

HEALTH TIPS Blood tests give useful health data

By Frank Chappell
American Medical
Association

My doctor says I need a blood test. What does this mean? Will it hurt? Why does he want to test my blood?

Your blood test helps your doctor to help you, the American Medical Association points out.

Blood helps every tissue in the body to stay alive and function properly. It carries food and oxygen to the tissues and takes wastes from them to the organ of elimination. It helps regulate temperature and protects the body from disease.

Blood also reflects many of the changes that occur during both health and illness. This is why doctors use blood tests to supplement their own examination procedures.

It does hurt — just a little. Like a pin prick. And it's soon over. The doctor himself, his assistant or the technician in the hospital will draw the blood specimen. Sometimes only a fingertip prick is needed to get a few drops. Sometimes blood is drawn with a hollow needle and syringe from a vein near the forearm.

Red cell counts within normal limits tell the doctor that you most likely are in good health. Too few red cells and too little hemoglobin indicate some form of anemia. The white blood cell count goes up in acute infections. It becomes quite high in leukemia.

Blood serum, the fluid part that is left after clotting, contains antibodies, substances developed by the body as a reaction to infection.

Tests of blood serum can give information on many of the infections an individual has had in the past.

Rabbit fever, undulant fever, typhoid, bacillary dysentery, mononucleosis and some virus diseases, such as polio, are among those that leave their tracks in the blood serum. Similar tests are routinely used to detect syphilis.

Immunization clinics set in Sanilac

The Sanilac County Health Department will conduct its immunization clinics June 17 and 24 at its office at 115 N. Elk Street, Sandusky.

Hours both days will be 9:30-11:30 a.m. and 1:30-4 p.m. Persons whose last names begin with A-M should attend the first day; N-Z the second day.

Children two months and older can attend. A parent or guardian must accompany their child and are urged to bring a record of previous immunizations.

Immunizations for diphtheria, tetanus, whooping cough, measles, mumps, rubella and polio will be offered free of charge.

In getting children ready for school in September, records can be reviewed on clinic days and a schedule for future immunizations established. More than one visit may be necessary.

Tuberculin skin tests are offered on clinic days for \$2 for all employees who are required to have the tests as part of their employment. Children entering school are no longer required to have the tests.

Measurements of the amounts of certain chemicals in the blood help the doctor to learn how well various body systems are working. Everyone's blood contains sugar. Diabetics tend to have excessive sugar in their blood. This can be measured.

When kidneys are infected or inflamed or begin to fail, the waste substances they ordinarily excrete back up into the blood stream.

The amount of cholesterol in the blood — a part of fats — is believed to be related to obstructive disease of the arteries, particularly heart disease.

These, and many other things, are what your doctor can learn about you from your blood tests.

Olszak announces candidacy

Shirley Olszak of 5584 Walsh Road, Gagetown, has announced her candidacy for the Republican nomination for Tuscola county commissioners from the second district.

She will be opposing incumbent Royce Russell in the Aug. 5 Republican primary. It is her first bid for elective office.



Shirley Olszak

Mrs. Olszak, 54, moved with her husband, John, and family to the Gagetown area five years ago from Utica.

She attended Oakland University and Detroit Business Institute and sold real estate until moving.

Since moving to the area, she has been active in the Owen-Gage Band Boosters and as a scout leader.

The housewife and her husband have four children. The oldest two are married. John will be starting sixth grade in the fall at Owen-Gage and Kimberly, eighth grade.

Her husband, semi-retired and a part-time farmer, is a Navy veteran, Farm Bureau member and a past president of the Tuscola County National Farmers organization.

Mrs. Olszak is making her support for the Owen-Gage School District part of her campaign. "I am appalled that some people are attempting to destroy a fine school like Owen-Gage," she said. "They are playing right into the state's plans to eventually eliminate all small schools."

Russell seeking reelection

Tuscola County Commissioner Royce Russell of Green Road, Gagetown, has announced he is seeking election to a second term. He was first elected in 1978 and will be opposed in the Republican primary Aug. 5 by Shirley Olszak.



Royce Russell

On the board he serves as chairman of its equalization committee and is a member of its building and grounds and departmental control committees. As commissioner, he is also a member of the boards of the Thumb Area Commission on Aging and Thumb Area Consortium.

A farmer, he and his wife, Betty, have five children.

He represents District 2, which consists of Elmwood, Elkland, Ellington and Novesta townships, plus the northern half of Kingston township.

Novesta Old Settlers to meet

The Novesta Old Settlers annual reunion will be Saturday, June 21, at Deford Elementary School.

Potluck dinner will start at noon. Bring your own table service and a poem or reading for the program.

A rosary will be recited

New books at the library

DONAHUE: MY OWN STORY, by Phil Donahue (non-fiction). As America's most popular morning talk-show host, there's no subject too hot for Phil Donahue. And now, as an author, there's little he considers too personal to share. From the major moments in his early life to his painful divorce, his role as single father and his relationship with the beautiful Marlo Thomas, Donahue reveals the story of the man behind the phenomenon.

GLITTER AND ASH, by Dennis Smith (fiction). A dedicated young fire marshal is called in on the arson investigation of a tragic blaze that killed 43 people at New York City's newest and most chic disco. Rivalry between the police and fire departments, a corrupt city official, the social jet set, and the gay subculture are but a few of the elements and people that come across the marshal's path as he searches for the motive and the person behind the fire. Fireman Smith, author of "Report from Engine Co. 82," knows his territory well.

