

# POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ October, 2005

## Foods Against Cancer

Lung cancer is said to be the leading cause of cancer deaths in both men and women in the United States.

A recent study found that not only is eating vegetables good for us (no news there!), but a compound in some vegetables may be more potent than previously realized, especially in fighting lung cancer.

Researchers from the Lombardi Cancer Center at the Georgetown University Medical Center in Washington, D.C., say compounds derived from isothiocyanates may provide protection against the development of lung cancer and possibly the eradication of early lung cancers. This substance is found in cruciferous vegetables such as broccoli, cauliflower, and watercress. The researchers said while eating vegetables may not be enough to ward off the disease, it could potentially help smokers ward off development of lung cancer.

Part of the research, published in the September 2005 issue of *Cancer Research*, shows use of chemicals found in certain vegetables reduced the risk of non-cancerous tumors becoming cancerous. Fung-Lung Chung, Ph.D., and colleagues delivered the chemicals found in cruciferous vegetables to mice exposed to the same carcinogens known to cause lung cancer. These were compared to mice that were exposed to the carcinogens but did not receive the chemicals being studied.

Of the mice not treated, 42% developed tumors, com-

pared to only 19% of one treatment group and 13% of a second treatment group that received a different dosage of the chemicals.

The researchers said that these findings, along with observations of the effect of the chemicals in different states of the disease, “suggest they are versatile agents in different stages of early lung cancer development”. They went on to say in their report that the findings support the “chemopreventive and perhaps therapeutic potential of these agents” in the treatment of human lung cancer.

Chung warned, however, that the high doses of both the carcinogen exposure and the chemicals from the vegetables used in the study prevent a necessary connection between the success in this study and the potential effect of consuming these vegetables.

Another recent study found that beans, nuts, and cereals contain a natural cancer fighter called inositol pentakisphosphate. In a study on mice and cancer cells, the compound proved effective in inhibiting an enzyme which is considered key to the growth of cancerous tumors.

Dr. Marco Falasca, from the Sackler Institute at the University College London, says he and his colleagues intend to focus on determining whether this inhibitor can be developed into an anti-cancer agent for human therapy.

Editor: eat your veggies, beans, nuts, and cereals! ♦

## Brain Food, Good for the Heart & Stroke Prevention?

So many benefits have been reported for this food, and the supplement that comes from it, it seems like “old news” when you first read another benefit found. But then, the new benefit seems important enough, that it still deserves mention. Maybe even a drum roll.

What’s the food? Fish. But certain kinds of fish, prepared in certain ways.

What’s the benefit? The first recent report we found might be classified as “brain food”. This research involved studying the effect of eating fish on the babies of pregnant women. Harvard researchers tested the cognitive abilities of 135 six-month-old infants and compared their scores to the amount of fish their mothers ate during pregnancy as well as the amount of mercury found in the mother’s hair.

The results showed women who ate the most fish containing omega-3 fatty acids and who had the lowest mercury content in their hair had babies who performed best on the cognitive tests. High mercury levels in the mother were linked with a deficit in infant cognition.

The researchers said the most likely explanation was that the benefit comes from the mother consuming fish with little mercury and high amounts of beneficial nutrients, like omega-3. Fish which meet these criteria include salmon, canned light tuna, and sardines.

Another recent study reported that eating broiled or baked fish can help older people avoid a common health condition that increases the risk of having a stroke.

The study found that people who ate these types of fish one to four times a week were 28% less likely to develop an irregular heartbeat (atrial fibrillation) than those who ate fish prepared this way less than once a month. Those who ate five or more servings saw their risk lowered by 31%.

The benefit was not found in people who ate fried fish or fish sandwiches.

The study by the National Heart, Lung, and Blood Institute followed the diets of more than 4,800 people 65 years of age or older for more than 12 years.

The investigators believe the high levels of omega-3 fatty acids found in fish most likely to be broiled or baked, such as tuna, salmon, mackerel and sardines, may be what’s protecting the heart from developing an irregular heartbeat. Fried fish and fish sandwiches, which are usually made of lean white fish like cod and pollock, do not contain significant amounts of these “heart-healthy acids”.

The study authors said “these results suggest that regular intake of tuna or other broiled or baked fish may be a simple and important deterrent of atrial fibrillation among older men and women”.

