

Few diseases can strike terror in the hearts of its victims quicker than GENITAL HERPES, a newly rampant viral infection which has become the second most common venereal disease in the United States (gonorrhea is the most common) and is causing great concern among public health authorities.

Genital Herpes is a nightmare that won't go away: It's a venereal disease that can't be cured, that can flare up time and again for many years, that is linked to an increased risk of cancer of the cervix, that causes severe birth defects and that is spreading rapidly in the United States.

A VD expert with the New York City Health Department says "It's the worst sexually transmitted disease for a woman to have in the present state of knowledge."

This writer discussed the disease this week with a VD expert at the Center for Disease Control in Atlanta, hoping to hear some good news to report. In spite of intensive research by VD authorities throughout the country, there is still "no known effective treatment for herpes."

Cancerphobia — the fear of cancer has gripped America with black Americans being no exception. One in four Americans risks contracting cancer, though in 1979, the U.S. was 19th among all nations for cancer as a cause of morbidity. It is likely that in 1980, twenty per cent of all deaths will be due to cancer. In 1950, the incidence of cancer in the black community was two per cent lower than that of the white community. By 1967, the incidence of cancer was eighteen per cent higher than that of the white community. Whether this change is due to previous under-reporting or due to the fact that blacks are usually relegated to the hardest and dirtiest jobs or live nearest factories and polluted neighborhoods, is unclear. What seems apparent is that blacks could improve our survival "if we knew more about the disease, available testing, had regular medical check-ups, recognized warning signs, and knew of the many forms of cancer treatment," per Dr. LaSalle Lefalle, president of the American Cancer Society.

WHAT IS CANCER? Cancer is not one disease but a diverse array of diseases which include leukemia, lymphoma, sarcomas, melanomas and over 300 different types of the disease. A cancer is a tumor or growth which has become malignant or grown rapidly without

### Justice

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exploitation and racism, the basic causes of conflict and disorder in the American criminal justice system."

They hit hard at economic injustice, describing minorities as being the true victims "much more likely than whites to be in the lowest income group, unemployed, ill-housed, and subject to poorer health care."

Their most profound conclusion in my view is that "the demographic conditions which are superficially responsible for high rates of urban crime will not soon disappear. To grasp the implications of the situation, it should be noted that during the Great Depression of the thirties, mass unemployment never exceeded 25 per cent, but the Vice President's Task Force on Youth Employment reported that the unemployment rate for black and Hispanic inner-city teenagers in 1979 was 20.7% for blacks and 37% for Hispanics, and this conditions continues. What is also evident is that perhaps a third of the next generation of minority youth will never enter the labor force. This means a major part of the young, minority urban population will remain in a condition of hopelessness and despair given present rates of unemployment."

"The link between crime and the economic health of this nation, is often-times fraught with ambiguity and incomplete definition. Still it is my view that gainful employment, productive factories, price stability and balanced economic growth are the only forces able to deal a death-blow to crime and all of its spin-offs. Although we shouldn't use their view as an excuse to simply accept flagrant violation of law."

The Advisory Council on Criminal Justice says that we haven't learned this lesson yet.

But its obvious to me that unless we do, we will continue to wring our hands over urban riots, social unrest and all the other manifestations of economic and social deprivation.

We do have a way out of this enigma, but it essentially means ensuring that the economic health of this nation is protected by economic productivity — of the kind that encourages our industries to produce goods, and guarantees our workers the opportunity to work.

### Happiness Through Health

## The Venereal Disease That Can't Be Cured

By Otto McClarrin

The Center for Disease Control, the national federal center, estimates that three to four million Americans have genital herpes, and that there are as many as 500,000 new cases a year. The worst of it is that "every single new case is an addition to the patient pool. No one is ever subtracted. If you find a new case of syphilis or gonorrhea you can also subtract a case, because you can treat those diseases. There is no treatment for herpes," experts say.

