## House dumps amendment to cut health programs

Here's how area House members were recorded on major roll call votes during the week that ended Sept. 7. There were no Senate votes.

CUT — By a vote of 78 for and 236 against, the House rejected an amendment to cut \$35 million from a bill (HR 5602) authoriting \$2.9 billion over two years for a variety of federal health manpower programs.

In part, the bill funds the training of physicians, nurse, dentits and other professionals who serve the disadvan-

taged through programs such as the National Health Service Corps. The bill was sent to the Service Corps. The Colf., and that "to care-toe fiscal discipline, there is no time like the present, when we are hearing all this campaign reteoric about the deficit. "Opposent Henry Waxman, D-Calif., called the amendment "a hatchet-cutting" measure. Members voting no were opposed to further cuts in the health manpower bill.

### roll call report

Voting no: Carl Pursell, R-Plymouth; Dennis Hertel, D-Harper Woods; Sand-er Lavin, D-Southfield; William Broom-field, R-Birmingham. Not voting: William Ford, D-Taylor. GENERIC DRUGS — The House passed a bill to greatly increase the availability of generic dengs. Sponsor.

Henry Waxman, D-Calif., called this "the most important consumer legislation" to be considered by the 98th Con-

## Right intensity is exercise key

Many inactive adults who initiate ex-ercise programs have unrealistic im-pressions of safe and effective exercise

pressions of safe and effective exercise practices.

The appropriate intensity of exercise needed to improve physical filmess is frequently overestimated. As a result, undue failgue, extreme muscle soreness, and injury often occur.

Exercise intensity is generally regulated by several popular methods instituted by several popular methods including: a prescribed training heart rate range, assigned pace for walking or jogging; recommended workload for the stationary bicycle; and rating of perceived exertion.

THIS LATTER method, regulating exercise intensity by the sense of perceived exertion, particularly when used in conjunction with other guidelines, provides a reliable method for adjusting exercise intensity within safe and effective limits.

The perceived exertion scale above

and effective limits.

The perceived exertion scale shown
in the ligure, developed by a Swedish
scientist, provides a rating of exercise
intensity from 6rest to 20maximum effort.

The rating is based on the individuals' total feeding of exertion, including
general and leg fatigue as well as

**fitness** Barry Franklin

breathing effort. Among healthy young persons, the scale often approximates one-tenth of the heart rate response to

ALTHOUGH the perceived exertion scale may appear to be extremely sub-jective, current research indicates that the scale is highly related to exercise heart rate and workload.

heart rate and workload.
Exercise rated as 11 to 15, between
"fairly light" and "hard," is generally
appropriate for physical conditioning
and usually corresponds to 60 to 80 percent of an individuals "maximum exercise capacity.
Next, time you exercise, try rating
your effort as honestly and objectively
as possible. If your ratings are either
below or above the 11 to 15 exercise
training zone, chances are your exercise intensity is either too light or too
stremous.

- 1	
	PERCEIVED SCALE 6 Rest
ı	,
ſ	7 Very,very light 8
1	9 Very light
ł	10
ı	
ı	, 11 Fairly light
ı	Exercise 12
ı	Training 13 Somewhat hard
ı	Zone 14
ı	15 Hard
ŀ	16
I	17 Very hard
ı	18
ı	19 Very,very hard
ı	20 very, very maru

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