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VIEWPOINT

Geneva takes on a crisis

Sometimes in international affairs, calling a conference is a convenient way of avoiding rather than taking action on a problem.

It is to be hoped that such will not be the case with the gathering United Nations Secretary-General Kurt Waldheim will be convening in Geneva on July 20 to deal with the Indochinese refugee crisis.

As a "humanitarian problem of historic proportions" — the description provided by the recent Tokyo summit of the leaders of the industrial democracies — it is rapidly assuming a magnitude such as the world community has not faced since the genocidal rampaging of the Nazis.

Presumably that experience left the community more alert to its responsibilities in "people" crises. It does not, however, appear to be much better prepared to respond to them What is painfully apparent to date is that the efforts of individual nations and agencies are insufficient to meet a human tragedy of this magnitude.

The United States, which has just doubled the monthly refugee quota to 14,000, already has taken in more than 200,000 France, Canada and Australia have admitted large numbers. And China may have absorbed up to a quarter of a million ethnic Chinese before its brief border war with Vietnam.

But all this is still far short of meeting the need. Many more thousands are pouring out of Vietnam and Cambodia than can be resettled under present programs. Current estimates are that the 300,000 now in temporary camps in neighboring Southeast Asian countries will rise to 700,000 by the year's end.

The reaction of these unwilling hosts — principally Malaysia and Thailand, supported by their allies Indonesia, Singapore and the Philippines — in refusing to accept any additional refugees and suggesting they might evict those presently in camps appears callous. But it may have required something this drastic to force the broader world community into action.

As significant to the outcome as the governments that are being invited to Geneva may be those that are not. The latter group includes Cambodia, which at present is less than a country than a problem itself. Also the Soviet Union, which has disclaimed any responsibility for the behavior of its Vietnamese ally.

That should lessen somewhat the danger that Geneva will degenerate into simply another arena for East-West confrontation.

But Vietnam will be there, plus China, the five Southeast Asian nations that are hurting most and all the democratic powers. The possibilities for a display of polemics rather than progress toward a solution remain immense. Particularly since the conference is booked for only two days. The participants are going to have to exercise a great deal of self-discipline and evidence a real willingness to cooperate to make such a brief session productive of anything other than polemics.

If not, this is one conference that could end up neither avoiding the problem nor taking action on it but making it worse.

Try, try, try again

As world problems go, the Indochinese refugee crisis is relatively new

Elswhere in Asia, an old problem has resurfaced — Korean partition.

One fruit — well, call it a bud — of President Carter's swing through the area in connection with the Tokyo summit is the call for new talks on the peninsula's reunification.

Prospects of progress are believed to have improved of late as a consequence of U.S.-China rapprochement, which has left hardlining North Korea somewhat isolated.

That may well be. Under any circumstances there would appear to be nothing to be lost in resuming discussions. And at least both major parties talk the same language — not only in the linguistic sense but politically.

Both Pyongyang and Seoul know all about authoritarian regimes.

Briefly noted . . .

Contrary to popular wisdom, them that has don't always git — and when they don't, what happens?

A mini-diplomatic incident in this case.

The U.S. gasoline shortage is cramping the driving style of delegations to the United Nations and one of them wants the organization to pressure the United States into coming up with special relief measures for the diplomats and their chauffeurs.

The demand comes from the ambassador of Iraq, third largest OPEC producer and one of the leading price boosters.

There has been no word from official quarters as to how the matter is going to be resolved, but the non-diplomatic American public could probably come up with a quick enough answer:

Get in line.

