

SCIENCE NEWS

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**EVOLUTION ILLUSTRATED:
This could be your kitchen
if roaches were the fittest**

executive health

the report that briefs you on what to watch

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New research findings . . .

ON WALKING . . . nature's own amazing "anti-age antibiotic"!

Not running, not jogging, but *walking*
is your most *efficient* form of exercise
and the *only* one you can *safely*
follow *all* the years of your life!

Today, after some 2000 years, modern medical researchers are demonstrating (somewhat to their surprise) that Hippocrates, "the father of medicine" was right . . . walking is man's best "*medicine*"!

Take one example. At a three-day conference on *Exercise in Aging—Its Role in Prevention of Physical Decline* (held October 27-29, 1977, at the National Institute of Health, Bethesda, Maryland) researchers from across the United States, Canada and Western Europe presented papers on this (until now) largely neglected area of research. As their papers were presented, these important points of agreement emerged:

(1) Walking is the most *efficient* form of exercise . . . and the *only* one you can safely follow all the years of your life.

(2) Exercise can enable your body to maintain a *vital reserve* which has a protective effect during stress.

(3) Exercised *bones* do not demineralize. As a result they are far less likely to break or lose their range of motion.

(4) Exercised *lungs* still exhibit the emphysema-like changes of age, but are far less diminished in their capacity compared to the lungs of sedentary people.

(5) Exercised *cardiovascular systems* show a similar maximum preservation of function.

(6) The benefits of exercise in preventing or correcting obesity are striking.

(7) Late-onset diabetes is almost entirely reversible by exercise if you are overweight.

(8) Daily exercise permits greater food intake and better blood circulation, thus improving each body cell's nourishment while preventing obesity.

(9) The physically impaired, particularly the arthritic, can perhaps benefit the most from exercise . . .

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Linus Pauling, Ph.D.: For the best of health, how much vitamin C do you need? People who take the optimum amount of vitamin C may well have, at each age, only one quarter as much illness and chance of dying as those who do not take extra vitamin C.

New research findings On Zinc . . . the amazing metal so essential to your health.

George C. Griffith, M.D.: On those irregular Heart Beats (Arrhythmias). Some mean little or nothing, but others warn your heart is in trouble. Have you had any irregular heart beats?

On The Syndrome Of Longevity. Key factors dependably present ("constants") in the way of life of men who have outlived other men born when they were by a generation!

Roger J. Williams, Ph.D., D.Sc.: On Your Startling Biochemical Individuality. Some amazing facts about your body you need to know if you want to understand yourself (and other people) better.

Jeffrey A. Gray, Ph.D.: On Anxiety and hope to cope with it!

John K. Lattimer, M.D., Sc.D.: On that treacherous gland, your prostate — especially as you approach 50.

Linus Pauling, Ph.D.: What About Vitamin E? Eminent investigators now suspect it may be one of the key factors to help resist disease and slow the aging process.

On "The Horizontal Exercise." New research findings about sex and how to keep your middle age young!

The truth about the right diet and exercise to lose weight safely and stay slender for life.

Go easy gentlemen, too much social drinking damages your liver (even though you may feel well, eat well, and never get tight!).

On stress and the executive. Dr. Hans Selye, world-famous endocrinologist, explains why hard work is the secret of living a long, satisfying and successful life.

If you get a heart attack, what then? Dr. Paul Dudley White gives you some amazing case histories of long life!

Travel risks travel agents don't talk about! Things you should know and do if you want to fly the world and come home healthy!

Alton Ochsner, M.D.: On "The Chair Disease" . . . Why blood clots in your veins are a little-realized hazard of "desk-bound" executives.

Stephen R. Elek, M.D. On "The Hurry-up Disease." Why it may be a key factor that triggers heart attacks as early as age 40.

James F. Toole, M.D.: Can An Aspirin A Day Keep A Stroke Away?

If you sit at a desk all day . . . How to avoid a Pot-Belly and Double-Chin (or get rid of them for good!)

Jan Koch-Weser, M.D.: On Systolic Hypertension, more common than diastolic hypertension and as dangerous. What it is, what it does, and what to do about it.

Linus Pauling, Ph.D.: On Vitamin C and Cancer. Recent studies show that vitamin C has a large life-extending effect for patients with advanced cancer and suggest a similar large effect for earlier stages of the disease.

Leonard Hayflick, Ph.D.: On Getting A Good Night's Sleep! What research scientists now know about this mysterious process we so calmly call "sleep."

Albert Szent-Gyorgyi, M.D., Ph.D.: On A Substance That Can Make Us Sick (If We Do Not Eat It!) One of the world's most honored scientists, winner of the 1937 Nobel Prize for Physiology and Medicine explains the fascinating paradox of vitamins.

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.

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