

YOUR LIFE AND HEALTH

NATIONAL HEALTH MAGAZINE APRIL, 1982 \$2.00

DON'T MEASURE YOUR AGE
BY YOUR YEARS

WALKING TO HEALTH

GOOD TASTING,
AND
GOOD FOR YOU

MEALS
WITHOUT MEAT



SPECIAL ISSUE
Staying Young Longer

BASIC FOOD GROUPS

DAILY PORTIONS

Vegetable-fruit group
four or more servings

Citrus fruits,
tomatoes, cabbage,
peppers, melons,
berries, dark-green
or deep-yellow
vegetables, potatoes,
and others

Bread-cereal group
four or more servings

Breads, cereals, and
other grain products
made from whole
(preferred), enriched,
or restored grains

Protein group
two or more servings

Dry beans, dry peas,
lentils, garbanzos,
nuts, peanuts,
peanut butter, eggs,
cottage cheese,
soy cheese,
vegetable proteins

Milk group
children-- 3 to 4 cups
adults-- 2 or more cups
Whole, evaporated,
or skim milk,
reconstituted dry
milk, buttermilk,
or soybean milk

Eat additional food as
needed for more calories



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MILLIONS OF AMERICANS HAVE HIGH BLOOD PRESSURE & DON'T EVEN KNOW IT



YOU may be among the millions of Americans who have high blood pressure—and don't even know it.

And that's a shame—because successful treatment of this disease can reduce your chances of having a stroke, heart disease, or kidney disease.

Of the estimated 25 to 30 million Americans who have high blood pressure (hypertension), about 29 percent are unaware that they have it. How can you tell if you are one of them? Who are the most likely candidates to be afflicted with this disease? What can you do to prevent it?

You'll find the answers to these questions and others in the new special issue of LIFE & HEALTH magazine entitled "Hypertension." Some of the articles included in this issue are "Hypertension: Disease Without Symptoms," "Dentists Join the Fight Against High Blood Pressure," "What You Need to Know About High Blood Pressure," "Children Have High Blood Pressure, Too!" "How Much Salt Is Too Much?" and "Taking the Tension Out of Hypertension."

Get the facts straight about high blood pressure. Order your copy of "Hypertension" today. The dollar you spend may help save your life.

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The Continuing Quest

Centuries ago a famous explorer set out on a rather strange quest, yet one that has been pursued by humanity almost as long as there has been a human race. The explorer's search was for the Fountain of Youth, from which, figuratively, at least, our race has always wanted to drink. For there is hardly a quest that men and women have pursued more than that of lasting, vibrant, youthful living.

That explorer roved far and wide in his search, sailing to hitherto little-known countries and finding many strange and fascinating things. But that elusive fountain, whose waters were thought to prevent old age and death, was always just beyond his reach.

Yet the search for the Fountain of Youth was not entirely wasted; it proved very productive in many other ways. It opened up new avenues of knowledge and thereby broadened the horizons of many people of that day.

This illustrates a situation that has existed since the very dawn of history. Wise and progressive people are constantly alert for new ways to make their lives more beautiful, harmonious, and healthful. And once in a while one of them, looking for new ideas and better ways of living, has stumbled onto some of the truly great secrets of nature, and of health.

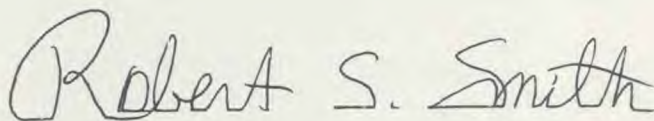
Men and women are, of course, still looking for the Fountain of Youth in one way or another. The mantle of that long-ago explorer has fallen on people on a more practical quest, the scientists by whom many worthwhile discoveries are being made. Some of the secrets of nature, long hidden or only dimly understood, are now steadily being made to give up their mysteries. And these discoveries enrich our knowledge of health as it does our knowledge in many other areas.

Medical scientists tell us that we still have much to learn as we study, for example, the wonders of a living cell under a high-powered microscope or examine the various organs and structures of which the body is composed.

But the more medical scientists learn, the better they are able to understand the laws of life and of health and to show us how we may live without unnecessary pain and suffering and how to extend our lives and make them more useful during those added years.

This is the purpose of this issue of *YOUR LIFE AND HEALTH*. We have tried to bring together articles that emphasize positive ways to long-lasting health—how you might feel good, look good, and actually be in good physical shape.

So, good health to you.



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NATIONAL HEALTH MAGAZINE APRIL, 1982

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DON'T MEASURE YOUR AGE BY YOUR YEARS

Physiologically, some people are younger at 55 than others at 45.

by Harold Shryock, M.D.

Life is progressive. It moves on year by year regardless of whether the individual wants it to or not. And there is no turning back.

Advantages and disadvantages come with the passing of time. Physically, the human body tends to wear out. This takes place at a faster rate if a person pursues a careless way of life and at a slower rate if he consistently follows simple rules of conservative living.

Mentally, emotionally, and spiritually, there are cumulative advantages with each year that passes. Life can become more meaningful and more rewarding for an optimistic individual who spends his talents and energies in worthwhile undertakings.

It is in this sense that the later years of life can be the best of all.

Every human being is endowed at birth with a certain reserve supply of vital energy. The exact amount varies from person to person. The major contribution to this quota of precious dynamic force is made by one's parents through channels of heredity, some children being born with plenty of vigor and resistance to disease and others with a relatively meager quantity.

The person who lives carelessly or who experiences serious illness during his lifetime or who falls victim to major, life-threatening accidents uses up his supply of vital force at a more rapid rate than the person who grows up under fortunate circumstances and who lives conservatively.

During youth and early adulthood, when vigor is abundant and life flows easily, it is hard for a person to be conservative in the use of his physical

assets. Overwork, loss of sleep, and overindulgence all take their toll. But at this phase of life the individual is prone to reason, "I would rather live it up now even though it does take a few years off the end of my life."

But when this same person comes to the late 50s and 60s his attitude changes. Life is still sweet, and he chafes under the limitations of reduced vigor and a greater tendency to illness.

And so the question logically enters our thinking, Is it too late when a person passes his physical prime to redeem the past and regain what he lost by the indiscretions and wasted energies of previous years?

It is not possible for an older person to have restored to him the same measure of vitality he possessed in his younger years. But he can husband the resources he still possesses and, by using them wisely, stretch them out for a longer period of time. In the meantime he can reap the benefits of a planned health program, which will make life during his declining years more comfortable and more enjoyable than it would have been had he continued in his "don't care" attitude toward matters of health.

A prime example of what a carefully planned health program can do for a person in his later years is provided by the late President Eisenhower. Dwight Eisenhower was never a weakling. As a military man he had kept himself in reasonably good condition. But the war years drew heavily on his reserve of vital energy. As commander in chief of the Allied forces in Europe he bore the strain of long hours of work, of excessive responsibility, and of intense anxiety over the welfare of those for whom he

was responsible. Also, he was a smoker, which in itself had hastened the process of aging within the organs and tissues of the body. To his credit, Eisenhower discontinued smoking, on the recommendation of his physician, before he was called to the Presidency.

During his first term in office, President Eisenhower suffered two major illnesses, either one of which might have incapacitated an even younger man. In September, 1955, he suffered a heart attack, and in June, 1956, he was stricken with ileitis, which required major surgery. These ailments focused earnest attention on the President's state of health. Many would have said that it was too late for him to benefit from a health-building regimen. Nevertheless, the President's doctor, in consultation with the best medical specialists of the nation, instituted such a program.

Dr. Howard Snyder, Eisenhower's physician, summarized the formula for maintaining the President's health as follows: "Proper diet, avoidance of excessive fatigue, plenty of rest, lots of moderate exercise, frequent physical examination, a controlled temper."

And thanks to his following such a program, which did a great deal for him even late in life, Eisenhower was able to carry through a second term in the White House and thus, at age seventy, to become the nation's oldest President up to that time.

The rate of aging

One's effective age cannot be measured by the number of his birthdays. Even among friends one's age is judged by comparisons more than by chronology. The rate at which the human body



ages differs with individuals. Some are younger at 55, physiologically speaking, than others at 45. And, except for serious accidents or major diseases, the person who is "young" at 55 will live longer than the one who is already "old" at 45.

Certain factors speed up or retard the aging process. One authority in the field states that a young person may vary his

life expectancy by as much as thirty years depending upon his pattern of life. The person who lives in the country has a five-year advantage over one who lives in town. Even being married has its influence, with a husband or wife being five years better off than one who is single, divorced, or widowed. Keeping one's weight at a normal level definitely helps.

Overweight persons become susceptible to many of the diseases that shorten life. Being 25 percent overweight carries a four-year disadvantage; being 45 percent overweight, a seven-year disadvantage; and 66 percent overweight, a fifteen-year disadvantage. A pack-a-day smoker pays the price of a seven-year shortening of life, and one who smokes two packs a

day carries a twelve-year disadvantage.

Let us make this comparison a little clearer by contrasting the situation of an unmarried, heavy-smoking taxi driver who follows a devil-may-care attitude toward healthful living, with that of his sister, who is happily married, lives on a farm, does not smoke, and avoids other forms of dissipation. The sister has a three-year advantage because she is a woman, a five-year bonus because she is married, another five-year lead because she lives in the country, and a twelve year advantage because she does not smoke. Thus the sister has a twenty-five-year-longer prospect of life than does her brother who lives carelessly.

Life expectancy has increased a great deal within the present century. In 1900, less than half (40 percent) of live-born babies could be expected to live until age 65. Successful conquest of communicable and infectious diseases has reduced death in the younger years to the extent that now about three fourths of live-born babies may be expected to reach age 65. This means that the number of older people in our population has increased both relatively and actually. In 1900, about 4 percent of the population consisted of persons 65 years of age or older. This percentage has grown until, in recent years, more than 9 percent of the population is 65 or above.

Activity

As a person becomes older, his remaining store of vital energy declines. For this reason it is wise for an older person to slow down his pace of living. This does not mean that he must restrain his enjoyment of life or that he has to walk with a cane or even that he has to avoid the activities that he has always enjoyed. Instead, it means that he should practice moderation. If his work is strenuous, he should work fewer hours per day. He should take more time for leisure and recreation.

Many an older person, unable to do what he used to do, is tempted to fight back. But this does not increase his quota of energy. Rather it wastes it through unnecessary emotional expenditure. It is much better, as one becomes older, to stay within the new limitations of energy. By practicing a little self-imposed mental discipline, an older person can be just as happy as in former years and can become reconciled to slowing down by discovering that life can be just as enjoyable when taken at a slower pace.

Some persons, with a false under-

standing of the principles involved, try to preserve their supply of vital energy by being inactive. They feel they are in danger of wearing out. But by inactivity, both mental and physical, they are in greater danger of rusting out than of wearing out. Activity is necessary for continued health. Physical activity quickens the circulation of the blood and thus helps to maintain a favorable condition in all organs of the body, particularly the brain. Mental activity aids one in being optimistic. And with the continued use of the brain comes a magic response

In 1900, less than half of all live-born babies could be expected to live until age 65.

by which all other organs benefit.

Winston Churchill at age 60 reportedly announced his impending retirement from public office. Then came World War II, and Churchill rallied to what he considered a patriotic duty. Marvelously his vigor, both physical and mental, continued strong for another twenty years and made him perhaps the greatest statesman in the history of Great Britain.

It is easy to speculate on what Churchill's future might have been had he allowed himself to become inactive soon after the age of 60. Inactivity and a passive attitude would have brought about a physiological decline in all the organs of his body, including his brain, and very probably he would have died several years earlier.

