

one-third of all men with diabetes, do not even know they have the disease. Despite advances in medical technology and research, the life expectancy of men continues to be an average of 7 years less than women.

Nearly 120,000 men aged 25 to 64 died from heart disease or stroke in 1995. The death rate of men from prostate cancer has increased by 23 percent since 1973. Twenty-seven percent of men will die within one year after having a heart attack.

In 1997, the bulk of government funding for breast cancer research was approximately \$332 million; for prostate cancer, \$82.3 million. An estimated 39,200 men will die of prostate cancer in 1998. It is the second leading cause of cancer death in men.

Women visit doctors 30 percent more than men do. In 1995, nearly three-fourths of heart transplant patients in the United States were male and over 30 percent of men in the United States are overweight.

Why do I reveal these statistics? Because it is vitally important that America get healthy. One simple change would be encouraging men to take an active role, as women do, in regularly visiting their physician for basic treatment and examinations. The rate of male mortality could significantly be reduced if we would encourage men to seek treatment before symptoms have reached a critical stage.

For example, a good friend of mine, Senator Bob Dole, is alive today because he sought early care for prostate cancer. Others, such as Muppet creator, Jim Henson, and Time-Warner Chair, Steve Ross, waited far too long for medical advice.

Now, in 1994, Congress inaugurated National Men's Health Week, which begins this year on June 15 and culminates on Father's Day, June 21.

Why is it vitally important that men become more aware of their health care needs? First and foremost for their longevity. Secondly, for the quality of life. Thirdly, as we look at the Federal budget and the growth of funding in Medicare and other programs, it is vitally important to rein in the costs of spending. It is much better in society for us to take preventive measures, to look at the healthy aspect of life, to look at ways to prevent the onslaught of disease by doing several things: One, exercise; one, controlling fat intake; one, obviously eliminating smoking as part of one's lifestyle; minimizing drinking. All of these things can be accomplished.

In addition for this week, nongender-specific issues such as heart disease, cholesterol count, blood pressure; specific health issues that deal with men such as stroke, colon cancer, prostate cancer, suicide, alcoholism, and men's fear of doctors, among others, should be focused on.

What will a week's difference make in the scheme of things? What will the difference in June 15 to June 21 yield?

Well, when the problems of women's breast cancer and its rising rates became apparent over the past several years, the designation of October as National Breast Cancer Awareness Month enabled a broad collation of health organizations, associations, individual groups and the media to focus on the vital role simple steps such as breast exams can play in preventing this deadly disease. As a result, more women than ever before are taking steps to detect and treat breast cancer in its earlier stages, thereby sustaining their life and preventing the onslaught of a ravaging disease.

By developing an entire week on the broad range of health issues affecting men and ultimately their families, National Men's Health Week attempts to achieve the same positive behavioral changes among men that is already being undertaken by women.

So I urge men to follow the advice, read up on publications, try and exercise in order to preserve their health and, obviously, their family's.

DON HENLEY AND THE WALDEN WOODS PROJECT

The SPEAKER pro tempore. Under the Speaker's announced policy of January 21, 1997, the gentleman from Texas (Mr. LAMPSON) is recognized during morning hour debates for 5 minutes.

Mr. LAMPSON. Mr. Speaker, I want to take a moment to honor a special man, Don Henley. Many of us know Mr. Henley for the numerous hit records that he has produced over the years. He has been recognized countless times for his fine musical achievements.

But today I want to honor Don Henley for something far more than the hit music that he has brought to us over the years. I want to recognize him for the wonderful work that he has done with the Walden Woods project and the Thoreau Institute to preserve the area around Walden Pond. These woods served as an inspiration for Henry David Thoreau's great work, "Walden."

Don Henley was drawn to Thoreau's writings as a high school student growing up in East Texas. He was troubled when he learned that the Walden Woods were threatened in 1989 by two commercial development projects. Plans were underway for the construction of an office complex 700 yards from Thoreau's cabin site and 139 condominiums less than 2 miles from Walden Pond itself.

In 1990, Mr. Henley founded the Walden Woods project, a nonprofit organization focused on the preservation of the land within the Walden Woods ecosystem. The project was able to raise enough money to purchase and to protect 100 acres of the woods, including the two sites slated for development.

Don Henley's work continues as the Walden Woods project has combined efforts with the Thoreau Society to form the Thoreau Institute. On June 5, the Institute was formally inaugurated at

the same beautiful landscape that captivated the attention and the appreciation of the great author.

The Thoreau Institute will work to unite interest in saving the environmental riches of the woods with the study of Thoreau's scholarly writing. The Institute aspires to bring Thoreau's writings to individuals around the world.

Last September, Mr. Henley was awarded a National Humanities Medal by President Clinton for his extraordinary work to save Walden Pond. The President noted that the award was given to those men and women who keep the American memory alive and infuse the future with new ideas.

Mr. Henley has always been committed to the goals of preserving our environment and our natural resources. Through his hard work and his dedication, Don Henley has ensured that the legacy of Walden Pond will continue to be an inspiration for generations to come.

SELF-DETERMINATION FOR THE AMERICAN CITIZENS OF PUERTO RICO

The SPEAKER pro tempore. Under the Speaker's announced policy of January 21, 1997, the gentleman from Puerto Rico (Mr. ROMERO-BARCELÓ) is recognized during morning hour debates for 5 minutes.

Mr. ROMERO-BARCELÓ. Mr. Speaker, 3.8 million American citizens of Puerto Rico are eager to exercise self-determination. We care passionately about our political status and we support congressional measures which call for a referendum, define status options, and provide for the implementation of the status choice that prevails.

Opponents of these bills object to the fact that if a majority of the 3.8 million U.S. citizens vote for statehood, a process might begin which would lead to the islands's full incorporation into the United States as an equal partner. So, some may be wondering what is the problem? What is the problem with having American citizens achieve the right to vote and the right to representation? If my colleagues should ask me, nothing. But some Members of Congress want to impose a supermajority requirement on Puerto Rico if we were to vote for statehood. If they have their way, even if a majority of American citizens in Puerto Rico voted for statehood and only 44 percent voted for Commonwealth, we would remain as a Commonwealth.

Why? Why should the will of a minority decide the relationship of 3.8 million American citizens? Why should a minority keep almost 4 million American citizens disenfranchised and denied the right to participate in their Nation's democratic process?

Mr. Speaker, is the imposition of such a threshold not unprecedented and shameful? Of course it is. It is also undemocratic.