



fitness

Barry
Franklin

Mechanical vibrators melt inches - for awhile

QUESTION: Do "effortless" mechanical vibrators or special exercise clothing take off or redistribute body fat?

ANSWER: Passive exercise devices which "do the work for you" are promoted by some health spas as effortless methods to reduce body weight and fat stores.

In light of heightened interest in such methods, Dr. Arthur Steinhaus and Associates (1957) investigated the validity of the weight reducing claims made for the mechanical vibrators commonly used in health clubs and gymnasiums.

Thirteen men, some considerably overweight,

were subjected to a 15-minute period of continuous abdominal vibration during which measures of oxygen consumption (for caloric cost) were made. The average caloric cost of the 15-minute exercise period was 11.4 calories more than each man would have expended had he merely sat through the 15-minute period.

This represents the approximate equivalent of 1 1/2 of an ounce of fat. Thus, to lose a pound of fat (3500 Kcal) would require 307 such 15-minute periods of vibration, or roughly six per week for a year!

Special exercise clothing and inflatable outfits rely chiefly on dehydration and/or localized pres-

sure or constriction of tissue. Heat or pressure serves to drive the water out of the localized tissue area.

Inches may be temporarily lost until dehydration (e.g. drinking) occurs. Sweat or rubberized suits simply increase water losses and restrict the body's evaporative cooling mechanism. The resultant rise in body temperature causes a disproportionate heart rate and blood pressure response to effort, placing an excessive work load on the heart.

The most effective clothing for weight (fat) reduction is clothing which promotes energy expenditure and/or caloric restriction. To date, no material has been found which promotes these lifestyle

changes. It is not surprising that some manufacturers have modified their advertising to include (in small print, of course) the recommendation that a diet or exercise program accompany wearing of the weight reducing garment to maximize effectiveness.

The writer is co-director of cardiac rehabilitation and physical fitness at Sinai Hospital and assistant professor of psychology at Wayne State University. Questions of general interest may be sent to him in care of this newspaper.

House votes local curb on VISTA projects

Here's how area members of Congress were recorded on major roll call votes Oct. 4-10.

HOUSE

VISTA VETOES — The House adopted, 229 for and 178 against, an amendment permitting local officials to keep federal Volunteers in Service to America (VISTA) projects out of their areas. VISTA volunteers give economic, educational, health and social assistance to the poor.

The amendment, attached to a bill authorizing domestic volunteer programs, was one of several offered to counter alleged political activism in VISTA. The bill was passed and sent to the Senate.

Rep. Ken Kramer, R-Colo., the sponsor of the amendment, said Washington must realize it cannot "force down the throats of local communities those things that they are resistant to."

Rep. Ronald Dellums, D-Calif., an opponent, said the amendment would politicize VISTA "by bringing politicians into a situation to engage in harassment tactics of poor people."

Members voting yea favored the local veto.

Reps. Carl Pursell, R-Plymouth, William Broomfield, R-Birmingham, voted yea.

Reps. William Brodhead, D-Detroit, James Blanchard, D-Madison Heights, voted nay.

Reps. David Bonior, D-Mt. Clemens and William Ford, D-Taylor, did not vote.

LEAA MONEY — The House rejected, 181 for and 224 against, an amendment to enable small police departments to get Law Enforcement Assistance Administration (LEAA) grants for buying equipment. It was proposed to a direct federal crime-fighting grants away from equipment purchases and toward improving the criminal justice process. The bill was headed toward final passage and the Senate.

Rep. Harold Volkmer, D-Mo., the sponsor, said his amendment was needed because otherwise the bill prohibited small communities "from getting the actual things they need such as photographic equipment in order to take photographs..." at the scene of a crime right after the crime has been committed.

Rep. Lamar Gudgeon, D-N.C., an opponent, said, "The greatest criticism against the LEAA in recent history was the use by so many law enforcement agencies of federal dollars..." to buy hardware.

Pursell, Albosta and Davis voted yea.

Roll Call Report

Sawyer, Ford, Brodhead, Blanchard, Broomfield and Vander Jagt voted nay.

Bonior did not vote.

ABORTION — By a vote of 162 for and 234 against, the House refused to soften its hard line against federally funded abortions.

