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Equal rights in uniform

Is the all-volunteer army a flop? Do we need to go back to a military draft? The answer to both questions is 'no' If you accept the word of former Defense Secretary Donald H Rumsfeld

Rumsfeld who now serves as president of a drug company in Skokie Ill insists that the volunteer army has been a complete success since the draft ended in December of 1972 In fact both the Army and Marine Corps have had recruiting problems And the situation is likely to get even tighter in future years because of the decreasing number of young men

Whatever its defects though the volunteer army is much fairer than the draft-by-lottery system and much less expensive than universal military training would be

The recruiting problem — the problem that worries so many Pentagon old-timers — could be at least partially solved by taking more women into the armed forces

Defense Secretary Harold Brown has been pushing the Army for example to stop accepting so many high school dropouts and recruit more high-quality women instead One study recommends recruiting as many as 100 000 women into the Army by 1982 Yet the Army's own plans call for fewer than 60 000 by then

It seems to us that all services could recruit more women without damaging the nation's ability to defend itself in any way With the exception of hand-to-hand combat women can perform most jobs in a modern army as well as men

Rumsfeld is right when he says the volunteer army can succeed The prospects would be brighter however if we were recruiting the best talent available regardless of sex

The $6,000 gesture

President Carter's insistence that he pay $6 000 in 1976 income taxes even though, technically he owed nothing at all was a laudable gesture

But as a practical matter the President had little choice Imagine the outcry once it became known that the President's tax liability for 1976 (on an income of nearly $55 000) was exactly zero

Had he not been in politics Carter probably would have done as would the rest of us — paid no income tax And rightfully so For his entire tax liability for the year ($11 675) was more than offset by a $20 865 investment tax credit on new equipment for the family peanut warehouse in Plains Ga

Carter's $6 000 gesture is actually another reminder that there still are too many ways — all of them legal — in which an affluent individual can avoid paying federal income taxes

Congress did amend the tax code last year to impose a minimum tax in areas previously exempt from taxation But it did not go all the way in this field

Obviously there is work still to be done No set of deductions or exemptions should be permitted which allow high income individuals to escape paying at least a minimum tax to Uncle Sam

AS TIME GOES BY

Burglary fails

FORTY YEARS AGO
—1937—

Two night police officers frustrated the attempts of a burglar to break into the Green Cricket tavern at 13th Street and Central Avenue .Dr Herbert Stack of the National Conservation Bureau said that 42 per cent of the motor vehicle accidents involving young people resulted in fatalities An unofficial tabulation showed that Nebraska's state tax levy would be almost a full mill higher than the record low of $1 76 per $1,000 valuation in 1936 Construction of the Hamburg, Iowa, post office began with the 2,900 tons of crush rock and gravel needed to be trucked via Nebraska City from a quarry in Nehawka

TWENTY-FIVE YEARS AGO
—1952—

The city council approved a $31,460 budget for the Nebraska City bridge .Nebraska City Mayor Victor Bremer called on all Citians to "get out and vote" in the special election on the proposed $120,000 bond issue Loyal Shannon, Otoe Foods executive, said the steel shortage if continued could cut into the production at the local plant Mrs F.J Schreiter of Nebraska City was awarded a range at the City Utilities-sponsored cooking school at the Pioneer Theater

TEN YEARS AGO
—1967—

Don Clayton, Hamburg, Iowa, Postmaster, who had coached baseball for 40 years at Hamburg planned to step down at the end of the year Clifford Hart, son of the Rev and Mrs C H Hart of Dunbar, was awarded the certificate of the Seabee of the month for outstanding performance of assigned duties and contribution to the moral of the battalion Tallonie, the Otoe County police dog, arrived in Nebraska City from Moline, Kansas, where he spent five and a half days in training.....Forty-nine residents of Otoe County were amont the 357 students enrolled for the second five-week session of summer school at Peru State College