Editor: If you don’t think you’ll eat enough baked or broiled fish in your diet, you can also get omega-3 from our high quality **Item No. J-39 “EPA” Capsules** and **Item No. J-77 Flax Seed Oil Capsules**.

# Be Prepared!

Seeing the horrors of the recent natural disasters, made many people stop and wonder what they should do to prepare for such possibilities.

We saw various lists, and gathered some of the “common denominators” that would seem to be good advice to apply to preparations for any kind of disaster. The “preparations list” included, but is certainly not limited to:

- ◆ Flashlight with extra batteries
- ◆ Portable, battery-operated radio with extra batteries
- ◆ First aid kit & manual
- ◆ Emergency food & water
- ◆ Non-electric can opener
- ◆ Essential medicines
- ◆ Cash & Credit Cards
- ◆ Sturdy Shoes
- ◆ Blankets
- ◆ Toothbrushes, toothpaste, etc.
- ◆ Insurance information

Preparedness may also include teaching family members how and when to turn off gas, electricity, and water. And to have a plan in place for how your family members will communicate if you become separated, including an agreement on a relative everyone will contact if such a separation happened. Preferably that relative should be one who lives in a different part of the country than you do. Be sure every family member knows the name, address, and phone number of that relative. Another key thing to agree on is where everyone will meet, if a disaster strikes during the working day, for instance,

and going home is impossible. Here again, an agreed-upon out-of-state contact would be very helpful. You wouldn't have to waste a lot of time and stress figuring out who might know where the rest of your family went.

To the standard “preparation supplies” list, we would add:

- ◆ Key Food Supplements
- ◆ Homeopathic Remedy Kit
- ◆ Real Willard Water—just keep concentrate on hand for use if needed, or make up some actual “mixed-up-gallons” to have on hand
- ◆ Spray bottle(s) filled with Willard Water
- ◆ Aqua Gel and/or Chinota Gel (Items AG-4, HG-4, or HG-8)
- ◆ Colloidal Silver (Items CS-1 or CS-32)
- ◆ Any other key items you depend on, especially in dealing with stress (B-Vitamins? Valerian? St. John's Wort?)

You won't want to keep your supplies anywhere where anything sensitive to heat and/or cold would be damaged. To answer a very common question: Willard Water is not hurt by heat or cold. You can certainly keep a spray bottle of it, and a bottle of the Willard Water concentrate, in your car. Other items, consider individually. Occasionally, check on your supplies to be certain they're not outdated—if near their expiration dates, use them and replace with new ones to keep in your “supplies”.

We didn't really want to focus on such things, but sometimes greater peace of mind is possible if you know you have thought it through, and you do have a plan to deal with such an event. So we decided to include these tips, hoping it results in such peace of mind and not discomfort. ♣

# Culprit in Causing Fat Storage?

That's what one might conclude from a recent study conducted at the University of Cincinnati. Researchers there let mice freely consume water, fructose-sweetened water or fructose-sweetened soft drinks.

Even though the mice decreased the amount of calories they consumed from solid food, there was increased body fat in the mice that consumed the fructose-sweetened beverages.

The researchers said the study may explain why sweetening with fructose may be worse than using other sweeteners, since the evidence suggests drinking large amounts of beverages containing fructose adds body fat.

The finding, they said, suggests the total amount of calories consumed when fructose is added to diets may not be the only explanation for weight gain. Instead, consuming fructose appears to affect metabolic rate in a way that favors fat storage.

Sucrose and high-fructose corn syrup are often found in foods and drinks such as carbonated soft drinks, some juices and cereals.

The researchers said further studies in humans are needed to determine if high-fructose corn syrup in soft drinks is directly responsible for the current increase in human obesity. ♣

## Trivia & Tidbits . . .

1. What Christmas legend did a Montgomery Ward advertising man create?
2. What children's product does Binney and Smith manufacture?
3. Who issued the first mail-order catalog in the United States?
4. What letter designations did Ford use for its cars before the Model T in 1909?
5. How thick is the gold leaf used for lettering and gilding?
6. In the rhyme that begins “Ding, Dong, Bell” who put pussy in the well?
7. How many miles of blood vessels are there in the average human body?
8. What food, sold as Elijah's Manna in 1904, was renamed due to objections from clergy?

AND THE ANSWER IS...

