

Food Allergies Are Diseases

When a certain food disagrees with you, it may be because you have an irritable colon or a diseased gall bladder. On the other hand, the food may have spoiled.

By far the commonest cause, is food allergy. A food to which you are allergic may cause vomiting and diarrhea.

It may also cause you to break out with hives or eczema, or to have asthma or nasal congestion, or any combination of these.

It is important to discover the cause. This is not always an easy task.

BRAVADO

For example, a woman who loved clams always got sick when she ate a certain manufacturer's clam chowder. She avoided clams for years; then one day in a fit of bravado, she ate some steamed clams. Nothing happened.

A careful study then disclosed the fact that she was allergic to garlic. Sure enough — there was garlic in her favorite brand of clam chowder.

Her problem, like that of many other victims of food allergy, is that you can't always tell by reading the label

on packaged food what all the contained ingredients are. The label may simply say "and added spices."

If horseradish is one of them, and you are allergic to horseradish, you will get sick when you eat the food and not know which ingredient was the offender.

SEVERITY

Allergic reactions are not always the same, but vary in severity in different persons, or in the same person at different times.

That is because they are often influenced by overfatigue, a superimposed respiratory infection or an emotional upset.

Skin tests, so valuable in discovering allergies due to pollens and other inhalants, are so unreliable in testing food allergies that few doctors now use them.

DIET

A better test is the systematic elimination of certain food groups from the diet for four or five days.

Such tests are best made with the guidance of a physician who is skilled in treating allergic diseases.

U.S. Must Face Choice

(Continued from Front Page)

And on this score black middle class thinks much like white. A cab driver tells you about picking two women up shortly after the riots. "They was blacker than black, you know, and they're saying it was all caused by black trash."

It just wasn't so. But don't try and tell white America the Negroes who ripped the guts out of the city weren't black trash. Perhaps they don't want to know or don't care but whatever the season, they believe what they want.

Here's what the commission said: The typical rioter was NOT a hoodlum, habitual criminal or ruffian. Nor was he a recent migrant, a member of the uneducated underclass or a person lacking broad, social and political concerns.

He was in most cases a lifelong resident of the city where he rioted, a teen-ager or young adult, somewhat better educated than his Negro neighbor, but still a high school drop out and almost invariably unemployed or employed in a menial job.

He was proud of his race (after years of wishing he could be snow white, the Negro is over-reacting to race pride some feel) extremely hostile to whites and middle class Negroes, and though informed about politics, highly distrustful of the political system and of political leaders.

With whites and blacks arming themselves in grim expectation the other one is going to start something, the moment of truth is just around the corner.

Tomorrow, next month, or next year, or five years from now . . . it doesn't really matter. At some point white America must decide whether it can live with black America

or destroy it.

There's no way white America can put the black "in his place" anymore without violence.

The black man has tasted the American dream and he wants to be part of it. The white man is living a nightmare.

In the great northern cities where the Negro fled seeking freedom and equality the ghettos are flexing their muscles.

White America still believes all you need is more white muscle, and you can put them down and keep them down.

But white America is hor-

ribly wrong.

The presidential commission underlined this, pointed to white racism as the root cause of a sickness that could destroy one of the world's great democracies.

But nobody is paying much attention to the report. If you could put the white reaction into words, it might be something like this: "Racist? Who me? They're crazy. I've got plenty of Negro friends."

White America doesn't believe it is racist, any more than the super right wing patriots believe the riots weren't organized. It's all a Red plot, they say.

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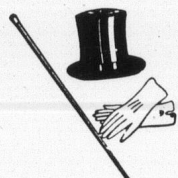
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