AS TIME GOES BY

Showers end it

FORTY YEARS AGO
—1939—

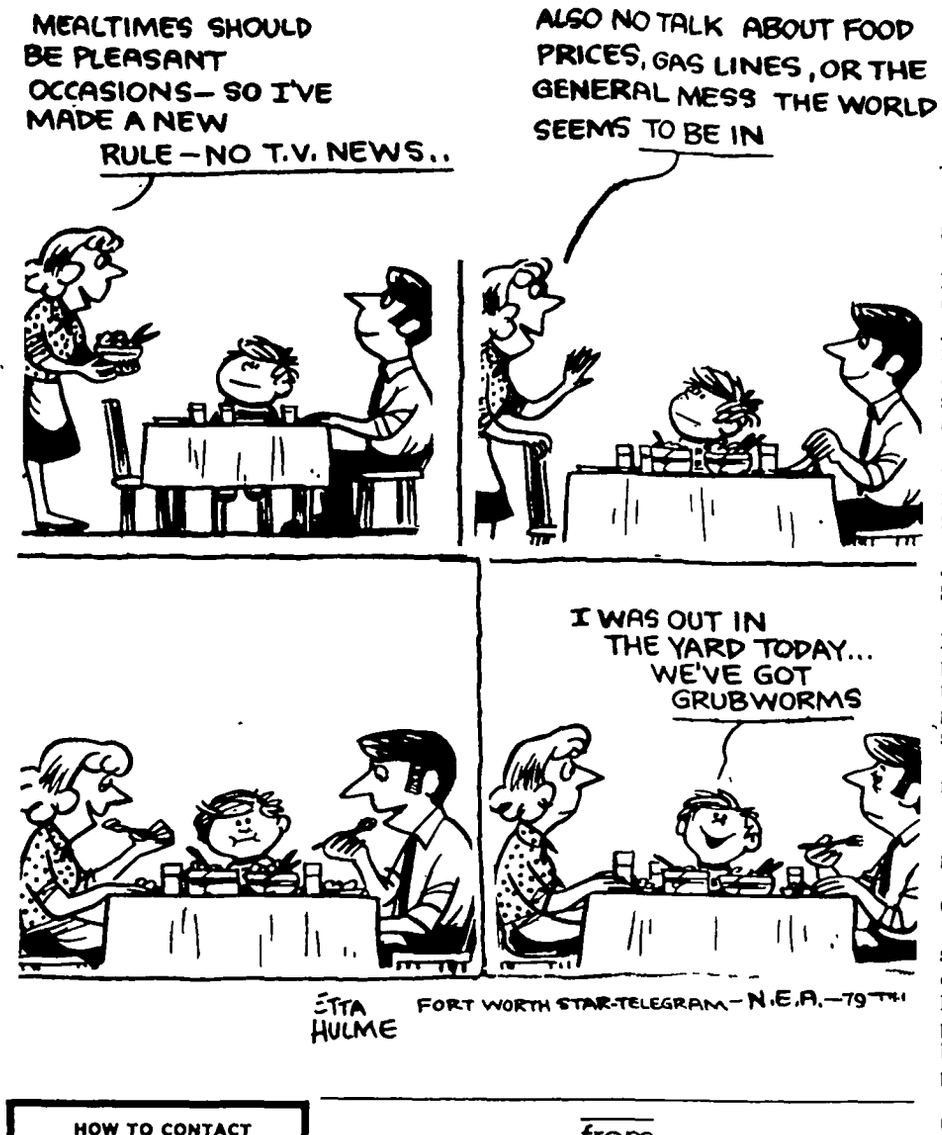
Light showers ended the heat wave which had plagued Otoe county recently...The tomato pack began at the Otoe Food Products plant.. A Burlington, Iowa, youth died after a baseball struck him over the heart during a game.

TWENTY-FIVE YEARS AGO
—1954—

State Sen. Terry Carpenter visited Nebraska City-..Thirty-six young women were competing in the Miss Nebraska City Centennial contest...The temperature hit 104 degrees at Arbor Lodge, according to Park Superintendent Grant McNeel...John Schumacher told Nebraska City Rotarians about his European trip..Clemmy Holmes was named chairman of the caravan committee for the Nebraska City Centennial .Jackie Dale Sharp enlisted in the Air Force.