1. Rudolph the Red-Nosed Reindeer. Robert May created him in a pamphlet store.
2. Crayola Crayons.
3. Benjamin Franklin. In 1744. He was selling books.
4. Models A, B, C, F, K, N, R and S. Nearly 29,000 were built between 1903 & 1909.
5. Approximately 1/200,000 inch.
6. Little Johnny Green put her in; Little Tommy Stout got her out.
7. About 62,000 miles.
8. Post Toasties Cereal.

## ON “THE WEB”!

[www.willardswater.com](http://www.willardswater.com)

(Note: “willardswater” is all one word, all lower case with an “s” between “willard” and “water”—that's how people usually ask for it!) *Come visit!*

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is “opinion”, nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### Pain & Stiffness; Vision; The REAL Thing

#### SOME CUSTOMERS

**HAVE THANKED US FOR TELLING THEM** . . . in a recent newsletter about possible benefits of our **MSM-Glucosamine** combination (**Item J-98**). Which leaves us somewhat embarrassed. We've had the product available to us, in stock here, and on our price list, for a number of years. Just never thought to say anything about it, so of course sales of it have been very low. And since we've not considered it to be a very significant product BECAUSE OF the low sales, we haven't said anything about it! Talk about a vicious cycle!

But it finally dawned on us (sometimes I think we are REALLY slow learners!) that most of what we sell of that product goes to just a handful of customers, but THEY buy six to 12 bottles at a time because typically, it is an older couple, and both need it and are using it. AND those purchasers have been doing so for a number of years. Which obviously means that they are seeing significant benefits.

The glucosamine-**chondroitin** combination has been something which has had national publicity for some years, as being very helpful for osteoarthritis. So of course that is one of our best-selling Daily products. And other people have found MSM to also be helpful for arthritis, so I know I've suggested to numerous people that they might consider the **J-91 (Glucosamine-Chondroitin)** AND one of the "straight MSM" products . . . J-92 or J-99. and many do just that. Others get all the help they need from the **J-91** by itself.

However, in our case, my wife, Kolleen, was led to mention in the newsletter that the **MSM-glucosamine** might be a better product for some people because a couple of our customers told her that that product (the J-98 glucosamine-**MSM** combination) did much more for them than the glucosamine **chondroitin** product did. Not only did she mention that in the newsletter, but she, Kolleen also decided to try it herself. (You may recall she was supposed to have been basically bedridden with arthritis in her neck and spine starting back in 1982, but after Willard

Water her symptoms [and the arthritis that had started to show up on X-rays] went away and she's been very active all along—now with increasing age she *has* noticed some minor signs of arthritis in her knee joints.) She says she has found such significant relief so quickly since starting on the J-98, that she's convinced it has to be more than just coincidental.

Given Kolleen's report and the "thanks" from the other customers who have tried it now since we told people about it, I thought we ought to let our readers know that those who decided to give J-98 a try, have been very pleased.

**IF YOU ARE, LIKE ME, SOLIDLY IN THE "SENIOR" CATEGORY**, and either have vision problems and/or are concerned about keeping your eyes healthy and avoiding, as best as we can, some of the nasty things that can go wrong with them as we get older and older . . . you have probably read, with interest, our comments about benefits noted from **EYE-VITE (Item J-115)**, the rather recently-formulated Daily product, which contains just about everything we've read about being helpful to the eyes.

Kolleen and I both have been taking it now for some months. She has noticed very significant improvement in her vision. Mine SEEMS to have improved somewhat, but I haven't had as much difficulty with my vision, so it's harder for me to see specific changes, though as I think I mentioned before, road signs are getting clearer and clearer! Also, I'm taking it hoping to prevent future problems, so I'd do so even if I didn't notice any immediate improvements..

Others have indeed found that it apparently improved their vision.

"CM" in California, reported that she is now "taking off my glasses when I play bridge, because I can see better WITH-OUT them. My vision must have improved enough that the correction I have is no longer what I need . . . Maybe I don't need ANY correction!"

Sales of this fairly spendy product have been brisk, and what gratifies us is that the apparent (we don't have time to analyze such things) re-order rate is very

high. If we get excited about a product and tell others about it via the newsletter, and a number of people buy it, but few re-order it, that is downright embarrassing, because we take that as evidence it really was not as beneficial as we thought. But with the Eye-Vite we've had nothing but glowing reports, and LOTS of re-orders!

