

SOME MALNUTRITION CAUSED BY LACK OF KNOWLEDGE

Malnutrition in the U S not restricted to "poverty pockets", says U S Senate Select Committee on Nutrition and Related Human Needs. Some poor eating due to failure of mothers — who weren't taught by their mothers nor at school — to teach youngsters how to eat

properly. And this occurs in all economic strata. (Wasn't it just this morning Susie dashed off to school with no breakfast? Did Dad grab a quick doughnut to tide him over until coffee break at the office?)

The Committee recommends greater nutrition education in the schools. It is high time more attention paid to negative nutrition consequences of trend away from food and health education in nation's schools. And it remains, of course, those others who don't get enough to eat have another problem altogether — except they also don't get the nutrition education.

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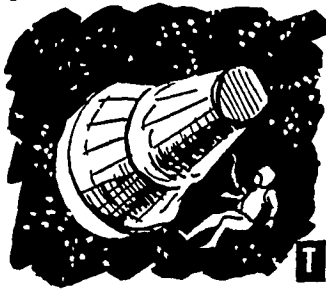
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You Can Blame Earth's Gravity For Your Sore And Aching Back

If you've reached the age of 40, or even before that, chances are you're complaining of sore feet, tired and aching legs, as well as an aching back. Would you believe that the earth's gravity is responsible, in great measure, for this condition? It is but we rarely think about the force of gravity and its effect on us.

Recently, millions of Americans watched, over television, the U.S. team of Apollo astronauts, float freely around their space craft as it circled the



moon. Yet, none of us can fly, bird-like, through our homes or offices. As earth-bound creatures, we cannot enjoy the state of weightlessness found in outer space. Rather, because so much of our waking time is spent in an upright position, either sitting or standing, our bodies, instead, are busy constantly working against the pull of gravity.

Dr David Young, consultant to the Space Medical Research Program and internationally known in the fields of muscle physiology and rehabilitation says, "Remember,

you've been pushing against gravitational forces throughout your life, even in returning the blood from the extremities to your heart.

"No matter what your vocation or profession, you spend a great portion of your life on your feet. The strain eventually takes its toll, in the form of stiffness, soreness, aches and pains of muscles and joints.

"We can't alter the pull of the earth on us, but we can do something to relieve the symptoms," states Dr. Young, "Exercise, of course, is best."

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Medical studies on the value of cyclo-massage to muscle spasm and sore, aching muscles and joints have been published in several widely read medical journals.

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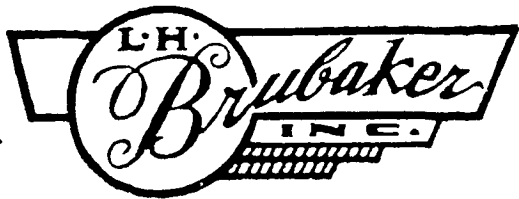
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