERICAN STANDARD FOR THE WORLD.

Seville for the 80's blends the classic beauty of yesterday with the technology of tomorrow. Almost every feature you might desire in a world-class automobile is standard, from front-wheel drive for traction and roominess to four-wheel independent suspension. Plus considerably more roominess than its predecessor.

And only Seville offers this unprecedented choice in engines: a standard 5.7 liter Diesel V8 or Cadillac's gas engine with Digital Electronic Fuel Injection. Sevilles are equipped with GM-built engines produced by various divisions. See your Cadillac dealer for details. And to buy or lease a new American standard for the world. Shown is Seville Elegante in Sable Black and Sheffield Gray Firemist.

For Your Health: About EMPHYSEMA!

Ulysses W. Watkins, Jr., M.D.

I'm sure that in most of your lives you have at one time heard someone say that they or their relatives have emphysema. But many of you do not know anything about the disease. Well, you should because it could affect you.

Emphysema is not curable, but it can be treated. Those who have it can be helped to live with it. It is a destructive disease for hundreds of thousands of Americans and their families, third among the diseases for which Social Security gives disability benefits. Some 20,000 die of it as a major cause each year.

Who gets emphysema? Persons with this disease are, for the most part, males between 50 and 70 years old. Women get emphysema, too, but not as often as men.

A very high percentage of the people who have emphysema smoke cigarettes and have been heavy smokers for many years. Frequently, they live in areas where air pollution is a constant problem.

A person with emphysema doesn't develop the disease suddenly. It comes on gradually.

He has probably had several very bad colds each winter for the past few years, each accompanied by a heavy cough, and often with chronic bronchitis. The cough often only lasts between colds and becomes chronic or long lasting.

It is believed that emphysema is often a late effect of chronic infection or irritation of the bronchial tubes. These tubes, the bronchi, connect the windpipe to the lungs.

If infection or irritation continues or is repeated for a long period of time and the stretching and destruction of the walls of the air spaces (the small pockets in the lungs where air is brought in by breathing and exchanged for the used air) goes on, the lungs as a whole may become enlarged.

At the same time the lungs becomes less efficient in exchanging oxygen (air breathed in) for carbon dioxide (air "breathed" out).

Enlarged lungs is what gives the disease its name, Emphysema (which is a Greek word meaning "inflation") Cigarette smoking contributes to the destructive processes that end up as emphysema.

Emphysema may begin with only a slight morning and evening inconvenience in breathing. Next, a short walk may become enough to bring on an attack of shortness of breath.

It may reach a point where every breath requires a hard effort. This can eventually cause some problems with the heart because of the strain on it by all of these problems.

Doctors can help emphysema patients live more comfortably with their disease. Different treatments, including antibiotics, help different people at different times. Under a doctor's care, most people with this disease can get relief from their attacks of shortness of breath if they will follow his orders.

At this time, doctors do not know how to prevent emphysema but they do know that cigarette smoking is a definite cause, and that cutting out smoking can avoid damage for many who would otherwise develop the disease. Controlling air pollution can also help.

Modern medicine can usually slow down the progress of emphysema if patients are treated early. It is always the doctor's immediate concern to clear up any infection or irritation of a patient's breathing system, because these things set up a possible starting place for emphysema.

USE SULFUR-8® HAIR & SCALP CONDITIONER. IT'S MEDICATED.

Sulfur-8® is the medicated, anti-dandruff hair and scalp conditioner. It gets down deep. Stimulates your scalp. Makes it feel alive. Conditions dull, dry hair. Leaves your hair luxuriously soft, more manageable and easier to style. And keep it clean with Sulfur-8® medicated shampoo. It cleans deep down while it puts down flaking of dandruff. Use this money-saving coupon today and let your hair show you care.

15¢ OFF

Save 15¢ on Sulfur-8® Medicated Hair and Scalp Conditioner or Sulfur-8® Medicated Shampoo.

TO THE DEALER: As a legitimate retail distributor of the brands indicated you are authorized to redeem this coupon as our agent. We will pay you the face amount of this coupon plus 5¢ handling charge for each coupon redeemed, provided you and the customer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to cover coupons presented must be shown on request, and failure to do so may, at our option, void all coupons submitted for redemption by this offer. This coupon is nontransferable, nonassignable, nonreproducible and good only on brands specified. Any sales tax must be paid by the customer. Offer good only in U.S.A. and void where prohibited, taxed or otherwise restricted by law. Cash value 1/20 of 1¢. Limit one coupon per purchase. Any other use constitutes fraud. Offer expires December 31, 1979. Mail coupon to: Plough, Inc. PO Box 1510, Clinton, Iowa 52734.

STORE COUPON SB-DM1

15¢ OFF