

FLURRIES

Little temperature change.
High 23-27; Low 8-12.

Map and Details on Page 3-A

HOURLY TEMPERATURES

3 p.m. 23	7 p.m. 22	11 p.m. 14
4 p.m. 23	8 p.m. 20	12 mid. 16
5 p.m. 23	9 p.m. 18	1 a.m. 15
6 p.m. 23	10 p.m. 17	2 a.m. 15

The Detroit Free Press

Sunday, January 12, 1964

On Guard for 132 Years

Vol. 133—No. 253

METRO
FINAL

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'REMEDIES' FOR HEALTH MENACE PROMISED

U.S. Report Indicts Cigarets

BY JEAN PEARSON

Free Press Science Writer

WASHINGTON—Cigaret smoking is a serious—sometimes deadly—health hazard, and the United States Government will work quickly to come up with "remedial measures."

Also, cigaret smoking is a cause of lung cancer, which killed 41,000 Americans in 1962, and several other diseases.

That was the burden of a dramatic report to the world Saturday on the results of a 14-month study by a blue-ribbon panel of medical experts.

The "remedial measures" were not spelled out, but there were hints that they could include labeling of cigaret packages to warn of the contents' health hazard, control of cigaret advertising and



Miss Pearson

hard-hitting educational campaigns aimed at the smoking public and the medical profession.

The 10-member Advisory Committee on Smoking and Health reported to the United States Surgeon General—and the world—that:

"Cigaret smoking is causally related to lung cancer in men; the magnitude of the effect of the cigaret smoking far outweighs all other factors. The data for women, though less extensive, point in the same direction.

"Cigaret smoking contributes substantially to mortality from certain specific diseases and to the overall death rate."

Surgeon General Luther L. Terry said he would "move promptly to determine what remedial health measures the Public Health Service should take" and said Health-Education-Welfare (HEW) Secretary Anthony J. Celebrezze "has asked me to analyze the report and make recommendations to him."

Dr. Terry said HEW "considers this matter of such



How Detroiters reacted to U.S. report on smoking.
Page 10A.

A 'smoker's personality.' Page 8A

significance that there will be no foot-dragging" in coming up with action.

* * *

HE REVEALED that studies already are under way in some units of the Public Health Service to determine specific recommendations.

He outlined such things as package labeling, advertising control and an educational campaign as possibilities but emphasized he was "not endorsing any of these steps at the moment."

Dr. Terry said the conclusions of the 10-member advisory committee were unanimous.

He said he was so impressed by the 450-page report that, if he were in private practice, he would recommend to his patients that they stop smoking.

If, in that situation, anyone decided to continue smoking, "he should do it with a recognition that he is subjecting himself to a definite health risk," Dr. Terry said.

The massive cigaret study involved evaluation by the blue-ribbon committee of more than 8,000 studies of the effect of smoking on health.

While the committee undertook no new research, it weighed virtually all existing and continuing studies to reach its conclusions that showed:

- Cigaret smoking far outweighs all other causes of lung cancer and cancer of the larynx—in men and perhaps in women.
- The more you smoke the more you risk early death.
- Cigaret smoking is a significant cause of lung cancer,

Turn to Page 6A, Column 2

FEELS HE CAN WIN

Mayor's Eye On Lansing

BY FRANK BECKMAN

Free Press Staff Writer

There's a 50-50 chance that Mayor Cavanagh will seek the Democratic nomination for governor this year.

He's been thinking about it, just about every day and night. A lot of people are telling him to saddle up his horse and start charging.

And, about as important as anything, he reportedly thinks he stands a good chance to win in a Democratic primary in August and against Gov. Romney in November.

At this point, even Cavanagh doesn't know whether he will run. When the question is put to him, he is just vague enough



One Finding: Cancer Peril Vastly Higher

WASHINGTON—(P)—Highlights of the report to the surgeon general of the United States by his advisory committee on smoking and health:

Cigaret smoking is a health hazard of sufficient importance in the United States to warrant appropriate remedial action.

