## leart rate reduction - a key

Did you know that.

Os Studies in animals indicate that the development of heart disease can be retarded by surpleally lowering. The heart rate for extended periods if time. These findings suggest that heart rate in itself, may contribute the control of the con



now have legislation restricting smoking in public places. Seventy-five percent of workplaces also have smoking restrictions and at least 12 percent have totally banned smok-ing.

percent nave totally balance smoothing.

• According to a recent medical survey, anabolic steriods (muscle-building drugs used to improve athletic performance or appearance) are used by approximately? percent of male high school sendors. These drugs have been shown to cause liver damage, impotence and sterility and

More than 150 cities and 40 states now have legislation restricting smoking in public

have been linked to cancer, heart at-tacks and mental and emotional dis-

Deceasive exposure to carbon monotide and mental and emotions.

Deceasive exposure to carbon monotide can result in severe cheat pain. Sometimes, in those promote cardiovascular disease, it is routed to cardiovascular disease, it is routed to cardiovascular disease, it is routed to a few parts of the cardiovascular disease, it is routed to the cardiovascular disease, it is cardiovascular disease, it is cardiovascular disease, it is cardiovascular disease are present in the environment, more carbon monotide is "picked up" by the blood and less

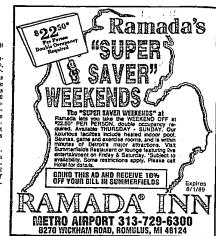
oxygen geta to the heart. The result may be angine or chest pain.

Dr. Mark Milner, a diet-conscious physician from Washington, DC., studied the health value of air-line meals on his recent flight across the country. He calculated that the breakfast and lunch that he was served contained a combined 2,600 calories, 900 milligrams of cholesterol, and 190 grams of fat. "Fortunately, I traveled coach." he wrote in the Journal of the American Medical Association. "Who knows what cardiac toxins await the first-class victum?"

victim?"

Barry A. Franklin, Ph.D., is director of Cardiac Rehabilitation
and Exercise Laboratories, Wilidam Beaumont Hospital, Royal
Oak, and associate professor of
physiology, Wayne State University, School of Medicine.





Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.



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ask the panel

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## Attention Medicare Beneficiaries

You are invited to a free seminar on investment opportunities and the Medicare Catastrophic Coverage Act of 1988.

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Our investment seminar will present information on:

- Tax-free bonds
  - Annuities
  - Treasury bonds
  - Timely opportunities in the current financial market.

DATE: Monday, July 17th OR Wednesday, July 19th

TIME: 7:00 p.m.

7:00 p.m.

PLACE: Novi Sheraton Novi, MI

Kingsley Inn Bloomfield Hills, MI

SPEAKERS: John M. Bush, Merrill Lynch Senior Financial Consultant

David J. Boor, Merrill Lynch Financial Consultant and Assistant Vice President

Dan A. Penning, Attorney at Law RSVP: Erin Seelig at 313-737-6304 Seats are limited so please call for reservations.

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