

Specialist pooh-poohs jogging opponents

Dr. Kenneth Cooper, creator of the "aerobics" exercise program that is followed by millions of Americans, says that joggers at his Aerobics Activity Center track here have logged over one million miles "without a single fatality."

In an article published in the January issue of the Reader's Digest, Cooper asserts, "Despite scattered claims and headlines about the dangers of jogging and other aerobic activities, the evidence in favor of an aerobics program is overwhelming." Since 1971, he says, more than 5,000 people have exercised at the Dallas track without serious mishap. He cautions, though, that "it is true that unaccustomed, unsupervised, strenuous exercise, especially by cardiac patients and sedentary people, may be dangerous."

But he insists that if safe and sensible guidelines are followed, there is no danger to the individual. He calls for persons taking up exercise to obtain a complete physical examination before they begin, not to run within two hours after a heavy meal, to warm up gradually before starting out, and to cool down after completing exercise.

"As yet, we don't have enough evidence to claim that diet and exercise can actually rebuild and open up clogged arteries—only evidence that the process can be slowed down," Dr.

Cooper writes. "But there is overwhelming evidence that aerobic exercise will not only work to prevent or delay the onset of heart disease, but also help you survive a heart attack." Furthermore, he notes that disease of the cardio-vascular system—while accounting for 55 per cent of all deaths—has declined almost 14 per cent since the late 1960s. Doctors credit increased preventive action.

He says further that "Our evidence indicated that cardiovascular fitness has a direct relation to mental health and a sense of well-being. A person whose circulation has improved, giving his brain more oxygen and glucose, is less depressed, less hypochondriac, will feel more alert, and is more ready to handle stresses and challenges."

Dr. Cooper cites the story of a 58-year-old patient who exercised regularly and was in good physical shape. While on safari in Africa he experienced chest discomfort. Thinking it was indigestion, he took it easy for a day, then resumed the safari, walking great distances each day. When he got home, a checkup revealed that he was recovering from a massive heart attack. Dr. Cooper feels his regular exercise had developed a good back-up cardiovascular system that saw him through the potentially fatal heart attack.



You don't have to be a world class competitor like Jim Ryun to enjoy the benefits of daily running, Dr. Kenneth Cooper says.

'Little people' are real, make literary comeback

"To my amazement, I have heard that there are people who have never seen a gnome. I can't help pitying these people. I am certain there must be something wrong with their eyesight." —Axel Munthe

One of my earliest childhood memories is being wrapped in a blanket and carried to a "special place" on Midsummer's Eve to watch the fairies dance at midnight.

One of my most treasured possessions was a book called "The Water Babies," and was filled with the most delightful illustrations of the "wee folk" you can imagine.

Early in my life, my mother and my Scotch-English grandmother instilled in me a love of fantasy. For this I'll be eternally grateful.

My lifelong romance with Shakespeare is due, in part, to the way he revered fairies, elves and the like.

Anthropologists declare that our myths and legends about such little people are most likely based on the fact that a race of extremely small people, as well as one of virtual giants, did exist in early times.

This certainly could account for all the folk tales handed down to us in which mortals married fairy folk. I used to think about this when I looked at my grandmother—a petite woman who never stood more than four feet 11 inches high, and wore a size three shoe—standing beside my grandfather, who measured six feet three inches in his stocking feet.

As I grew up, I never lost my love for these stories, and for a long time I toured schools and libraries as a teller of such tales.

In recent years, I have discovered whole schools full of children who have heard only the familiar fairy tales and have, instead, been raised on science fiction. I am not opposed to science fiction, but there is room for both.

Speak the word "fairy" in an adult gathering, and you will be met with snickers, snide remarks, and cheap jokes about homosexuals.

Imagine, then, my great joy in the discovery of the three following recent publications.

FOR CHRISTMAS this year, I was given a wall calendar published by Current, Inc., Colorado Springs, Colo. This calendar is printed in beautiful muted colors, with drawings reminiscent of the delightful illustrations in books of fairy tales printed 50 years ago.

