National Health Security—A Clear Answer

by Andrew J. Biemiller

When you get past the 50-cent words, the mountains of statistics and the emotionalism, any national health insurance program worth its salt must meet these two objectives:

1. Provide quality medical care for all Americans as a matter of right.
2. Control the soaring costs of medical care.

If a proposal doesn't meet these goals, it's a mockery of the term "national health insurance." Cost control and providing medical care as a right—this is what the national health insurance fight is all about.

National Health Security meets these twin goals—and it is the only program before Congress that does.

President Nixon, the insurance companies and the American Medical Association all have a big financial stake in preserving as much of the status quo as possible.

The health care system is working quite well for these groups. But that doesn't mean it is working well for the American people—in fact, it isn't working at all well for the American people.

Medical care costs—even for routine care—are a very real threat to the financial stability of virtually every family in America. The runaway escalation of health care costs keeps many families from seeking proper health care.

The chairman of the House Ways and Means Committee, Rep. Wilbur Mills (D-Ark.), pointed out the reason health costs are so out of line: cost plus reimbursement.

Very simply, "cost plus reimbursement" means that every hospital is paid on the basis of its costs, plus something more.

Doctors have a similarly inefficient system—fee-for-service. The doctor gets a certain amount for every office visit or treatment. The doctor sets that "certain amount" and also determines the number of services.

And when you add up the totals, the dollar figures are overwhelming.

Mills told a group of Westinghouse executives that the total health cost to the American people for 1969 was more than $60 billion. He also pointed out that this was a five fold increase over the 1949 figure of $12 billion. The Social Security Administration estimates that health expenditures may double by 1975—to $120 billion. By 1980, health care expenditures are projected to cost a minimum of $156 billion and possibly as much as $189 billion. And despite the fact you're paying a lot more, you aren't going to be getting better health care.

The case for National Health Security must be based on the facts. And the facts are that Health Security is the only proposal that provides real cost controls and, at the same time, meets the goal of providing quality health care for all Americans as a matter of right.

This goal is not to be confused by rhetoric or the traps set by the opposition's scare tactics.

"Socialized medicine" is the cry from some corners. Yet every single health care proposal before the Congress is based on using federal funds. Even the American Medical Association's proposal—"medicare- it"—would use federal monies, although that is about all it has in common with Health Security.

However, National Health Security does not propose that the federal government hire the doctors, own the hospitals or manage the health care resources and their distribution.

Health Security is a national system—just as Social Security is a national system. Health Security is a system of financing and paying for comprehensive health care for all Americans. But it is still a voluntary system—doctors will be free to join community health service organizations or remain in solo, fee-for-service practice; patients will be free to go to either type of (Continued on Page Six)

YOUR Business Manager's COLUMN

AGENCY SHOP NOT CURE-ALL

L. L. MITCHELL

The hue and cry of most non-members (freeloaders) is and was that all employees of P.G.&E., whether they belonged to the Union or not, receive the same benefits.

This is something that sticks in the craw of every active Union member in our Local and rightfully so. You and I and many others are paying dues, not only for ourselves, but we are also paying for the freeloaders too.

We all have friends or acquaintances who never carry cigarettes, who never happen to have any money with them, and who always manage to vanish just before the check comes.

Once you become aware of what kind of person they are, you can learn to avoid them, but at worst, all these people can cost you is a few drinks, a dinner, some cigarettes and perhaps a little anguish.

This is not the case with the freeloaders who sponge off the Union. You can't duck or ignore them; they take what all of us might have if we stuck together.

The end of the freeloaders is (Continued on Page Two)
AFL-CIO Raps Revenue Sharing Plan

Legislative Director Andrew J. Biemiller. The following is from his presentation.)

The present method of categorical grants-in-aid transfers federal funds to a state or local government for specific purposes or "categories," geared to meet the priority needs determined by federal officials. Such programs are established by the Congress, with the opportunity for Congressional review of how the programs are working. Moreover, the state or local government must use such federal grants, usually combined with

(Continued from Page One)

P.G.&E. is in sight with the modified agency shop clause which was won at the bargaining table last year. This, however, doesn't end the immediate problem. If we extend your membership demanding that all employees join the Union. This is a legitimate demand, but some people will continue to object by saying that the increase which was anticipated when bargaining began was to the advantage of the company. The recent railroad strikes were the most publicized. The financial losses of the railroads and consequently the taxes, tight money, inflation and strikes are the main topic of discussion today. When they have union members complaining about the strikes of their brothers and sisters in the labor movement, and have union members convinced that "public" employees should not have the same bargaining rights that they do, them is time for great concern and time for union members to think about where they are, how the future holds for them if their union is restrained by unfair labor laws.

