

Men: Research hints bicycling hurts sex life

Did you know that...
 • The percentage of calories from fat is the key in identifying the true fat content of foods. Calculating this measurement requires two pieces of information from the food label: the total number of calories in the product and the grams of fat. Simply multiply the grams of fat by 9 to get calories from fat. Then, divide the calories from fat by the total calories in the product. For food to be truly low-fat, less than 30 percent of the total calories should come from fat.

• A new study shows that women who smoke "low nicotine" cigarettes are four times more likely to have a first heart attack than women who don't smoke. By the way, that's the same heart risk that high-nicotine cigarettes pose.

• It takes about three months to lose the benefits of regular weight training once you stop. The good news: Even once a week workouts will enable you to maintain full strength.

• There is no good scientific evidence that taking vitamin C, even in megadoses, can prevent or cure colds, cancer, or heart disease. Moreover, an excessive intake of vitamin C can cause unpleasant side effects such as diarrhea, nausea and stomach cramps.

• The terminology "No cholesterol" on a food label does not guarantee that the food is truly heart healthy. Although these products

don't contain cholesterol, the labeling may be misleading. For example, one widely advertised canned shortening which carries a "no cholesterol" label contains saturated

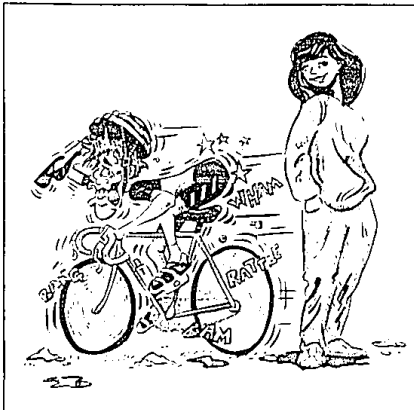
vegetable fat which can raise blood cholesterol levels in the same way as animal fats.

• Recent research indicates that sexual disorders are relatively com-

mon among men who are avid bicyclists. Presumably, banging the groin area on a narrow, hard seat over long distances may cause damage to critical blood vessels and nerves. There is also evidence that excessive exercise (overttraining) can lower the sperm count and related hormone levels.

• The American family's favorite pastime, television watching, appears to add pounds and inches to our frames. According to a just-released study, men who spent more than three hours in front of the tube each day were twice as likely to be obese as those who watched less than an hour. Clearly, a large part of the

problem is the snacking that often accompanies TV viewing.
 Barry A. Franklin, Ph.D., is Director of Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and Associate Professor of Physiology, Wayne State University, School of Medicine.



Study indicates steady pounding in groin area may lead to sexual dysfunctions.

You can help troubled kids

Volunteers interested in working with troubled youngsters between the ages of 10 and 16 are invited to a two-part training session sponsored by the Volunteer Programs of the Oakland County Probate Court.

The sessions will be 7-9 p.m. on Jan. 4 and 11, in the Probate Court Conference Room in the Oakland County Courthouse, 1200 N. Telegraph.

Additional information is available at 858-0041.

1-800-US-BONDS

An easy solution to gift giving

U.S. SAVINGS BONDS

JANUARY FUR SALE SAVE UP TO 60%



You can now own that beautiful Canadian made fur you've always dreamed of. Windsor Royal Furs is proud to offer you the unique combination of quality furs and low, affordable prices due to our direct link with the fur manufacturers in Canada. Act now, you'll get free storage for one year plus we offer a no interest layaway option with your new fur purchase.

Full Premium U.S. Funds • No Sales Tax • No Duty
35 Years Experience

Windsor Royal Furs

481 Ouellette Avenue • Windsor, Ontario N9A 4J2 • (519) 255-1042 • Fri. Open Until 8 p.m.

THE WINDOW OF CHOICE

The double-hung window with

- Glazing options to match your climate
- Bare wood, or primed exterior or clad
- Extra-wide jambs optional
- Finger touch Roto-Gear operator

And of course, every Marvin Casamaster fits perfectly. Because it's made to order.

Marvin Window Center
 8178 Cooley Lake Rd.
 Union Lake 363-6175

Why I had my baby at Grace.



Grace Physicians and Staff Sherri: My doctor made me feel as though I

was his only patient. **Putrice:** A positive attitude exists at Grace. It just felt like the staff was a family.



Grace Nurses

Roxhelle: They were always available and made me feel relaxed. **Dawn:** They took the time to sit with me and even held my hand. **High-Risk Capability**

Thelma: I was extra nervous because I was high-risk, but being at Grace made it

easier. **Putrice:** I was not high-risk but I felt more secure knowing Grace had

the high-risk capability if I needed it.

Labor Delivery Recovery Room

Rita: The staff treated my family, including the kids, like they belonged there.



A Full Range of Options Sherri: I was delighted that the program at Grace

was so extensive. Natural birth, LDR rooms, traditional delivery, midwives. Grace has almost everything. **Chandra:** It was very important to have the option of having a midwife. She offered



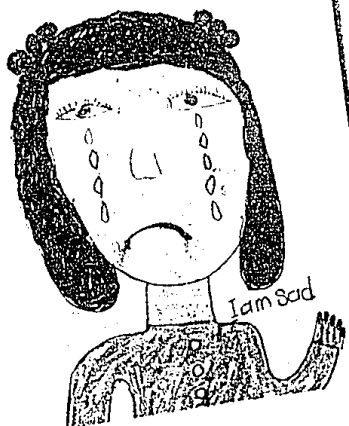
techniques to make labor easier. **The Wayne State University Affiliation**

Irene: Because of the affiliation with the medical school, Grace Hospital

is up on all the latest technology.



**Words can hit
a child as hard
as a fist.**



Get the picture?

What you say to children can determine how they feel about themselves. And how they feel about you. When you're upset, get hold of yourself. Stop and think about what you're saying. Stop using words that hurt. Start using words that help.

**Stop using
words that hurt.**

For helpful information, write: National Committee for Prevention of Child Abuse, Box 28666, Chicago, IL 60620.

Grace Hospital

18700 Meyers Road • Detroit, Michigan 48235 • 966-3192
 A member of The Detroit Medical Center. Affiliated with the School of Medicine, Wayne State University
 © 1989