

## Heart Disease Caused by Numerous Factors, Physician Tells NLMB

It is premature to unconditionally single out any one factor as the culprit in the problem of artery and heart disease, stated Dr. Philip L. White, Chicago, secretary of the Council on Foods and Nutrition of the American Medical Association, in an address during the 34th annual meeting of the National Live Stock and Meat Board. Dr. White spoke at noon, Thursday, June 13.

The meeting, at the Morrison Hotel in Chicago, June 13-14 was attended by 700 representatives of the nation's livestock and meat industry from 33 states.

Dr. White said a great amount of research into the cause of heart disease is being carried out today. He urged the livestock and meat industry to "continue its generous support of fundamental research in the field of nutrition" since intensive research is the key to solving the complexities involved in heart disease. He observed that much of the current research on the subject is supported by grants from the Meat Board, service organization of the livestock and meat industry.

He said it is virtually impossible to make any dogmatic, irrefutable statements, since so many factors have been suggested as primary or secondary influences on the development of artery or heart disease. These include heredity or predisposition to coronary artery disease, other diseases (such as diabetes, hypertension and obesity), the person's age and sex, fat and fat-like substances in the blood and tissues, blood clotting as well as blood dissolving processes, defects in body chemistry, sex hormones, hard labor and emotional tension, exercise, condition of the arteries, and diet.

"I feel that we may safely conclude that coronary and cerebral artery diseases and thrombosis have many causes and are probably not caused by any single factor," Dr. White stated.

Concerning the relationship of diet to heart disease, Dr. White quoted a statement made by Dr. F. J. Stare of the Harvard School of Public Health at a recent symposium on fats, cholesterol and atherosclerosis. "Adults who are not overweight, without any family history of early death from heart disease, and with relatively low levels of serum cholesterol need make no changes in their diet assuming they already consume a variety of food providing a well-balanced diet."

Cholesterol is a fat-like substance that is essential to the cells of the body. It is always present in the blood stream and in the body. Atherosclerosis is a condition of the arteries, marked by an accumulation of fat-like deposits—made up largely of cholesterol—on and within the artery walls. This condition can lead to heart attacks, such as the one suffered by President Eisenhower.

Dr. White noted that while increased concentrations of cholesterol in the blood have been regarded as danger signals of atherosclerosis and heart disease it has not been absolutely established that this is true.

He said it was once thought that the culprit in heart disease had been found in dietary cholesterol—cholesterol is the foods we eat. "Then it was discovered that dietary cholesterol was most likely unimportant since the body would manufacture cholesterol when the amount in the food was limited."

"We cannot deny that atherosclerosis and coronary artery disease is a frightening problem in this country," Dr. White said. "One thing we can deny is the often repeated statement that there has been a BIG increase in incidence of heart disease in the last 40 years."

He explained that the life expectancy of Americans has steadily advanced. More people are living longer and heart disease is a disease that especially hits the older folks. He said part of the apparent increase in deaths from heart disease is due to better methods of reporting the cause of death.

Touching on the subject of obesity, Dr. White said that the person who is maintaining a con-

stant weight uses the fat that his body stores within a day or so. On the other hand, people who are gaining weight store fat in their bodies for future use—but never quite get around to using it. It stays there and keeps piling up and then they are in trouble.

He said one fact that is often overlooked is that some of the fat in the body is manufactured by the body from non-fat materials, such as carbohydrate and protein.

Noting that many statements have been made relative to fats in the diet and heart disease, Dr. White said that most of the studies that have indicated that animal fats cause an increase in cholesterol have been done under severely controlled diets in clinical conditions.

"Such studies have not always been confirmed by studies of patients on regular diets," he said. "It is extremely hazardous to make direct translation from such clinical studies to the free living man. Unfortunately, this has been done and animal fats, such as beef and pork fat and butter fat, may have been unnecessarily condemned."

The only known successful means of controlling virus diarrhea in cattle depends on the segregation of infected animals, according to veterinary authorities.

## Home Grounds Short Course Starts July 22

Use of flowers, shrubs and trees to make outdoor living more enjoyable is part of the annual short course offered by Penn State, according to Associate County Agent Harry S. Sloat. The course titled "Improving the Home Grounds" will be offered by the College of Agriculture, at the University July 22 to 26, is open to suburban and city dwellers as well as rural people.

Students will do actual landscape design work under the supervision of the instructors, adds. Work is done in small groups so that instruction and characteristics and uses of plants, shrubs, trees, terrace and walk design and maintenance, plus lessons in landscape design will precede the actual work. Other subjects covered in the short course are disease and insect control, operation of small greenhouses and hotbeds, establishment and maintenance of lawns, etc.

Further information and application blanks for the course, which is open to any adult, may be obtained from the County Agent, or the Director of Short Courses, College of Agriculture, The Pennsylvania State University, University Park, Pa.

In dogs over 8 years of age, nearly 80 per cent have chronic kidney infections, veterinary authorities say.



THIS IS A RARITY — a single army worm. The little grey worms travel in droves, destroying entire fields as they advance. They are particularly fond of small grains, although they will eat anything that is green. The photo of this particular specimen was taken at the Earl Rank farm near Intercourse where the worms have infested an oat and barley field. Heptachlor, chlordane or toxaphene, applied as a spray, will control the little pests. (LF Photo)

*Tomato growers report—*

# Du Pont

# MANZATE<sup>®</sup>

MANEB FUNGICIDE

## *is tops in every way!*

**"Increased our yields several tons per acre"**  
—Dan Kaple, Route 1, Leipsic, Ohio

**"very good control of early blight and anthracnose"**  
—Coloney Bros., Albion, N.Y.

**"rows sprayed with 'Manzate' were very green with foliage"**  
—Sparks-Bros. Farms, RR, Greenfield, Ind.

**"Improved the quality of our tomatoes"**  
—Anthony Metzger, Fort Jennings, Ohio

**"gave us a good clean crop of tomatoes"**  
—Wilton B. Dey & Son, Hightstown, N.J.

**"'Manzate' mixes better and it outperforms them all"**  
—John Sterrenberg, Rt. 4, Marion, Ind.

Just as these growers have, you'll find Du Pont "Manzate" meets your every requirement for an outstanding fungicide. That's because a spray program based on "Manzate" gives season-long control of all major fungus diseases . . . including both blights, leaf spots and anthracnose. And "Manzate" preserves green tomato leaves and vines . . . won't stunt vigorous growth. You gain higher yields, better-quality tomatoes and a longer picking season.

On all chemicals, follow label instructions and warnings carefully.

# MANZATE<sup>®</sup>

MANEB FUNGICIDE

BETTER THINGS FOR BETTER LIVING... THROUGH CHEMISTRY