TEN YEARS AGO
—1969—

Duane Hall was elected president of Nebraska City Federal Savings and Loan Association...The University of Nebraska livestock specialists advised cattle feeders to take precautions due to extremely high temperatures and humidity-...Jack Straw uncovered an eight-inch cannon ball in the Kearney Hill area while bulldozing...The Vestry of St. Mary's Episcopal Church signed a contract for the complete renovation of Sanctuary and Chancel of the building...Mrs Henry Puppe was installed as president of the Lioness Club.



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Today In History

By The Associated Press

Today is Sunday, July 15, the 196th day of 1979 There are 169 days left in the year

On this date in 1945, Italy declared war on Japan, its former Axis partner in World War II

On this date

In 1606, the Dutch artist Rembrandt was born in Leiden.

In 1870, Georgia became the last of the Confederate states to be readmitted to the Union.

In 1789, the Bastille in Paris fell, ending the rule of France's King Louis XVI

In 1918, in World War I, American troops attacked German positions at Chateau-Thierry in France.

In 1958, President Dwight Eisenhower ordered 3,500 Marines to Lebanon during a Middle East crisis.

In 1968, the first direct airline service between the Soviet Union and the United States was opened by the Soviet airline, Aeroflot, and Pan Am.

Ten years ago· In Central American, Honduran and Salvadorean planes and troops were fighting an undeclared war

Five years ago Cypriot troops led by Greek officers overthrew the government of Cyprus, deposing President Makarios.

One year ago: President Carter held a town meeting in West Berlin, answering questions that ranged from the city's security to Carter family matters.

Today's birthdays: Business executive Irving Shapiro is 63 years old. A former United Nations official, Carl von Horn of Sweden, is 76.

Thought for today: Let him that would move the world first move himself — Socrates, Greek philosopher, about 470-399 B-C.

from
Consumer Reports

Check your own pressure

By the Editors
of Consumer Reports

If you're one of the estimated 34 million Americans who have hypertension, your doctor may have advised you to buy a kit that allows you to monitor your blood pressure at home. As potentially complicated as that task may seem, it's actually one that most persons can perform successfully if given proper instructions.

Home monitoring can help your physician check the effectiveness of newly prescribed medications or spot changes in your condition.

All blood pressure devices work on essentially the same principle An inflatable cuff is wrapped around your arm just above the elbow. By squeezing a bulb, you inflate the cuff until its pressure cuts off the flow of blood through your brachial artery — a major vessel that runs down the inner side of your arm.

Then, you slowly let the air out of the cuff by opening a valve near the bulb. As the cuff deflates, the blood begins to flow again.

By listening with a correctly-positioned stethoscope, you can determine the pressure at which the blood starts flowing. That reading is the "systolic" blood pressure. As cuff pressure gradually falls, a point is reached at which the sounds become muffled or inaudible. That's "diastolic" blood pressure

Consumer Reports' engineers tested three different types of home-use kits

The mercury type uses a column of mercury to measure pressure.

The aneroid type, instead of using a liquid column, has a needle that moves around a dial.

The electronic aneroid type features a microphone under the cuff, eliminating the need for a stethoscope

The engineers evaluated blood pressure devices for accuracy and convenience The mercury types were considered likely to remain accurate for the longest period One note of caution: if someone likely to break the tubing on a mercury kit — a child, for example — needs a home blood pressure testing device, then the aneroid kit is preferable

Still, Consumer Reports' engineers found the aneroid types had shortcomings of their own. They may lose accuracy over long periods of use and are likely to lose accuracy when dropped. Moreover, many aneroid kits contain a pin-stop to prevent the needle from falling below zero, which means they can read zero even if they're inaccurate.

To determine whether an aneroid model has a pin-stop, remove the tubing and suck on the connector on the gauge. If the needle doesn't move below zero, it has a pin-stop.

The electronic devices had drawbacks, too They proved to be too sensitive to pick up arterial sounds accurately, and they broke easily when dropped. But they were the most convenient, since no stethoscope was needed.

While advertisements for blood pressure kits suggest that no home should be without one, you don't really need such a device unless your doctor recommends it. If you just want your blood pressure checked for diagnostic purposes — a good idea — have it done by a health professional.

