

'Jogging fever' may ward off disease

The body heat which joggers build up may produce more than just sweat, according to two physiology researchers at the University of Michigan Medical School.

"Jogging fever," the average four-degree rise in body temperature experienced during and after exercise, may actually be good for you in the same way that a mild fever during the beginning of an infection may help one ward off more serious illness.

Evidence of this link between illness fever and jogging fever was presented at the annual meeting of the Federation of American Societies for Experimental Biology by U-M investigators Joseph G. Cannon and Dr. Matthew J. Kluger.

They reported on research at U-M which indicates that the blood substance which stimulates the body to produce fever during infections may also cause part of the temperature rise (to about 101.4 degrees) humans experience from exercise.

IF THEY ARE right, people who exercise regularly may get sick less often because their jogging or exercise fever may kill beginning infections.

In the past few years, Kluger and other scientists have established that fever may be beneficial in fighting infections. Associated with it are several changes in the blood which make it harder for invading bacteria to grow.

And for decades, scientists have known that people who exercise stay heated up afterwards much longer than is necessary to dissipate the heat their exercise produced.

Cannon and Kluger put these two facts together, suggesting that the heat blood substance causes the heat of fever and the sustained temperature elevation after exercise.

THE BLOOD substance which triggers fever is called endogenous pyrogen (EP).

Cannon and Kluger looked for it in people's blood before and after they pedaled an exercise bicycle for an hour. But because there are no direct ways to measure EP, they looked for it indirectly by injecting the blood plasma into rats.

Rats who got pre-exercise plasma showed no changes. But rats who got post-exercise plasma showed an increase in blood temperature and a decrease in blood levels of iron and zinc, the same changes that occur both in rats and in humans during fever.

This doesn't prove that the blood contained the pyrogen, but it strongly suggests it.

Cannon and Kluger also have shown that the substance in post-exercise blood has some characteristics of EP, and it is about the same-sized molecule.

PYROGEN CAUSES several other changes in both rat and human blood. If Cannon and Kluger can establish that the post-exercise blood substance also produces those changes in rats, then they will have demonstrated a very close resemblance to endogenous pyrogen.

If exercise does indeed produce EP, the physiologists theorize, the reason may have to do with evolution. When our ancestors exercised, it was often because they were running from danger. Anticipating injury, their bodies may have learned to turn on the anti-infection response of EP.

Cannon and Kluger say, however, that no one really knows whether people who exercise regularly do, in fact, get sick less often than people who don't exercise. That research has not been done.

But, said Cannon, a doctoral candidate at U-M, "If you talk to people who used to be sedentary and who now exercise, they claim they get sick less often."

Cannon himself claims that he is sick less often since taking up long-distance running five years ago. He has run 12 marathons races, and he currently runs 45 miles a week.

Manning to head UF Torch Drive

Mervyn H. Manning, Ford Motor Co. vice president and general manager of Ford Tractor Operations, will serve as general campaign chairman for the United Foundation 1982 Torch Drive.

Manning, of Bloomfield Hills, will recruit, organize and direct the campaign's top volunteer team. He also will supervise the 1982 Urban Progress Fund campaign, which supports the activities of New Detroit Inc.

The 1982 Torch Drive will run from Oct. 11 through Nov. 4, to raise operating money for 136 charitable organizations in Wayne, Oakland and Macomb counties.

Manning's campaign strategy will include asking current givers to increase their contribution for 1982 because "many people, who have been strong supporters of the UF Torch Drive, are now out of work and in need of direct Torch Drive services for the first time."

"Many Torch Drive-supported charities are being challenged by governmental funding reductions, increased caseloads and rising costs for providing services."

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consumer mailbag

I ordered plants and seeds through the mail for planting this spring. I have my canceled check but no plants or seeds. I wanted to get my garden planted during the Memorial Day weekend but that won't be possible unless I buy what I need locally. Can I get my money back from the mail order house?

Susie M., Southfield

There is a Mail Order Merchandise Rule. The Federal Trade Commission requires full refunds for prepaid orders that don't arrive when promised or that aren't shipped within 30 days of receipt of order.

Unfortunately, this rule does not apply to certain purchases including seed and plants. Your package may have been lost in transit. If you haven't contacted the mail order company, do so immediately. Many companies will take the responsibility for tracing lost merchandise. If the package cannot be located, most companies will replace it.

If you are unable to resolve the problem with the company, you can write to the Direct Mail/Marketing Association Mail Order Action Line, 6 E. 43 Red St., New York 10017

Where can I get a list of the serial numbers recalled canned salmon?

Ethyl B., Detroit.

You can call the Food and Drug Administration office in Detroit and check your serial numbers against their list. That phone number is 226-6260.

ECO-TIP: Summer time is snacking time, and snacking can be good for you when you use the recipes from Concern's cookbook "This Can't Be Healthy, I Like It-Recipes that Take the Junk Out of Snack Foods." For each copy, send \$5.17 to Concern Detroit, 1 Northfield Plaza, Troy 48069.

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College conference to assist unemployed

Henry Ford Community College, will host a free conference June 12 on career opportunities and coping with unemployment.

In the event titled "Where Do We Go From Here?" the college will work with Dr. Sonya Friedman to offer information on college job retraining programs and financial aid an counseling services.

In addition, sessions on stress reduction, financial planning, time management, alcohol and drug abuse, marital and family problems and medical and legal concerns will be conducted.

More than 600,000 people in Michigan are unemployed and 40 percent cannot rely on being called back to their jobs.

"Job retraining may be the answer," said Dr. Robert Kopecsky, director of HFCC's Center for New Directions.

"At this conference, we will attempt to address the long-term needs of the unemployed, such as retaining and job counseling, as well as the short-term needs, including everyday problems such as finances, medical legal concerns."

Unemployed people who will benefit the most from HFCC's conference are those who have at least a high school diploma or a GED, Kopecsky added.

"Those who have a least high school education or the equivalent will be able to immediately qualify for enrollment in community college retraining programs. Although the college cannot guarantee jobs to anyone, we can offer assistance in planning for the future."

Kopecsky and Friedman have recruited people from business, industry, labor unions and services organizations to help organize the conference. During the day-long event, many staff members from HFCC will be on hand at various informational sessions. Lunch will be provided free.

"It is exciting to see how people are willing to donate their time, money and assistance to help the unemployed," Kopecsky said.

Kopecsky and Friedman have set up HFCC's conference as a model for other community colleges. According to Kopecsky, plans are in the works for similar conferences at other Detroit-area community colleges later this year.

To register for the conference, call 644-2978 between 10 a.m. and 4 p.m. and leave your name, address and phone number.

For more information, contact Kopecsky at 271-2750, Ext. 330.

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