

Here's Picture of Typical Executive: Overweight, Underexercised

ANN ARBOR—The typical executive is overweight and underexercised, according to John A. Faulkner, assistant professor in The University of Michigan school of education.

"With few exceptions, executives have low physical energy reserves, as evidenced by high heart rates and high systolic blood pressures after exercise," says Faulkner.

He goes on to say that executives are fatter and, after age 40, have greater body weight

than age-matched general population averages; are physically inactive during their working hours, and very few compensate with regular physical activity during leisure hours. Executives become progressively less active with increasing age, he said.

MEN TESTED

They could profit from knowledge of the relation of food intake and energy output, of body weight and energy cost, of appetite and work output, and of physical activity and

energy reserve, Faulkner said. For the past three years, men in the school of business administration's summer-executive development program have been tested in the UM physical performance laboratory. The executive-fitness testing program was developed through the cooperation of the education, business-administration, medical and public-health schools.

The program is directed and administered by the department of physical education. The test-

ing is offered as a service to the men, and 80 per cent of them voluntarily take advantage of the program. **EFFECT SEEN** The effect of sedentary living habits is reflected in the age trends in body build, Faulkner reports. The average University of Michigan freshman, age 17, is five feet, nine inches in height, weighs 154 pounds, has a 30-inch waist, and is not overweight. The average executive, at age

25 years, is five feet, 10 inches in height, weighs 161 pounds, has a 31-inch waist, and is six pounds overweight. The average executive, at age 45 years, is five feet, 10 inches in height, weighs 185 pounds, has a 35-inch waist, and is 20 pounds overweight. "Fortunately, such a pattern of physical deterioration is reversible with even a modest exercise program," says Faulkner. "Physical activity is the best

long-term solution to weight control for most men," he declares. "Although one must play handball for six hours to lose the caloric equivalent to one pound of fat, an hour of handball twice a week will result in the loss of approximately a pound a month or 12 pounds of fat a year."

Faulkner says extensive experimental data on men and on animals strongly suggest a relationship between physical activity and control of body

weight and the incidence of coronary artery disease. "Men in physically inactive occupations have approximately twice the number of fatal heart attacks as men in physically active occupations," says Faulkner. **IMPORTANT ASSET** "Human resources are still our most important national asset," he adds. "Unfortunately, those most susceptible to the hazards of sedentary living are the engineers, executives, law-

yers, scientists, teachers, and physicians—the very men who contribute most to our gross national product. "These men are destined for intellectually stressful, yet physically undemanding careers. It is urgent that they know the wisdom of regular physical activity throughout life, and that opportunities for physically active sports and recreation be available to them."

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Autumn is a season rich with Vitamin A. Golden-ripe pumpkins are turned into creamy-smooth pies. Squash is transformed into a mealtime favorite. These fall-time foods are additions to the other good Vitamin A foods we're used to eating almost any time of year—eggs, whole milk, cheese, butter, liver, carrots and greens.

So you're really no excuse for not getting enough of Vitamin A, have you? Do you know what this remarkable little vitamin can do?

You're right! It really does help your eyes to adapt from bright to dim light. Robert A. Hershey, Michigan State University nutritionist, says it has been proven by experiment that Vitamin A is necessary for good eyesight.

What else? "Your children need it to grow well and to develop good teeth and bones," the specialist continues. "And you need it to keep your hair and skin in good condition."

Some people say Vitamin A prevents colds. Miss Hershey explains that this is not really true, but that a severe lack of this vitamin can result in injury to the mucous membranes in any part of the body. And unhealthy membranes can cause trouble in the respiratory, digestive and excretory systems.

But don't worry so much about not getting enough Vitamin A that you start to "beat" yourself with unnecessary vitamin pills.

Listen Here: Your Ears Need Check

Have you noticed lately that people just aren't talking loud enough much of the time? It could be that your family and friends have all started mumbling. But it's much more likely that your own hearing is beginning to fade.

Has someone in your family, or a close friend, recently begun to ask you to repeat words, phrases and sentences frequently? — even when you're reasonably certain you spoke loudly and clearly? This friend or relative may have suffered a hearing loss.

To find out whether hearing is fading, the first person to consult is the family physician, says a pamphlet of the American Medical Association.

He may find that the hearing loss is due to impacted wax in the ear canal or some other obstruction. Or there may be an infection that can block the transmission of vibrations inside the ear or affect the nerves of hearing. Certain drugs and industrial chemicals can affect hearing, and mumps and scarlet fever, a cold or acute sinusitis frequently cause swelling of the mucous membranes associated with the ear. A very loud noise or a sharp blow may damage the eardrum.

The physician can determine by a variety of tests whether loss of hearing is due to nerve damage or to an interference with the transmission of sound waves. If there is obstruction, he can tell whether it is due to infection or another cause. He will determine whether treatment will help or correct the hearing problem. Several surgical procedures are used to help the deaf to hear, and there also are medical treatments.

In many cases, however, treatment cannot restore hearing, and then a hearing aid may be prescribed.

There are many types of hearing aids on the market. Your physician will guide you in finding the aid that gives best results for you.

In cases of severe hearing loss, it is frequently necessary to complement a hearing aid with lip reading to secure maximum communication. Most larger communities and many small ones today have therapists qualified to give instruction in lip reading. Your physician can help you find one. Many hard-of-hearing people find that they already are lip reading to some extent without realizing it.

Ignoring a hearing loss will never make it disappear. As soon as the hearing loss is recognized, seek medical help. Often there is much that can be done to help the hard-of-hearing continue to fill a normal place in society.