Put yourself in the position of everyone you criticize and analyze their position and circumstances and then make a judgment. Research all the facts and demand the same from anyone who tries to convince you that labor alone is to blame for many of our problems.

There is time for union members to stand up for and defend the union which helped to provide the decent standard of living which they enjoy today.

Don't take this anti-unionism lying down, but also, don't defend it on the basis of emotion alone. Labor's current and past role in the United States today is definable and facts are available to use them.

(Continued on Page Four)

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The furniture industry and brought tremendous crowds to the warehouse and clearance centers, not only in the new warehouses and clearance centers, but in regular stores too. As the result of new manufacturing methods, it is easy to know whether you are buying real wood or imitation.

The furniture warehouses, springing up around the country, have sent a shock wave through the furniture industry and brought tremendous crowds to the warehouse and clearance centers in many cities.

An Eastern chain called "The Furniture Clearance Centers" now has started to open up outlets in such cities as New York, Philadelphia, Boston, and others. This helps to sharpen the competition further. Other warehouse chains, including Magnusson's, are spreading through the South.

There are so many highly-competitive warehouse sales that it hardly pays now to buy furniture in the regular way if you can wait for a warehouse sale. Many regular furniture and department stores now also have their own warehouse outlets. The new warehouse stores are sometimes called "showroomware," really big self-service stores. You either cart the furniture away yourself or pay for delivery. This means that you do some of the work that has already been done by the manufacturer, such as removing furniture pieces from their cartons. But you also have to be more careful of what you are getting. Some low-priced warehouse stores which you may not really need, such as decorating service and installment credit. You can always arrange for a credit union or bank loan yourself at lower finance charges than the 18.22 per cent annual rate that stores exact for buying furniture on time.

But while most of the warehouse and clearance centers have observed the different percentages of some warehouse and clearance centers may need to be taken with a grain of salt. The California Attorney General has brought suits against Levitz charging that their ads give the impression that Levitz furniture is the same as that of traditional stores which you may not really need, such as decorating service and installment credit. You can always arrange for a credit union or bank loan yourself at lower finance charges than the 18.22 per cent annual rate that stores exact for buying furniture on time.

The August Buying Calendar: Warehouse Stores Start Price War

Unfortunately, in recent years manufacturers have sought to create fashion obsolescence in furniture to try to keep their share of the market declining in the face of strong fashion merchandising by the apparel and car industries, points out Mel Smilow, a leading designer. Another example, along with the fake-carved Mediterranean furniture, is the "Mod" look in furniture, featuring splashy colors like the Mod look in clothing.

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As we've pointed out a number of times during those years, these 46-ounce cans of "orange drink" look like a lot of beverage for 30 cents actually contain only 50 per cent of sugar and water. The canners have resisted telling the public how much real juice and how much water these products have.

For example, recently we wrote to the A&P asking for the content of their own brand of "drink" and got back this letter: "The percentage of water and sugar in our Orange Drink cannot be revealed as it is a formula secret. We can advise, however, that, based on the ingredient statement on the label, sugar is one of the major ingredients. That may be the reason that you can read labels too. The only reason it's a "secret" is because they don't want to tell the facts. When A&P stamps something top secret, that apparently means it's 90 cent sugar-water.

Said the Food & Drug Administration has announced, canners have agreed to disclose the percentage of pure orange juice in watered orange beverages. They will have to say, for example, that "X BRAND Orange Drink contains not less than 10 per cent orange juice," or "X BRAND Orange-Juice Drink contains not less than 35 per cent orange juice.

It only took the government since 1964 to win this modest advance on behalf of consumers. The FDA had first proposed standards for fruit beverages at that time. The manufacturers stalled. After winning criticism of the top-secret drink formulas, FDA tried again in 1968. It proposed that the drinks be labeled with the percentage of real juice and also that they meet minimum standards of juice content. FDA wanted a minimum juice content of 10 per cent of products and 35 per cent for those labeled "orangeade," and 10 per cent for "orange drink."

