

What's the most physical occupation?

Recently I was asked to settle a wager among three friends, all claiming to have the most physically demanding occupation. They were a construction worker, a firefighter and a heavy machine operator.

Although I tried to be diplomatic, noting all three required a high level of physical fitness, I was forced to take a stand. Indeed, a beer or two rode on my response.

Having previously reviewed the physical demands of a variety of occupations, I realized there was really no contest. Fire fighting was clearly the most physically demanding of the three — perhaps of all occupations for that matter.

fitness Barry Franklin

I POINTED out that in contrast to most conventional jobs, firefighters cannot control the requirements of their work environment. They must respond to every changing emergency condition, often involving extreme environmental as well as physical stresses.

The firefighter began to smile, knowing he had won the bet. My analyses continued.

strength requirement, both of the upper and lower extremities. Furthermore, they must have above-average agility, speed, power and reaction time.

I NOTED that many firefighters are exposed to a variety of harsh environmental stressors — high temperature, excessive noise and deadly gases.

The ambient temperature inside a burning building can rise to 450 degrees F. Heavy protective clothing, designed to keep

heat and fire away, inhibits the dissipation of body heat and increases the work load on the heart.

Finally, I cited a 1969 survey which showed that 104 firefighters died and roughly 37 percent of all firefighters were injured while on duty that year.

At the end of the evening, the firefighter assured me that seldom had a cold beer tasted so good — except, that is, after fighting a fire.



Column resumes

Can you really "spot reduce"? Is sex dangerous to a person who has had a heart attack? Sure, snow shoveling can be hazardous — but why?

Barry A. Franklin will deal with such practical questions as he resumes his bimonthly column. Other topics will be the benefits and limitations of exercise, heart disease and obesity, diet and exercise myths.

The Farmington Hills resident has three titles: co-director of cardiac rehabilitation and physical fitness at Sinai Hospital, adjunct assistant professor of physiology at Wayne State University and adjunct clinical associate professor of Mercy College of Detroit.

Born 35 years ago in Cleveland, Franklin earned his bachelor of science degree from Wayne State University, master of science from the University of Michigan and doctorate in physiology at Pennsylvania State University.

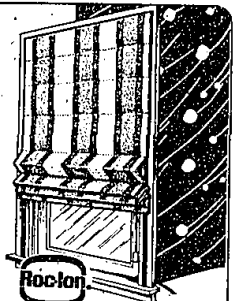
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WINE NOT? By Armando Decapita

What wine goes with what? The rules aren't rigid, they are based on logic. Generally, red wines with red meat, white with white. Fine can be drawn with many soft foods, especially for champagne goes with everything. Fish, stronger wines are best with foods of richer taste. Red, Burgundy-type wines can hold their own with beef, lamb or turkey. A lighter red, Bordeaux type, Southern red, Pinot Noir, or even lighter red, Merlot, fish dishes call for white wine or rose. Just a light red, Merlot or Pinot Noir, stronger flavors like shrimp, crab, lobster or scallops. Most people like dry wines with dinner. Why? Because most foods taste better with it. Sweeter wine can make food taste like a dessert. There are sweet wines, even a sweeter champagne, that are perfect for dessert. If you're in a hurry and want to order wine, select it as soon as you can. Red wines need to be opened for "breathing" before they're served, while ones need time to settle. Let us help you with your wine selections. You'll find excellent value at BOTTLE & BASKET WINE SHOPPES.

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