VON RYAN'S RETURN, by David Westheimer (fiction). The daring and irreverent Colonel "Von" Ryan, who led escape of POWs via a Nazi prison train in "Von Ryan's Express," comes back for an undercover assignment in Nazi-held Italy during World War II. After a series of escapades with partisans and Nazis, the colonel makes his way to the Contessa di Montalba, who is sure he will never be an officer and a gentleman but who nevertheless joins him in a daring game of bluff and battle. The aristocratic contessa is an ideal foil for the American, who accumulated more gigs at West Point than any cadet since U.S. Grant. An exciting job by an experienced writer.

Ben Ritter dies at 87

Benjamin Ritter of Alpena, formerly Cass City, died Monday at Alpena General Hospital.

He was born Oct. 1, 1892, in Indianapolis, Ind. Ritter was a farmer most of his life in Tuscola county. Ritter married Florence McDonald June 14, 1917, in Wayne, coming to Elmwood township in 1919 from Detroit.

Mr. and Mrs. Ritter celebrated their golden wedding anniversary in 1967. She died Feb. 25, 1979.

He was a veteran of World War I, and a member of St. Pancratius Catholic church of Cass City.

He is survived by one son, William J. Ritter of Alpena; three stepbrothers, Orth Duley, Richard Duley and Holland Duley, all of Rockfort, Ind.

A rosary will be recited

Tuesday at 8 p.m. from Little's Funeral Home, Cass City.

Funeral mass for Ritter was conducted Wednesday at 11:00 a.m. from St. Pancratius Catholic church of Cass City, with Father Joseph Morales officiating. Burial was in St. Agatha's cemetery, Gagetown.

Organic farm group to meet

The Thumb area chapter of Organic Growers of Michigan will meet Thursday, June 19, at the home of Bessie and Clifford Leonard, 4294 Pine Grove Road, Port Huron, at 7 p.m.

Selected tapes from the Acres USA New Dimensions Conference, held last fall, will be played.

Teresa Scollon graduates from fine arts school

Teresa Scollon, daughter of Dr. and Mrs. Edward Scollon, of 4849 Seeger Street, was one of 170 seniors to graduate Saturday from the Interlochen Arts Academy, Interlochen.

Miss Scollon, a Senior Academic Honor Student, studied piano, and creative



Teresa Jean Scollon

writing, while at the school. She plans to attend Michigan State University in the fall under the terms of her National Merit Scholarship. Interlochen offers college-preparatory academics as well as training in fine arts studies.

Singles dance on Saturday in Sandusky

The YMCA Thumb Singles Club of Sandusky will conduct a dance Saturday from 8:30 p.m.-12:30 at Sandusky High School.

Music will be by Denny Ewald and the Music Makers. Refreshments will be served.

The dance is open to all persons who are 25 years old and single, widowed or divorced.

When in doubt it's always a good idea to tell the truth.

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The Want Ads Are Newsy Too!



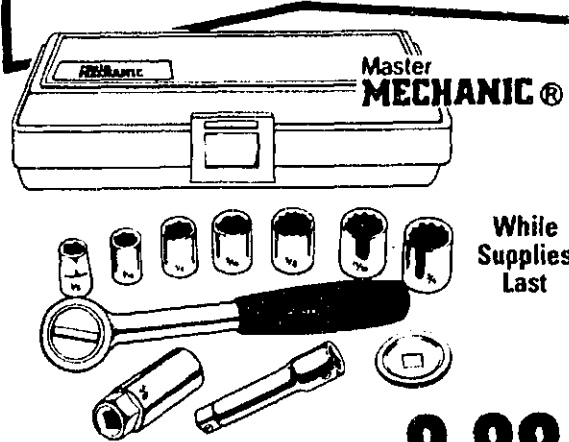
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Nickel chrome plated set includes 7 3/8-in. drive sockets from 3/8 in. to 3/4 in., 5/8-in. spark plug socket, 3-in. socket extension, reversible ratchet, and a 3/8 in. drive speeder disc—all in a fitted box. MMB12
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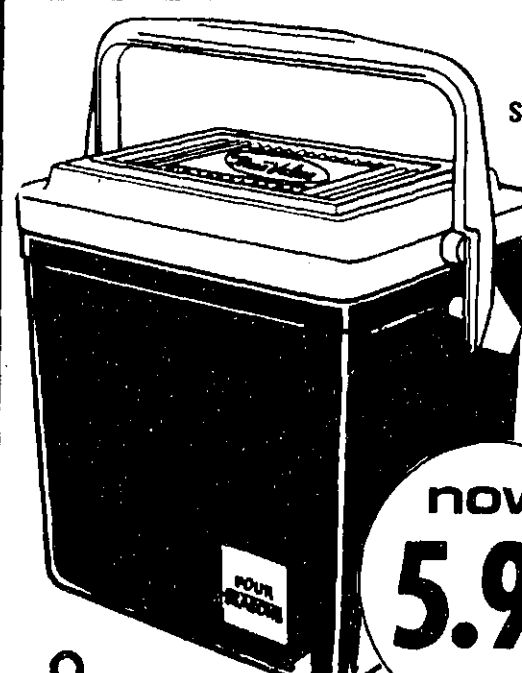
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7-BLADE
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