The death rate for smokers of cigarettes only who entered into the seven studies, is about 70 per cent higher than that for nonsmokers. The death rates increase with the amount smoked. For groups of men smoking less than 10, 10-19, 20-39, and 40 cigarettes and over per day, respectively, the death rates are about 40 per cent, 70 per cent, 90 per cent, and 120 per cent higher than for

5 Smokers Members of The Panel

The 10-member committee which reported to the Surgeon General on the effects of smoking was made up of nationally recognized researchers. Five of them smoke. Five do not. They are:

THE SMOKERS

Dr. Louis Frederick Fieser (pronounced Feezer)—A cigarette smoker who recently switched to a pipe, Dr. Fieser, 64, is a professor of organic chemistry at Harvard. He holds numerous medical and research awards including the Katherine Berkhan Judd Prize for Cancer Research.

Dr. M. H. Seevers—A cigar smoker, Dr. Seevers, 62, is a member of the World Health Organization's advisory panel on drugs. He heads the University of Michigan's Department of Pharmacology. He is a consultant to the Research and Development Board of the Defense Department. He holds Japan's Order of the Rising Sun for his work on international health.

Dr. Leonard M. Schuman—A cigarette smoker who switched to cigars, Dr. Schuman served on a Federal advisory committee which evaluated the Salk polio vaccine. He is a professor of epidemiology at the University of Minnesota.

Dr. Charles Aubrey Le Maistre—A pipe smoker, Dr. Le Maistre is a medical director of the chest division of Woodlawn Hospital in Dallas, Tex. He is a professor of internal medicine at the University of Texas and has written 22 articles and books.

William G. Cochran—A confirmed cigarette smoker, Cochran is a professor of statistics at Harvard. He planned and carried out the committee's statistical program. He is a consultant to the U.S. Public Health Service and the American Leprosy Foundation.

THE NON-SMOKERS

Dr. Jacob Furth—A professor of pathology at Columbia University, Dr. Furth, 67, came to this country from his native Hungary to teach at the University of Pennsylvania. He has been active in cancer research.

Dr. John Bamber Hickam—Decorated for his services to the U.S. Air Force in aeromedicine, Dr. Hickam, 49, is chairman of the Department of Medicine at Indiana University. A Harvard honors graduate, he has written 64 scientific papers.



AP Photo

THE MEN BEHIND the big U.S. report on smoking are: Dr. James Hundley (left at head of table), assistant U.S. surgeon general and chairman of the group; then, from left, Dr. Maurice Harrison Seevers, University of Michigan; Dr. Walter J. Burdette, University of Utah; Dr. John Bamber Hickam, Indiana University; Dr. Emmanuel Farber, University of Pittsburgh; Dr.

Stanhope Baynes-Jones; Dr. Eugene H. Guthrie, staff director of the panel; Dr. Leonard M. Schuman, University of Minnesota; Dr. Charles LeMaistre, University of Texas; William G. Cochran, professor at Harvard; Dr. Louis Fieser, Harvard professor, and Dr. Jacob Furth, of Columbia University.

U.S. Links Cigaretts, Cancer

• Continued from Page One •

chronic bronchitis, and cancer of the larynx, or voice box.

The committee said cigarette smoking "does not appear to cause asthma." And it added: "Although death certification shows that cigarette smokers have a moderately increased risk of death from influenza and pneumonia, an association of cigarette smoking and infectious diseases is not otherwise substantiated."

Tobacco Industry Backs Research Call

The report deals a severe blow to the rear-guard action fought in recent years by the \$8-billion-a-year tobacco industry.

"This report is not the final chapter," a tobacco industry group, the Tobacco Institute, Inc., said in a statement late Saturday. The group noted that Terry said "there is a great deal yet to be known on the subject."

George V. Allen, president of the Tobacco Institute, said he endorsed "wholeheartedly and without any reservation," Terry's call "not for less but for more research."

"The tobacco industry, which is already supporting a considerable body of health research, stands ready to increase that support and also to co-operate with the government and with other groups on any projects which offer possibilities for filling the gaps in knowledge which still exist in this broad field of scientific concern," Allen said.

other forms has gone down. Per capita consumption of cigars declined from 117 in 1920 to 55 in 1962.