Each month's calendar is printed on a separate page and is accompanied by an illustrated myth or folktale about the origin of different flowers.

I shall jealously guard this calendar as a prized possession long after this year is past and forgotten.

Recently, I also received two books as gifts which seem to indicate a renewed interest (at least among publishers), in fairy lore.

The first, "An Encyclopedia of Fairies" by Katherine Briggs, published by Pantheon Books of New York, is as



thick as a dictionary.

It tells not only about fairies, elves, brownies and leprechauns, but it also deals with mermaids, dragons, changelings, hobgoblins, bogies and other such interesting creatures.

It is, as the title implies, an encyclopedia in which you can look up (and find) every sort of fantasy creature that has ever existed in literature and lore. I count it as a really wonderful addition to my reference library.

OTHER BOOKS by the same author include: "The Personnel of Fairyland," "The Anatomy of Puck," "Folktales of England" and "The Fairies in Tradition and Literature."

The second book I mentioned was given me by my oldest son. It is entitled simply "Gnomes" and is published by Harry N. Abrams, Inc., N.Y.

Written by Dr. Wil Huygen and illustrated by Rieu Poortvliet, it is a tongue-in-cheek study of the wee folk which reports the habits of their lives.

It contains 212 full-color pages and hundreds of maps, illustrations, and diagrams. Gorgeous full-page drawings of birds, animals, trolls, goblins, elves, and fairies, as well as gnomes themselves, are included.

Although I have possessed this book for only a few short weeks, it already occupies a space in my heart and memory as equal to that of the beloved waterbabies of my childhood.

SENSATIONAL SAVINGS IN SOMERSET'S MALL-WIDE CLEARANCE BIG BEAVER ROAD AT COOLIDGE, TROY

UP TO 50% OFF

LADIES' SHOES
MEN'S SHOES
MEN'S CLOTHING
LUGGAGE
Styles, sizes, colors limited

BALLY of Switzerland

TWO GREAT SALES
IN ONE GREAT STORE

UP TO 1/2 OFF

ON PRACTICALLY ALL OF OUR
TRADITIONAL WINTER CLOTHING

PLUS UP TO

1/2 OFF IN OUR

POLO SHOP

mackenzie's



30% OFF LADIES SPORTSWEAR

SAVINGS ON
FAMOUS MAKER CO-ORDINATES

JACKETS - BLOUSES

SWEATERS - SLACKS

SKIRTS - COATS

Don Thomas
Sporthaus

SAVE A SPECTACULAR

30% TO 50% OFF ORIGINAL PRICES
LINGERIE, FOUNDATIONS, ROBES, SLEEPWEAR
& LOUNGEWEAR
INFANTS' CHILDREN'S & SPOT FOR TEENS
APPAREL, SHOES & ACCESSORIES
BOYS' CLOTHING, SPORTSWEAR & FURNISHINGS
BLOUSES
MILLINERY & FUR HATS
HANSBAGS, FASHION JEWELRY, GLOVES,
SCARVES, BELTS, SHAWLS
UMBRELLAS & RAINWEAR
WOMEN'S SHOES
STATIONERY & SMALL LEATHER GOODS
GUEST & GIFT SHOP COLLECTIONS
LUGGAGE

20% TO 50% OFF
REVILLON FUR COLLECTION

Saks Fifth Avenue

SAVE 30% TO 50% YEAR 'ROUND & WINTER STYLES

FLORSHEIM - Values to \$60.
NOW \$24.80 to \$39.80

WRIGHT ARCH PRESERVER

Entire stock reduced

Values to \$80. - NOW \$49.90 to \$71.90

Quantities limited - not all sizes in every style
SHOP TODAY FOR BEST SELECTION

Sherman's

SAVE A SPECTACULAR

30% TO 50% OFF ORIGINAL PRICES

FIFTH AVENUE SHOP

DESIGNER DRESSES, COSTUMES, EVENING

DRESSES, COATS & SUITS

'FABULOUS UPDATED DRESSES & JUMPERS

'SPANTASTIC CONTEMPORARY SPORTSWEAR &

MATERNITY DRESSES & SPORTSWEAR

'FABULOUS & SPORTCOAT COLLECTION

SHEARLINGS

'FABULOUS COATS & SUITS

Young circle for juniors dresses, separates,

coordinates, coats & suits.