**"IMITATORS AND DILUTORS"** . . . "Marlys" told us in a recent phone call, how grateful she was that she persisted until she actually found us and **REAL, FULL-STRENGTH Willard Water** concentrate.

"I've been on this quest for many years now. I always somehow 'knew' that I was supposed to get Willard Water. A long time ago I found a company that sort of implied that they had Willard Water. Their literature talked a lot about Willard Water, but the bottle didn't say anything about Willard Water. But it actually DID do me some good. Clearly, it was a useful product. But I still thought I was missing something and then the guy I was getting that imitation product from, quit carrying it.

"So I started looking again for Willard Water and I found some in a health food store. Not yours. It was a totally different label, but it certainly seemed to be saying that it was REAL Willard Water. But it turned out to be a big disappointment! I couldn't see **any** help from that alleged pure Willard Water at all.

"Many months went by, but I was still getting that 'nagging' feeling that I was still supposed to get Willard Water.

"Then I met someone at a training seminar who turned out to be very much a supplement-oriented person and he told me about your company. I took that as 'my guardian angel speaking to me', because I'm not in a health-related field. I'm a realtor!

"So why that person and I should wind up talking about health and nutrition, and specifically, Willard Water, is just too much of a coincidence to BE a coincidence".

I think she said it all... I won't even comment further!

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## **TOUCHED BY THE DIVINE?**

In this month's contributor's own words:  
"This may not be a real 'unexplained help' or 'touched by an angel' sort of story like many I've read here, but it was something that left those who were there feeling like they'd been touched by the Divine, somehow. My aunt was failing. There wasn't anything left for 'medicine' to do for her, so she spent her last days in her home and, finally, in a nursing home.

"While we sat with her, she sometimes talked, slept a lot, and often tried to make us all laugh.

"I've heard it said that when people have a fairly long dying process, some believe that the dying person actually spends some time getting glimpses of the other side. I'd never thought much about that idea, but I was about to.

"At one point, my aunt looked up and smiled beautifully, reaching out with her arms, she said 'Mama'.

"It was clear to all of us, by the look in her eyes, and how focused she was at some point ahead and above her, that she was indeed seeing her Mother, who had been gone for nearly 50 years.

"And at another time, she sort of whispered to her sister who was by her side, 'Heaven's going to be alright... it's the best'. Call me crazy if you want to, but I believe she was indeed getting glimpses of what was to come.

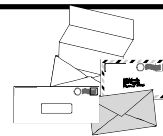
"And I also believe that nobody who was there to witness those events, will ever forget them.

"It was as if everyone there was somehow being touched by God... that somehow one of the true miracles of all our lives was being made clear... the knowing that there is more for us than simply what we see here... there is something better to look forward to".

*(Editor: We invite you to send us your own "unexplained help" stories, for publication in this newsletter, identified or not.)*



## **E-Mails, Mailbag & Phone Calls. . .**



**"It's the best thing ever"** — That's what "S.H." told us she thinks of the Real Willard Water. She said she has a friend who is a nurse and who had knee surgery and wound up with a spot on the back of her knee where the skin was so thin you could almost see through it. Apparently, the doctors think it most likely resulted from a lack of circulation there before the surgery, although it might have been the result of something that happened during surgery. Anyway, her surgeon was quite concerned about it when he saw it. After the surgeon expressed concerns, the nurse-friend of S.H. began spraying the area with Willard Water. It wasn't long after that that she saw the surgeon again, and he was amazed. In fact he was so impressed, he wanted a bottle of the Willard

Water for himself. One of the bottles S.H. ordered that day was for the surgeon.

**"I've really been kicking myself"** — That's what "C.J.C." said about her not getting an order in sooner for our Calcium Citrate (Item No. J-25). She started having leg cramps again after she ran out of it. The cramps were bad enough that she would have to get up during the night and jump up and down to get rid of the cramps.

She got calcium and magnesium from health food stores but it just didn't work as well as ours.

"There's a difference", she said. And that's why she'd been kicking herself... why didn't she just get ours ordered sooner? Well, she did now!