Extremes of activity should be avoided even more in later years than during one's prime. A moderate program of exercise is good, but excessive exertion may overtax the heart. The desirable amount of exercise for any particular person depends on what has been his previous way of life. One accustomed to a great deal of physical activity needs only to practice moderation as he becomes older. But the elderly who have neglected exercise should now be cautious as they gradually build up tolerance for activity.

Referring again to President Eisenhower, it should be recalled that his

doctor insisted that he take regular physical exercise, but that he do it with moderation. The President liked to play golf, and this proved to be well-suited to his needs.

Walking is a good exercise, and so is bicycling; but playing tennis or sprinting a mile at a time is too strenuous for most persons past 60.

Nutrition

As a person becomes older, he needs fewer calories per day than when he was younger. There is danger now that he will continue to follow his same habits of eating and thus become overweight. Overweight is a handicap at any age, but particularly in later years. The more weight a person carries, the greater are the physiological demands on his heart, on his blood vessels, on his kidneys, and on his other vital organs.

Certain food elements are more essential than others. Not so many calories are needed now, but the need for adequate amount of protein, vitamins, and minerals continues. In reducing the amount of food they eat, oldsters should therefore take precautions not to deprive themselves of nutritional essentials. They should seek advice, from time to time, of someone who understands the principles of nutrition to make sure that their reduced diet is adequate.

How a person lives

A person's life is not measured entirely by years. One who wastes his vital energies by careless living reduces his capacity to live buoyantly. Not only does he pay the penalty of a shorter life span, but his personal capacities remain at a lower level. The enjoyment that one derives from life is related to the amount of energy he possesses. With an adequate supply, he tends to be happy and optimistic. But if through carelessness in his pattern of living he dissipates his bank account of vital energy, he will be sickly, moody, and disinterested in life.

One's mental outlook has its influence on how fast he uses his quota of vital energy. Cheerfulness, courage, faith, and good humor all contribute to the efficient use of one's store of energy. The opposite emotions of sadness, fear, and anxiety use up energy unnecessarily. A person's outlook on life has an important influence on his state of health. ☛

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Know Your Blood Pressure and Live Longer

The fact that you don't feel you are hypertensive doesn't prove you are not.

by Robert J. MacMurray, M.D.

It could have been called "high blood pressure day." That Monday morning every one of my patients had the disease.

My first patient, a middle-aged, mild-mannered man, was typical. Accompanied by a domineering wife, he was silent while she did the talking. "I finally got him down for an examination," she said. "But he still insists there's nothing wrong with him."

I reached for the blood pressure cuff. I try to do this in an offhand manner, but he still tensed a bit. "Let's check your blood pressure."

His wife released one of those "hah"-type laughs. "Blood pressure!

That's one thing he hasn't got. Nothing excites him."

His blood pressure was 175 systolic and 112 diastolic, commonly called 175 over 112. Definitely high, and dangerous if untreated.

Hypertension, or high blood pressure, is the most pervasive cardiovascular disease, the main cause of death among adults in most modern societies. Thirty-five million Americans are known to be hypertensive, and an additional 25 million are considered to be borderline.

Elevated blood pressure is the most important factor in half a million cases of stroke recorded each year, resulting in 175,000 deaths. Hypertension is also a very significant factor in 1,250,000 annual heart attacks occurring in the United States alone. It is estimated that the disease costs the country 8 billion dollars annually in medical care expenditures, lost productivity, and lost wages.

Just what is high blood pressure? It is the force or tension of the blood against the walls of the arteries. Systolic pressure, the upper reading, refers to the pressure when the heart is contracting and therefore pumping. Diastolic pressure, the lower reading, refers to the pressure when the heart is resting.

My first patient was of that type of

people who outwardly show no emotion but inwardly are racing their engines. The deceptive condition reminds one of a floating duck that seemingly is moving without effort yet whose feet are paddling "a mile a minute."

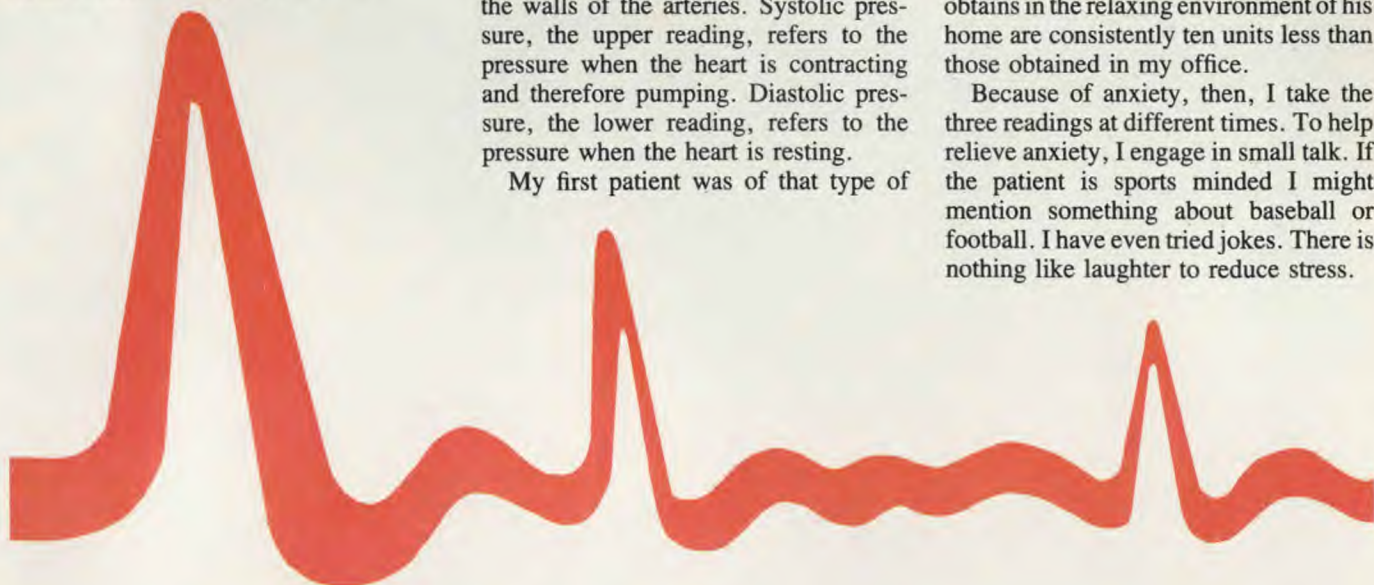
When the placid, unemotional individual has a heart attack, shocked friends say, "Oh, no, not him! Not jolly, easy-going Jim."

Stress, however, is only one factor that contributes to hypertension. There are some people who do not have much stress who nevertheless do have high blood pressure problems.

As is my custom, I took more than three blood pressure readings of my patient. I do this because of patient anxiety and stress. The sight of medical instruments, the examination table, even the white-coated doctor, can contribute to a feeling of apprehension. One of my patients calls it "doctor's office hypertension." He has one of those home blood pressure kits. The readings he obtains in the relaxing environment of his home are consistently ten units less than those obtained in my office.

Because of anxiety, then, I take the three readings at different times. To help relieve anxiety, I engage in small talk. If the patient is sports minded I might mention something about baseball or football. I have even tried jokes. There is nothing like laughter to reduce stress.

Robert J. MacMurray, M.D., received his degree in medicine at the New Jersey College of Medicine in Newark, New Jersey. At present he is chief of the Family Practice Section at Florida Hospital, in Orlando, Florida. He, with his wife and daughter, reside in Altamonte Springs, Florida.





How successful have my jokes and one-liners been? At one time I cracked a joke that brought my patient's blood pressure to normal. I wish I could remember that joke!

One patient supplied his own humor. When I inflated the cuff on his left arm, he said, "Doctor, I usually take 32 pounds in the left tire."

As I expected, with lessened anxiety on the part of my patient, the pressure on the third reading was lower—165 over 102. Still high. At this point I told him he had high blood pressure, but that it could be reduced with treatment.

The treatment, I told him, could be as simple as drastically reducing his salt intake. His wife let out another one of those "hah" laughs. "When he eats, the salt shaker never leaves his hand!"

My announcement took him by surprise. "I can't believe it! I never get headaches or feel dizzy."

I explained to my patient that headaches or dizziness could be those of hypertension, but they were also signals of many other ailments. Actually, high blood pressure rarely shows symptoms. That is why it is called the silent killer. It is an enemy that can lead to heart attack, stroke, and kidney failure.

This symptomless condition is one of the reasons only 20 to 50 percent of patients stay on prescribed medication. "Why should I stay on drugs when I feel fine?"

Yet, if high blood pressure is controlled, the chances of controlling heart attack, stroke, and kidney failure are the same as for a person without high blood pressure.

We are constantly learning more about hypertension. For example, no longer is the diastolic, or low reading considered the more important. My second patient was guilty of this misapprehension. When I told him his blood pressure was 190 systolic and 85 diastolic, he sighed with relief. "Thank God," he said. "I understand the diastolic figure is the important one, and mine's below ninety."

I shook my head and told him a recent study made with 3,000 hypertensive patients revealed that the systolic pressure reading was most important. This is an about-face from the former belief.

There has been a change, too, on when to treat high blood pressure. At one time a systolic of 160 and a diastolic of 105 were considered serious enough to institute treatment. Now physicians are recommending that patients be concerned

with readings of 140 over 90, and control measures are recommended.

What are the rewards of lower blood pressure? For one thing, the chances of getting stroke and heart and kidney diseases are markedly reduced. If, for example, your blood pressure is 90 over 50, be glad. You have the potential to live a long life. Only in rare cases is low blood pressure a disease.

There is an economic award, too, in having low blood pressure. Life insurance companies charge lower premiums for people having it.

Hypertension, or high blood pressure, is the most pervasive cardiovascular disease, the main cause of death among adults in most modern societies.

Do guidelines exist to indicate whether an individual is a candidate for high blood pressure? There are several. Family history is one. A mother, father, or both, can pass a tendency toward hypertension on to children. Also, being overweight places a strain on the cardiovascular system and can raise blood pressure. And, as most of us know, emotional stress, worry, and anger raise blood pressure.

It does not surprise us that smoking can raise blood pressure. It may be surprising that black people have a high incidence of hypertension—one in every four over the age of 18. High blood pressure is the single biggest killer of blacks in the United States.

Pregnancy can be a factor in hypertension. And women who use oral contraceptives (the pill) suffer a two-and-one-half-times greater danger of developing the disease than women who do not use it.

Age can be a factor in hypertension. As the years progress, fatty deposits accumulate in the arteries, a condition termed atherosclerosis. Under these circumstances the heart must pump harder to make up for the clogged arteries. The result: hypertension. The ingestion of salt through the years can be a factor in hypertension among the elderly.

It should be emphasized that age does not automatically mean high blood pres-

sure. On the other hand, even children are not immune from it. It is estimated that some 15 percent of children have the disease. For this reason, all children over 5 years of age should receive a blood pressure check.

If I have painted a somewhat grim picture for people afflicted with high blood pressure, I want to brighten it immediately. There is an excellent possibility that medication need not be required. I state this because we doctors see people every day with blood pressures in the range of 160 over 100, who stop salt ingestion and within months reduce their pressures to normal 140 over 86.

It is my custom to reduce the risk factors before prescribing medication. Here are the goals I ask my patients to achieve:

Reduce weight. The correlation between high blood pressure and obesity has been consistently demonstrated.

Stop smoking. Nicotine is the main ogre responsible for elevated blood pressures. Smokers also have the increased risk of stroke and heart attack.