The disease is caused by herpes simplex virus. Traditionally, physicians have drawn a distinction between herpes type one, which has been blamed for cold sores,

and herpes type two, which has been blamed for genital herpes. Recent studies indicate that both viruses can cause genital herpes infections.

THE SYMPTOMS OF GENITAL HERPES can vary widely. Some people who become infected can escape almost unharmed. But in many patients, the virus can cause painful clusters of fluid-filled blisters — in the area of the vagina in women, and on the penis in men. And once contracted, genital herpes infection is permanent.

After the first outbreak, the virus retreats into nerve cells and becomes inactive. But new outbreaks can occur

### Spectacles: A Closer Look

## Cancer: What You Don't Know Can Kill You!

Part I

By Ada M. Fisher

seeming control. Benign tumors such as fibroids of the uterus are rarely malignant and do not cause the same type of concerns that malignant tumors do. Cancer remains an elusive disease whose cause still escapes medical knowledge. Pollution, viruses, genetic inheritance, personal habits and lifestyle have all been shown to have an association with the disease.

MYTHS: "The lump will go away if I ignore it." (The lies we tell ourselves to justify not going to the doctor may unnecessarily shorten our life.) "It's true that there are some forms of cancer which medicine can do nothing about; however, there are others for which the treatments available do work. The number of successes daily exceeds the failures." "If they find out I have cancer, they will cut me and the air will cause the tumor to spread!" (said in desperation). Surgery is not always the first or best line of therapy though a non-major procedure, such as a biopsy, is often necessary to get a tissue diagnosis which should help identify what kind of cancer it is and may assist in determining the extent of spread of the cancer. If you have one of the seven warning signs of cancer, do not hesitate, see your family doctor. "If I get cancer, it was because the Lord is punishing me." Too many people sit and suffer until the grip of pain is overwhelming or the spread of the disease is rampant and beyond treatment. Unfortunately, they feel that they must go through this experience because of some sin or wrong which they have committed. Nowhere is this written. To blame the Lord seems to miss the point that help is available if we would but avail ourselves of it. "If I associate with someone with

cancer, I'll catch it." No matter what the etiologies for cancer ultimately prove to be; whether we develop cancer will probably rest on a combination of susceptibility, exposure, and genetics. It is unlikely that if you're healthy you'll catch cancer from anyone. Do not abandon friends or family members with cancer when they need your support most. The myths go on but the realities of cancer in our lives are real. Cancer is a disease which strikes fear in our hearts and minds; however, it is not a disease which finds us helpless in our battle against it. Our environment, workplace, and personal lifestyles are but a few places that can be looked at to stem the tide of cancer spread.

LIFESTYLE: Early sexual intercourse (especially noted with the rise in teenage pregnancies) and multiple sexual partners are of some concern to the medical profession as both correlate with the development of cervical cancer. Evidence further suggests that diet can affect one's risk of cancer. The Seventh Day Adventists (who are vegetarians) and Humaas, both of whom are non-red meat eaters, have a low to non-existent level of cancer. The Mormons who use no alcohol, tobacco or caffeine also have a low risk for the development of cancer. Excess alcohol consumption has been related to oral (mouth), esophageal (throat) and probably liver cancers. High fat diets are suspected as a factor in breast and colon (large bowel) cancer. Statistics point to obesity as a correlate in breast, uterine, and other cancers. Yearly, over 100,000 cases of lung cancer are identified with eighty per cent being related to smoking and the use of tobacco products.

How many Love Canals will it take before we all

at any time. They can be triggered by any number of conditions — an emotional upset, fever, sexual intercourse, even tight undergarments, some women have an outbreak every menstrual period.

And the experts say there isn't much they can do about those outbreaks. Any number of drugs have been tried and have given promising early results. None has proved to be of lasting value.

"There are almost monthly calms about effective drugs," said Dr. Paul J. Wiesner, director of VD control at the Center for Disease Control. "Careful studies have found that when these medications are compared to placebo treatment, which consists of washing to affected area very carefully and drying it thoroughly, placebo has done better."

