

## HEALTH FOR ALL

This column is sponsored, in the interest of better health, by the Allegany Health & Tuberculosis Association, 44 Schuyler St., Belmont, N. Y.

### A Safe Way To Smoke Cigarettes? "Never say die."

That seems to be the attitude of many cigarette smokers today. They're convinced that cigarette smoking is a health hazard. But they're still puffing away.

Are you? If so, probably love to find a safe way to smoke. Columbia University doctors think they've discovered one. They recently described their technique to physicians meeting in New York City with the American Thoracic Society, medical arm of the National Tuberculosis Association.

The Columbia doctors believe that cigarette smoke is what dam-

ages lungs. So their method enables you to smoke without inhaling.

Here's how—in five easy steps. 1. Take a puff. 2. Don't swallow. 3. Hold the smoke in your mouth with your lips closed. 4. Breathe some air in through your nose. 5. Let the air and smoke out through your nostrils.

It's easy, the doctors say. Anyone can learn in a few tries. But does it work? The Columbia groups say yes. The new method will keep harmful substances out of your lungs.

But there's a catch. You may not like it. Smokers used to inhaling deeply don't care much for the scientific method. Many think it's no better than quitting.

And that's the point. Want to make sure cigarettes don't (1) damage your lungs, (2) shorten your life, (3) give you chronic bronchitis or lung cancer, or breathing disorders like emphysema?

Never say die; there is a way. Stop smoking.

## Water Resources Planning Study Held

Legislative action, possibly by the 1965 Legislature, in one or more of five areas of the over-all problem of water resources protection is being considered by the Temporary State Commission on Water Resources Planning, its chairman has announced.

Senator Frank E. Van Lare, of Rochester, made the statement after preliminary analysis of discussions at a conference held recently by the Commission to hear reports from participants in studies it has sponsored on several aspects of water resources planning.

"The conference contributed substantially", Senator Van Lare said, "to the board informational basis on which the Commission will study and evaluate proposals for legislation, possibly for action by the 1965 Legislature, in five areas of the over-all water resources problem".

He identified these areas of

Commission concern and possible fields for legislative action as:

1. Strengthening of the State's water pollution control law of 1949 and its enforcement.

2. Possible amendments to other state water law and water rights statutes.

3. Elimination of the discharge of pollutorial wastes from private sewage disposal facilities into ground water resources.

4. Pollution of inland waters by wastes discharged from motor boats.

5. Possible fiscal incentives that

would stimulate industries to construct, promptly, facilities to deal with industrial wastes which now pollute water resources.

It is a good maxim to trust a person entirely or not at all.

— Henry Fielding

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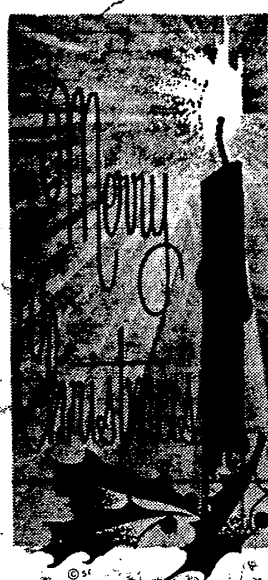
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