

# Have A Heart

Avoiding a heart attack or stroke is a goal which motivates millions of Americans to exercise more, reduce their consumption of saturated fats and give up smoking. Yet one factor which causes cardiovascular problems is often overlooked—high blood pressure. The disease can be controlled in a simple manner, but many people who have high blood pressure are not treating it the way they should. With proper treatment, a person can bring his or her blood pressure down and can look forward to living a full, normal life.

Alarming statistics, compiled by the National Institutes of Health High Blood Pressure Education Program, show that of the people who have high blood pressure, only about 29 percent successfully control it. Another 29 percent do not know they have the disease. About 19 percent are under treatment but do not yet have it under control, and 23 percent are not treating it at all. It is these latter categories to which the Program is devoting its educational efforts during May, National High Blood Pressure Month.

Graham W. Ward, Coordinator of the National Program, says, "We must convince and help people with high blood pressure to follow the treatment prescribed by their physicians. Too many people take their pills for a while, and then quit after a few months. They are in danger of dying prematurely or suffering disability or illness. We know that if people are under treatment for high blood pressure they can live healthy lives."

He cites four common misconceptions which contribute to a patient's dropping therapy.

First, patients confuse controlling high blood pressure with curing it. After they reach a goal blood pressure reading, patients think they don't have to take their medication any longer. There is no cure for the disease, but often only a pill a

day will permit them to lead normal lives.

Second, according to Ward, is that many people believe high blood pressure has symptoms. Since they don't feel "sick," they don't treat the disease. He points out that most high blood pressure has no symptoms and a person can't tell when his blood pressure is up. "Once a person has the disease he will probably have it every day, even though he feels great."

A third mistake is confusing hypertension with "tension." Patients who act on this error take their pills only when they feel tense or when they feel dizzy or have a headache. The pills, intended for daily use, become an occasional medication, like aspirin, for the relief of symptoms.

Fourth, Ward points out, is believing a person can choose a treatment plan. "In addition to pills, physicians sometimes prescribe that a patient lose weight, stop smoking, exercise more, and limit salt," he says. "But often the patient assumes he has a choice. Many people follow a part of their therapy and think their blood pressure is under control when it is not. In most cases, patients do not have a choice of treatment. If a doctor prescribes medication, it's just as important to take it regularly as it is to do the other things he recommends."

During High Blood Pressure Month hundreds of national and local organizations, civic and medical groups are involved in educating the general public, patients, and health professionals on the nature of the disease and its treatment. The main emphasis of this year's High Blood Pressure Month will be convincing patients to take their pills as their physician advises. That's why, according to Ward, the slogan for May is, "High Blood Pressure...Treat It for Life."

Anyone wishing to have their blood pressure checked may do so by seeing the nurse in W102.



## How to find a summer job.

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# Clamato?

What is Clamato?

Where is it found? Does it grow? Who invented it? Do you eat it, drink it, pickle it? Where do you buy it, in a hardware store, a supermarket, an apothecary shop? Is it sexy?

This unusual research has been hurled at America's college students by a company that has an absolute interest in finding the most intriguing and humorous definition of a Clamato, whatever it is.

Mr. Ray Anrig, president of the Duffy-Mott Company, announces that \$1,000 will be rewarded to the college student creating the best description of the hybrid. Five hundred additional clams (hint, hint) will go to a runner-up and \$250 will be awarded to the person whose response is chosen third best.

A panel of famous judges will select the winners, according to Mr. Anrig, who said the competition will start on May 1, and will end on

November 3, 1978.

The contest is open to any current full-time college student in the United States.

The answer to "What is a Clamato?", can be submitted in the form of an article, short story, fable, a painting, cartoon, jungle, photograph or sculpture, or any other means a student may employ. Contestants may enter as many times as they wish and no proof of purchase is necessary.

All entries should be sent to:

What is a Clamato Contest  
17th Floor

1212 Ave. of the Americas  
New York, NY 10036

All entries and ideas cannot be returned and will become the property of the Duffy-Mott Company. Decisions of the judges will be final. Be sure to provide your name and address as well as the name of your college or university with your entry.

