

Keep Muscles Busy And Keep Alive

Regular exercise is one of the best ways-known to medical science of averting or delaying heart attack or stroke. The Michigan Heart Association says this is because lack of exercise is one of the more important of the coronary risk factors--those medical conditions or habits associated with increased risk of the artery blockage, which causes most heart attacks.

Lack of exercise, like the other preventable risk factors--cigarette smoking, overweight, and high cholesterol level and blood pressure--has been spotlighted by studying the health histories of whole populations of various cities and areas.

RECENTLY, DOCTORS have been using exercise to treat angina pectoris. Known to mankind for hundreds of years, the disease is caused by a partial block in the coronaries; a heart that is short of blood during exertion can generate a sharp pain in the chest.

An airline pilot got a pain in his chest when he made a landing. His doctor put him through a series of graduated exercises, similar to those a professional athlete uses to get in shape and in three months his angina was gone.

Some facts about exercise are:

- Intense exertion for a person not physically fit and unused to exercise can be dangerous.
- Regular exercise will benefit any muscle and keep it strong and healthy.
- Lack of exercise is often associated with overeating and obesity, itself a risk factor.

DIFFERENT FROM other muscles, the harder the heart works, the more efficient it becomes. This has been demonstrated by analysis of the carbon dioxide content of blood coming from a heart performing measured exertion.

If you want to get into shape, begin with mild exercise and increase it gradually. Reasonable exercise cannot hurt--can only help--you. If you don't know how much is reasonable, ask your doctor.

THERE ARE several reasons known--and more unknown--as to why exercise benefits the heart. Most important, according to the Association, is collateral circulation, which can occur in any part of the human body.

When a part of the body does not get enough blood to do its regular job--either because of exertion or an impeded artery--the adjoining ar-

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OCC Sets Series Of Arts Courses At 'Ridge' Campus

An extensive summer program of short courses in the arts will be offered by Oakland Community College during July and August at the OCC Orchard Ridge Campus in Farmington, John Carlisle, assistant director-cultural affairs, has announced.

Courses will be offered for children from first through 12th grades and adults and will extend in duration from two to six weeks, Carlisle said. The following courses will be offered:

- Children's Creative Drama--acting out stories, coordination of movement and body sense and group cooperation for grades 1-6, individually with sessions of two-weeks duration, on July 1, 18 and Aug. 5, at 9:30 a.m. for grades 1-2 and 10:30 a.m. for grades 3, 4, 5 and 6.
- Teenage Actor's Workshop--classes in voice, movement, pantomime, scene rehearsal and final performance. This will be one six-week session from July 1 to Aug. 13, for grades 9-12, beginning at 9 a.m.
- Puppetry Workshop--design and construction, acting out stories, perform plays. Two three-week sessions will be held beginning July 1 and July 29, for grades 1-3 and 4-6 beginning at 9 a.m. and 11 a.m., respectively.
- Dance Workshop--movement and coordination, basic sequences of dance movements, creative choreography and performance, for grades 7-9, one six-week session beginning July 1 at 9 a.m.
- Music Composition Workshop--theory, composition, creative writing and performance to be covered in one four-week session beginning July 1, for grades 5-7, at 9 a.m.
- Creative Photography Workshop--photo composition, practical picture taking and developing and printing, for grades 9-12, one four-week session, beginning July 1 at 9 a.m.
- Jazz Workshop--arrangement, theory, composition and performance, one four-week session, July 1 through July 30, 9 a.m. for grades 9-12.

Gubow Named

Norman N. Robbins, president of The Wayne County unit of the American Cancer Society, announced the appointment of Lawrence Gubow as 1968 Crusade Chairman. Gubow is the United States District Attorney for the Eastern District of Michigan.

State Grows Spuds Aplenty

Stocks of fall potatoes held by Michigan growers, dealers and processors on Jan. 1 were 3.7 million hundredweight. This compared with 3.55 million hundredweight held on Jan. 1, 1967, said the State Crop Reporting Service.



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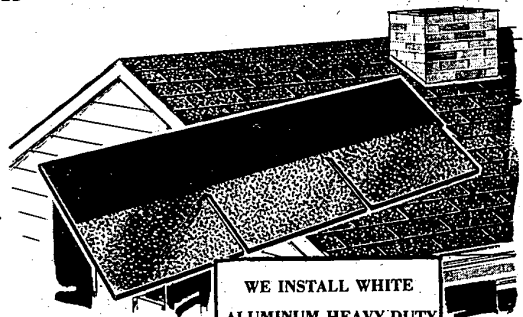
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