But the manufacturers got the government to compromise. Under the rules now proposed, "the orange beverage" will have at least 70 per cent orange juice; "orange juice drink" will have 35 per cent; "orangeade," 15 per cent; "orange drink," 10 per cent; "orange flavored beverage," 8 per cent, and "imitation orange flavored beverage," 2 per cent.

Criticism from Virginia Knauer, the President's consumer assistant, of the lack of information on "drinks" played a big role in getting the manufacturers to finally agree to show the juice percentages. The Coca-Cola Co. has informed Mrs. Knauer that it is proceeding to label its Hi-C Drinks without waiting for the FDA's final order.

The company sent Mrs. Knauer a set of its new labels showing that the juice content of Hi-C Citrus Cooler is 1 per cent; Hi-C Orange Drink and "Orange Drink" are 10 per cent, and "Hi-C Apple Drink" is 50 per cent.

But don't count the manufacturers out. They have a new gimmick. They are now adding additional vitamin C so they can claim as much and in some cases more vitamin C than real orange juice. The manufacturer of Hawaiian Punch informs us that it has increased its vitamin C to 88.7 milligrams per 6 ounces from the 30 mgs. per 8 ounces. Hi-C now has 100 mgs. of vitamin C per six ounces.

Don't be taken in by these big claims for vitamin C. A 100-mg vitamin C tablet has a retail value of about half a cent. Too, real orange juice has additional nutrients.

Don't be taken in by the cheap-sounding price either. Orange concentrate at a current typical 25 cents for a six-ounce can (less for private brands), makes 24 ounces of orange juice. Thus the actual orange juice in a 46-ounce can of 10 per cent orange drink for 39 cents is worth just about five cents.

Here's a recipe for home-made orange drink: Take a nickel's worth of real concentrated frozen orange juice and put it in a larger pitcher and fill with water. Sweeten to taste. Stir either briskly or slowly according to your temperament. Add a vitamin C pill if you want to increase the vitamin C content. Let the kids drink it all day long.

Don't be hoodwinked either by claims of "more" juice. Frances Cerra, consumer writer for Newsday, Long Island, N.Y., tried to get Welch's, who label their higher priced drink "40/40 per cent more orange juice," to say just how much it does have. She, too, was told, "It's a trade secret." Since the "other leading brands" usually have 10 per cent juice, Welch's must have 14 per cent, or about 7 cents worth.

"Thirst Quenching" Water

Manufacturers also have found that if they add sweetening, salts and (Continued on Page Seven)
NIXON'S REVENUE SHARING PLAN RAPPED

(Continued from Page Two)

additional small percentages of state or local funds, to provide specified public facilities or services, under performance standards—such as civil rights and safety standards—that are established by federal statute.

This system has served the nation well.

In contrast, the Administration has proposed a program of “no-strings” revenue sharing with no requirement that the funds be spent for any specified purposes or programs and with no specified and enforceable federal performance standards. The Administration's program would dispense to the states 1.3 percent of Federal individual income tax base ($5 billion in the first full year).

The AFL-CIO is firmly opposed to a concept of no-strings, no standards and no supervision revenue sharing. There is no justification for the adoption of a new federal-aid delivery system which is specifically designed to bypass the process of Congressional legislation, appropriation and oversight.

The Administration's proposal is not a magical new concept. It will not create money where none now exists. It will not provide the substantive and immeasurable improvements promised by state and local governments to meet growing public requirements.

This country has been undergoing vast social changes for at least forty years. Needs for every kind of public investment from sewer systems and waste-treatment facilities to urban mass transit, education, health care, public safety, libraries, roads and airports have multiplied.

There is no question that federal revenues must be used to help meet these needs. The federal tax structure, with all its deficiencies, is a more efficient economic tool than state and local tax systems, that depend so largely on unfair sales and property taxes. Moreover, many public needs involve nationwide social issues such as education and welfare. Many problems cross state and local boundaries, and in many cases require the coordinated action of several federal units, such as requirements for highways, pollution controls, manpower training and regional economic development. And, of course, if more federal help is not forthcoming, the net result will be that a large city or will soon face the prospect of continued deterioration and cutbacks in public services that could be socially disastrous.