# What Color Are Your Eyes?

It Means More Than You Think

University Park, Pa. - When Dan Landers gazes into your eyes, there's nothing romantic about his intentions. He's just trying to calculate your reaction time.

Dr. Landers, associate professor of physical education at The Pennsylvania State University, and his colleagues have found that brown-eyed people tend to have faster reaction times than blue-eyed people. Furthermore, people with dark brown eyes react faster than people with light brown eyes.

One possible reason is that the melanin in our eyes, the dark, grainy pigment that gives them their color, could be genetically related to the amount of melanin in the nervous system, called neuromelanin. Although the actual function of neuromelanin is not known, some scientists believe it has electrical properties that can hasten the speed of neural impulses.

If there is a relationship between melanin in the eye and neuromelanin, it would explain why people who have darker eyes, and more neuromelanin, would have faster reaction times.

"It's such a bizarre idea I didn't really believe it at first. But in our tests conducted at The Motor Behavior Laboratory, dark-eyed people were really faster, regardless of sex, race, socio-economic status, or any other factors we examined," Dr. Landers, who has hazel eyes, says.

Several hundred people have been tested in the research, the latest findings of which will be reported in May at the annual meeting of the North American Society for Psychology of Sport and Physical Activity.

In most cases, the tests involve lifting one's finger from a telegraph key as soon as possible after seeing a light flash or hearing a bell ring.

One test, conducted with the Penn State football team, showed that linebackers, who had the darkest eyes of all team members, also had the fastest reaction times.

The studies were carried out by Dr. Landers, Dr. Arthur H. Patterson, of the Division of Man-Environment Relations in the College of Human Development at Penn State, George Obermeier, of the University's Altoona Campus, and graduate students Bruce Hale, Robin Snyder, Noreen Goggin, and Mike Wolf. They were reported in the Journal of Motor Behavior and other scientific publications. A paper presented at the 1977 meeting of the North American Society for the Psychology of Sport and Physical Activity was published this month in the proceedings of that meeting.

Some of the earliest work in the field was done by Dr. Morgan Worthy, a Georgia State psychologist who, in 1973, published a controversial book, "Eye Color, Sex, and Race." He maintained that, while there was no such thing as a superior eye color, there were some personality traits that could be attributed to brown-eyed and blue-eyed people.

In general, Dr. Worthy said, people with lighter eyes tended to be better at cool, analytical, self-paced tasks while those with dark eyes were more hot-blooded and quicker to react to stimuli.

Because Dr. Worthy's research findings had not been published in scientific journals, his work was discounted by much of the scientific community. But the ideas he suggested sparked interest in eye color, and there have been a number of related studies in recent years.

Some scientists now believe melanin in the central nervous system may be a factor in some diseases and disabilities, including schizophrenia, deaf-

ness, and Parkinson's disease.

The most recent work of the Penn State research team has been to "fractionate" reaction time and reflex time—divide them into pre-motor (nervous conduction) and motor (muscle contraction) time components.

"In general we've found that brown-eyed people are faster only in pre-motor reaction time," Dr. Landers says. "This suggests that the differences in reaction time are probably due to some characteristic of melanin in the central nervous system. Once the muscles have been activated in response to a stimulus, blue-eyed people are just as fast in general movement time."

## Fly High

A representative of the United States Air Force will be on campus each Thursday from 10 a.m. until 12 noon to talk with students about Air Force careers. The representative will be located in the Public Information Office, E-104, Main Building.

If you are interested in an Air Force career and would like to hear more about it, you might want to sign up for a trip to Andrews Air Force Base scheduled for Thursday, May 18. You will receive a complete tour of the facility, meet lots of people and enjoy a free lunch. If you would like to go, contact Peggy O'Hara in the Placement Office.

All junior and senior engineering students have received an invitation to attend a luncheon sponsored by the Air Force on either May 24 or May 25. Post cards should be returned immediately since these events will be on a first come, first served basis. guest lists will be compiled from the returned post cards.