Reduce salt intake. The percentage of hypertensives in a given area varies directly with their salt intake. How effective is the reduction of salt ingestion? Consider the Alaska Eskimo with a salt ingestion of less than four grams per day and no hypertension. Now consider the people of northern Japan, with a daily average salt intake of more than twenty grams. And forty percent of the population there has hypertension!

Monitor oral contraceptives. Women on the pill exhibit a slight rise in blood pressure. But only five percent develop hypertension. These five percent should employ other methods of contraception.

Reduce stress. It is well known that blood pressures vary in relation to the emotional stress. What can be done? Relaxation techniques help many hypertensives to reduce blood pressures.

Exercise. Avoid the sedentary life style. Exercise is the best therapy in the world. It can prevent more diseases, cure more problems, and tranquilize environmental stress better than any drug. Exercise will not only reduce blood pressure, but it will also increase muscle tone, improve lung capacity, increase heart efficiency, and combat constipation, among other benefits.

Any one of the above—preferably all—can save you from a lifelong commitment to medication and, best of all, can prolong your life. ☼

God's Principles of Health

One would expect that the God who created us would tell us how to maintain good health.

by H. M. S. Richards

Does the Bible have anything to say about health? Indeed it does—a great deal. God, who created man, laid down principles of life, principles of health and good living. Because these principles have been ignored or broken, the sad result has been suffering and sorrow spread over the world.

Writing to one of his converts, the apostle John said, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2).

There are three elements in this prayer of John's for Gaius: first, health of body; second, health of soul; and third, prosperity in secular affairs. So you see, it was his wish that this man should prosper and be in health, as well as to enjoy soul prosperity. These three things are necessary for the comfort of life. Every Christian may expect them in a measure, and for them every Christian is authorized to pray. Perhaps we would have more of all three if we more devoutly prayed for them.

One of the most important factors in maintaining health is faith in the Word of God. We read in Proverbs 4:20-22: "My son, attend to my words; incline thine ear unto my sayings. Let them not depart



from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh."

Then we have the words of Jesus, recorded in Matthew 4:4: "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

God took a great interest in the health

of ancient Israel, as we read in Exodus 23:25: "Ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." And it is recorded in Psalm 105:37 that when God brought Israel out of Egypt "there was not one feeble person among their tribes."

Just think of it—a whole nation without one sick person.

H. M. S. Richards is speaker emeritus of the international radio program The Voice of Prophecy.

Since health is the result of obedience to God's laws, both spiritual and physical, it follows that the most important cause of disease, both spiritual and physical, is transgression of those laws. We read in Psalm 107:17, 18: "Fools because of their transgression, and because of their iniquities, are afflicted. . . . And they draw near unto the gates of death."

Truly, healing is found only with God. We may call it nature, but all nature itself obeys the commands of God and is guided by the power of the Creator. In Exodus 15:26 we read: "I am the Lord that healeth thee." And in Psalm 103:3 it is said of God that He "forgiveth all thine iniquities . . . [and] healeth all thy diseases."

The healing influences that are set in motion by the surgeon's knife or by proper diet are the same influences that operate in answer to prayer. Healing is healing; it all comes from God. God in Christ is the Great Physician, and He promises to all who seek Him—

First: Comfort in affliction. "The Lord will strengthen him upon the bed of languishing; thou wilt make all his bed in his sickness" (Ps. 41:3).

Second: Healing of body and soul, as it may be according to His will. "But unto you that fear my name shall the Sun of righteousness arise with healing [physical or spiritual] in his wings" (Malachi 4:2).

One of the greatest causes, if not the greatest cause, of all sickness is worry and lack of faith. In his book *Modern Man in Search of a Soul*, Dr. Carl Jung stated that during the 30 years previous to his writing, people from all civilized countries had consulted him, and he had found that all his patients in the second half of life (that is, from age 35 and onward) had faced this serious problem. Then he adds that the factor common to all these hundreds of people was that of finding a religious outlook on life. And he declares that none of them really found healing who did not regain a religious outlook. What a testimony! Back of all the pain and sorrow of this world is the great fact, evident even to this modern psychiatrist, that men need faith in God.

When all sickness and affliction shall finally be taken away from this world, as it certainly will be, according to the promise of the Holy Scriptures, we read that "God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither

shall there be any more pain: for the former things are passed away" (Rev. 21:4).

This is the ideal to which God is working and bringing this universe. There will be no taint anywhere. This earth, which is the only black sheep in God's great flock, will finally be brought into the eternal fold. There will be no more sickness, no more pain, no more death.

A few words about the Bible and diet. All living creatures really receive their food from God. "The eyes of all wait upon thee; and thou givest them their meat in due season. Thou openest thine hand, and satisfiest the desire of every living thing" (Ps. 145:15, 16).

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Cor. 10:31).

The sunshine, the rain, the air, the water, the soil of earth, produce all the food of man and the animal creation. Without the blessing of God it would all be cut off and the whole human race would die of starvation.

We hear a great deal today about diet, but one thing is sure—any diet with a happy heart is better than the best diet with worry and sorrow and unbelief. Let us be thankful as we receive our food, knowing that no matter how we may get it, it comes from the beneficent hand of God.

Our Lord Jesus gave us a wonderful example of this. We read of it in Mark, chapter 8, verse 6. On a grassy hillside, near the Sea of Galilee, He fed four thousand people by a miracle: "He commanded the people to sit down on the ground: and he took the seven loaves, and gave thanks, and brake, and gave to his disciples to set before them; and they did set them before the people." And four thousand people ate and were satisfied—with food miraculously supplied from so little.

But Christ gave thanks to the heavenly Father. Christ Himself, who could exercise this supernatural power, nevertheless gave thanks to God. How much more should we give thanks to Him for our

food, even though we have labored for it. We certainly shouldn't plan to sit down and say, "Well, Lord, here I am, ready," and expect Him to bring our food to us on a platter. No, we are to do our part. So here the Lord Jesus Christ Himself offered thanks to the heavenly Father for this food before He gave it to the people.

How about the kind of food we are to choose? Here are two basic principles to help answer the question. We should choose and enjoy it,

First: For strength.

"Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!" (Eccl. 10:17).

Second: To glorify God.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Cor. 10:31).

And these are about the only basic health principles we need to have; out of these spring the more detailed answers we need. If we follow them, they will keep us in the right way when the question arises, "Is it right to do this?" or "Is it wrong to eat that?" So, concerning any phase of eating or drinking, let us consider the matter in the light of these great principles, and ask ourselves the question, "Will this contribute to my real good, and so glorify my Creator?" Read the words of the apostle in 1 Corinthians 6:19, 20: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

We are to bring to God a double offering—both body and spirit. We are to glorify Him in our bodies, as well as in our spirits. The Holy Ghost dwells in the true Christian. It is important, then, what he does with his body, how he uses this instrument of life.

It is important how we live. What we do here to the bodies that God has given us concerns our eternal destiny. So God appeals to each of us today in the words of the apostle Paul, found in Romans 12:1, 2: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Meals Without Meat

Legumes, grains, and nuts combined provide enough protein for the body's needs.

by Lloyd K. Rosenvold, M.D., F.A.C.S.

During the World War II meat shortage, many housewives learned about tasty, nutritious meatless dishes. Because saturated animal fats began to be suspected of playing a part in producing hardening of the arteries—arteriosclerosis—and coronary heart disease, these women, and their daughters, have taken another look at meatless menus to avoid the harmful effects of meat fats.

Can good health and adequate nutrition be maintained on a meatless diet? Even today some people doubt this, but they can. Multiplied thousands of Americans are doing that very thing. What do they eat? Can they possibly get enough protein and iron in their diet? What about vitamins?

Let us check a few facts. It is true that beef protein is a good-quality protein, nutritionally speaking. But most people overload their system with it. The average American man needs only about one ounce of protein daily. For good measure two ounces is plenty. It is easy for him to get this amount and the proper kind of protein from sources other than meat.

Eggs have an even better protein than meat, and milk protein is as good as beef protein. But let us look to the vegetable kingdom for high-quality protein.

Soybeans and garbanzos (chickpeas) contain perfect protein. Most other legumes (beans, peas, lentils, peanuts, and the like) contain slightly less perfect protein. Interestingly enough, the protein fractions that legumes lack are abundant in whole grains. The normal use of whole grains in the diet supplies that slight lack and balances the legume protein into a perfect protein. The resulting protein is every bit as nutritious as that of meat.

Whole grains furnish a good form of protein. In the United States of America we depend largely on wheat as our staple grain. Whole-grain wheat has an excel-

lent grade of protein. So do whole-grain rice, whole-grain rye, and whole-grain oats. Most grains are a little low in certain protein components, but the very things they need are supplied in abundance by legume proteins. Legumes and whole grains complement each other into perfect proteins. Our Creator thought of everything when He planned provisions for the human race.

Food from the vegetable kingdom is still our best blood builder.

Nuts are one of the finest sources of protein in the world. Many people eat them after they have been made hard to digest by deep-fat frying and heavy salting. Try them fresh and without salt. Enjoy the natural nutty flavor.

Fruits and leafy vegetables contain excellent proteins, although in small quantities. Potatoes contain a high-quality protein. Irish potatoes were a staple food of the husky Irish immigrants who came to America's shores a century or so ago.

Hulled sunflower seeds are a delicacy enjoyed by many Americans. The Russians have used them for centuries. Sunflower seeds contain 17 percent of high-quality protein.

Other sources of the best protein are various food yeasts (brewer's yeast, torula yeast, and others) and wheat-germ flakes. Wheat germ is the heart of the wheat berry, that living part destined to reproduce its kind. Most people never taste the wheat germ, for they eat only white bread. Many health-conscious men and women are using this millers' castoff food as a delicious food supplement—truly the best part of the wheat.