Consumption of pipe tobacco, which reached a peak of 2½ lbs. per person in 1910, fell to a little more than half a pound per person in 1962. Use of chewing tobacco has declined from about four pounds per person in 1900 to half a pound in 1962.

As regards other diseases, the box score of the report ran this way:

1—Cancer of the esophagus. There is evidence of an association with smoking, but cause and effect have not been decided on the basis of present evidence.

2—Cancer of the urinary bladder. An association with cigarette smoking but not enough evidence to establish a cause and effect link.

3—Stomach cancer. No relationship established.

4—Peptic ulcer (including ulcers of the stomach and of the duodenum which links the stomach with the intestines). An association with cigarette smoking but no cause and effect yet established.

5—Amblyopia, dimness of vision unexplained by any bodily defect. An apparent relationship between this ailment and pipe and cigar smoking—but no cause-and-effect link yet made.

6—Cirrhosis of the liver. There is increased mortality from this among smokers, but the evidence is not sufficient to establish the cause and effect link.

7—Infant birth weight. Women who smoke cigarettes during pregnancy tend to have babies of lower than usual birth weight.



Dr. Luther Terry

higher for cigarette smokers than for non-smokers, the report said.

The role of smoking as a cause of the disease, it added, "is not proven." However, it said, the committee considers it "prudent" from the public health viewpoint to assume such a casual relationship rather than wait until it has been established without doubt.

The report was prepared on the initiative of the late President Kennedy to help the Government decide what to do about the smoking problem. Its work began in the summer of 1962.

THE COMMITTEE could find no evidence that nicotine plays an important role in causing disease.

Rather it pointed an accusing finger at the components of tobacco smoke that have been found to produce cancer in animals. These are a series of compounds known as polycyclic aromatic hydrocarbons.

who smoke two packs or more a day.

Women cigarette smokers generally show the same changes but compared to men they have fewer of the atypical cells in their throats and bronchial tubes for a given amount of smoking.

Older males who smoke show more of the atypical cells than younger males and men who smoke pipes or cigars have more changes than nonsmokers.

'Teens Smoke For Social Reasons'

The report said those who begin smoking during their teens have a "substantially higher death rate" in middle life than those who wait until after 25.

In general, the earlier a person begins smoking, the longer he stays at it. And the greater number of cigarettes he smokes daily, the higher the death rate.

Quitting smoking, even in middle age, improve chances of survival by a marked degree.

Speaking on the subject of "the tobacco habit and nicotine" the panel reported:

"Social stimulation appears to play a major role in a young person's early and first experiments with smoking. No scientific evidence supports the popular hypothesis that smoking among adolescents is an expression of rebellion against authority."

Scientifically speaking, the "dependence" which a person develops on cigarettes, pipes or cigars is a habit rather than a true addiction. "But this statement carries with it no implication that the habit may be

Cigaret Ban Ruled Out; U.S. Hoping To Educate Public

WASHINGTON — (UPI) — The "appropriate remedial actions" the government might take against smoking lie largely in the area of education and research.

This will be spelled out later by Surgeon General Luther L. Terry. But no responsible leader in the campaign against smoking has given serious thought to abolition of smoking by Federal decree.

The difficulties that followed the government's attempt to enforce prohibition under the 18th Amendment has convinced almost everyone that the decision to smoke or not is a personal one.

But the opponents of tobacco believe the public could be given more information on which to base its choice and that research could be conducted to make smoking less dangerous for those who cannot or will not quit.

Senator Maurine B. Neuberger (D., Ore.), one of the leading campaigners against smoking, already has announced she plans to introduce two bills aimed in this direction.

One would give the Federal Trade Commission power to regulate cigarette advertising and labeling. The other would provide for additional Federal funds for education and research on smoking.

In her recent book, "Smoke Screen," Mrs. Neuberger proposed that such additional Federal funds might be raised by increasing the amount of taxes on cigarettes.

But there is a lot that can be done without new legislation.