If you do have hypertension, a good blood pressure kit may be a worthwhile investment But, you shouldn't rely on it until a physician or other professional has shown you how to use one and has checked your device for accuracy.

Berry's World



"VERY SORRY! 'Teeing off' of Great Wall is FORBIDDEN."



Ivan D.E. Beaumont — THE BUCK ENDS HERE

Sky is falling?

Skylab—

The coffee drinkers at the Friendship Room at Otoe County National Bank were jolted at the Wednesday morning session when what appeared to be a flash from space interrupted their calm

An object whizzed through the stairwell and bounced, rattled and banged on the floor

"Behold!" exclaimed Dr J H. Wilmes "It's a piece of Skylab."

Ex-Air Force Colonel Ellsworth "Merk" Merkel, president of the bank, looked up from his coffee cup, glanced at the object and said

"Looks like a beer can to me"

It was.

Paul Knoll will probably get the blame.

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Good ole' Dunk—

The American Legion saluted J Ray Duncan the other day when Legion Baseball Coach Carl Abbott presented him with a baseball autographed by the players.

It was an appropriate gift to Dunk He loves his Legion and for all it stands

It was also appropriate that Coach Abbott made the presentation it doesn't seem that long ago that "Abbie" was running bases as a member of the Legion team

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The caps—

Thanks to Keith Krecklow, Beatrice, for the sackful of caps to add to my small collection on top of the shelf in the hall closet.

Keith read an item in this space awhile back about the cap I hornswaggled out of his father-in-law, Bill Whipple of Union

The follow-up was after a meeting of the Advisory Council for senior citizens. Bill and Jewell said they had something for me from their son-in-law

They explained the caps came from a collection of the late Dr R Brown, a prominent Beatrice doctor and longtime friend of Mr Krecklow

Mrs Krecklow, the former Pat Whipple was society editor of the News-Press about 30 years ago. The Krecklows live in Beatrice where he is a realtor.

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Congratulations—

to City Clerk Gladys Wenzel on being awarded the designation of Certified Municipal Clerk, one of 18 in the state Hope-you-keep-busy on your retirement, Clarence Schmadeke, Cass county agent We think your successor is great — John Miyoshi of Nebraska City-

to Greg Mann, son of Dr and Mrs G E Mann for receiving a Regents and the Broady scholarships at the University

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Fair time—

It must be getting fair time Orville Koch, Gary Garey and Elmer Gellerman have been recent or regular visitors at the News-Press.

Elmer is always working on the 100 year farm families, one of the jobs he does so well as the secretary of the county fair President Orville and County Agent Gary have been working with us on the county fair book

The book will be 128 pages There will be 1600 copies of the green-covered books and they will be printed in a few days and distributed

Chuck Johnson, our plant superintendent, has been directing the typesetting and printing and just about everyone in the production department has been helping on it from the darkroom, to proofreading, typesetting, correcting, layout and pasteup to platemaking for the press.

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Back to work—

When they closed Nebraska Outerwear for two weeks, a number of people took vacations, some took voyages

Manager George Scalise vacationed in Hawaii, his son, Robert, went to Spain and office clerk Mrs Carl Reed vacationed in Puerto Rico with her daughter, son-in-law and family, Mr and Mrs Milton Bond Milt is a former circulation manager at the News-Press

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Little Bucks—

The talk is still running heavy that shopping centers will be built on the north and south ends of town So far it's all talk Good luck to the Richard Johnsons on their move to West Point and welcome to the new NCHS guidance director, Dennis Curtis Everyone seems to agree a wider bridge is needed, but there will be some ill feelings if a sincere attempt is not made to SAVE THE OLD BRIDGE if not, consider the possibility of a four-lane Minersville bridge with Henry Schemmel as toll-master Oh my!