SWEATER COLLECTIONS

DESIGNER SPORTSWEAR

BETTER SPORTSWEAR SEPARATES

WOMEN'S ACTIVE SPORTSWEAR

MISSSES' SPORTDRESSES & KNITS

Saks Fifth Avenue

A SELECT GROUP
OF THE FINEST IN
MARK CROSS
LEATHER ACCESSORIES
CAN NOW BE YOURS
AT SUBSTANTIAL SAVINGS.

Reductions

of 30% to 50%

Off original retail prices*

are now available at our

Somerset Mall store.

MARK CROSS

There may have been intermediate price
reductions on some items prior to this sale.

SAVE 30% TO 50%

ON A GREAT SELECTION OF
SPORTSWEAR AND DRESSES

The Mulberry Bush

SEMI-ANNUAL CLEARANCE

SUITS - SPORT COATS
SLACKS - OUTER COATS

by
Hickey Freeman - Graham & Gunn - Madison
Selected group of
Johnston & Murphy Shoes

FINE ASSORTMENT
OF FAMOUS NAME SPORTSWEAR
AND FURNISHINGS

Incomplete assortment from our regular stock.
Also available in David Whitney Building, Detroit.

Copper & Copper

AFTER INVENTORY CLEARANCE

50% off

AND MORE

TERRIFIC SAVINGS

DRESSES - BLOUSES

SLACKS - PANTSUITS

REDUCED TO CLEAR

Somerset Mall & Fairlane Center

Page Boy
MATERNITY FASHIONS

FINAL CLEARANCE

50% OFF

SHOES - BOOTS - HANSBAGS

I. Miller

Men's Clearance

25% TO 50% REDUCTIONS

MEN'S UPDATE CLOTHING

MEN'S CLOTHING

MEN'S UPDATE SPORTSWEAR

MEN'S FURNISHINGS

EARLY-ON SPORTSWEAR & CLOTHING

MEN'S SPORTSWEAR

MEN'S SHOES

ACTIVE SPORTSWEAR

Saks Fifth Avenue

"BUILD A BUILDING"



\$19.95
One kit makes 5 different buildings
ALSO

GREAT SELECTION OF
HAND MADE, IMPORTED, WOODEN TOYS
BOATS, PLANES, TRAINS, PULL TOYS & MORE
STARTING AT \$5.95

faul
Schwarz
FIFTH AVENUE
FRANZ CARL WEBER INTERNATIONAL

NEW ARRIVALS

"AGAINST ALL ENEMIES" - \$10.

by Duggan & Wattenberg.

A Washington novel. What happens when the

President and the Vice President openly

break with each other and become bitter

political enemies?

"LOOK AWAY, BEULAH LAND" - \$10.95

by Lonnie Coleman

A Post-Civil War novel. The exciting continuation

of the saga of the Kendricks, begun in "Beulah Land."

"THE WINEMAKERS" - \$10.

by Jack M. Bickham

A fascinating novel of the California Wine

Industry and the people who work in it.

B. Dalton

3-DAY SHOPPER'S SPECIAL

BENNO'S
LUNCHEON
SAVORY VEGETABLE STEW
WITH MEATBALLS

\$2.00

[Beverage not included]

Benno's

SALE

WOMEN'S BOOTS

20% TO 40% OFF

BASS - GOLO - SANDLER

HUSH PUPPIES

DRESS BOOTS

WARM FLEECE LINED BOOTS

WEDGE & MID-HEELS

SOME WITH CREPE SOLES

Redden and
RAWLINSON