For example, the FTC noted that it already has been looking at cigarette advertising under its powers to prevent unfair or deceptive labeling and advertising.

"Advertising for tobacco products has been and is being carefully monitored and considered," the FTC said.

"In addition, the tobacco companies were requested recently to submit all of their current labeling and advertising. A staff task force composed of attorneys, physicians and economists has been engaged in a study of these materials."

"The commission will move promptly within the scope of its statutory jurisdiction and responsibilities to determine the remedial action which it should take in the public interest."

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The stamps were issued last year when Togolese President Olympio visited Washington.

Due to the limited remaining quantities of this issue, we can offer the available stocks of sets on a first come, first served basis.

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Interested collectors may obtain the complete set of 6 stamps by sending \$2.00 to ELMONT STAMP CO., QUEENS VILLAGE 29, N.Y.

Also available in very limited quantity is a large souvenir sheet measuring 3x4 inches. This large souvenir sheet is similar in design but with the flags of both nations in full color, plus fine line drawings of the White House and Presidential Palace. These, too, will be offered on a first come, first served basis at \$2.50 per sheet.

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U.S. Air Force in aeromedicine, Dr. Hickam, 49, is chairman of the Department of Medicine at Indiana University. A Harvard honors graduate, he has written 64 scientific papers.

Dr. Stanhope Bayne-Jones—The oldest member of the committee at 75, Dr. Bayne-Jones is a much-decorated Marine veteran of World War I. His medical awards include the Bruce Medal for Preventive Medicine from the American College of Physicians.

Dr. Walter J. Burdette—Head of the department of surgery at the University of Utah, Dr. Burdette is the first foreigner to perform heart surgery in Russia. He is chairman of the research council of the American Cancer Society and a member of the National Advisory Cancer Council.

Dr. Emmanuel Farber—Chairman of the department of Pathology at the University of Pittsburgh, Dr. Farber has served as a professor of pathology and biochemistry at Tulane University.

Smoking Report Yours for \$1.25

Copies of "Smoking and Health," the 450-page report made public Saturday on the effects of cigaret smoking, may be obtained by sending a check or money order for \$1.25 to Superintendent of Documents, U.S. Government Printing Office, Washington, D.C., 20402. Ask for "Public Health Service Publication No. 1103, Smoking and Health." Do not send stamps or cash.

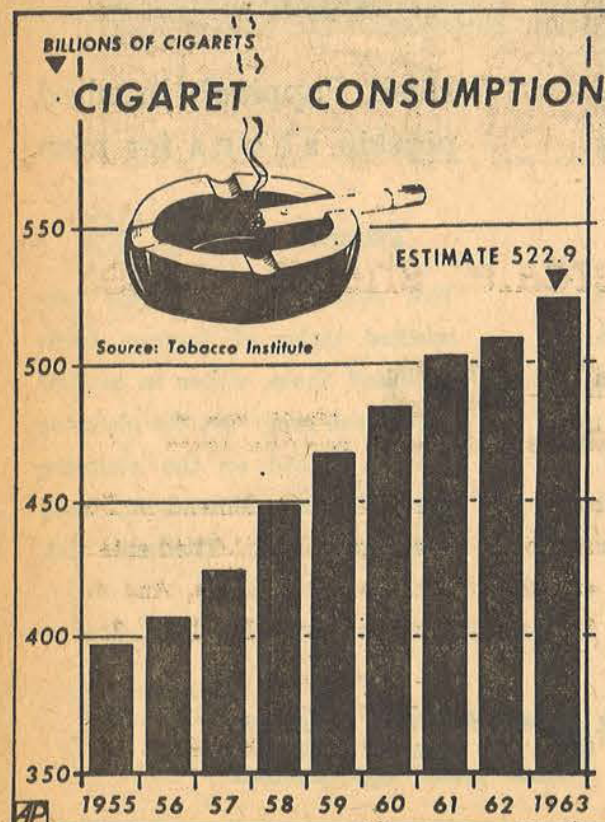


CHART SHOWS yearly increase in use of cigarettes by Americans since 1955.

to co-operate with the government and with other groups on any projects which offer possibilities for filling the gaps in knowledge which still exist in this broad field of scientific concern," Allen said.