Under the present system of categorical grants, federal aid to state and local governments has more than tripled in the past decade—rising from $7 billion in 1960 to $24 billion ten years later. The total is expected to exceed $30 billion in fiscal year 1971.

Last year federal grants accounted for 18% of total state and local revenues, compared to 15% in 1960. Significantly, the major share of this increase in federal funds flowed to the larger cities and the poverty-stricken rural regions of the country for such programs as the education of disadvantaged children, building hospitals, and underpinning other state and local government functions and services. Between 1960 and 1970, federal grants-in-aid to the hard-pressed urban areas more than tripled in the past decade—rising from $7 billion in 1960 to $24 billion ten years later. The total is expected to exceed $30 billion in fiscal year 1971.

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Despite this sharp rise of federal grants-in-aid—and despite in increasing outlays by the states and local governments—mounting needs for public services, facilities and services have left many states, every large city and countless smaller government units unable to satisfy these needs.

These problems can be solved largely by an improvement in the existing system and a substantial increase in federal grants. And, in many cases, the programs that could provide the funds are already in operation, under federal law.

• No-strings revenue sharing is not the answer to the needs of cities and smaller governments. Indeed, it is a wasteful, inefficient method of dispensing critically needed federal aid.

Every effort must be made to get the most out of each federal dollar that can be set aside to meet priority national needs, such as education, training, health, pollution control, public assistance, urban transportation and improve the quality of American life. No-strings revenue sharing is no substitute for selective and specific programs to help target groups of people and to meet priority national needs.

Moreover, since federal funds are not inexhaustible, no-strings revenue sharing will cause an immediate undermining of categorical grant-in-aid programs designed to meet specified needs.

• The Administration’s proposal would shortchange the nation’s urban areas.

Total federal grants-in-aid more than tripled between 1960 and 1970. Over the past decade, the proportion of federal grants-in-aid to hard-pressed urban areas shot up from approximately half of all grants-in-aid, to over two-thirds.

In contrast, the Administration formula for revenue sharing would require that on average only 48% of the federal funds flow to the local governments. Furthermore, more, all general purpose local governments, regardless of size, location, or need, would receive “no-strings” funds, whether a wealthy tax-haven community carved “zone out the poor” or a poverty-ridden city.

• Through “no strings” revenue sharing there is no way to make sure that state and local administrators meet national performance standards—such as anti-discrimination, equal opportunity, and labor standards requirements.

Under the present grant system there is full accountability and the federal government has the ability to identify how enforceable federal standards can be achieved under no-strings revenue sharing proposal. How would compliance officers check on the use of such federal funds co-mingled with state or local money?

• The Administration’s no-strings proposal runs counter to the goal of using federal tax and expenditure policies to help stabilize the economy.

Under the Administration proposal, 1.5% of the federal individual income tax base would be marked each year as a permanent, automatic appropriation to the states. As a result: (1) Another “uncontrollable” expenditure item would be added to the federal budget; (2) In times of economic slack when the state and local governments need the money the most, it would not be available; (3) In times of inflation and higher borrowing costs, an inflation-expanded federal tax base would force still greater amounts of no-strings federal outlays. Thus, through this scheme the Administration is proposing to institutionalize a permanent erosion in the amounts of federally collected taxes that are subject to congressional discretion and control.

• Unconditional tax sharing violates a major principle of good government: Congress to provide federal funds for the creation of public service jobs for the long-term unemployed and seriously underemployed; he has vetoed Congressional appropriations for housing and urban development; and he has vetoed funds for education.

In addition, according to figures released by the Office of Management and Budget, the White House has “frozen” $12.8 billion in funds already committed by Congress. More than 100 specific federal programs ranging from public health to higher education have been withholding funds for the past two years because of the Administration’s engineered recession. The economic policies of the Administration’s engineered recession have pushed the unemployment rate up to 6.1 percent in April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April and April 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PG&E PACTS CONCLUDED;
AWAIT MEMBERSHIP OK

Your Union's PG&E System Negotiating Committee, after 8 meetings with the Company, reached a tentative agreement with PG&E Co. on June 6th on wages and contract amendments for employees.