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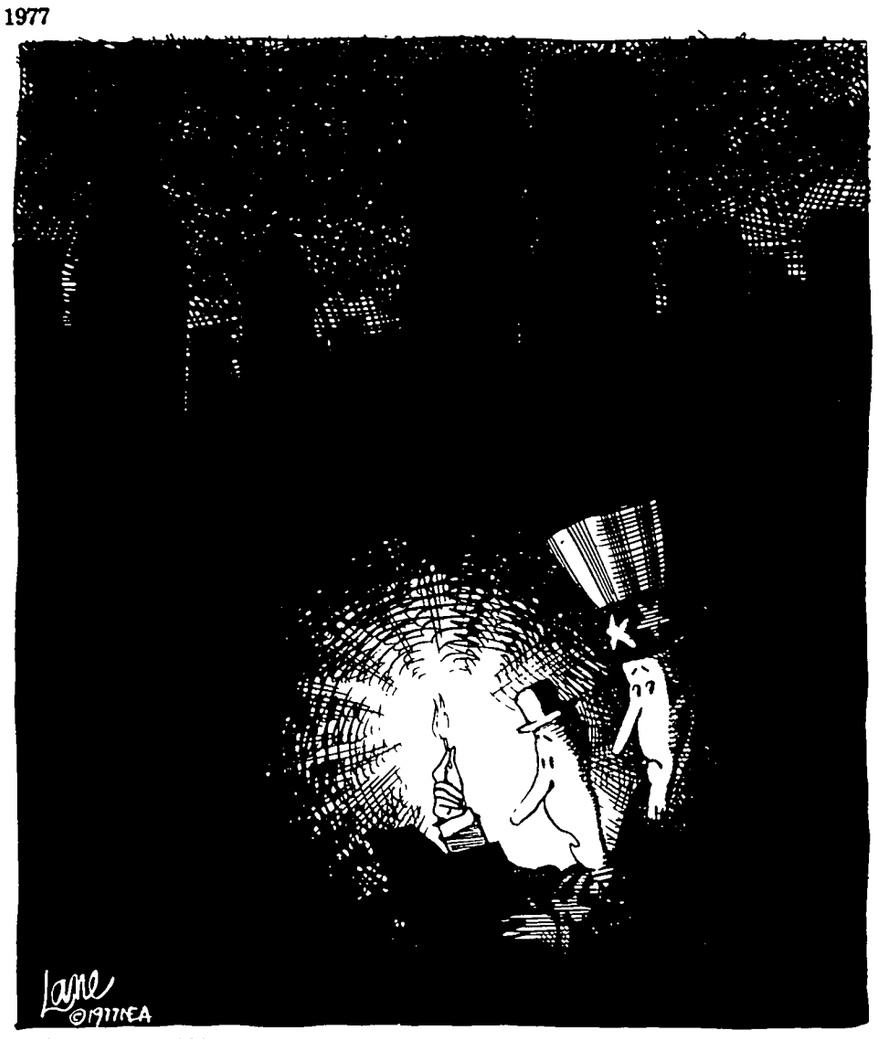
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"It says—'Welcome to New York City, where everything happens first' "



Martha Angle and Robert Walters

IN WASHINGTON

AMA maintains its record

WASHINGTON (NEA) — After pouring millions of dollars into a decades-long battle against "socialized medicine," the American Medical Association (AMA) should have learned a lesson from the defeat and embarrassment it suffered when the federal Medicare program was established in 1965

But nobody has ever accused the AMA of being sensitive to the nation's health care needs, and that organization proved once again at its recent House of Delegates meeting that it is either unable or unwilling to provide the leadership needed to cope with spiralling medical costs

The scope of the problem was clearly defined by Joseph A Califano Jr , Secretary of Health, Education and Welfare, in a exceptionally candid and tough speech delivered at the San Francisco meeting of the AMA, which represents about half of the country's 375,000 physicians

"Health care in America today (is) big business a vast, sprawling, complex, highly expensive and virtually non-competitive industry" apparently incapable of dealing with "the overarching problem of runaway costs," noted Califano

Health care now is the third largest industry in the United States, ranking behind only construction and agriculture It employs more than 5 per cent of the country's work force and accounts for 8.6 per cent of the gross national product

From 1965 to 1976, total health care expenditures more than tripled, from $39 billion to $139 billion Costs currently are increasing at a rate two and one-half times the rise of the cost of living, and total health care expenditures probably will double by 1980

"Reasonable cost has not been the strong suit of either American medicine or most of its physicians," said Califano In 1976, the most recent year for which figures are available, the average family expenditure for health care was almost $1,600, or more than 10 per cent of the median $13,700 family income

"There is virtually no competition among doctors or among hospitals," added Califano 'And, just as important, there is precious little competition among pharmaceutical companies or among laboratories "