News in Brief

DETROIT (AP) — The Ann Arbor school district must recognize the language students speak at home, a federal judge has ruled, in a lawsuit intended to gain academic recognition of "black English"

U S District Judge Charles Joiner said in his ruling that the challenge of teaching reading to those youngsters who use black English is "one of the most important and pervasive problems facing modern urban America"

Joiner's ruling Thursday requires the school district "to take steps to help its teachers to recognize the home language of the student and to use that knowledge in their attempts to teach reading skills in standard English"

JOHANNESBURG, South Africa (AP) — One hundred and 10 pounds of poisonous sodium cyanide — enough to kill 10,000 persons — is missing from a railroad shipment, officials said today

Police were "desperately searching high and low" for the missing consignment, Dr James Gilliland of the Health Department said.

The sodium cyanide arrived last week in the port of Durban, on South Africa's southeastern coast, and was placed in a sealed container for shipment here

LINCOLN, Neb. (AP) — The National Gasohol Commission has asked President Carter to increase efforts to make gasohol production "a new national industry"

In a telegram to the president, the committee said increased gasohol production would help the country cope with the skyrocketing price of imported oil.

SALT LAKE CITY (AP) — Doctors say Lisa, and Elisa Hansen, the Siamese twins who were successfully separated in a 16-hour operation in May, continue to improve and have been moved from the intensive care unit to the pediatrics ward at the University of Utah Medical Center



HEALTH

Lawrence E. Lamb, M.D.

Sleep studies recommended

By Lawrence Lamb, M.D.

DEAR DR LAMB — During the last several months I've experienced a strange feeling while sleeping. I'm awakened in a state of panic fighting for breath. This has happened on more than one occasion in a night and on several different nights I'm in good physical condition I do push ups every day and I walk or jog about three miles daily

I knew a man in his 20s who died with a similar condition He was in the Marine Corps at the time I don't have any nightmares, although I have experienced a cold sweat when I awake I've not been able to relate this sensation to anything I've ever been dreaming Of course, now I think about it before I retire and then I do get concerned.

DEAR READER — You probably will need sleep studies to find out exactly what's going on Such sleep studies would entail recording a brain wave (EEG) during the normal sleep hours

One of the recent discoveries about sleeping is that some people experience sleep apnea, meaning literally they stop breathing during sleep. Your description sounds like that, but, of course, it would have to be documented. People who have been monitored sometimes don't have respirations for as long as three minutes. The lack of oxygen eventually stimulates the brain and there may be a forceful gasp for breath at that point. One patient was studied who had such episodes as often as 400 times a night.

Incidentally, this kind of problem in sleeping is made much worse by taking sleeping pills. Many of these tend to depress the respiration and that's certainly not what you need in this circumstance Check with your doctor and see if he can make an appointment for you at a sleep center in your area. You may have to go to the nearest university for such detailed studies. But in view of the specific nature of your history, I think it might be worth it

I am sending you The Health Letter number 10-6, Sleep and Insomnia, to give you more information about the common problem of sleepless nights. Your problem could be related to something else other than sleep apnea and it's important that you understand that sleeping pills are of little or no value and should never be used except on a temporary basis, even for other forms of insomnia Other readers who want this issue can send 50 cents with a long, stamped, self-addressed envelope for it. Send your request to me, in care of this newspaper, P O Box 1551, Radio City Station, New York, NY 10019

That fact that you're in good health otherwise may have nothing to do with the problem of insomnia, particularly sleep apnea

Many people who think they have insomnia really sleep longer than they think This can be documented by sleep studies. For some reason there is an illusion in time that people experience who tend to wake up during the night. A few minutes of being awake sometimes seems like hours.

As The Health Letter I'm sending you explains, many people with insomnia tend to benefit from changing their life style. That includes eliminating stimulating drinks that contain caffeine, such as coffee, tea and colas, the proper use of exercise and developing proper sleep habits. These measures are often much more beneficial in the long run than sleeping pills.

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The Prayer For Today From The Upper Room

PRAYER: Thank You, Father, for Your concern about every aspect of our life, however, small. Amen.