

Exercise Good Bet For Healthy Heart

What do Israeli farm workers — London stair-climbing conductors — or your friendly mail man have in common? They're all less prone to heart attacks and strokes than most people, statistics from the Southwestern Branch of the Los Angeles County Heart Association disclose.

Surprised? Don't be. In various medical surveys, people of a more physically active occupational group are less susceptible to heart attacks than workers such as office clerks, clerical personnel, or "behind the desk" executives.

TO MOST Americans, the word "exercise" creates as much of a reaction as the word "bath" did during the Middle Ages. Today, many descendants of hearty, vigorous, and roving frontiersmen have become sedentary, non-active city dwellers.

Our countrymen have become complacent about exercise. Push buttons and automatic luxuries enable them to lead inactive lives. By foregoing exercise for the convenience of automobiles, gadgets, or telephones they're automatically increasing the statistics of cardiovascular disorders.

Exercise influences heart attacks and strokes in many ways. The heart becomes more efficient at its job of pumping blood through the body with the help of exercise. The heart is a muscle, and, like any other muscle, exercise makes it stronger.

IT IS A well-accepted theory that daily exercise gradually builds up extra capacity in the coronary arteries, the crownshaped network of arteries imbedded in the heart muscle.

With this aid these arteries are more able to respond to emergency needs—such as a heart attack. More healthy arteries in the heart muscle make it possible for this organ to survive when a less well-conditioned heart could not.

Besides helping the heart muscle, regular exercise brings immediate gains for better health. Exercise improves circulation of blood throughout your body; allows you to do more and not tire as easily; increases zest for living; increases resistance to stress and strain; makes it easier to keep your weight normal; another factor in heart disease.

UNFORTUNATELY, Americans have unusual ideas

about exercise. They are not inclined to change their mechanical ways.

In this "fad conscious" nation, from time to time, it could be "in" for water polo, 50-mile hikes, tumbling, or other exercise fads that sweep the country—but it could be "out" heartwise for you and others.

Other Americans believe in organized activities such as golf, skiing, tennis, bowling, badminton, handball, swimming, and bicycle riding, highly recommended sports for the heart.

FOR THEM, these activities are the right answer—especially when they don't overstrain or throw themselves into these sports immediately without building themselves up. Overexercising is more sinful than not exercising at all.

For the average American, these fashionable forms of exercise take time, facilities, special equipment, and clothing. They're not the practical solution to daily exercise problems.

We all have automatic exercisers, our legs. Just by moving these two limbs, they inexpensively help us get our daily quotient of exercise. Housewives should walk to the store more. Men who drive to work should, if possible, park eight or ten blocks from the office, walking to and from work. We should use stairs instead of elevators or escalators.

A BRISK, ground-covering walk—not just a leisurely stroll—can be as good or better than more expensive forms of exercise.

Gradually fit more and more walking into your daily routine. Eventually, you'll have gotten into the regular exercise habit. You'll be able to take on a fast-paced set of tennis or round of golf without ever exertion.

Law in Action

No court is likely to hold a person liable for damages, as a rule, unless he is at "fault."

But recently, the law has imposed liability without "fault." A manufacturer must guarantee that his product is fit for its intended use. If it is not, the courts may well hold him to blame for any damage his product causes to buyers in normal use, even though he was not "negligent or at fault" in its preparation.

AN OWNER is liable for any harm which his dangerous animal may cause. This is so even though the owner took every precaution to prevent harm as when a pet tiger cub is set loose from its cage by a bolt of lightning. The owner is liable for any harm the tiger does.

Another area of liability without fault applies to the person who engages in some "abnormal activity"—something that is especially dangerous. If some harm should result, even though there is no fault, the courts are likely to impose "absolute liability" upon him.

In one case a mill owner put a reservoir on his land. The water broke through an abandoned coal mine tunnel and flooded a neighbor's land. The court held the mill owner "absolutely liable" for his neighbor's injuries. He had carried on an "extraordinary" activity on his land. Although he had been careful, he was liable for the escaped water.