A fact many people are not aware of is

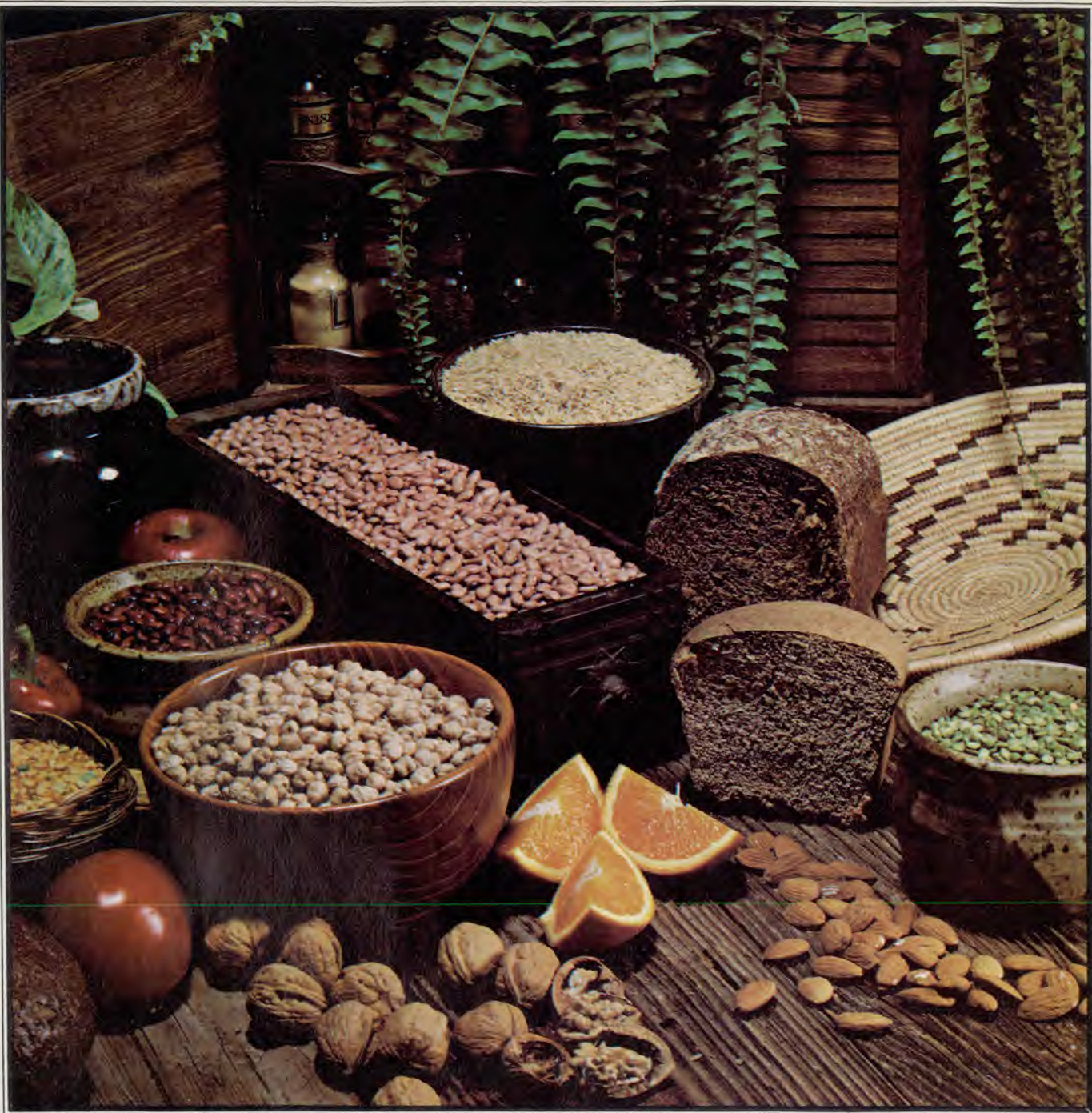
that meat is one of the poorest food sources of all minerals except phosphorus, which is also abundant in grains and legumes. A laboratory analysis of beef might reveal a fair iron content (most meat contains much blood), but it is not in a form readily available to the human body.

Dried beans contain three times as much iron as does beef. Peas, wheat, and oatmeal contain twice as much. Beef iron is only about 11 percent available to the human body, whereas iron from vegetable sources is largely digestible and available as human nutrition.

A few years ago some nutritionists discovered what vegetarian physicians have long known—that meat in the diet will not prevent anemia. One writer on nutrition said: "It comes as somewhat of a surprise to learn that a diet composed entirely of meat will regularly cause severe anemia in mice." "Beef induced the most severe anemia, but pork had a similar effect. Chicken muscle was slightly less effective in causing anemia."

People mistakenly believe that they need what they call good red meat to build red blood. The truth of the matter is that ordinary muscle meat is an exceedingly poor blood builder and, in view of the animal experiments cited, may actually be a cause of anemia. Food from the vegetable kingdom is still our best blood builder. Actually, the iron of whole wheat and bran is more effective for hemoglobin formation than lean beef, liver, and egg yolk.

People think that meat is a good source of vitamins. Actually, meat (except for liver, kidney, and entrails) is a poor source of vitamins. Muscle meat is a fair source of some of the B vitamins, but whole grains and legumes are far superior sources. Vitamin E is most abundant in seeds. Vitamins A and C are lacking in steak but are amply supplied in fruits and vegetables. If you are looking for vitamins, look at the vegetable kingdom.



The fat of meat is mostly of the saturated kind, which has been incriminated as a cause of hardening of the arteries. The natural fat of the vegetable kingdom is largely the unsaturated fat, which tends to prevent hardening of the arteries—an added dividend enjoyed by people who prefer a vegetarian diet.

Most meat is highly seasoned by the cook and by the gourmet at the table. Many people would not enjoy meat unless it was highly seasoned with salt, spices, and fat. Studies show that it is the fat flavors of meat that people crave, not the protein.

Food from the vegetable kingdom has its own delicate flavors and needs little seasoning. When you choose the meatless way of life, you learn to enjoy natural food flavors, you avoid many diseases that are found in or are transmitted by meat, and you largely avoid the saturated fats, which produce damage to the blood circulatory system.

There was a day when some people regarded vegetarianism as a passing fad. It is not a fad, and it certainly is not passing, but is a continuing way of life. It is the oldest diet known to the human race. Read the first chapters in the Bible

and see what God gave to man as His choice of food for him.

God designed man. The Great Designer knew what would be the best fuel to run the human machine. When you purchase a new automobile, is it not the part of wisdom to use the fuels and lubricants recommended by the designers? Should the human body receive less consideration than your new car?

Are you looking for a diet to give you better health? A better way of life? Less illness? Try a diet without meat. You will be pleased with the results. ☸

Keeping Your Husband for "The Golden Years"

One woman's way of making sure her husband is around to enjoy the retirement years.

by **Evelyne Lein**

Briefcase in hand, Jake, my husband, kissed my cheek as he brushed past me in the kitchen. I noticed that his leather jacket carried the strong odor of cigarette smoke.

"Whew!" I wrinkled my nose. "Everyone must have been smoking in that coffee lounge today!"

"Can't get away from it, honey. No other place to take our breaks."

"Well, dear, I'm so glad you broke the smoking habit," I said as I went back to preparing dinner.

I was concerned about my husband. The doctor had discovered the beginning of emphysema in his left lung three years earlier. This news frightened Jake into giving up his two-pack-a-day habit, and his hacky cough had gradually disappeared. But it had suddenly reappeared in the last few months. I knew even being around smoke irritated his throat.

Jake came back into the kitchen, having changed into jeans. "By the way, I can't walk with you tomorrow morning. I have to leave early for a directors' meeting."

"Maybe we can walk in the evening," I suggested.

I had invited Jake along on my early morning walks. He came occasionally, when he wasn't rushed. Being always pushed for time, he did not get much exercise. Recently, I noticed his trousers getting very snug. He loved sweets and snacked on them at work. I served them infrequently at home.

I had become interested in good nutrition and learned that diet and cooking methods are very important in maintaining good health. We ate many vegetarian meals, varied with fish and fowl. I had eliminated saturated fats and used whole grains generously.

Whenever I casually suggested to Jake some beneficial health practice we ought to follow, he agreed, but he was very lackadaisical about pursuing it. I preferred not to nag him about this, because in the insurance business, his days were stress-filled enough. To eliminate further my constantly reminding him, I had let Jake make appointments for his own yearly physical checkups. Now, for some reason, he was several months overdue.

Evelyne Lein, retired from the banking profession, is now a full-time homemaker-turned-writer. She has been published in twenty periodicals. Some of her other hobbies include piano, sewing, and growing roses. With her husband she resides in Fresno, California.



Anxiety crept into my days. Three friends of mine had lost their husbands to heart attacks between the ages of 50 and 60. My husband had just celebrated his 58th birthday. The years were passing quickly for us. I wanted so much to grow old with Jake. He had worked hard for his coming retirement and the "golden years." He often mentioned he would like to retire to a lake cottage someday. (We had both grown up near lakes in Minnesota.) Now, I wondered how I could help or motivate him to take better care of himself. He needed to watch his weight, start an exercise program, and get more rest (he was a late-TV and snack fan). Life patterns are difficult to change. I had been overweight once and knew the discipline it took to get rid of extra pounds. Yet I realized Jake should be giving himself more odds toward "living on" in retirement.

In the coming months, Jake's cough increased in intensity, especially during the night hours. "Pollen and pollution," he said. I did not confide my concern to him. However, as the weeks passed, I became more disturbed and finally asked Jake, "Should I call and make an appointment for your yearly physical? It's time to have that chest X-rayed again."

Jake looked out the window. "Evie, I've been smoking again for almost a year. I didn't tell you because I knew you would worry. I have just put off having an X-ray, afraid of what it would reveal."

Compassion replaced any irritation I felt. I only sighed, "Why? Why?"

"Tension, stress," Jake replied. "It hasn't been a picnic losing some good help and breaking in new people. Then, I've been trouble-shooting problems on our new building. I'll be glad when we move to new quarters."

I could sympathize about that. I had been a full-time office worker for many years and taught new employees also. "But



you're taking such a chance with the emphysema," I pleaded.

"I know, but I feel better already, now that you know." From then on, Jake smoked freely around the house. That was better, I thought. At least the added stress of concealing it had been eliminated.

Jake and I have been married for 34 years. I have retired from the banking profession and can now enjoy being a full-time homemaker. We are entering a slowing down period of our lives, a time of life I have always looked forward to. The children are established and have homes of their own. I had hoped retirement and the coming years would be carefree and enjoyable for us, perhaps sprinkled with a bit of travel. Jake enjoys fishing, but he can seldom work it into his schedule. I wondered now if our dream of a little home near a lake would come true.

I began planning how I, as Jake's wife, could help keep him with me, against the alarming statistics that indicate many women are early widows. Two of my friends agitated their husbands by nagging them about careless health habits. Others kept a busy social schedule, refusing to think of the possibility of "that day." One said, "I'm well provided for with insurance." (Insurance does not hug you on a cold night.) Several, like

myself, admitted they worried silently. I thought there must be an alternative to dealing with this concern that many women have. Loving my husband and wanting him with me in later years, I began formulating a method of helping Jake to help himself. I reasoned, "If we, as women, are the stronger sex, I must tap and give of that strength now."

Jake's most serious personal challenge was attempting to overcome the smoking habit. Whatever method he tried, it was a decision he had to make alone. But here I could be positive and encouraging when he tried (or failed) and say, "You'll make it, honey, I know." I was aware he was gradually cutting down, and determined to make it.

The years were passing quickly for us. I wanted so much to grow old with Jake.

I continued to take my walks. However, I began to walk after dusk, in our neighborhood. I told Jake, "I simply have more time then. My work is done, and it helps me to sleep."

"You can't be out there alone at night," he protested. He began taking a brisk mile walk with me in the evening. (We are up to one and a half miles, and we'll gradually increase the distance.)

I continued to prepare well-balanced, nutritious meals. I slipped extra honey-carob bars and healthful snacks in Jake's lunch for his breaks, along with a note like, "I can't improve on your sweetness, though!" I included chewable vitamin C. Carrots, celery, unsalted peanuts, or popcorn were always available for evening snacks.

I "nourished" Jake's dream about that cottage, also. Occasionally I would reminisce about the good times we used to have around Minnesota lakes during our courtship days. In addition, I found a picture of a lovely lake with a cottage and dock on the shore. I framed this and hung it over our workroom-den desk. "Looks inviting," remarked Jake one day.

One Saturday I said, "Jake you need some new clothes, especially slacks. Let's go shopping." I watched him look at himself in the three-way mirror in the store (there's nothing like a three-way mirror to help us "see ourselves as others see us.")

He patted his tummy. "I have to lose some weight. These pants are too floppy in the leg and seat because they are a size larger in the waist. I'm going to get my regular waist size and trim myself down."

"You're fine everywhere else!" I said mischievously.

I sent for a helpful booklet titled "Going Into Retirement." It contained not only information about Social Security benefits, part-time jobs, travel hints, ideas on adjusting one's time, medical care, and hobbies, but a wonderful chapter on "How to Keep Fit and Healthy in Retirement!" This chapter included many suggestions we could both apply. Naturally, I didn't hand the book to Jake. I merely put it on my reading table, knowing he always becomes nosy about what I'm reading. He picked it up and finished it in an evening.