Surgeon General Terry said copies of the report are being sent to members of Congress "and to the heads of other Federal agencies who have an interest in the findings and conclusions."

He added that copies are also being mailed to the governors of the states, the state health offices, youth agencies, voluntary health agencies, representatives of industry and labor, and others concerned.

And within the next few weeks, he said, the report will be sent to every physician and osteopath in the country.

70 Million Smokers Have a Decision

Nearly 70 million people in the United States consume tobacco regularly. Cigaret consumption in the United States has increased markedly since the turn of the century, when per capita consumption was less than 50 cigarettes a year.

Since 1910, when cigaret consumption per person (15 years and older) was 138, it rose to 1,365 in 1930, and to a peak of 3,986 in 1961.

The 1955 population survey showed that 68 per cent of the male population and 32.4 per cent of the female population 18 years of age and over were regular smokers of cigarettes.

In contrast with this sharp increase in cigaret smoking, per capita use of tobacco in

the U.S. has declined. The evidence is not sufficient to establish the cause and effect link.

7—Infant birth weight. Women who smoke cigarettes during pregnancy tend to have babies of lower than usual birth weight. But information is lacking on the mechanism by which this decrease in birth rate is produced.

LUNG CANCER deaths, less than 3,000 in 1930, increased to 18,000 in 1950, and to 41,000 in 1962. This extraordinary rise has not been recorded for cancer of any other site, the report said.

Deaths from arteriosclerotic, coronary, and degenerative heart disease rose from 273,000 in 1940, to 396,000 in 1950, and to 578,000 in 1962.

Reported deaths from chronic bronchitis and emphysema, a lung disease, rose from 2,300 in 1945 to 15,000 in 1962.

The conclusions of the committee rested heavily on seven "prospective" studies carried out since 1951, involving 1,123,000 men. A prospective study is one in which individuals are picked at random and observed, usually until death. In this case the deaths of 37,391 participants had been recorded and analyzed.

THE COMMITTEE combined the results of the seven studies and found that the death rate per thousand from all causes was 70 per cent higher for cigaret smokers than for non-smokers.

The mortality ratio measures the relative death rates of smokers and nonsmokers. If the age-adjusted death rates are the same, the mortality ratio will be 1.0; if the death rates of smokers are double those of nonsmokers, the mortality ratio will be 2.0. Expressed as a percentage, this example would be equivalent to a 100 per cent increase.

As in earlier studies, factors such as the number of cigarettes smoked daily and the age at which smoking began had an important effect on the death rates.

Withdrawal Pills Called Ineffective

Death certificates were obtained for those who died since entering the studies, permitting total death rates and death rates by cause to be computed for smokers of various types as well as for nonsmokers.

Considerable weight was attached to the consistency of findings among the seven studies.

With regard to coronary artery disease, a frequent cause of heart failure and the leading cause of death in the United States, mortality is 70 per cent

higher for smokers. Rather it pointed an accusing finger at the components of tobacco smoke that have been found to produce cancer in animals. These are a series of compounds known as polycyclic aromatic hydrocarbons.

Dr. James M. Mundley, assistant surgeon general for operations and vice chairman of the committee, told the conference that there was no valid evidence that filters help reduce the harmful effects.

The report also said that nicotine substitutes, such as lobeline, used in so-called "withdrawal pills," seemed ineffective.

Those who questioned the validity of earlier studies argued that no one had shown how smoking could, for example, cause lung cancer or heart disease. It was said that the statistics were confused by other factors such as air pollution, stress and heredity.

Saturday's report recognized that no extremely simple cause-and-effect relationship probably exists between a complex product like tobacco smoke and any single disease in so variable an organism as the human body. It also acknowledged that a combination rather than any one factor often seemed to precipitate an illness.

Nevertheless, it said, cigaret smoking was clearly the most important factor.