COURTS MAY hold landowners liable without fault if damage occurs when they store dynamite in a city and it explodes unexpectedly, or pump pesticides in a building and they escape, or build an oil well in a residential area and it goes astray. These are "extraordinary or abnormal" uses of the land.

Note: California lawyers offer this column so you may know about our laws.

Applications for Traffic Officers Must be Filed

Potential applicants for the position of traffic officer on the California Highway Patrol have only one more week to file their applications, according to Highway Patrol Captain P. J. Ford of the South Los Angeles Area.

The Traffic Officer position will be given Sept. 23, while applications must be filed by Aug. 30.

Applicants must be at least 21 years of age and not more than 31, have had at least a high school education, be in good health, and stand at least 5-foot-9 but not more than 6-foot-6.

The written examination for

As an average shopper, one-tenth of Jane Ann's total supermarket bill is used for non-food items . . . shampoo, magazines, aspirin, kitchenware, and many others. But she saves wear-and-tear on herself and the family car by buying these at her supermarket. Sure, her "food" bill is bigger because she's buying more non-food items at the grocery store that she could have bought elsewhere. That 10% is the small price Jane Ann adds to her bill to save time and effort. Look a little closer at your cash register tape. It will show you that food is still one of your best buys.



LOOK FOR YOUR FAVORITE FOOD ADS IN THE PRESS-HERALD AND PRESS-JOURNAL—HARBOR MAIL



USDA PRIME PORTERHOUSE or T-BONE

USDA PRIME STEER BEEF STEAKS \$1.59

lb.

Tails completely removed

ONLY 1% OF ALL BEEF IS GRADED PRIME. PRIME BEEF IS MORE TENDER, FLAVORFUL AND NUTRITIOUS THAN LOWER GRADES OF BEEF. OUR MEAT BUYER PERSONALLY SELECTS THIS BEEF FOR OUR MEAT SHOPPE. WE STAND BEHIND OUR RESTAURANT ROW PRIME BEEF AND GUARANTEE EVERY PIECE SOLD. BUY OUR PRIME BEEF WE SHALL BE KNOWN.



Ol' Fashioned BUTCHER SHOPPE

Fresh Poultry & Fish Market

ONLY THE FINEST... MEATS, POULTRY and FISH

FEATURING "PERSONAL SERVICE"

Blue Chips Too!



LEG O' LAMB

FRESH USDA CHOICE 5-7 LB. AVG. **89¢** LB

1 JAR MINT JELLY FREE WITH EACH LEG O' LAMB



BONELESS ROUND STEAK

USDA PRIME AGED STEER BEEF **98¢** LB

CENTER CUTS

FRYING CHICKEN PARTS

HAND CUT BREASTS **69¢** lb.

HAND CUT LEGS **69¢** lb.

FRESH LIVERS **89¢** lb.

SEAFOOD FAVORITES

PHONE 325-0720

FILLET OF RED SNAPPER **69¢** lb.

JUMBO FROM LOUISIANA FROG LEGS **\$1.29** lb.

MEDIUM FROM THE GULF WHITE SHRIMP **\$1.09** lb.

FRESH HALIBUT FILLETS **\$1.09** lb.

FRESH HALIBUT STEAKS CENTER CUTS **69¢** lb.

KNUDSEN'S FAMOUS SALADS **39¢**

• CARROT & RAISIN • POTATO • COLE SLAW • MACARONI 1 LB. CTN.



Foods Co. SUPERMARKETS

OPEN DAILY 9-7 FRI. 9-8 • SUN. 9-6

2655 PACIFIC COAST HIGHWAY AT CRENSHAW

7 SALE DAYS THURS. thru WED. AUGUST 24 thru 30, 1967



Ol' Fashioned BUTCHER SHOPPE