

ALL IN THE FAMILY

Sarah Child

With each additional birthday I become increasingly conscious of those who have best survived the aging process and its attendant ills.

Of late I have been taking mental notes storing away each bit of information for personal application.

Some of the things I've learned are clear to even the most casual observer.

For example, those who abuse their bodies with an excess of anything whether it be alcohol, drugs, food, tobacco, exhaustive work or continuous pleasure appear to have fared the worst.

Immediately upon reading this there will be those who will recount the story of Uncle Jack who drank a quart of whiskey a day for 50 years and lived to be 98 years old. Other rebuttals will cite the advantages of hewing to a strict work schedule or how smoking has calmed the nerves without taking any particular toll.

But the operative word above was not just survived but who survived best.

Another feature of those people of my acquaintance who

have aged with grace and particular kind of strength are those who possess a philosophical bent who take things as they come, who are flexible enough to bend with the times, the situation, to blend in with the other generations around them.

And then perhaps the most important item of all in distinguishing those who merely have had many birthdays as opposed to those who are old has been the former's lifelong dedication to mobility.

My husband has a great aunt in her nineties who only recently gave up her daily six-mile walk around Lake Placid. And I too, have a great aunt cut of the same fiber. Now in her middle eighties she lives alone in a house still heated by an old coal furnace. Every winter morning she is up at 3 a.m. to stoke the fire and add more fuel before going back to bed for a couple more hours.

Obviously there are lessons to be learned from these people. Plus as my favorite wag says, one should be picky about choosing grandparents. Genes may count at least as much as any of the above.

New Appeals Raised For Bangladesh

New York [RNS] — Relief agencies have renewed their appeals for aid to Bangladesh, where the recent floods left millions of people homeless and caused total failure of many crops.

News reports from Dacca indicate that some 15 million people — mostly peasants who lost everything in the floods — will have to be fed and cared for until the new crops can be harvested, in December at the earliest.

The Baptist Union of Bangladesh said that in a joint project with other churches it will attempt to feed 500,000 people for three months. It is hoped that 15,000 acres of land can be planted with fast-maturing crops.

According to final official estimates, more than half of the country was inundated by floods, affecting nearly 35 million people. The flood waters have receded, but the bulk of the arable land remains unfit for new sowing.

Catholic Relief Services (CSR) carries out its activities in cooperation with The Christian Organization for Relief and Rehabilitation (CORR) an agency organized by the Catholic bishops of Bangladesh.

CSR has assisted CORR in a nationwide \$30 million Relief and Rehabilitation program. In the last two years, the Catholic agency has also contributed \$1.4

million for 42,000 bullocks (plow animals), \$589,000 for a rural works program, \$1.2 million for housing, and \$138,000 for seeds and fertilizer.

It has provided \$100,000 for rehabilitation work involving artisans and small businessmen, and \$318,000 for the purchase of irrigation equipment. CORR and CSR are also cooperating on a \$3 million irrigation project.

Catholic Medical Mission Board of the U.S. has contributed medicine valued at \$196,661, which went to 41 clinics and hospitals in Bangladesh.

Church World Service (CRS), an agency of the National Council of Churches in cooperation with the Bangladesh government, is involved in an ongoing \$7 million rehabilitation program.

Capitol Letters

The Bartlett Amendment which prohibits HEW funding of abortions but does not interfere with existing family planning programs is still before the Joint Congressional Conference Committee in Washington. Due in part to the HEW memo (CAPITOL LETTERS 10/16/74) which attacked the amendment on the grounds that live births are more costly than human abortions, our Washington sources have urged additional Pro-Life support now.

"No part of the funds appropriated under this act shall be used in any manner directly or indirectly to pay for or encourage the performance of abortions except such abortions as are necessary to save the life of a mother."

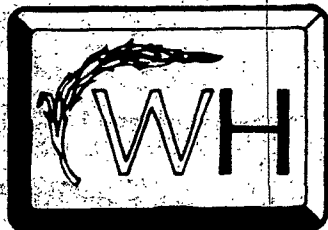
Senate membership Warren Magnuson, Ted Stevens, Alan Bible, Harry Byrd, William Proxmire, Joseph Montoya, Ernest Hollings, Thomas Eagleton, Norris Cotton, Clifford Case, Hiram Fong, Edward Brooke, Richard Schweiker, John McClellan, Milton Young. Any Senate member may be reached: U.S. Senate, Washington, D.C. 20510.

House membership Daniel Flood, William Natcher, Neal Smith, Robert Casey, Edward Patten, David Obey, Edith Green, George Mahon, Robert Michel, Garner Shriver, Silvo Conte, J. Kenneth Robinson, Elford Cedreberg. Any House member can be reached: U.S. House of Representatives, Washington, D.C. 20515.

Compiled by Jeanne D. Sweeney, American Citizens Concerned for Life



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