Compounding the problem is the fact that the bills frequently are paid by neither patient nor physician but rather by Blue Cross, other insurance companies, Medicare or Medicaid

The result is an industry described by Califano as "conscious of quality (but) insensitive to cost" with "many powerful incentives to spend more and few, if any, incentives to spend more efficiently "

In addition, he noted that the country's medical resources are grossly maldistributed, leaving residents of rural areas and central city slums with inadequate care "as physicians have moved to more lucrative practices in the suburbs " Manhattan has 800 doctors per 100,000 residents while Mississippi has fewer than 80

The HEW secretary concluded by calling on the medical profession to provide the leadership needed to meet "the challenge of dramatically improving the cost-efficiency of our health care system " The AMA reacted predictably

"Health is not the top priority in the new (Carter) administration Cost control is, ' responded James H Sammons, the AMA's executive vice president who warned that too much cost-consciousness could lead to "a second-rate medical care system '

As for his top priority, Sammons inveighed against the evils of the "cancerous, relentless, mindless blob" — the Washington bureaucracy which "seeps under the doors" and "creeps in" from all directions

The AMA has once again maintained its untarnished record of allowing the initiative for every major contemporary advance in financing health care —from Medicare to Medicaid of the past to national health insurance and health maintenance organizations now under consideration —to come from outside the physicians' insensitive trade association

Big three ready for a boom

FTC eyes the insulation oligopoly

By NEA/London Economist News Service

NEW YORK — (LENS) — The three big firms in America's highly concentrated home insulation industry are poised to make a killing out of President Carter's energy conservation program Although some parts of the program are meeting political opposition, congressional committees have done all Mr Carter has asked for to approve tax credits for Americans who cut their fuel use by insulating their homes Now the Federal Trade Commission is supposed to make sure that free enterprise is also competitive enterprise That is difficult

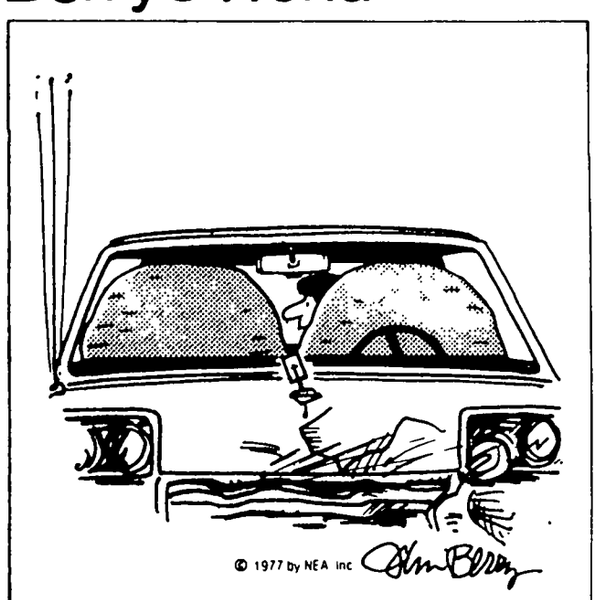
About 80 per cent of all home insulation is done with glass fiber, and the business is dominated by the three big firms Owens-Corning has half of the national market, Johns-Manville and Certainteed a quarter each All three are well placed to push up their prices and increase their profits when the energy bill becomes law Although existing patents for the basic processes have expired, the three big glass fiber home insulators hold new patents that have greatly increased the efficiency of their manufacturing

One potential competitor estimates it would take about 10 years and an investment of about $80 million, at today's costs, for his company to develop the necessary technology and enter the industry with just one manufacturing plant Several manufacturers of home-building products have been trying to acquire the needed patent licensing and technical know-how from one or other of the three manufacturers They have all received a very insulated answer

The FTC cannot see an easy remedy Other insulating materials do not seem to be competitive substitutes for glass fiber Rock wool is less efficient Anyway, most rock wool manufacturers are single plant operations working at full capacity, they lack the capital needed to expand Macerated paper has a high fire risk Polyurethane foam a superior insulator costs three times as much as glass fiber and gives off toxic fumes when burned The cost of transport for a bulky light weight product like insulating material is high this prices imports out of the United States market

So the FTC is considering a harsh remedy Its bureau of competition has let it be known that, unless the three entrenched firms take a more helpful attitude to potential competitors, it may ask for legislation to bust their oligopoly on patents

Berry's World



"How do you like my new air bags?"