"Great ideas here in this booklet! Did you see the list of part-time jobs? And the chapter on keeping fit?" asked Jake.

Additional reading material and information on health

became available when I subscribed to a health magazine. As a result, we are both learning about the latest findings in keeping fit and are beginning to "talk health."

I enlisted the help of a friend whose husband is retired but quite inactive. She was more than happy to "talk" her husband into joining us for a weekly exercise session, usually late Sunday afternoon. We are all deriving fun and physical benefits from it.

Jake needed more relaxation time. Frequently he suggested a Saturday lunch out at a special restaurant. I permanently altered my schedule to keep this weekend date with him. By eliminating a social engagement, I found a day during the week to get grocery shopping and errands done. We began to do a few puttery yard jobs together on Saturday morning, then "dress for lunch" and have a leisurely afternoon. Sometimes this is followed by a ride in the country, a pleasant change. We have found that this diversion has a tendency to tranquilize the entire week. And it gives us the opportunity for "talk time."

All of these subtle maneuvers to "keep my husband" were interspersed over a year. No words about the "motive" of these activities passed between us. However, Jake, being a perceptive man, said later he knew "I was apprehensive" about him, so he began changing some of his habits. I jotted down the efforts he made toward this end.

For instance, in a short time, Jake decided not to take that extra helping at dinner. "I want to fit into those new slacks," he said. He still takes that brisk walk with me in the evening.

One day I noticed my husband glancing over a "no-cholesterol snack" brochure. "I'm going to learn to make some of these," he said. Cooking and baking has always been a hobby of his.

He is getting more rest, and has cut down on his late-TV habit. He tells me that the walk in the evening relaxes his muscles and gives him a better tired feeling. He never fails to take his vitamins and has become interested in their specific function.

I have always been interested in herb teas and their medicinal value. Browsing through the herb tea booklet, which gives their uses, Jake found several recommended to help his throat—he started to make a "brew" in the evening, and it has proved helpful in alleviating his cough.

However, the most encouraging indication of Jake's serious effort toward good health was his enrolling in a stop-smoking clinic at which good nutrition was stressed. He has succeeded once again in overcoming smoking. Recent X-rays show that the emphysema is "stationary." Fortunately, at Jake's new insurance building a room has been provided for personnel who don't smoke. This came at the most propitious time, when he was giving up the habit. His breathing quickly improved when he quit smoking.

Not once did I actually "nag" Jake about taking care of himself. But I'll have to admit that once, while we were taking a long drive, I said, "You deserve to enjoy retirement time, honey. I hope we can be together a long while, because I'd like to share that lake cottage *with* you!"

We're going to start looking around for that home near the water soon. Jake is accumulating more fishing tackle in anticipation. We are determined to make it together into those relaxing retirement years—the time Robert Browning wrote about: "Grow old along with me! The best is yet to be, The last of life, for which the first was made." I'm dedicated to "keeping Jake," my husband, into that "best time"—those golden years!

Getting the **WRINKLES** Out of Aging

Skin responds to its environment, so to stay looking young, know how to take care of your skin.

Consumers spend millions of dollars each year on wrinkle creams, skin bleaches to fade "age spots," oils, and other cosmetics in order to keep their skin looking young. At the same time, they spend not only money but countless hours trying to tan their skin, in the belief that a tan will make them look healthy and more attractive. Unfortunately, most people do not realize that long periods of sun exposure are the major reason their skin looks wrinkled before old age. Signs of aging rarely appear in protected skin until sometime after age 50, and even then aging progresses very slowly.

Ultraviolet radiation from the sun causes long-term damage to the skin even if the skin does not appear to burn. A suntan may prevent further sunburn, but it does not protect the skin from sun damage, which may not be visible for many years. The sun's rays damage the elastic fibers beneath the skin's surface. With age, dark patches or "age spots" may appear on sun-exposed skin. In addition to thickened, leathery-looking skin, lines and wrinkles around the eyes, on the upper lip, and on the neck and hands usually result from prolonged sun exposure.

Sunlamps also deliver a strong dose of ultraviolet radiation. Dermatologists—doctors who specialize in treating skin problems—agree that sunlamps and tanning salons produce skin damage and warn that they must be used with great caution.

An estimated 300,000 cases of skin cancer each year result from overexposure to the sun over a period of years. Skin cancer is easily cured in most cases when detected early. However, it often recurs if prolonged sun exposure continues.

The best way to guard against the harmful effects of overexposure to the sun's rays is to take protective measures. Sunbathing in early morning or late afternoon is less damaging to the skin than in the middle of the day. People such as farmers and sailors, whose work requires them to be outside all day,

should be especially careful to protect their skin from the sun.

The face and neck can be somewhat protected by hats. The best protection is to apply a sunscreen to all skin that is not covered by clothing.

Sunscreens are oils, creams, gels, or lotions that absorb or scatter ultraviolet light. It is important to note the rating, called the sun protection factor (SPF), that appears on the label of a sunscreen product. The higher the number, the more protection the sunscreen provides. An SPF of 8 to 15 is recommended for maximum protection. However, even a product with a 15 rating will allow some tanning to take place. To be effective, sunscreens should be applied at least one-half hour before sun exposure, and they must be reapplied after swimming or perspiring.

People often believe that a tanned person is healthier. While this is not true as far as the skin itself is concerned, limited sun exposure is one way to provide the body with vitamin D, which is necessary for maintaining and repairing bone. However, vitamin D is present in most American diets, since it is added to dairy products such as milk, butter, and margarine and is found in eggs.

Mild to severe itching resulting from dry skin is one of the most common and uncomfortable characteristics of aging skin, although its cause is unknown. Dry skin can appear after exposure to soaps, irritating cleaning products (disinfectants, cleansers, et cetera), and dry air in overheated rooms (often called "winter itch"). It is important for an older person to use lotions to prevent severe itching, because the scratching that often follows can lead to infection or long-term skin irritation.

Many different kinds of moisturizers are available, ranging from heavy creams to light, nongreasy lotions. Although these vary greatly in price, the most expensive product is not necessarily the best. The most important factor in choosing a moisturizer is the way it feels on your skin, but highly perfumed products should be avoided.

The body's immune system, its defense against disease, is less efficient as we grow older. The skin, which becomes more fragile with age, wounds more easily and is more prone to infection. Because the skin reacts more slowly to irritants, an older person may not realize that the skin can be damaged by a strong chemical or a hot substance. Care must be taken to prevent injury by not using water that is too hot, by wearing gloves when cleaning, and by avoiding the use of harsh products, even if no reaction appears on the skin immediately.

Tips for maintaining healthy, young-looking skin


Wear sunscreens when skin is exposed to the sun. Once skin shows signs of aging, the damage cannot be reversed, but further damage can be prevented.

To prevent dryness, wear rubber gloves when washing dishes and when using strong cleaning agents or other chemicals; use mild soaps; use petroleum jelly or other moisturizers as often as necessary, especially after bathing.

Wear soft clothing, and avoid strong washing detergents. Some fabric softeners can also cause skin irritation and itching.

Abrupt onset of generalized itching can be a sign of certain diseases. If it persists after you have taken preventive measures to avoid dry skin, check with your doctor.

Many age-related skin changes, as well as most skin cancers, are surgically correctable. Anyone over age 65 who has had skin cancer should see a dermatologist annually.

The National Institute on Aging is supporting investigations into the changes that take place in skin as a person grows older. Scientists hope to discover how the aging process affects the skin's responses to the environment in order to further our understanding of the aging process and to improve the quality of life for people of all ages. 

U.S. Department of Health and Human Services,
National Institutes of Health.



Walking to Health

Walking improves the muscles, heart, blood pressure, even the disposition.

Walking remains the most common exercise for Americans, despite the increased popularity of jogging, tennis, and other sports. A survey by the President's Council on Physical Fitness and Sports showed that nearly 44 million Americans walk for exercise, more than twice the number of people who engage in the next most popular exercise, bowling. And more and more people are beginning to walk. This is good, because people who walk regularly tend to live longer. In the days before our society became mechanized, walking was a way of life. Thomas Jefferson was a great walker, as were many of our other prominent forefathers. In those days people were leaner and more fit. They also lived longer if they escaped the infectious diseases and other medical problems that modern science can treat successfully.

Walk to stay lean. A reason why most people who walk regularly are lean is that walking uses enough calories to make the difference between being lean and being fat. Obesity is one of the major health problems of modern mechanized societies because too many people are sedentary. If you use only 120 calories a day more than your current calorie expenditure, you will lose 43,800 calories in a year. Since a pound of body fat contains about 3,500 calories, that is equivalent to the calories in 12.5 pounds of fat.

Most people do not get fat overnight (and they don't get lean safely overnight either), but a quarter-pound loss a week equals 13 pounds of body fat a year. So, you can stop that creeping obesity with a simple walking program. If you walk enough to use 240 calories a day, that will be equivalent to the calories in 25 pounds of body fat a year. Of course the pounds lost don't always balance so neatly mathematically because many people who have been completely sedentary not only lose fat but they improve the size and strength of their leg muscles. Nevertheless, the loss of actual fat, despite the net change on the bathroom scales, is related directly to the increased use of calories—provided you don't start eating more calories at the same time.

Walk to clean out your arteries. The main cause of heart attacks and strokes is the accumulation of fatty-cholesterol deposits in the arteries. They are prone to build up in people who are consuming more calories than their body needs. Losing body fat by walking can help to lower your cholesterol level, and it may improve your "good cholesterol" (HDL, high-density lipoproteins).

Walk to lower your blood pressure. Loss of excess body fat may lower mildly elevated blood pressure or may decrease the need to take as much medicine to control higher levels of blood pressure. As the blood pressure is lowered, so is the risk of heart attacks and strokes.

Walk to control your blood sugar. Many people who have high blood sugar (glucose) are overweight. Walking is an ideal weight-control measure to help correct this problem. If you happen to be a diabetic using insulin, you should know that walking, like other exercises, can use glucose at once and decrease your insulin requirements.

Walk to condition your heart. Many sedentary people have high normal resting heart rates, or their rate will soar with mild exercise. These individuals have a deconditioned heart and are prone to have heart irregularities and difficulties with mild exercise. Exercise helps to improve the metabolic function of the heart muscle fibers so that the heart can work more efficiently on less oxygen. As you progress with a walking program you will notice your resting heart rate will decrease.

How much effect walking will have on conditioning your heart depends on how much energy you use and the rate of energy expenditure involved. Your heart

tends to adapt to your level of activity. If you are at bedrest, your heart adjusts to bedrest. If you walk very little, your heart will be conditioned for you to walk very little. But if you walk 10 miles a day at a rate of four miles an hour, your heart can be conditioned to do that on a regular basis.

Walk to stimulate your bone marrow. Your red blood cells live only about 120 days. The mechanical wear and tear of being tumbled through the circulation is a major factor in determining how many red blood cells are destroyed each day. Your bone marrow develops the capacity to produce just as many as your body needs. If you are sedentary and so don't destroy many red cells, your marrow gets lazy. How much, and the way, you walk will affect your bone marrow.

Walking improves other physical functions. Walking will strengthen the leg muscles. Having good leg muscles, trained by a good walking program, is a good starting point for more strenuous activities. However, additional exercises are needed for a well-rounded program to aid posture, flexibility, and strength in other muscles.

Studies show that regular activity, such as walking, promotes the deposition of calcium in the bones. The stronger bones are less susceptible to bone degeneration, particularly common in middle-aged or older women.

