

Americans are being bombarded daily with radiation given off by power lines, radio and microwave transmitters, even home appliances, and research indicates it may be extremely hazardous to their health.

Science writer Lowell Ponte writes in the January Reader's Digest: "At issue is electromagnetic pollution—'electric smog'—the unseen energy waves that spread outward like ripples in a pond around every electrical device we use. And we use many. The United States is wired with a half a million miles of high-voltage power lines. For communications we depend on 250,000 microwave relay links...nine million broadcasting transmitters and microwave relay stations, and thirty million CB radios flood our airwaves." The list goes on, and it is long.

The Soviet Union and its Eastern European satellites have conducted extensive research on the effects of electric smog. Their findings: "Electromagnetic fields may cause of host of health problems, including hypertension, heart attacks, headaches, sexual dysfunction, drowsiness, nervous exhaustion and blood disorder," Ponte writes.

Whether they knew of these effects at the time or not, the Soviets for fourteen years bombarded the U.S. Embassy in Moscow with radar-like microwaves. Though the practice has since been stopped, former embassy personnel "exhibit a higher rate of cancer than the American average, and two U.S. ambassadors in Moscow subjected to this microwave radiation have died of cancer," Ponte continues.

Further, medical researchers at the University of Colorado have discovered that the death rate for certain cancers, leukemia among them, is higher than average in homes within 130 feet of high-current power lines. This may be attributed to the fact that electric smog interrupts the body's biological rhythms, putting a greater stress on the body and making it less resistant to disease.

The Soviet Union, as a result of its research, has imposed strict limits on the amount and duration of microwave emissions a person may absorb. The U.S., in contrast, has no legal restrictions for electromagnetic radiation exposure, and its formal guidelines are vastly looser than those of the U.S.S.R. (the Soviet criterion is 1000 times tougher for workers, 10,000 times tougher for civilians).

Ponte notes that Representative Elizabeth Holtzman (D., N.Y.) has already asked the White House to consolidate authority over electromagnetic radiation.

Other procedures to help protect people from overdose of radiation would include independent, objective research on the problem, legal safe standards for exposure and shielding of high-voltage lines by putting them underground.

Keeping an open mind to new cooking ideas is important in households of just one or two people. The tendency is to do the same thing over and over again. Yet many time and energy-saving aids are available. One of the super convenient foods that can be used to create a delicious specialty of the house is Campbell's Soup for One. These eight rich and delicious semi-condensed soups have distinctive flavor as soups, and are great to use as ingredients in making sauces and delectable main dishes. With Savory Cream of Mushroom Soup for One, for

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