

Children Who Consume Calcium Have Lower Blood Pressure

SOUTHAMPTON (Bucks Co.)—Children who get plenty of calcium — by drinking their milk — may be warding off heart trouble by lowering their blood pressure. Research at Boston University School of Medicine, in conjunction with the Framington Children's Study, found that preschool children seem to keep their blood pressure down by consum-

ing milk and other calcium-rich foods. According to Althea Zancosky, R.D., nutrition media specialist with the Dairy Council in Southampton, "Dairy products are the chief source of calcium, with a 8-ounce glass of lowfat milk containing 300 milligrams of calcium and a cup of yogurt having up to 400 milligrams."

Details of the study were based

on a review of the eating habits of 80 children. Food records, from these girls and boys, ages 3 to 5 years, were compiled over a year, with 12 days evaluated. Researchers found that for each 100 milligrams of calcium consumed in every 1,000 calories, the children's blood pressure was lowered significantly. In addition, those children, who have higher than

usual blood pressure early in life, often go on to develop hypertension in adulthood.

A calcium and blood pressure link in animal studies was found over 10 years ago in research done by Dr. David McCarron, of Oregon Health Sciences University. McCarron found that the younger the animals were when they con-

sumed calcium, the bigger the impact on their blood pressure in adulthood.

And, perhaps, this early start goes back even further! Another recent study found that newborn babies of mothers who consumer sufficient amounts of calcium during their last 3 months of pregnancy had lower blood pressures.

Facts About Endometriosis

Endometriosis can affect every facet of a women's life. This includes her ability to work, to reproduce, and her relationships with her mate, child, and everyone around her.

This disease also is a major cause of infertility, according to the Facts About Endometriosis, a new booklet from the National Institute of Child Health and Human Development (NICHD).

The disease can strike women of any socio-economic level, age,

or race. Symptoms include fatigue, severe menstrual cramps, pain in the abdomen or lower back.

The booklet answers many of the most important and frequently asked questions about endometriosis, its diagnosis, and treatment.

For further information or a copy of Facts About Endometriosis, write to: Endometriosis/HL, National Institutes of Health, Building 31, Room 2B23, Bethesda, MD 20892.

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To farm building owners — Under today's farm economy it is time to reduce maintenance frustrations.

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Observation #1 In recent years many of these good old barn surfaces have been ruined by over-coating, poor preparation and application, lack of controlled paint placement and film thickness. The time is coming to salvage our buildings (a) Start over (b) Water blast (c) RESURFACE (d) Use solid stain to penetrate on bare spots! (e) Second coat with a breathing film thickness (f) Brush out in all directions with finest of bristles.

Really it is not as complicated as the recent changing regulations on clean milk production, or wet soils, or zoning. It is also less expensive than other barn painting experiences!

Observation #2 Colored water (latex) is less desirable for farm buildings. There is a long list of reasons for this.

Observation #3 Today's painted metal siding and roofing has a remarkably short life. Bad alloy or metal. There might be another list of reasons for this. To save it at reasonable coating cost - timing is important.

Observation #4 Today's wood selection for siding etc. is also poor. How about recycling building material?

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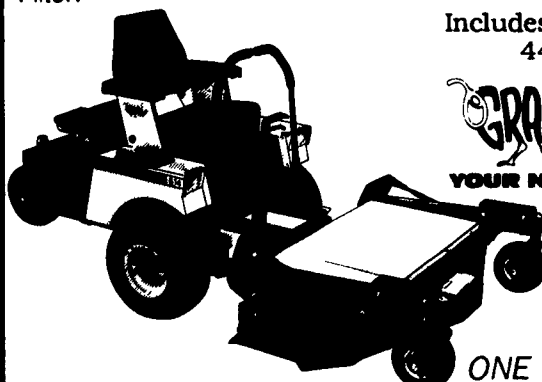
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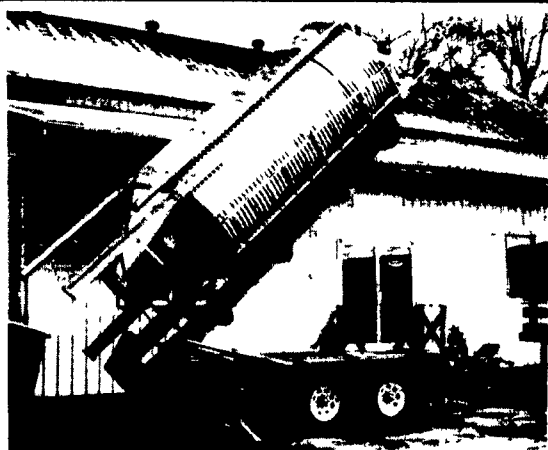
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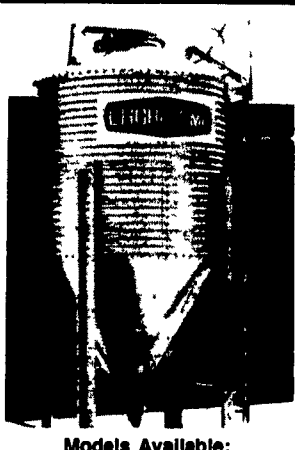
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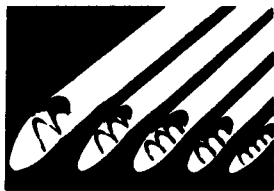


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