## More Product Highlights & Updates from Charlie

### A Hesitant Look At Bird Flu, and Doing What We Believe Keeps Us Healthy Any Time

**“WHAT ABOUT THIS BIRD FLU THING?”** Despite my wife Kolleen’s feeling that focusing attention on this is being what they used to call a “crepe hanger”, and despite both of our reservations about ever writing about stressful things that may never happen, and appearing to be “opportunistic” in doing so, I have decided to discuss it because so many of our customers are asking what we think about it. Also, since what I think about this, and what I would plan to do about it personally, comes down basically to answering another question we get frequently, which is “what do you do that you believe helps you to stay healthy?”, it seems even more reasonable to get into this discussion. So, for those who find thinking about bird flu, or the possibility of a pandemic, to be unsettling, just think of the following discussion as being one about what we believe in doing in trying to stay healthy any time.

JL wrote very recently, “Charlie, I have enough things to be concerned about, that I KNOW are real, without putting any thought into something that may never happen. But this Bird Flu thing in Southeast Asia, seems like something a person should be concerned about. If it starts jumping from person to person, instead of only from birds to people, there could easy be some infected person flying to the US before it is even known what is happening. If it really gets widespread in any part of the world, you just know it is going to turn up here before long. I don’t think there’s any vaccine for it, and if there is, me and my family aren’t going to be considered important enough to get it, unless there’s enough for everyone, which I sure doubt. What are YOU going to do? Seems like colloidal silver might help? What do YOU think?”

“Rachel” phoned in with similar questions. I am a terrible note-taker, but this is the gist of what she said:

“Charlie, what I hear is that with any bad luck at all, this Avian flu could turn into a replay of the 1918 pandemic. The “experts” talk about 2 million to 200 million people dying around the world in a worst case sort of scenario. What I believe I read was that the ability exists to make a vaccine for it, but that there is a very limited capability to do that, so if it broke out in this country in the next few months, there would not be nearly enough vaccine to go around. So I’m not looking to the medical profession for help on this, at least in the nearer-term. Any suggestions? Colostrum? Willard Water? Colloidal Silver? Grapefruit seed extract? Echinacea? Any homeopathic remedies that might apply?”

“Marvin” also called, with a related question: “Do any of those machines that allegedly make colloidal silver really work? Every year or two we hear about some terrible new bacteria or virus that is loose somewhere in the world. I think that colloidal silver really does kill bacteria and viruses, just based on my own experience. But I’ve got six grown kids and their families. They all live right around here. Even at the low prices you get for colloidal silver, I’ve got about 20 people here that I’d like to try to help, and that’s just the relatives. I don’t know if we can afford commercial colloidal silver no matter how good a deal it is.”

And there have been other inquiries. So let me try to respond in general to this type of question. I don’t claim to have any scientific knowledge on this and certainly have no “health professional credentials” of any kind, so

**And remember  
“...most of what  
people worry about  
never happens”...**

please take this as basically rather “uninformed opinion that shouldn’t be given any more credibility than it deserves”. Also, we have

a vested economic interest in some of these products, so that is one more big reason to read this skeptically.

#### **What do we plan to do personally regarding this?**

First, we plan to pray diligently that it remains confined to the poultry and that it does not mutate so that it can spread from person to person. Because if that happens, an awful lot of people are almost certainly going to die. The comparisons are made to the so-called Spanish Flu of 1918 which killed millions of people. Many millions right here in the US. I think more of our servicemen died from the flu than died in combat during World War I. I’ve read accounts of North Dakota families with half a dozen sons, who all went from apparently healthy, vigorous young men, to dead, within a couple of days. That is scary!

And if the virus is a new one, that we have no antibodies to, how do we fight it off? It would seem that we could be like the Native American tribes who got smallpox from the Europeans, or the Europeans who got bubonic plague centuries ago. Except that I understand that this type of flu would not be expected to have nearly that kind of mortality. But even if “only” 5% of us who got it, died, but half the population of the country was ill all at about the same time, the medical system would obviously be overwhelmed. I obviously can’t do anything about that.

What I would plan that we will, personally, do is have a several month

supply of colloidal silver on hand, for our own rather small, local, extended family. Likewise, colostrum. Likewise Willard Water. Also, possibly, some grapefruit seed extract, if we can find a good source of it again.

