

# SCIENCE NEWS

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WEB  
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# executive health

the report that briefs you on what to watch

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## New Discoveries:

### ON THE DANGERS OF NOT GETTING ENOUGH MAGNESIUM IN THE FOOD YOU EAT ...

Chronic deficiency can cause heart disturbances  
ranging from premature beats to deadly ventricular fibrillation  
with its useless fluttering of the heart  
neuromuscular symptoms that include twitching and tremor  
of any or all muscles . . . and much more.

For some years, investigators in the United States, Britain, and many other countries have been noting a mysterious relationship between the hardness and softness of water and the incidence of coronary heart disease and heart attacks. Virtually everywhere studies have been made, the heart death rates in communities with hard water supplies have been lower than in those with soft.

But why? If a causal relationship exists between water composition and heart deaths, presumably the responsible factor should be either something toxic in the soft water or something protective in the hard. And, if the latter, then two of the most likely factors

should be calcium and magnesium which are mainly responsible for water hardness.

But, upon first looking into the whole question, a team of University of Toronto researchers, examining blood levels of both minerals in residents of soft and hard water areas and finding no difference, had no reason to believe that soft water users were suffering from less than an optimal intake of either metal.

In 1975, however, the Toronto researchers came upon something that changed their minds. Instead of examining blood, they looked in the heart muscles of people in soft and hard water areas autopsied because of accidental death. And in the heart muscles,

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