Walk for your psyche. The benefits from walking are not all physical. It is one of the most useful tranquilizers you can have. When a person is tense or anxious, a good walk often takes away the nervous, tense feeling. It even helps to energize a person such as an office worker who has mental fatigue from too much brain work and not enough physical activity. Because walking is an energizer, you do not want to walk too much or too vigorously close to bedtime. Of course, if you are tense, a short leisurely walk may help relieve the tension without activating you so much that you won't sleep. Good judgment here can provide the right balance for you.

Walking is also a good activity for emotionally disturbed people. It gives them a chance to relate to their real environment. And it is a good time for anyone to think and meditate. Many an important conclusion or new idea has been born while a person is meditating about a situation while walking.

Starting a walking program. Almost

everyone except the bedridden can engage in some form of a walking program. Even patients who have done well during recovery from an acute heart attack are often encouraged to start taking a few steps early during hospitalization. Surgeons encourage patients to start walking soon after surgery.

How much walking you should do when you start, and how fast, depends upon how active you have been. Begin well below your maximum capability, and gradually increase your effort. If you have had little exercise for some time, start with a ten-minute walk on level ground. Don't rush. Amble along if you want to. In this early stage you can use your heart rate as a guide to how much you are doing. It should increase to no more than 100 beats a minute or no more than 20 beats above the resting rate before you started your walk. Begin by increasing your duration of exercise time and distance rather than your speed. Count your steps, then increase the number about 50 steps a day until you can walk at a comfortable speed for 15 minutes within your heart rate target.

At the early stages of your program you can walk twice a day. As your program progresses you may wish to increase the frequency to four times a day. Later, depending upon your goals for your exercise program, you may walk one, two, or more times a day.

You need no special equipment to begin a walking program other than being sure you have good footwear that is comfortable and provides adequate support. The heel must provide good traction, there must be adequate padding to the sole, and the toes must have sufficient room to move freely. Some people find that a shoe large enough to accommodate two pairs of socks is helpful. The two socks help to prevent rubbing and blister problems.

If you want to develop the capacity to walk long distances, the shoes are even more important. Even though walking is a gentle exercise, it still places a load on your feet. To help avoid foot problems, it is essential for the long-distance walker to have good shoes. And sore muscles indicate you are overdoing it and need to progress more slowly.

Some people will tell you that you need to warm up to walk. Maybe. A leisurely stroll of one block hardly requires 15 minutes of stretching before you walk. If you plan on a vigorous two-hour walk, that is another matter.

The heart needs to warm up gradually to do its best, as do the skeletal muscles. You can accomplish much of this simply by beginning your walk at a comfortable, relaxed pace. The gentle increase in metabolic activity will gradually warm up your system for you. At the end of a relaxing walk your body is more limber and your temperature may have risen a little, particularly if it is a longer walk. That is a perfect time to do stretching exercises. The warmed muscles are easier to stretch, and this helps maintain full mobility of your joints.

The training effect. Anytime you increase your activity level above its current level, you train the body. A person who has been at bedrest and then starts walking down the hall is undergoing training. He is gradually adapting his body muscles and heart to an increased level of activity, and that is what training is all about. It involves adapting the red blood cell production, gaining flexibility, and even changes in the water content and blood volume of the body. So at the beginning forget about any rigid statements that your heart rate must be some arbitrary figure to provide any health benefits.

To illustrate what training does, let's assume that a sedentary person has a resting heart rate of 80 and starts a 10-to-15-minute walking program that increases his heart rate to 100 a minute at the end of his exercise. As he continues to walk this same distance at the same speed he will soon notice that his heart rate may be only 90 a minute, and finally only 84 a minute. At the same time his resting heart rate may begin to slow. This means he is able to do the same body work, walking a specified distance, while his heart works less. His heart and circulation are becoming more efficient. Eventually, he will have to increase his distance or his speed to raise his heart rate again to 100 beats a minute. As time progresses he will continually need to increase the level of energy expenditure to work his heart at increased levels. That is why a person who wants to achieve high heart and circulatory fitness levels finally reaches the point that he has to walk so fast it becomes more comfortable to jog or run. He has literally reached the point in his training program that his body and circulation are fully adapted to relatively fast walking. To attain a higher level of fitness he must graduate to an activity that uses more energy in a short span of time. This may not be necessary. A good walking program done regularly

may be quite adequate for many people wanting to obtain a normal level of fitness conducive to good general health.

How far? How fast? How long? There is no definite answer as to how far, how fast, and how long you should walk. It depends upon a person's health status and what the goal of walking really is. If you are simply interested in using walking to help prevent obesity, you are interested in its relationship to calorie use. Distance and body weight are then the two most important variables for normal walking. But if you want to use walking to train the heart and lungs, you will be interested in developing the capability of walking at a good clip for a reasonable length of time.

While there are many variables that can affect the number of calories used in walking a mile, within the common walking speeds of from two to four miles an hour, the distance, and not the speed, determines how many calories your body will use. This is related to the standard law of physics that work equals force (in this instance body weight) through distance. For a 150-pound person walking at these speeds on a level surface, each mile will use about 60 calories more than he would have used if he had been sitting still. Using the figure of 60 calories a mile for speeds between two and four miles an hour for a 150-pound person, you can estimate the calorie expenditure from walking (above the calories used sitting) per mile for subjects of different body weight as follows:


100 pounds—44.7 calories
110 pounds—48.4 calories
120 pounds—51.6 calories
130 pounds—54.8 calories
140 pounds—58.3 calories
150 pounds—61.5 calories
160 pounds—65.1 calories
170 pounds—68.6 calories
180 pounds—71.8 calories
190 pounds—75.0 calories
200 pounds—78.2 calories
210 pounds—81.4 calories

The important point here is that if your goal is simply to lose calories, it does not make any difference whether you walk your miles at two or four miles an hour. The important factor is how far you walk.

The same observation applies to how long you walk. For training of the heart and vascular system to higher levels of fitness it is good to exercise 20 or more minutes at a level that works your heart rate in the optimal training range. But

just to use calories, it doesn't make any difference whether you take 12 five-minute walks a day at a speed of three miles an hour or walk one hour once a day at a speed of three miles an hour. If you weigh 150 pounds, you will use about an additional 180 calories either way. You do not have to be in a high state of fitness to walk five to ten minutes, but you need to be in far better condition to be able to walk an hour without stopping. This makes walking ideal for the person in poor physical condition who needs to start a fitness program to help lose excess body fat.

If the goal is to improve cardiovascular fitness, as a training program progresses it is a good idea to increase the length of the walks gradually to 20 minutes or more. Once the duration of exercise is adequate, the next step is to gradually increase the pace to maintain a level of exercise that will induce the level of cardiovascular fitness desired. Again, it is wise not to overdo. Like other exercises, the biggest danger comes from trying to do too much in too short a time span. It is better to walk at a comfortable pace for a good distance than to rush through and overload your system.

Getting the most out of walking. You should get more than just using calories out of your regular walk. You can do this by paying more attention to how you walk and what you do during walking. Walk with a good posture. Lift your toe when you lift your foot so that your heel hits the ground squarely. Lifting the toe each step helps to exercise the muscles over the shin. Straighten your back and lift your chest so your breastbone is forward. Don't slump. Make a conscious effort to tighten your abdominal muscles, particularly those looser abdominal muscles. Walking on a level surface will not exercise them, but keeping them taut while walking will help strengthen them. You can consciously contract your lower abdominal muscles, and even your pelvic seat muscles, while you walk. It may help also to thrust your pubic bone forward just a little by opening the angle your hip makes with your trunk. This helps to position your pelvis directly under your spine. You may need to consciously pull your shoulders back to strengthen muscles that hold you erect. Simply stated, you can use your walking program as a time to improve your posture as well as your health. 

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Good Tasting, and Good for You

It doesn't have to be meat to please your palate; vegetarian dishes may taste great too.

Contrary to what some people believe, food that is good for you can also taste good. That is, if one's taste buds have not been desensitized by too many spices and too much salt, so that actually these flavors are about all that is tasted, and the subtle, natural flavors are missed.

We offer here a number of recipes for the natural palate that will nourish, and at the same time taste good.

Mushroom-Potato Potpie

4 cups cubed potatoes
2 cups water

2 eggs, beaten
1 Tbsp. oil
1 medium onion, chopped
1 can (4-oz.) mushroom pieces, drained; save liquid
2 Tbsp. flour
1 tsp. chickenlike seasoning*
¼ tsp. salt
1 can (10¾-oz.) condensed mushroom soup
1 can (19-oz.) Dinner Cuts or Vegetable Skallops,* cut into strips
Wheat germ piecrust

1. Boil potatoes in the water until nearly done.

2. Scramble eggs in the oil, breaking them up as they cook; add onion and mushrooms; brown slightly.

3. Add flour and seasonings; stir smooth; add mushroom liquid.

4. Drain water from potatoes and combine with mushroom soup; add to skillet mixture and stir smooth; add more water if necessary to make a medium gravy.

5. Arrange potatoes and Dinner Cuts in an oiled baking dish; pour the gravy over; cover with wheat germ piecrust.

6. Bake at 425°F. 25 to 30 minutes.
Yield: 10 servings.



Lentil and Nut Roast

- 1 cup lentils
- ½ cup nutmeats (pecans, walnuts)
- 1 egg
- 1 large can evaporated milk
- ½ cup salad oil
- 1½ cups corn flakes
- ½ tsp. sage
- Onion to taste
- Salt to taste

1. Boil lentils until well done.
2. Put nutmeats through food grinder.
3. Beat the egg and add other ingredients to it.
4. Put into greased baking dish.
5. Bake 45 minutes in moderate oven (350°F.)

Yield: Approximately 6 servings.

Wheat Germ Piecrust

- 1½ cups stirred** whole-wheat flour
- 2 Tbsp. wheat germ
- ½ tsp. salt
- ¼ cup oil
- 2-2½ Tbsp. water

1. Mix flour, wheat germ, and salt.
2. Add oil and crumble together until texture of fine crumbs.
3. Sprinkle with just enough water to moisten. Mix only enough to moisten dry

**Before measuring flour, stir and fluff it up, then lightly spoon flour into measuring cup and level it off.

- ingredients. Press firmly into a ball.
4. Flatten and roll out between waxed paper; split or prick for steam to escape.

Oat Crackers

- 3 cups quick oats, uncooked
- 2 cups unbleached flour
- 1 cup wheat germ
- 3 Tbsp. sugar or honey
- ½ tsp. salt
- ¾ cup oil
- 1 cup water (if honey is used, cut down amount of water).

*The meat analogs appearing in the recipes are products of Loma Linda Foods, Riverside, California 92505, or Worthington Foods Co., Worthington, Ohio 43085. These items may be found in most health-food stores and some supermarkets.



IT'S YOUR WORLD VEGETARIAN COOK-
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Washington, D.C. 20012
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US\$9.95

Vegetarian Bean Soup

- 1 pkg. (16-oz.) great northern beans
- 2½ quarts water
- ¼ cup oil
- 1 cup chopped onion
- 1 cup sliced celery, with leaves
- 1 cup carrots, diced
- 2 med. cloves garlic, minced (optional)
- 1 tsp. oregano
- 1 cup tomatoes
- 3 Tbsp. minced parsley
- 2 tsp. salt, or to taste
- ¼ tsp. sweet basil, or to taste

1. Soak beans overnight in 2½ quarts water.
2. Bring to boil, reduce heat, cover, and simmer 1½ hours, adding more water if necessary.
3. Heat oil in heavy skillet; sauté onion, celery, carrot, garlic, and oregano about 10 minutes, stirring constantly.
4. Add to beans.
5. Stir in tomatoes, parsley, salt, and sweet basil.
6. Cook 1 hour longer or until beans are tender.