That is why experts such as Wiesner are cautious in their assessment of a recent report by physicians at the University of Pennsylvania about the successful use of an anti-viral compound called 2-deoxy-D-glucose against genital herpes. They hope that the drug is effective, but there have been many previous hopes that have been disappointing. Future studies will tell the story.

realize that in our urgency for technological progress through chemistry, we have created chemical waste and toxins whose effects await future generations to be seen? Must we have another "Three Mile Island" type catastrophe before we realize that even if the level of radiation is minute, what effect it will have on our children or it will show up on us may take twenty years to develop? Children who had their feet x-rayed years ago for shoes, or tonsils irradiated for pharyngitis are all showing a higher incidence of cancer than would normally be expected. There is no question that exposure to carcinogens such as radiation and polyvinylchlorides, etc. can increase one's risk of developing cancer. It is clear that much of cancer might be prevented by a change in our lifestyles and some demands for environmental and occupational safety. Next time a politician yells less regulations; remember, regulations do not kill, but a lack of occupational safety and control of environmental hazards can!

Though none of us would want it or wish it upon our worst enemies, Cancer in many ways can be a kind disease. Too many of us go through life thinking we have all the time in the world to make good on our promises. We defer until tomorrow what we could best do today. Cancer patients realize all too soon, the finiteness of life. They know that their tomorrows are limited and that they must make the most of today. Unlike the sudden death from a heart attack, very few patients with cancer will die immediately. Cancer patients have time to live and do the things they want to do; to put their affairs in order; to enjoy much of life; and to live in exciting scientific times when the possibility of a new successful treatment or cure for their disease may be found.

Black people wake up! Don't sit home festering or worrying about whether or not you have cancer. Seek medical care from your doctor. Remember, the life you save may be your own.

(Next column, Part II-Cancer Therapy: Hope Abounds)

### Unusual And Practical Christmas Gifts

Wouldn't it be nice to find Christmas gifts for the whole family that are guaranteed not to get lost in the shuffle of scarves, sweaters and perfume? Finding interesting, practical gifts is not as challenging as one may think according to Mike Narcavage, consumer product manager for Skill Corporation. He says a portable power tool is often an overlooked gift, but one that can be enjoyed by every member of the family for several years.



Available from as little as \$12.00, power tools are becoming popular with people of all ages—more and more women are tackling projects traditionally handled by men, children are learning craftsmanship at earlier ages, and many couples are remodeling their dwellings with the help of power tools.

Selecting the right tool for the right person is not difficult and your local hardware salesperson can provide helpful suggestions.

Here are some tools that would be welcome by people on your gift list:

**CORDESS DRILLS**—A cordless drill is a handy tool for handling many household chores and projects without worrying about extension cords or the availability of electrical outlets. Available in a variety of prices, shoppers should match the drill to the person. Beginners will enjoy a lightweight drill that operates at both 100 and 300 RPM, features forward and reverse and recharges in less than three hours. And, saws are ideal for heavier cutting. For outdoor jobs, such as will desire a drill that has cutting wood and pruning these features, variable speed trees, chain saws are a well-trigger control that operates

up to 750 RPM and recharges in just one hour.

**SANDERS**—Anyone who has ever used sandpaper and a lot of elbow grease to finish furniture or remove rust, varnish and paint will appreciate an electric sander. Beginners will find that an orbital sander which operates up to 10,000 orbits per minute will probably meet their needs. However, a new belt sander has been introduced which is tough enough to tackle difficult jobs but lightweight enough to be used by beginners as well as accomplished tradesmen. Ask your hardware salesperson to see the new belt sander for consumers.

**ELECTRIC SAWS**—There are a variety of saws to match every job. Beginners will find a jig saw or sabre saw adequate for hand-dling basic household chores and reverse and recharges in less than three hours. And, saws are ideal for heavier cutting. For outdoor jobs, such as will desire a drill that has cutting wood and pruning these features, variable speed trees, chain saws are a well-trigger control that operates

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