For example, in chronic diseases of the lungs and bronchial tubes, it was found that the relative importance of cigaret smoking as a causative factor was "much greater" than air pollution or occupational exposures.

THE REPORT said that available evidence suggests the existence of some constitutional difference between smokers and non-smokers but is still too meager to permit a conclusion.

For men who smoke fewer than 10 cigarettes a day, the death rate from all causes is still 40 per cent higher than for non-smokers. For those who smoke from 10 to 19 cigarettes a day the death rate is 70 per cent higher than for nonsmokers.

For those who smoke up to two packs a day the death rate is 90 per cent higher—and for those smoking more than two packs a day, the death rate rises 120 per cent higher than the non-smoking death rate.

THE COMMITTEE found that there are changes in the lining or skin of the throat and bronchial tubes of cigaret smokers with or without lung cancer. The amount of these changes increases with the number of cigarettes smoked and there are extensive changes in men

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Scientifically speaking, the "dependence" which a person develops on cigarettes, pipes or cigars is a habit rather than a true addiction. "But this statement carries with it no implication that the habit may be broken easily."

THE MEDICAL panel concluded that smoking undoubtedly has "significant beneficial effects . . . in the area of mental health" because it satisfies "psychological needs."

There is no way of measuring these "psychogenic" benefits in any individual case, and therefore the committee "finds no basis for a judgment" as to how they may stack up against the physical health hazards of smoking.

As for the reputed value of smoking in reducing appetite and keeping weight down or in promoting bowel regularity, the committee said "these purported benefits are comparatively inconsequential in a medical sense."

The committee evaluated three main kinds of scientific evidence:

1—Animal experiments. In numerous studies, animals were exposed to tobacco smoke and tars, and to various chemical compounds they contain. Seven of these compounds (polycyclic aromatic compounds) were established as cancer-producing (carginogenic).

2—Clinical and autopsy studies. Observations of thousands of patients and autopsy studies of smokers and non smokers showed that many kinds of damage to body functions and to organs, cells, and tissues occur more frequently and severely in smokers.

3—Population studies.

New Red Factory Styled for Kids

MOSCOW — (UPI) — The official Soviet news agency Tass said Saturday Russia is building the first factory ever designed for operation by school children.

Tass said 2,500 teenagers will work several hours a week at the factory, called Chaika, which will have its own production plans and its own trademark.

(Advertisement)

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- Need to lose 30 lbs.? this 90-Day Diet will be of great help.
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- Why Be Hungry? On this diet you'll get slim & stay slim.
- Easy-fast Egg Diet—Simple, easy to prepare menus.
- Pound A Day Miracle Diet—Use it just 3 days a month.
- Famous Banana Diet—Very filling, satisfying, easy to do.
- 2 Day Jolt-Off-Pounds Diet—Good for weight-standstills.

The commission will move promptly within the scope of its statutory jurisdiction and responsibilities to determine the remedial action which it should take in the public interest."

And the American Cancer Society called for a six-point follow-up program which would not involve legislation in any way. Dr. Wendell C. Scott, Society president proposed:

● Acceptance by the medical profession of its full responsibility for advising the public about the hazards of smoking.

● Increased research to develop methods to help adults who wish to quit smoking.

● More research to pinpoint cancer-causing substances in smoke.

● Consideration of discontinuing cigaret advertising aimed at young people.

● A study by economists, government officials and the tobacco industry on ways of cushioning the economic impact that a drop in cigaret consumption would bring about.

● Effective dissemination of the data in the report to increase public awareness of the dangers.

The American Medical Association already has started a long-range research program aimed at determining how tobacco affects health and what might be done to eliminate the allegedly harmful elements of smoke.

MRS. NEUBERGER and others have proposed that cigaret companies be required to label their products with a warning that they contain hazardous substances.

The report of the surgeon General's committee may open the door to just such action by the Food and Drug Administration under the hazardous substances labeling act.

The FTC also could require cigaret packages to contain statements of the specific amounts of tars and nicotine in each cigaret.

Finally, the government could set up another committee or agency—this one on a permanent basis—to co-ordinate research and education of the public about smoking.

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