

Labor saving devices may save us time and energy, but we are heavier than our counterparts in 1900 although we consume fewer calories.

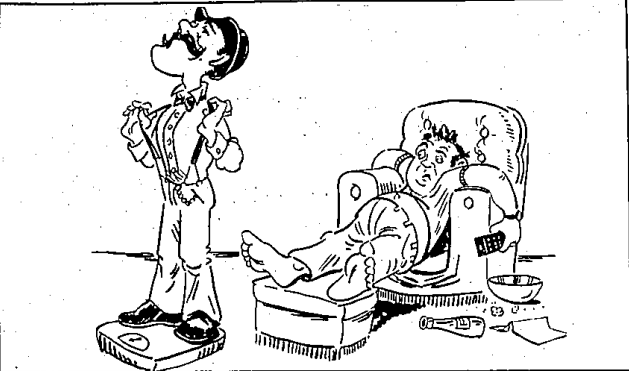
The Write Stuff



With the propensity for misplaced pens, purchasing a premium pen is predominantly postulated to be prohibitive. One might potentially predetermine the prolonged pontification of this point to be pedantic. But, when your pen possesses a proclivity for perfection, a predisposition for prolonged performance and a prudent price tag, you may perceive a profound improvement in your penmanship. And that's precisely the point of the right pen.

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Did you know that... the University of Kansas Medical Center have identified a woman who was born with two sets of the Methuselah gene, named after the Biblical patriarch who lived more than 900 years. So far as scientists can determine, Helen Boley inherited a gene for long life from her mother and a second copy of the same gene from her father.



fitness
Barry Franklin

She was first identified when she decided to take a free blood cholesterol test. Her level of high-density lipoprotein (HDL) cholesterol, which is considered the "good" or protective form of blood cholesterol, was an amazing 300. Generally, physicians say an HDL level above 40 is desirable. To top it off, her level of "bad" cholesterol — the low-density lipoprotein (LDL) form, was a mere 100. For a healthy woman, an LDL level below 160 is recommended. When one astonished physician first saw the results of her blood tests, he remarked: "My goodness, you're going to live to be 150!"

• Washing your hands may be the best way to prevent a cold. If a person with a cold touches something, and you touch the same object, you have a potential cold on your hands. When you touch your face, you give the virus its pathway into your body.

• Although women tend to have heart attacks later in life than men, when they do have one they are twice as likely to die from it.

• Recently, scientists at Tufts University in Boston conducted an experiment to test the hypothesis that some people can eat anything and not gain weight. Seven healthy young men of average weight were fed an extra 1,000 calories a day for three weeks. Unfortunately, all of the men gained weight, refuting the notion that some people don't get fat because of an "overactive" metabolism.

• The average daily caloric intake in the United States was higher in 1900 than it is now, but Americans are heavier today than they were then. How can this be? The only logical explanation is that our energy expenditure has decreased, primarily because of labor saving devices.

Barry Franklin, Ph.D. is director, Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of Physiology at the Wayne State University School of Medicine.

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