Ivan D.E. Beaumont

THE BUCK ENDS HERE

Here's another hot one

Today's favorite —

With all the talk about the weather, 100 degree temps and little or no moisture, the morning conversations have been lacking zip.

Not so at G & L Conoco.

The other morning when Larry Twedt pulled in for service, someone asked him about the weather and the usual "yeah, I guess it'll be another hot one today "

Larry quipped: "Yup, probably in in the low 100s."

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One of my favorite places is Baker, California. That's the gateway to Death Valley and the mercury really plunges. Every vacation trip to the grandparents I make it a point to stop in Baker

I've been getting backlash from the younger set that Baker isn't so bad after all .kids sure get smarty nowadays

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Faithful reader —

Helen Mueller Duncan, St Louis Park, Minn , a longtime News-Press reader, writes that she looks forward to the mail every day and her copy of the hometown paper

"I've known the News-Press from way back I was born and raised in the old town. My parents took the paper at least 75 years and I continued after they were gone. I've been a reader for at least 25 years "

She misses the stories by the late J Hyde Sweet, publisher of the paper for 50 years "We all enjoyed his humor."

Thank you for the kind words, Mrs Duncan Postmaster Howard Baltensperger and his crew do a fine job every day of getting the News-Press into the mail and we hope the mailman on that end does his job with as much efficiency

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J H Sweet was an institution with this newspaper He wrote his Kick column daily and it appeared on Page 1 for many years Even when he "wintered" in Arizona he continued daily writings

He was commonly addressed as "Mr Sweet", but most of the guys affectionately labeled him as "the old man". He had a head of snow white hair and a twinkle in his eyes

On one occasion, we were standing by the front door of the newspaper engaged in idle chatter when two young chunky women dressed in slacks walked past

The "old man" eyed their backsides as they strolled down the street, puffed his cigaret and quipped

"Reminds me of two boys wrestling under a blanket "

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Earl Chappell, a former Nebraska City policeman who visited in Sugar Land, Texas , sent along a note about a woman in Tecumseh, Oklahoma, who had been raising brilliant red and white blossomed plants for years Police pulled them up and hauled them away

Mrs Ouida Parsons 77, hadn't done anything different than the family had been doing for 40 years She saved seeds and each year planted them and they attracted sightseers because of their beauty. She also contributed articles to a horticulture magazine and offered to sell the seeds for 25 cents a packet.

Police Chief Lloyd Rogers said Mrs Parsons was unaware that the flowers in her garden were Turkish opium poppies, and one of the largest crops of the narcotic plants ever confiscated in the U.S.

Footnote: The chief said she wouldn't be prosecuted.

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Karl H. Nelson —

Congratulations to Karl H. Nelson on receiving the Rotary community service award Mr Nelson was showered with kind words by many of his friends in a program arranged by the man who does it so well, Verne Jones

Mr Nelson's close friends and associates spoke about his interest in the community and his contributions to development of the parks system And they said one of the reasons few people know about his help is his wish to stay in the background.

That all went to pot when Mrs Maxine Sheldon, a longtime friend, told some of her experiences with the family and friends over the years

It was a good evening of entertainment and an opportunity for us all to learn more about someone in our community

Mr Nelson's response was typical — he spoke briefly about the previous honorees, most of whom he knew or knows very well

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The supreme sacrifice —

Carl Henner, who retired a number of years ago as a Minersville area rural mail carrier, recalled the killing of Deputy Sheriff Howard McCallum.

"I'll never forget him and what he did as an officer of the law He paid the supreme sacrifice "

Mr Henner was an eyewitness to the shootout

He was working at the post office as a substitute clerk when he heard shots and went outside the post office building to see what was going on.

Mr Henner recalled seeing two men exchanging gunfire around a tree on the east lawn of the courthouse, then saw one man run east toward the post office

It was about that time that Mrs Henner arrived at the post office The couple sought shelter in the post office "Bullets were whizzing toward us We heard the man run past us and then he fell southeast of the post office "

Mr Henner said a person doesn't forget an experience like that

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To Bob McKissick —

We were going to ask Loyal Shannon for an explanation of this, but after recalling an interruption in a city council meeting by Mayor McKissick for the same explanation, we thought it best to go straight to the Jack .er .horse .er.