The vote came on an amendment that would have continued current law, which permits subsidized abortions when pregnancy results from rape or incest, or when it will endanger the mother's life or long-term health. The House chose instead to allow taxpayer-financed abortions only when the mother's life is at stake.

The amendment was offered to a bill providing funds for the Department of HEW that was approved and sent to the Senate.

Rep. Peter Poyser, D-N.Y., a supporter of the softening amendment, said, "we are voting on whether poor women are going to have the same rights" as those who can afford to pay for abortion without governmental help.

Rep. Henry Hyde, R-Ill., an opponent, said: "When we talk compromise on this issue, what we are asked to compromise is human life."

Members voting yea favored a more lenient abortion policy.

Pursell, Ford, Brodhead and Blanchard voted yea.

Sawyer, Albosta and Davis voted nay.

Bonior, Broomfield and Vander Jagt did not vote.

SENATE

ENERGY BOARD — The Senate approved, by a vote of 68 for and 25 against, a bill creating an Energy Mobilization Board to speed projects intended to reduce U.S. oil imports.

The measure would permit the board to override other federal agencies if they failed to act on designated "fast track" projects. The board could also waive certain state and local regulations. The bill was sent to the House.

Sen. Henry Jackson, D-Wash., a supporter, said the bill would be the "centerpiece by which we really move in the field of energy."

Sen. Edmund Muskie, D-Maine, an opponent, said the bill's "unprecedented intrusions into state and local prerogatives to protect the health and safety of citizens" are objectionable.

Members voting yea favored the energy board.

Sen. Donald Riegle and Carl Levin, both Democrats, voted yea.

WORLD BANK — The Senate adopted, 50 for and 44 against, an amendment that killed House-passed language that would have prohibited U.S. contributions to the World Bank. Duns of developed countries contribute to the bank, which in turn lends to Third World countries.

The vote came during debate on a foreign aid bill later passed and sent to conference with the House. The language killed by this vote also sought to prevent World Bank loans to Cuba. In a separate vote, the Senate went on record as opposed to any U.S. foreign

and reaching Cuba.

Sen. Paul Tsongas, D-Mass., sponsor of the amendment, said the House-passed language must be killed because in the long run "it may mean the death" of the World Bank.

Sen. Harry Byrd, I-Va., an opponent of the amendment, said its message was "that we do not want to use tax funds directly to aid Cuba, but it is all right to go in the back door and have tax funds used for that purpose."

Sensors voting yea favored the amendment.

Riegle and Levin voted yea.

Interest rates force home buyers out

New increases in home mortgage interest rates will have a two-sided effect on the resale home market, according to the Western Wayne Oakland County Board of Realtors (WWOCBR).

"The jump in interest rates past 12 percent for loans with a 20 percent down payment and the uncertainty about the general economy will force an increased number of prospective buyers out of the market," said John Cole, WWOCBR president.

"We look for sales to continue to taper off until about March when seasonal demand will focus increased attention on home buying. By that time, we also hope a build-up in funds available for mortgage loans will cause interest rates to begin edging down."

However, he urged homeowners in such situations to discuss the problem with their lender first to see if some other remedy can be found.

"Buyers now are in an unusual position," Cole stated. "They can expect to get more house for their money than they could previously. But at the same time, they'll find a tighter money market with record interest rates."

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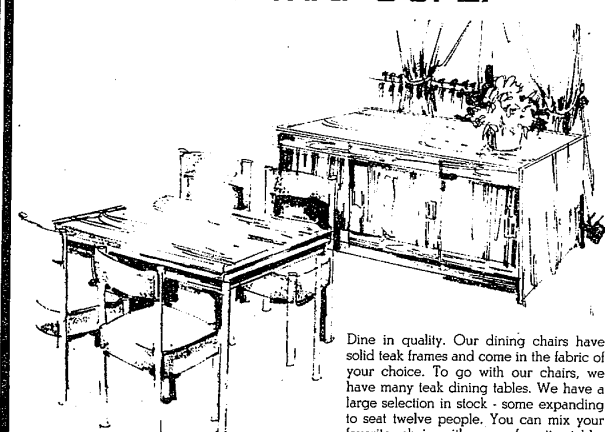
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