

Examines Feasibility of Census Adjustment

When the 1980 census is finally adjusted, it still will not be correct, says Bruce Spencer, assistant professor of Education at Northwestern University.

Census Bureau conference last February, he gave a talk on equity considerations for adjusting the census.

Drivers, Be Cautious of The Sleeping Pill Dalmane

Regular bedtime users of Dalmane, the nation's most popular prescription sleeping pill, can impair a person's driving ability the next morning worse than three shots of whiskey for breakfast, new studies report.

England Journal of Medicine by researchers from the National Academy of Science's Institute of Medicine and the National Institute of Mental Health.

Dalmane builds up in the bloodstream steadily day by day but so subtly that a person may not realize it has eroded his coordination, according to new evidence.

Dr. Fredric Solomon of the Institute of Medicine told news reporters that the accumulated evidence warranted an immediate change in prescribing information distributed by the manufacturer.

The findings are potentially significant for Dalmane users who drive or operate machinery or who drink alcohol long after they think sleeping pills have worn off.

Most sleep researchers believe Dalmane and other sleeping pills should be used no more than a few days at a time in a crisis, such as the death of a relative.

More than a million prescriptions are written every month for Dalmane, more than all other sleeping pills combined. Drug-industry figures show the average prescription last year was 31 pills.

"I don't think Dalmane should be taken off the market, but if used properly, there would be a 90% or more reduction in the use of it," said Dr. Sidney Wolfe of the Ralph Nader Health Research Group, a persistent critic of the drug industry.

Dalmane is promoted as the only sleeping pill effective for more than one or two weeks—partly because it stays in the bloodstream for four or more days.

Dr. Solomon of the Institute of Medicine said he was particularly disturbed at the implications of a new British study. Twelve insomniacs who took Dalmane for three weeks grew progressively worse in their performance as a coordination test.

The research has touched off a debate about what warnings should be issued. Some authorities ask that the standard recommended dosage be cut in half and that, because of alcohol's effect in combination with the drug, patients be advised to abstain from drinking as long as they are taking Dalmane.

"Although they were aware in the first week that they weren't doing well, by the third week they said they were doing OK; yet their actual performance was worse," Solomon said. Some of the research findings are unclear, and many scientists believe Dalmane remains safer than barbituates, which linger less in the bloodstream but are more addictive.

The same researchers are questioning how effectively the Food and Drug Administration (FDA) monitors the hazards of drugs already on the market. The FDA now requires no warning about the daytime effects of Dalmane, although evidence has been accumulating since 1973.

"All the relevant research today suggest there is a problem, but we don't know its magnitude enough to take intelligent action," said Dr. Markku Linnoila, a psychiatrist and pharmacologist at Duke University who conducted the study comparing Dalmane coordination problems with alcohol.

One study found that volunteers who took Dalmane seven nights in a row performed worse in a coordination test on the eighth morning than volunteers who drank three ounces of whiskey just before the test.

Stop Costly Energy Leaks

According to the United States Bureau of Labor Statistics, gas and electric rates have increased 79.9% nationally since October of 1974. Fuel oil rates are up 121% over this same period nationally.

- Openings between window frames, door frames and jams.
- Under and on top of loose siding.
- Between corner joints and flashing.

New home buyers may soon find that their ability to pay fuel bills will be taken into consideration when mortgage lenders evaluate loan applications.

Insulate and seal these openings and make your home draft free.

In research made public by the Dow Chemical Company, these were the approximate areas of heat loss in a modern two-story home: air infiltration through cracks in walls, windows and doors, 38%, 5% through ceiling, 17% through frame walls, 1% through basement floors, 20% through basement walls, 16% through windows, and 3% through doors.

There are products available on the market that are unlike caulking materials or other sealants which are solid, heavy and non-insulating. These new products are aerosol dispensed foams which expand to form an outer skin. Closed air cells provide the most effective barrier available against air infiltration.

Air Infiltration by All Standards Measured is a Major Source of Energy Loss: Studies completed indicate that air infiltration is the major source of energy loss in all residential construction. Even homes properly insulated in attic and wall areas can suffer considerable energy losses from drafts.