57 NEGOTIATIONS STATISTICS

- Examples of the wage schedules after application of the wage increases:
  - Clerk Driver, Lt. $9.25 per hour above $9.70 on July 1, 1957, and $9.90 per hour on July 1, 1958.
- Electrician, $113.95 per week above $117.55 on July 1, 1957, and $125.55 per week on July 1, 1958.
- Fitter, $101.95 per week above $107.55 on July 1, 1957, and $110.05 per week on July 1, 1958.
- Line Sub Foreman, $124.50 per week above $130.00 on July 1, 1957, and $136.50 per week on July 1, 1958.
- Light Crew Foreman, $111.95 per week above $117.55 on July 1, 1957, and $122.05 per week on July 1, 1958.
- Groundman, $86.70 per week above $91.05 on July 1, 1957, and $94.20 per week on July 1, 1958.
- Laborer, $80.80 per week above $84.85 on July 1, 1957, and $87.85 per week on July 1, 1958.
- Lineman, $111.95 per week above $117.55 on July 1, 1957, and $122.05 per week on July 1, 1958.
- Central Plant, $123.95 per week above $129.35 on July 1, 1957, and $134.35 per week on July 1, 1958.
- Gas Serviceman, $105.95 per week above $110.45 on July 1, 1957, and $115.45 per week on July 1, 1958.
- Tremblemaker, $115.05 per week above $120.00 on July 1, 1957, and $125.00 per week on July 1, 1958.
- Warehouseman, $92.55 per week above $97.20 on July 1, 1957, and $101.45 per week on July 1, 1958.
- Senior Plant Clerk, $114.45 per week above $120.20 on July 1, 1957, and $125.20 per week on July 1, 1958.
- Gen. Const. Lineman, $116.95 per week above $122.05 on July 1, 1957, and $127.05 per week on July 1, 1958.
- Clerk "A," $114.45 per week above $120.20 on July 1, 1957, and $125.20 per week on July 1, 1958.
- Typist "A," $96.50 per week above $101.45 on July 1, 1957, and $106.45 per week on July 1, 1958.
- Meter Reader, $92.55 per week above $97.20 on July 1, 1957, and $101.45 per week on July 1, 1958.

The average general wage increases will approximate $5.00 per hour.

The new weighted average wage of PG&E employees in the bargaining units will be $2.66 per hour on July 1, 1957, and $2.59 per hour on July 1, 1958.

Cal-Pac Utilities Employees Ask To Join the Union

From down in the desert on the banks of the Colorado River a request for Union representation was forwarded to Local 1245 from the employees in the utility division of the California Pacific Utilities Company.

The Company is engaged in supplying electric, gas and telephone service to Needles, California, and two small communities in Southern Nevada.

This follow-up is a survey which was conducted which showed a substantial majority of the 16 employees involved favored organization and signed petition cards.

With the question of interest resolved and with the "go ahead" from International Vice President Hurack with respect to the necessary steps to obtain collective bargaining rights were taken. On May 27 Cal-Pac notified the Company of the situation, requesting a meeting with Local 1245 for the purpose of negotiating an Agreement.

In this issue

- Editorial
- News
- Letters
- Classified
- Employment
- Calendar

For submission of items for inclusion in the "In This Issue" section, please submit to the attention of the Editor no later than the 20th of the month for the following month's publication.

San Benito County Workers Now Have 'Right-to-Starrve'

The well financed drive to bust unions and boom profits, via the phony "Right-to-Work" (Right-to-Wreck, Right-to-Starve) laws sneaked into the less populated states and counties, made new progress on June 3rd when a second California County adopted the phantom measure.

In response to outside pressures and drummed-up local support from business and farmer groups, the San Benito County supervisors on June 3rd unanimously passed a law patterned on the one recently adopted by Tehama County.

The bill outlawed closed union shops and provides for civil actions to prevent "coercive unionization."

San Benito County Building Trades Council only three weeks ago sent a strong delegation to Hollister, county seat, to protest adoption of the law. The supervisors took the proposal under consideration and advised those present the proposal under consideration.

Meanwhile, the same pattern which had been followed in Tehama County began to develop in San Benito County. "Go work committees" were formed, and support was gained from farm groups, the chamber of commerce, and county employers association.

