

**Book review**

**Conquer cholesterol and osteoporosis**

By DR. CHARLES GODFREY  
Dr. Kenneth Cooper, who introduced aerobic exercises to North America, is well on his way to self-establishment as the guru of preventative medicine. In his third book, *Overcoming Hypertension* (Bantam Books, hardcover, 386 pages, \$24.95), he adds another solid work to his previous efforts to conquer cholesterol and osteoporosis.

In his latest volume, there are hundreds of pages of information ranging from the early diagnosis and treatment of hypertension, to the categories of medication that can be given to relieve the disease, to the problems that may arise from drug therapy. He offers a clear chart of the problems faced by anyone whose blood pressure becomes elevated - through age, disease or other causes.

But in addition to describing the disease, Dr. Cooper points out that the most reliable means of making a diagnosis does not include a one-shot reading of your blood pressure at the doctor's office, or the shopping centre. Rather, he insists, the diagnosis of hypertension is a complicated matter and should be made quickly.

In order to consider what an elevated diastole means to you, the author proposes a hypertension risk profile. This includes the health implications of your current pressure measurements, your lifestyle, diet and family history, any of which may influence your chances of developing hypertension.

**40 MILLION**

But Dr. Cooper is not an alarmist. He feels that there is an over-emphasis on the diagnosis of hypertension and that current figures of 58 to 60 million victims in the United States should read closer to 40 million. Of course, if you are one in the 40 million, you will watch the physician's face closely as he listens to your blood pressure sounds.

The numbers that result from the observation spell out the diastolic and systolic pressures. Current thinking is that the risk of cardio-vascular disease and death increases steadily as each of these rise. And if both pressures are too high, the risk of complications may be even greater.

One of the factors that may

generate those elevations is genetic. If both your parents have lived to an old age without hypertension, it's likely that you will do the same. On the reverse side, if they died early of cardiovascular disease, this may not be inherited by you.

There are several other non-controllable factors that can influence morbidity. Whites are less prone to hypertension than blacks. Males tend to higher diastolic in the under-60 group, while women have their turn in the after-60 group. Sodium sensitive people have higher pressures.

But sodium sensitivity, while it is beyond our control, can be handled by reducing sodium intake. The same control goes for obesity, where excessive body-trunk largeness contributes to the problem. Similarly, high alcohol intake and, most importantly, the stress factor - where living is characterized by an uptightness, rather than being laid back - can be asking for trouble.

The book describes how hypertension can be overcome

through exercise, diet, and, as a final measure, taking medication. But the general emphasis is on non-medical remedies.

**EXERCISE**

The basis of his program is exercise - whether walking, swimming or other athletic activity.

For the more severely involved, he offers two-week menus of palatable dietary meals, which depress potassium and salt to low levels and in addition avoid certain types of cholesterol. Useful medicines are discussed - with an emphasis on their proper use and possible side effects.

Although Cooper admits that it is unlikely that there will ever be a future entirely without hypertension, he feels that eventually the condition should and can be brought under control.

-Charles Godfrey is professor emeritus in the Department of Medicine at the University of Toronto. He spends considerable time each year in Africa working with The Third World countries and recently has been named to the Order of Canada.

**Wash your fine clothes at home**

The following tips are guidelines for home laundering:

**Wools**— Dissolve soap flakes (never detergent) in a small amount of hot water; then add cold to fill the basin. For whites, creams and beiges, add 2 capfuls ammonia. Swish garments through the sudsy tepid water; rub spots gently, never scrub. Rinse and drain. Add 1/4 cup white distilled vinegar to a few inches of water before a thorough rinsing. Blot garment with towels then lay flat to dry, patting into shape.

**Silks**— Follow the directions given for washing wool. After blotting with towels, hang garment on padded hanger until partially dry. Silk should be ironed while damp with a warm iron and pressing cloth.

**Downs**— Hand wash in mild, soapy solution, soaking for half an hour. Rinse until garment no longer feels slippery. Press water out with hands. Tumble dry at gentle cycle for about three hours, tossing in a few terry cloth towels to help absorb moisture and a pair of clean tennis shoes to prevent clumping. Hang to finish drying, plumping the down from time to time as if it were a pillow. If outer fabric wrinkles, use a steamer, never an iron.

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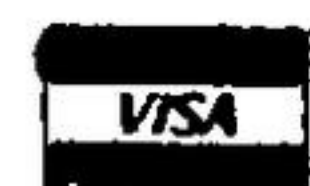
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