The foam insulation material can be forced into all cavities to thoroughly seal and insulate. The foam expands for a period of three hours sealing all cracks where air can enter.

- Between baseboards, concrete slabs, or basement walls.
- Between eaves, sheathing boards, sills, corners and seams.
- Around vents, chimneys, and under thresholds.
- Around utility line openings and air conditioner lines.
- Between pipes and electrical "feed-throughs" in walls.
- Around electrical outlets, switches, and under exhaust ducts.
- Around hose bibs and other pipe and plumbing fixtures where they penetrate walls.

One product that is available currently is Touch 'N Foam Instant Insulation. One 14-oz. can delivers three gallons of cured insulating foam, more sealing value than 30 tubes of caulk. It is ready to use and requires no caulking gun. The unique dispenser delivers foam insulation with the touch of a finger. The extension adapter allows applications in areas that can't be reached with other sealants.

allocations are targeted to local and state governments rather than to population sub-groups, such as blacks or hispanics. Any undercount corrections must be applied to statistics for individual cities, where undercount evidence is tenuous. Therefore, corrections will be highly inaccurate," Spencer said.

of the census for allocation purposes is possible, but it will take several years to work reasonably accurate adjustment figures. It's a question of time," Spencer said.

Because of the suspected undercount, many cities, including Chicago, are protesting the latest census figures. These cities feel they are being shortchanged by the government, losing not only money but also political representation. Detroit has taken the Census Bureau to court and the bureau is now appealing the court's ruling to adjust mathematically census figures to correct the undercount, Spencer said.

And time is something the Census Bureau doesn't have. The Detroit courts have set a time limit for the bureau to come up with a solution, but the bureau is appealing the case.

In the past, the census Bureau has taken several steps to evaluate the completeness of the Census. Post-enumeration surveys have resampled the population to estimate the proportion missed. Also by using demographic analysis, the bureau goes back to birth data and, accounting for mortality and migration, estimates the population.

By increasing the population counts for the races in accordance with the estimated undercounted rates, the census could be "synthetically" adjusted, Spencer said. But a synthetic adjustment would not account for regional differences between cities. For example, the actual undercount rates for inner-city

estimates from the post-enumeration surveys and were officially preferred. They indicated that undercount rates for blacks were four times more severe than for whites, Spencer said.

In 1970, demographic estimates of the undercount were higher than

Chicago blacks will differ from the rate for blacks in Wilmette, but a broad adjustment would not note that difference, Spencer said.

Because of time pressures, Spencer feels the Census Bureau will use a synthetic method if forced to adjust for the undercount.

The adjustment factors will be hard to derive because demographic methods for estimating the undercount are not as useful as they had been in the past. Previously demographic estimates had been higher than the census count and the difference was used to estimate the undercount. But in 1980, demographic estimates are lower than the national count, possibly because because demographic estimates did not pick up illegal migration to the extent that the Census

Wrap Water Heater, Cut Heating Costs

If your water heater is located in an unheated area, chances are good that you can cut your energy bill by wrapping it with extra insulation, suggest North Carolina State University agricultural extension housing specialists.

may interfere with the draft of the heater's flue. Putting insulation on the bottom will cut off air to the flame. Insulate the sides only.

If you have a 66-gallon electric water heater, for example, and decide to wrap it with a blanket of insulation that has an insulation factor of R-11, you stand to save about 450 kilowatt hours of electricity a year.

In addition, check the heat setting on your hot water heater. If you have an automatic dishwasher, set the thermostat on your water heater at 140 degrees. If you don't have an automatic dishwasher, set your water heater thermostat at 120 degrees.

If the electricity costs 3 1/2¢ a kilowatt hour, your annual savings would be \$15.75.

You may also save energy dollars by insulating all your hot water pipes.

If you use a water heater insulating kit, you would probably save 350 kilowatt hours of electricity a year or \$12.25. The R value of blanket insulation sold in kit form is normally less than 11, which accounts for the difference in money saved.

Placing insulation on the top



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