

Indeed, the native American Thanksgivings antedated those of the new Americans. In the words of the eloquent Seneca tradition of the Iroquois, ". . . give it your thought, that with one mind we may now give thanks to Him our Creator."

From the first Pilgrim observance in 1621, to the nine years before and during the American Revolution when the Continental Congress declared days of Fast and Prayer and days of Thanksgiving, we have turned to Almighty God to express our gratitude for the bounty and good fortune we enjoy as individuals and as a nation. America truly has been blessed.

This year we can be especially thankful that real gratitude to God is inscribed, not in proclamations of government, but in the hearts of all our people who come from every race, culture, and creed on the face of the Earth. And as we pause to give thanks for our many gifts, let us be tempered by humility and by compassion for those in need, and let us reaffirm through prayer and action our determination to share our bounty with those less fortunate.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, in the spirit and tradition of the Iroquois, the Pilgrims, the Continental Congress, and past Presidents, do hereby proclaim Thursday, November 22, 1984, as a day of National Thanksgiving. I call upon every citizen of this great Nation to gather together in homes and places of worship to celebrate, in the words of 1784, "with grateful hearts . . . the mercies and praises of their all Bountiful Creator"

IN WITNESS WHEREOF, I have hereunto set my hand this nineteenth day of October, in the year of our Lord nineteen hundred and eighty-four, and of the Independence of the United States of America the two hundred and ninth.

RONALD REAGAN

Proclamation 5270 of October 30, 1984

National Christmas Seal Month, 1984

*By the President of the United States of America
A Proclamation*

Chronic diseases of the lungs are responsible for large numbers of deaths and disabilities among Americans. More than 17 million people have chronic lung diseases, and an estimated 225,000 Americans will die this year from them. The cost to this Nation is nearly \$30 billion in medical expenses and lost wages, and untold millions more in lost productivity.

Emphysema and chronic bronchitis afflict ten million Americans. Asthma affects another seven million people, two million of whom are children. Before the end of this decade, lung cancer will have surpassed breast cancer as the leading cause of cancer deaths among American women.

The American Lung Association (ALA), through its community lung associations, continues the tradition started in 1904 of leading the effort to control and prevent pulmonary diseases. The ALA is this Nation's first voluntary, nonprofit public health organization. Formed originally to combat tuberculosis, the ALA, together with its medical/scientific arm—the American Thoracic Society—now has widened its scope to include all forms of lung disease and its causes, including smoking, air pollution, and occupational hazards.

To help pioneer and develop health education and research programs aimed at better treatment and prevention of lung diseases, the ALA relies on the sale of Christmas Seals. The Association has used Christmas Seals since 1907 to raise funds through private contributions to continue its research programs.

This year, 60 million homes will receive Christmas Seals. The funds raised through the sale of Christmas Seals have enabled the ALA to provide many millions of dollars for research programs on the prevention and control of lung diseases. Christmas Seals also have allowed the ALA to conduct vigorous public campaigns against air pollution and cigarette smoking. The use of Christmas Seals on holiday mail is a visible reminder that chronic lung diseases remain a serious public health problem, but one that can be in large part prevented through research and public education.

To increase public awareness of chronic lung diseases and the benefits realized by the sales of Christmas Seals, the Congress, by Senate Joint Resolution 324, has designated the month of November as "National Christmas Seal Month" and authorized and requested the President to issue a proclamation in observance of this month.

98 Stat. 1829.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the month of November 1984 as National Christmas Seal Month, and I call upon all government agencies and the people of the United States to observe this month with appropriate activities and by supporting the Christmas Seal program.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of October, in the year of our Lord nineteen hundred and eighty-four, and of the Independence of the United States of America the two hundred and ninth.

RONALD REAGAN

Proclamation 5271 of October 30, 1984

National Diabetes Month, 1984

By the President of the United States of America
A Proclamation

Diabetes mellitus is one of the most serious medical and public health problems challenging this Nation today. Approximately 11 million Americans suffer from this disease. Although careful treatment can control many of the short-term metabolic effects of diabetes, the disease is also associated with serious long-term complications that affect the eyes, kidneys, nervous system, and blood vessels. Physical, emotional, and financial consequences of this disease impose an enormous burden on its sufferers, their families, and the Nation in general. Diabetes-related health care, disability, and premature mortality alone cost more than \$14 billion annually. The non-monetary costs are also staggering. Moreover, the prevalence of diabetes is increasing in the United States.

In recent years, there has been an enormous amount of progress in understanding, diagnosing, and treating diabetes. The National Diabetes Advisory Board, established by the Congress, has recently reported that "Not since the discovery of insulin over half a century ago has the outlook for clinical advances in the treatment and ultimate prevention and cure of diabetes been as promising as today." Researchers continue to discover clues to the causes of this disease and its complications. New and better forms of treatment are being developed and tested.