The story in San Benito County is part of a statewide program seeking a "build-up" for a state "Right-to-Work" drive of the "right-to-work committees," to force the measure into a state initiative.

Local 1245's Business Representative Jack Wilson was dispatched to Hollister the day of the Board's meeting by Business Manager Weakley in order that the "quickie" vote would get some Union opposition.

Brother Wilson stated, "The supervisors did not discuss or apparently even consider any of the evidence presented by those who opposed the measure. All members of the board voted to pass the resolution at the immediate conclusion of the Unions' presentation. The proponents of the bill advised that they had 1,000 signatures on the petition but would not put it to public view until the Union had placed in evidence a petition with 600 signatures opposing adoption of such a measure which had been gained in three days."

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National Health Security
(Continued from Page One)

To meet its basic purpose of making a broad range of quality health services available to all residents of the United States, National Health Security will bring about major improvements in the organization and delivery of health care so as to increase its availability, control cost, safeguard quality and increase manpower and facilities.

Under National Health Security, the following benefits would be paid in full for all Americans:

- All necessary physician services—primary medical services, surgical services furnished by physicians and surgeons, dental services, optometrist services, physical therapy, occupational therapy, podiatric services, hospital services.
- Hospital care and doctor bills are almost always paid without question. When medical costs go up, insurance premiums go up, because the insurance companies are also paid on a "cost-plus" basis.
- No deductibles, co-insurance, co-payments— the fancy words that mean you pay out of your pocket—do not work. In fact, they often drive up medical costs.
- It is far cheaper and less dangerous to treat an illness as soon as possible. If the insurance company only pays for treatment in a hospital, then people are more likely to be treated in the hospital—even when that treatment can be performed as well in a doctor's office at less cost.
- Patients really have very little to do with medical costs except pay them. It is the doctor, not the patient, who decides which patients need to be treated and where and for what fee.
- Patients don't want to know how many operations they have undergone, because that's the only way we're going to get what he calls "cost consciousness" about medical care.
- There will be no cut-off point in dollars, numbers of days or age, except as noted. There will be no exclusion of coverage for pre-existing conditions; no limitations on physical examinations and other preventive services. The other 75,000 individuals elect to receive physician services. The other 75,000 individuals elect to receive physician services.

(Continued on Page Seven)
### NATIONAL HEALTH SECURITY

(Continued from Page Six)

Preventive medicine and early diagnosis and treatment are the basic principles of prepaid group practice. Prepaid group practice works—and works well. It is less costly to the patient; more efficient for the doctors; and better in terms of health because unnecessary surgery is eliminated. The patient is treated as a whole human being—not an arm at one doctor, the chest some place else and the eyes at still another.

National Health Security will provide sufficient funds to increase the number of prepaid group practice plans and expand existing ones to serve more people. Prepaid group practice plans operate on a budget—figuring the total health care needs of their patients and living within that budget.

Health Security will operate in a similar manner. An annual budget would set the limit of medical care costs. If charges are more than budgeted amounts, then payments will be pro-rated. At no time will health care be denied anyone. Health Security would live within its budget. No other program now before Congress includes cost controls.

The opponents of National Health Security—seeing that they cannot match the benefits and the cost and quality controls—have decided to use scare tactics, such as calling National Health Security "womb to tomb" health care. They try to make National Health Security sound evil and bad and un-American.

The "big" scare is the next step of the opponents of National Health Security. "Look at how much it is going to cost the federal government. Bad, Bad," they say.

Some of the other proposals may cost less in terms of federal dollars, but they don't tell you that their local, state, and other government units—particularly school districts—should be pursued. Many of the 81,000 local governments—state and local officials to be aware of and obtain the federal aids available to state and local governments to help meet their needs.

A study of consolidation of inefficient local government units—particularly school districts—should be pursued. Many of the 81,000 local governments—state and local officials to be aware of and obtain the federal aids available to state and local governments to help meet their needs.

We in the AFL-CIO will work with all governments—state, local and federal—to help bring about solutions to these problems through the proposals we have offered today.

### What's in Watered Fruit Drinks?

(Continued from Page Three)

flavorings to water they can sell it as quick thirst quenchers under such names as Insta-Cool, Energade, Instant Replay, or any one of the other "thirst quenchers," since the water is not shipped with it.