Yield: Makes about 3 quarts.

1. Mix together well all ingredients.
2. Roll (or press out with fingers) onto 2 large cookie sheets.
3. Sprinkle with salt.
4. Cut into desired shape.
5. Bake at 325°F. for 30 minutes. These must be rolled thin.

Cottage Cheese Party Loaf

- 3 large eggs, beaten
- ½ cup evaporated milk
- 1 quart low-fat cottage cheese
- ½ cup chopped nuts
- 1 Tbsp. beeflike seasoning*
- 1 cup chopped onion
- 1 Tbsp. oil
- 4 cups Special K or other dry cereal

1. Combine first 5 ingredients.
2. Sauté onion in the oil until soft; add to the first ingredients and mix well.
3. Add cereal quickly and mix lightly; put immediately into greased loaf pan.
4. Bake at 350°F. for 45 minutes.

Yield: 10 servings

Note: Pecans, walnuts, or slivered almonds are particularly good in this loaf. Variations: 1. Add 2 Tbsp. food yeast flakes. 2. Use 2 cups dry bread crumbs in place of cereal. 3. 1 pkg. Lipton's Onion Soup mix may replace the beeflike seasoning and the cup of chopped onion.



Stuffed Baked Apples

- 6 large Rome Beauty apples, or other baking apples
 - 3 Tbsp. raisins
 - 3 Tbsp. chopped walnuts
 - 1/4 cup honey
 - 1 tsp. ground coriander or cinnamon
 - 1 Tbsp. lemon juice
 - Water to cover bottom of baking pan 1/4-inch deep.
1. Wash and core apples; peel or slit around center; place in deep baking pan.
 2. Mix raisins and walnuts; put a tablespoon of mixture in center of each apple.
 3. Mix honey, coriander or cinna-

mon, and lemon juice; pour a teaspoonful into center of each apple.

4. Mix a cup of water with rest of the honey mixture; pour over apples in baking pan; pour more water around apples to make about 1/4-inch deep; cover with lid or foil.

5. Bake at 375°F. until tender when pierced with a fork (about 45 minutes, depending on size and type of apples).

6. Serve hot or at room temperature; plain or with about 2 Tbsp. plain yogurt.

Yield: 6 servings

Note: Honey mixture may be mixed with the water for a syrup and poured over apples.

Variation: Amount of honey may be varied according to sweetness of apples.

Eggplant Creole

- 1 medium onion, minced
 - 1/3 cup minced green pepper
 - 1 cup sliced celery
 - 2 Tbsp. oil
 - 1 3/4 cups chopped tomatoes
 - 1 medium eggplant (about 1 1/2 lbs.), cut into 1/2-inch cubes
 - 1 tsp. salt
 - 1/2 tsp. sugar
 - 1/2 tsp. sweet basil
 - 1 or 2 bay leaves, crushed
 - 1/2 tsp. ground coriander (optional)
 - 1 cup crumbs
1. Sauté onion, pepper, and celery in the oil until crispy tender; add the tomatoes and bring to a boil.
 2. Add eggplant and seasonings; mix well.
 3. Put into casserole; top with crumbs.
 4. Bake at 375°F. until tender (30 to 45 minutes).
 5. Serve hot.
- Yield: 9 servings
- Variation: Use zucchini or any summer squash in the place of eggplant.

Whole-Wheat Bread

- 3 Tbsp. light molasses, brown sugar, or honey
 - 3 cups warm water (about 100°F.)
 - 2 pkgs. active dry yeast (or 2 Tbsp.)
 - 7 1/2 cups whole-wheat flour (approximately) or other flours
 - 1 Tbsp. salt
 - 3 Tbsp. oil
1. Dissolve about 1 tsp. of the molasses in about 1/2 cup of the warm water; sprinkle yeast on top; let rise in warm place until bubbly (about 10 minutes).
 2. Put remaining water and molasses with 3 cups of the flour in large bowl; beat vigorously (or let run in electric mixer) until yeast mixture is ready. This develops the gluten. Gradually add 2 more cups of flour.
 3. Stir in the yeast mixture; beat.
 4. Let rise, covered, in a warm place until doubled (20-40 minutes).
 5. Mix in remaining ingredients, except about 1 cup flour to use in kneading.
 6. Knead well (8-10 minutes) until dough is smooth and elastic and springs back when pressed with fingers. Use only enough flour to keep from sticking.
 7. Put dough into large oiled bowl; roll it over to oil top; cover and let rise in warm place until doubled; punch down.
 8. Divide dough into 3 equal parts; cover and let stand 10 minutes.

9. Shape loaves.
 10. Put into greased bread pans.
 11. Let rise, covered, in a warm place until doubled.
 12. Bake at 350°F. until nicely browned and loaf sounds hollow when tapped (45 to 50 minutes).
 13. Remove from pans and lay loaves on sides on rack to cool.
- Yield: 3 loaves, just over 1 lb. each

Golden Carrots

- 4 cups sliced raw carrots
- ½ tsp. salt
- 1½ cups water (or whatever is needed to cook the carrots)
- 2½ cups (1 lb. 4-oz. can) pineapple chunks
- 3 Tbsp. butter
- 2 Tbsp. cornstarch
- ¼ tsp. salt
- Dash of nutmeg (optional)

1. Add salt to 1½ cups water; add carrots; cook until tender.

2. Drain, reserving 1 cup of water in which the carrots were cooked. (If you don't have 1 cup liquid left, add water to make 1 cup.)

3. Drain pineapple chunks, reserving the juice.

4. Melt butter, stir in cornstarch. Slowly add the 1 cup water from carrots plus juice drained from pineapple, stirring constantly. Bring to a boil.

5. Add salt and nutmeg.

6. Fold in the drained carrots and pineapple.

7. Serve hot.

Yield: 8-10 servings

(Works well to put in a casserole and warm up the next day in the oven.)

Luau Delight

- 1½ cups cold, cooked brown rice
- 1½ cups pineapple tidbits, drained
- 2 Tbsp. honey
- ⅓ cup chopped walnuts
- ½ cup fine, dried, unsweetened coconut
- 1 cup whipped topping

1. Combine all ingredients except topping, and chill.

2. Fold in topping just before serving.

3. Serve in sherbet glasses, in pineapple boats, in small cantaloupe halves, or in parfait glasses layered with fresh fruit.

Yield: 6 servings



Frosty Fruit Drink

- 2 cups pineapple juice
- 1 6-oz. can orange juice concentrate
- 2 bananas
- 3 large ice cubes
- 1 cup water

1. Combine all ingredients in blender.

2. Chop until ice cubes are broken into pieces.

3. Blend until foamy.

Yield: 6 servings

Granola

- 8 cups quick rolled oats
- 1 cup sesame seeds
- 1 cup sunflower seeds (raw, unsalted)
- 1 cup wheat germ
- 1 cup nuts, chopped
- 1 cup coconut (unsweetened, macaroon)
- ¾ cup dark brown sugar
- 2 tsp. salt
- ½ cup oil, less 2 Tbsp.
- ¾ cup water
- 2 tsp. vanilla

1. Mix above dry ingredients well in a large bowl.

2. Slowly add the liquid ingredients, very slowly "dribbling" them over the other ingredients and mixing well all the while.

3. Spread this mixture evenly into two flat baking pans.

4. Bake at 250°F. for 30-45 minutes until just light brown. Stir frequently, as the edges brown quickly.

5. Place into sealed containers and use as cereal.

The preceding recipes have been used with permission and adapted from personal files of homemakers, as well as from the following cookbooks:

Calkins, Fern. *It's Your World Vegetarian Cookbook* (Washington, D.C.: Review and Herald Publishing Association, 1981).

Cottrell, Edyth Young. *Oats, Peas, Beans & Barley Cookbook* (Santa Barbara, Calif.: Woodbridge Press, 1980).

Homemakers' Cookbook (Washington, D.C.: Review and Herald Publishing Assoc., 1946).





Be cautious with stretching exercises

Stretching exercises are good for most people, but pushing a stretch too far or too fast can tear muscles and tendons, a University of Illinois fitness specialist says.

Lynne A. Strathman, coordinator of the adult-fitness program at Illinois, cautions that exercisers should never stretch beyond the beginning of pain.

"Such an extreme stretch is not necessary for the exercise to be effective, and it causes too much pull on connective tissue and muscle fibers," Strathman said.

"Also, never bounce at the limit of a stretch. The sudden pull causes muscles to contract, putting extra strain on tendons, ligaments, and muscles already pulled tight."

Properly executed stretching exercises make people feel better and can help prevent injuries caused by overextension of short, tight muscles, she said.

Since exercise tends to shorten muscles, stretches that pull muscle

groups used for a particular activity should be selected and executed before and after workouts. Muscles kept inactive also shorten and need to be stretched to retain the body's full range of motion, she said.

Exercise movements should be changed or in some cases avoided by anyone with disabilities that restrict motion or cause pain. These include a damaged hip or knee joint, arthritis, or an injured back, she said.

To stretch safely, Strathman advised:

- Execute the exercise slowly until muscles are pulled tight but no pain is felt.
- Keep muscles pulled until they relax a bit. This will take fifteen to thirty seconds.
- Increase the stretch slightly until muscles are tight again and hold the position for another fifteen to thirty seconds.
- Whenever possible, use different exercises for any one joint so its full range of motion is maintained.

- Avoid adding the force of gravity to a stretch. Instead of touching the toes in a standing position, do the same movement in a seated position.

"Listen to your body and never hold a position that is painful," she said. "Do not expect miracles overnight. Sometimes a month of regular exercise is needed before changes are recognized."

—News release, University of Illinois at Urbana-Champaign, 807 S. Wright St., Champaign, Illinois 61820.

Study links nutrition to emotional stability

An international team of investigators has found that even mild caloric deficiencies in the diet of an infant or a pregnant woman can disrupt a child's emotional stability by the time he reaches school age. However, such "mild-to-moderate undernutrition does not appear to affect the higher intellectual and learning abilities significantly.

Although the devastating physical and mental effects of severe malnu-

trition are well documented, the scientists claim theirs is the first study to link minor nutritional problems in early life to the behavioral and social development of children as old as 6 to 8 years. "Our findings suggest that simply providing calories to undernourished infants or mothers-to-be seems to have a lasting effect on the way the child deals with others and makes use of his environment," David E. Barrett, a Harvard Medical School psychologist, said.

Barrett and Marian Radke-Yarrow, a child development psychologist at the National Institute of Mental Health, concluded two separate investigations: a five-year study of 138 children in three rural Guatemalan villages, and a survey of 65

children from low-income families in San Diego. All the children were 6 to 8 years old.

Nutrition is so critical in the first two years, they say, because the child is developing patterns of dealing with the world and responding to others around him. In contrast, minor nutritional deficiencies, unlike severe malnutrition, probably do not trigger nervous system damage serious enough to affect the higher functions of learning and intellect, according to the scientists. Simply "normal" contact with the outside world as an infant seems to ensure adequate cognitive development, they say.

"Nutritional supplementation increases social energies, but the specific behaviors—be they pro-

anti-social—seem to depend on the environment," Barrett said.

Radke-Yarrow cautions that, although the results are intriguing, "we must avoid the danger of taking the importance of nutrition out of context with the rest of the child's experiences."

—*CNI Weekly Report*, 1146 19th Street NW., Washington, D.C. 20036.

Don't take chances with medication

What should you do if the medical prescription you've just purchased doesn't appear as it should—for instance, if it's improperly labeled, off-color, contaminated, or cloudy?