Question — What is a Jenny? A mule? A horse? Can a mule foal?

Notice to our readers — for answers to this and other questions of unusual animal nature, send your cards and letters to the "Jack-Answer," care of the News-Press



HEALTH

Lawrence E. Lamb, M.D.

Exercise isn't enough

By Lawrence E. Lamb, M.D

DEAR DR LAMB — In the past 15 years I've acquired a very protruding stomach, above the belt so it's not a pot belly I'm not fat anywhere else I'm in my 60s and am 25 to 30 pounds overweight and it's all right there in front — very unsightly It draws comment and seems to be getting more noticeable

I don't eat sweets, desserts, starchy or greasy foods and no second helpings I have a cocktail at night I exercise each morning for 15 minutes and sleep about eight hours a night I move about on my job a good bit and sit maybe a third of the time Any suggestions as to cause and cure would be appreciated Would isometric exercise help?

DEAR READER — It may seem unkind but the exercise you probably need the most is that famous one of pushing away from the table

By your own admission you are 25 to 30 pounds overweight. You can't really expect to solve your problems without reducing your obesity That means less food and more physical activity Calories are calories regardless of what type of food you eat You can help control calories by limiting the sweets, starches, and fats in your diet There are a lot of hidden fats, in meats, rolls and other foods Alcohol contains a lot of calories too almost as many as fat

Exercises won't do much for you unless you really get rid of the excess fat You can't compress fat by developing stronger muscles

I am sending you The Health Letter number 3-7 Girth Control Avoiding The Big Middle You can do the situp exercises Lifting your shoulders off the floor and holding that position a few seconds in a modified isometric exercise will help to strengthen the upper abdominal muscles Others who want this issue can send 50 cents with a long stamped self-addressed envelope for it But remember you can't really spot reduce You need to be on a general reducing diet — a sound one, not a crash diet — and a general exercise program In time that will produce results for you Walking regularly is a good exercise for those past middle age who are not able to do the things they once did and it will help prevent an increased girth — from a bulge above the belt or below the belt

DEAR DR LAMB — I am writing to inquire what bad effect, if any, would result from taking a daily dose of 100 milligrams of nicotinic acid

DEAR READER — Probably won't do any good won't do any harm Adults need as much as 20 milligrams of niacin (nicotinic acid) daily to meet the Recommended Daily Dietary Allowance It is a water soluble vitamin and excess amounts are eliminated from the body

Very large doses of 1500 to 6000 milligrams are sometimes used to lower cholesterol and blood fat levels In these amounts it overwhelms the elimination process and can cause problems These include flushing of the skin, irritation of the skin itching and even interference with normal liver function This can even cause jaundice Anyone taking these larger amounts of niacin should only do so under a doctor's direction as important side effects can occur

Because of the volume of mail Dr Lamb cannot answer your letters personally but he will answer representative letters of general interest in his column Write to him in care of this newspaper P O Box 1551 Radio City Station, New York N Y 10019

Today In History

By The Associated Press

Today is Sunday, July 24, the 205th day of 1977 There are 160 days left in the year

Today's highlight in history

On this date in 1704, the British captured Gibraltar from Spain during the War of the Spanish Succession

On this date —

In 1783, the Latin American patriot, Simon Bolivar, was born in Caracas, Venezuela

In 1870, the first railroad car from the Pacific Coast reached New York City

In 1929, President Herbert Hoover proclaimed the Kellogg-Briand pact, which renounced war as an instrument of national policy

In 1946, the United States set off the first underwater test of an atomic bomb off Bikini atoll in the Pacific

In 1959, Vice President Richard M Nixon and Soviet Premier Nikita Khrushchev had a heated debate in a kitchen display at an American exhibition in Moscow

Today's birthdays Former U.S. Food and Drug Administrator Frances Kelsey is 63. Theatrical producer Alexander Cohen is 57

Thought for today: One may live as a conqueror, a king or a magistrate, but he must die as a man — Daniel Webster, American lawyer and statesman, 1782-1852.

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The Prayer For Today From The Upper Room

"If thy law had not been my delight, I should have perished in my affliction." (Psalm 119.92 RSV)

PRAYER We thank You, Christ, that we may participate in Your kingdom in our times and that Your spirit fills us with a vital, warm glow. Amen.