For example, a 12-ounce can of Energade consists of 11 ounces of water plus sugar, sodium and potassium salts, and flavorings. The function of the salts is that of a salt tablet—to replace body salts lost through perspiration. 

Energade at least has some concentrated orange juice. Some of the others represent boundary lines that are obsolete and do not reflect modern economic and social needs. Many others represent simple facts—boundaries are not responsive to modern economic and social needs. Many others represent boundary lines that are obsolete and do not reflect modern economic and social needs. Many others represent boundary lines that are obsolete and do not reflect modern economic and social needs.

In conclusion, it is the AFL-CIO's firm belief that the best interests of the states, the cities and the citizens will not be met by the Administration's proposals, but that some modification of the Nixon plan would serve our nation well. We believe the Federal government should meet its responsibility to all Americans through programs that are developed by Congress, enacted by Congress, funded by Congress and reviewed by Congress. "No-strings revenue sharing" is an attractive sounding concept. But we in the AFL-CIO are convinced that it is not the best approach to the multitude of national problems that our federal system must cope with. There are many excellent federal programs now on the law books. There are well defined concepts and programs that are available to state and local governments to meet their needs.

We in the AFL-CIO will work with all governments—state, local and federal—to help bring about solutions to these problems through the proposals we have offered today.

### NIXON'S REVENUE SHARING PLAN RAPPED

(Continued from Page Four)

efficiency, examining matching fund formulas, and making it easier for state and local officials to be aware of and obtain the federal aids available to them.

However, the purposes, performance standards and requirements of the programs must be safeguarded in any consolidating and streamlining of grant programs.
Spring is the time for "fixing up" around the house, a time when both husbands and wives like to stretch their home-maintenance dollars by doing many of the tasks themselves.

But even many dollars saved will be small comfort if the effort results in painful and expensive injuries, time lost from work, and the risk of death from an accident that could have been avoided.

Two Chicago men died the same day in almost identical accidents. Each fell just eight feet from a step-ladder while painting a kitchen ceiling. One of the men died of a skull fracture suffered in his own home, the other died from a skull fracture and a broken back after being injured in the home of a friend.

Fix-up work, inside and out, frequently involves use of a ladder and sometimes ladder jacks. Be sure you know how to use them and that they are in good shape and right for the job you have in mind.

For the safety of you and your family, review the handy how-to hints listed below.

- First of all, check your equipment. In storage, a ladder can become dangerously faulty by developing age cracks, drying out, rotting, even from insect damage.
- Look carefully for rut, splits and cracks. Test the supports under the rungs—if they have lost their tension they should be lightened or replaced.
- If you use a plank or wooden scaffold, check it also for suspicious cracks, knots or parts weakened by previous damage.
- Inspect metal ladders for sharp or rough edges and burrs. File or grind these down.
- Don't paint a ladder and don't use one that has been painted without first giving it an extremely close inspection. Paint can hide dangerous cracks. Instead, use generous amounts of linseed oil or a coat or two of clear varnish to prevent persons below from possible danger of dropped tools or material.
- Before the climbing of a step-ladder, make sure it is fully opened and that the spreader or folding metal braces are in locked-down position.
- It is best not to climb a step-ladder higher than the second step from the top—too easy to lose your balance—and you should never use the top platform as a step.
- The small folding platform is only a light shelf for supporting tools or a pail. Never try to stand on it or place your foot on it for balance.

Aerosol Cans

Aerosol cans can explode violently when subjected to heat. Observe the following precautions:
- Read label and use contents exactly as directed.
- Don't throw empty aerosol containers in the fire or incinerator. Although seemingly empty, the cans still contain some gas, which expands when heated and may cause an explosion.
- Don't place aerosol cans on stoves or in any hot area, even the sun. Some aerosol products left in the trunks of automobiles have been known to explode when the car was parked in the sun.
- Don't use flammable sprays around flame sources. In tests, spray vapor has caused fire, shooting flames seven feet out of the mouth of the can.
- Use spray paints, lacquers, insecticides and other toxic aerosol products only with good ventilation. If you feel drowsy, dizzy or nauseated, stop work immediately to get fresh air.

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