Why these items? First, the colloidal silver (**Item CS-1** or the more economical **Item CS-32**). We have made a lot of use of this for years. People who have marketed colloidal silver products over the past 10 to 12 years have always claimed that it killed bacteria and viruses on contact. Since I have never observed that activity under a microscope I can never say that with certainty. But the product just “keeps coming and keeps coming”, so if it is not true, there sure are a lot of us misinformed folks around. I do NOT take a little each day as a preventive thing, which a great many people DO do. The colostrum I DO take every day, seems to keep me from getting sick, so I’ve never gotten on a colloidal silver regimen. However, I DO do this: First, I brush my teeth twice a day with a mixture of Willard Water and colloidal silver. This totally reversed some significant gum problems I used to have. I assume that was because the colloidal silver killed the bacteria that were causing the plaque which was the underlying problem, and the Willard Water acted as something of a healing agent. I do not KNOW that it worked that way. I only know that the dentist strongly recommended that I go to a periodontist and get some spendy work done. And after six months or so of my “home remedy” that was no longer even mentioned by that same dentist.

Secondly, despite my “maintenance doses” of colostrum and Willard Water, I do, perhaps once a year, start to get the symptoms of a cold or flu. But I then immediately begin taking two teaspoons of our concentrated liquid colostrum (**Item H-2**), and three tablespoons of our colloidal silver, two to three times a day, for two or three days, and almost always, the very minor cold symptoms simply go away. Obviously works for me, but **that proves nothing**, of course.

How about the various machines

that one can buy to make their own colloidal silver? We’ve never even tried any of them ourselves, because we totally trust the colloidal silver we get from Daily’s and always were skeptical about how we would know how “strong” what we made actually was. So we’ve simply gone with what we knew and trusted.

A female customer (don’t remember who) who was extremely knowledgeable about colloidal silver, advised against the cheaper (\$65 to \$100) devices but said she’d found and purchased one for about \$250 which she found to be very good. (Wish I could remember more details on that machine . . . We’d either re-sell them, or at least tell you where to find them!)

As to the **Willard Water**, that is just automatic. . . We’ve all been drinking it for decades in the belief that we are “all-around healthier” doing so than not. And given the reports of it helping “an organism under stress” to do better, it would certainly seem that such a situation would qualify as “an organism under stress”!

Re: colostrum: I’ve taken maintenance amounts of very high quality colostrum practically every day for over 22 years and have not missed a day’s work because of cold or flu, that I can recall. (**Item H-1**, or **H-2**, or **H-6** mostly—we’ve typically used the capsules — **Item H-5**— only when traveling, but many customers have always used the capsules and reported great satisfaction with those, too.)

There are antibodies in the colostrum, but we believe nearly all of the apparent immune-building action of the colostrum is due to the “Transfer Factor” activity in it. Some customers simply buy the pure Transfer Factor from us (**Item H-10**), which certainly makes sense, too. We just never got in the habit of using it, since we had such good success with the colostrum we were in the habit of using it long before the Transfer Factor became available.

As to the grapefruit seed extract, it is believed to kill bacteria. In fact,

some products are now on the market using it as the preservative so it is obviously well-established that it works that way. However, I have no clue as to its effect on viruses, which would be the cause of the flu. We used to carry a very high quality version but it became so expensive we dropped it. Most health food stores will have some type of grapefruit seed extract—see what they know about their version’s quality.

Now, if months go by and the production of a vaccine gets ramped up to the point that everyone in this country who wants the vaccine can get it, would WE line up to get the vaccine? Don’t know. But this would be a case where we would at least think about it. If there was a worldwide epidemic raging and the vaccine seemed to offer pretty good protection, a prudent person would certainly consider it.

Again, the appropriate disclaimers: We are NOT telling you what to do on the avian flu issue—just responding to questions on what WE plan to do. And, in the interest of keeping things in perspective, far wiser men than I have often pointed out that **most of what people worry about never happens**. And I certainly hope it’s true with regard to the bird flu.

Also, given all the attention the possible bird flu problems are receiving from governments all over the world, and from disease-fighting agencies, it’s also highly likely that even if the “final solution” isn’t found for it before it strikes, if it strikes, it’s still likely that some of the indirect problems it could cause may well have been handled beforehand — supplies of essential items being available and distribution channels being able to be kept open and such.

It makes no sense to spend time worrying about things that we, individually, have little control over. What makes sense to me is to just take some modest and productive precautions, like stocking up on whatever you believe will help keep you healthy, do that, say your prayers, and then don’t worry any more about it. ♦