First, don't use it. Second, the faulty medication should be reported to your doctor and pharmacist. The third step—frequently overlooked—is to contact the Food and Drug Administration.

According to Fay Thompson, FDA information officer, the agency reviews all consumer complaints, and if a hazard is found, will attempt to remedy the situation, either through the manufacturer or the courts, if necessary.

What are some tipoffs that a drug or medicine might be contaminated? Ms. Thompson said to look for the following:

- capsules and pills that are chipped, broken, or off-color—even in parts;
- products contaminated with foreign matter, such as hair or mold;
- products that do not appear as they should—for example, a capsule that is cloudy or that contains crystals when it should be clear;
- products, such as insulin, that may be over- or under-strength; and
- any products that cause an adverse reaction.

Complaints should be made in writing, as soon as possible, and sent to the nearest FDA office, listed under "U.S. Government, Department of Health and Human Services, Education and Welfare, Food and Drug Administration" in the telephone book. When reporting, state the problem clearly, Ms. Thompson said. Do not send the container or any samples, but describe the product as completely as possible. Give any codes and identifying marks, and

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—Health Insurance News, 1850 K Street NW., Washington, D.C. 20006.

Exercise of authority

My doctor informed me that jogging. Contrary to my fears, Would add years to my life, and he was right—
I feel older by fifteen years!

Ruth M. Walsh

Flossing fights decay and disease

Once it was "an apple a day keeps the doctor away," but dentists might prefer "Flossing every day helps keep away gum disease and tooth decay."

Flossing is important because it removes plaque and food particles from between teeth and under the gum lining, a spokeswoman for the American Dental Association says.

"Flossing helps prevent tooth

decay and gum disease in areas where the toothbrush can't reach," said Marianne Hannigan, ADA staff associate. "It's a skill that can be developed with a little practice."

Ms. Hannigan said adults should floss at least once a day, while children and decay-prone individuals should brush and floss their teeth after every meal and before bed. A dentist or hygienist can suggest the best method of flossing and the type of dental floss to use, she said.

When learning to floss, patience is important. "Don't be discouraged with the first attempt," Ms. Hannigan said. "After a while, flossing will take only a few minutes of your time."

She suggests these tips for first-time flossers:

- Break off about 18 inches of floss and wrap most of it around one of the middle fingers of one hand. Wind the rest around the same finger of the other hand.

- Using thumbs and forefingers, and with one inch of floss between them, guide the floss to your tooth.

- Holding tightly, use a gentle sawing motion to insert floss between your teeth. Never snap the floss in place.

- When floss reaches the gum line, curve it into a "C" shape against the tooth and gently slide it into the space between the gum and tooth until you feel resistance.

- When holding floss against the tooth, move floss away from the gum by scraping the side of the tooth.

- Repeat this on the rest of your teeth, and don't forget the back side of your last tooth.

—Health Insurance News, Health Insurance Institute, 1850 K Street NW., Washington, D.C. 20006.

New cold-hardy hybrid oranges may reduce costly freeze damage

When a freeze hits Florida, orange producers and consumers suffer in the pocketbook. But research on new hybrid citrus may change all that. United States Department of Agriculture scientists are breeding cold resistance into U.S. orange trees by crossing them with some hardier Australian and Chinese relatives.

One line of cold-hardy hybrids now being developed withstood 14°F.—temperatures equal to those that caused so much damage to Florida orange groves a year ago. Offspring of the desert lime tree of Australia, the hybrids may profit not only from the tree's cold-hardiness but also from its drought and disease resistance.

Another new line of hybrids is being developed using a cold-hardy Chinese citrus. For the first time USDA researchers have been able to produce fruit that tastes similar to sweet oranges from offspring of this Chinese variety.

If another cross has to be made to improve the quality of the fruit, it may be five to ten years before you see these new cold-resistant varieties of oranges in your local supermarket. That may not be necessary, however, if the fruit now being produced proves acceptable.

—U.S. Department of Agriculture, Washington, D.C. 20250.

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The People's Hospital Book, Ronald Gots, M.D., Ph.D., and Arthur Kaufman, M.D. Avon Books, 959 Eighth Avenue, New York, New York 10019, 1981, 211 pages, \$3.95 paperback.

One in six Americans will enter a hospital this year; yet few know hospital procedures and what to expect—or even to demand. Now they can find out in *The People's Hospital Book*, a comprehensive volume on hospital care. The authors—pioneers in patient education—believe that the more you know about a hospital and its procedures, the more you'll control, enjoy, and benefit from your treatment.

The book shows readers how to research in advance which hospital to go to; how to speed admission time, monitor expenses, get the best-tasting hospital food, judge a doctor's competency, and obtain the most benefits from the hospital system. Eliminating unnecessary anxiety about tests, special equipment, and surgery is accomplished by carefully explaining the value of each procedure, what the patient can expect to experience, and, in some cases, dispelling what may turn out to be myths about the amount of discomfort involved. There is also a chapter on how parents can prepare their children for a hospital stay without fear or anxiety.

Win the Happiness Game, Dr. William G. Nickels. Acropolis Books Ltd., Colortone Building, 2400 17th Street NW., Washington, D.C. 20009, 1981, 183 pages, \$11.95 hardcover.

Happiness is a skill that can be learned! This is the exciting new premise of *Win the Happiness Game*. No more sitting around waiting for that elusive "happiness" to alight on one's shoulder—Dr. Nickels teaches readers how to begin their own quest for self-fulfillment with the stimulating reader-participation devices at the end of each chapter.

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Being more open, loving, giving, and alive

Getting rid of beliefs and practices that are obstacles to happiness.

The author points out that faith in God plays a part in a person's obtaining true happiness.

Whole Grains: Grow, Harvest and Cook Your Own, Sara Pitzer. Garden Way Publishing, Charlotte, Vermont 05445, 1981, 169 pages, \$7.95 paperback.

This book deals with growing and using nine different grains. However, for the person who doesn't grow them, information is given on where to buy them. The author has attempted to compile the most specific data available about growing grains in your garden, harvesting and storing them, and grinding and cooking them. She discusses equipment needed, and includes 125 recipes.

The Hospital Book, James Howe and Mal Warshaw. Crown Publishers, Inc., One Park Avenue, New York, N.Y. 10016, 1981, 96 pages, \$4.95 paperback, \$10.95 hardcover.

Going into the hospital is traumatic for a person at any age and is an especially trying experience for children. Often they are frightened and anxious and have many questions.

The authors, by text and photographs, attempt to answer many of these questions. They spent a year interviewing and photographing in the pediatric wards of several New York City hospitals, speaking with patients, doctors, nurses, therapists, and child-life specialists. They photographed treatments, procedures,

and equipment that a hospitalized child might encounter.

This book is for patients, parents, educators, and counselors, and its use may help to make a child's hospital experience a less feared one.

Better Homes and Gardens Woman's Health and Medical Guide, Patricia J. Cooper, Ph.D. Meredith Corporation, Locust at 17th, Des Moines, Iowa 50336, 1981, 696 pages, \$24.95 hardcover.

This comprehensive new reference book is written to help women make better-informed decisions about, and participate more actively in, their own health care. More than thirty doctors and health specialists, a majority of whom are women, each wrote a chapter covering a specific area of women's health. The editorial material is finely balanced with detailed explanatory illustrations.

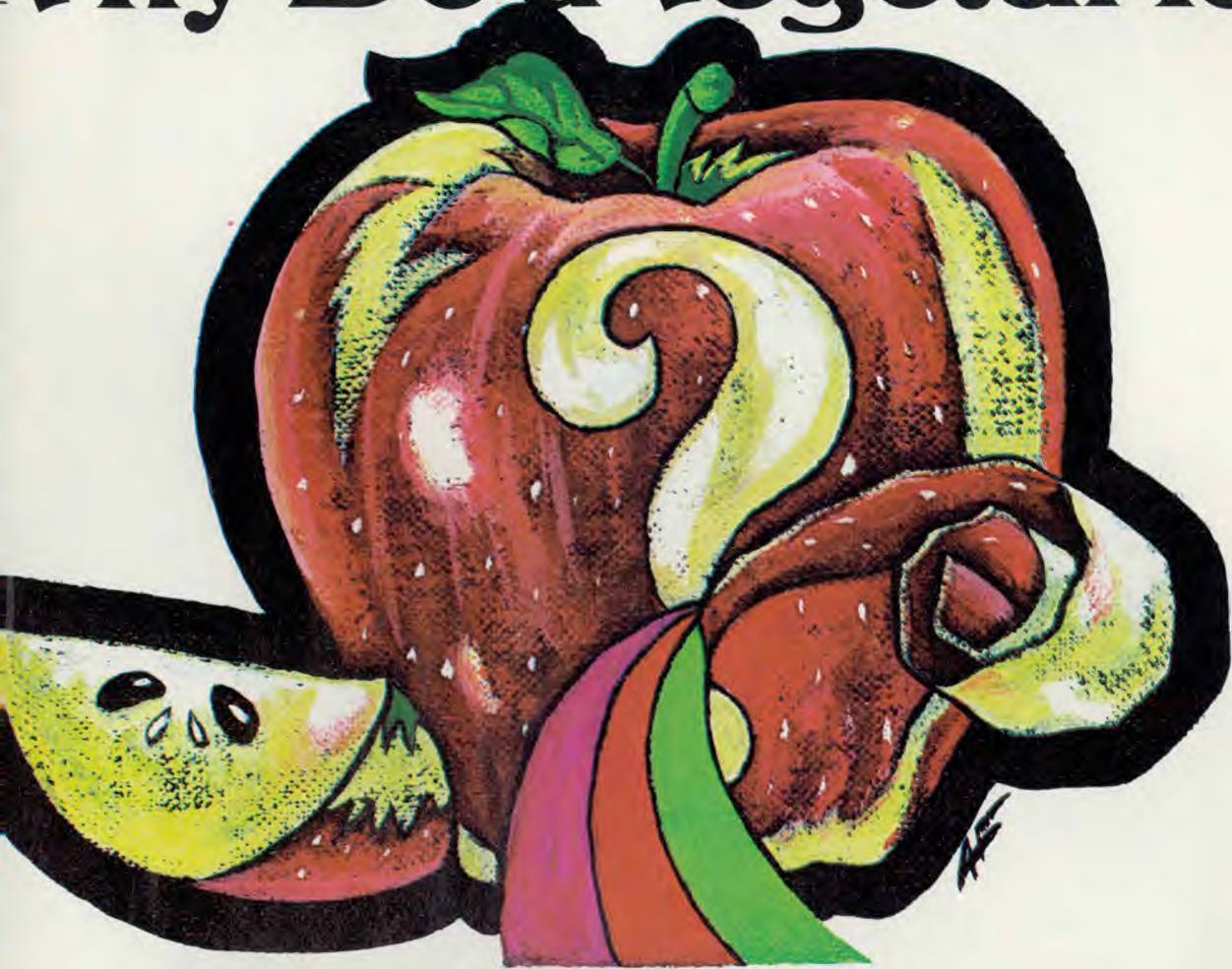
When Pregnancy Fails, Susan Borg and Judith Lasker. Beacon Press, 25 Beacon Street, Boston, Massachusetts 02108, 1981, 252 pages, \$12.95 hardcover.

Shattered dreams, agonizing decisions, and feelings of failure and grief are seldom seen as part of pregnancy. Yet each year nearly one million families suffer the loss of an infant by miscarriage, stillbirth, abortion, or early infant death.

The authors of this book—friends who supported each other emotionally after the unexpected deaths of their babies—discovered a critical lack of material to help them cope with their crises. *When Pregnancy Fails* grew out of their shared experience.

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