

SHORT OF BREATH?

Exercise and nutrition

"And I used to think I was in shape. Boy, was I wrong!" Tired, aching and out of breath, Mark had just quit the basketball game early.

He's young, in his thirties, and slim, and it's not as though he lives on junk food nor never gets any exercise. But like many people, Mark is discovering that just isn't good enough. Fitness isn't something that happens by itself.

We've all heard warnings that most of us are physically unfit. Well, it's true. The majority of Canadians are overweight and out of condition. We eat too many foods that are of no value — sweets, calorie-loaded snacks, and too much fat. Then we compound the problem by inactivity.

Being young, like Mark — playing an occasional game of basketball, or some other sport — is not a guarantee of fitness. Good eating habits and regular exercise are the only answer, and apply to people of all ages. The benefits

derived from sound nutrition and regular exercise are invaluable.

YOUR CONDITION VITAL

Keeping in condition can lead to a longer, happier life. It will help prevent obesity, give you more energy and alertness, increase your strength, endurance and coordination. You'll feel more relaxed and find greater satisfaction from work and play. Whether it's a team sport, a tap dancing class or just a walk to the store, everyone needs exercise. The human body is built for action. Without activity it suffers.

You'll get the greatest benefit from exercising at least three times a week, but never underestimate the value of even a more moderate program. Don't give up because you "haven't the time." Exercise can be made a part of your life, and as you participate you'll feel more inclined to continue.

There are a few things you can do right away to improve your body's health and stamina. Try to

exercise on your lunch break — join a noon hour fitness club, or simply go for a walk.

If you live within a mile or two of work, shopping or entertainment — walk. If you drive, park and walk the last few blocks to your destination. And remember to walk briskly.

JOGGING AND EXERCISE

Jog to the corner store. Take the stairs, two at a time if you can. Rake leaves, shovel snow, chop wood, weed the garden. Go cycling with friends or family. Swim! Hike!

Join an exercise class, a yoga or a basketball team. Go dancing. Take up tennis or cross-country skiing.

It doesn't matter how good you are. Physical activity is not only inexpensive and good for you; it's fun.

If you're just starting out, keep it down to one or two easy daily sessions of 15 or 20 minutes. Soon you'll find your stamina increasing and you'll be ready for more. If you're older, have heart trouble, some other ailment or disability, or are really out-of-shape, ask your doctor first for suggestions.

Consider your lifestyle. If you have a physically active job you may be muscularly strong, but lacking in endurance and flexibility. An activity like hiking or cycling would be relaxing and round out your activity program. Stretching exercises, or yoga, would tone your muscles, and sense of balance.

CHOICE UP TO YOU

Whatever your choice, like most people you'll probably soon be asking yourself, "Why did I wait so long?"

Fitness and nutrition go hand in hand. If, like Mark the occasional basketball player, you expect your body to run on whatever you feed it, you'll be in for a surprise. It just won't go very far.

Remember the basics of good eating: milk and milk products (cheese, yogurt, cottage cheese, buttermilk); meat, fish and other protein sources (beans and peanut butter, eggs, nuts and seeds, cheese); whole grain or enriched breads and cereals; and fruits and vegetables.

FOR A HEALTHY HEART

Limit the total amount of fat you consume by using low-fat (two per cent or skim) milk products, avoiding high fat creams, sauces, gravies and desserts, and selecting lean cuts of meat. Substitute poultry, fish and vegetable proteins for meat often, but don't forget to include iron-rich liver once in a while. Unsaturated fats such as most vegetable oils and soft margarines should be used as well as or in place of butter, and cut down on the use of salt.

Staying, or keeping slim is important for a healthy heart and overall well-being. Remember to balance the number of calories you consume with the amount of energy you expend through exercise and activity. Too many calories, or too little exercise means you'll gain weight.

NUTRITION AND VIGOR

Food intake should be spread throughout the day, starting at breakfast. After a night's sleep the body needs nourishment to get going again. Even if you have to eat in a hurry, take a few minutes for a bran muffin and some yogurt, cheese and crackers or fruit and a glass of milk. At the end of the day, a good night's sleep (whatever seems right for you) is just as important.



Avoid "empty calorie" foods like sugar and sugar products (jams, cookies, cake, candies), fried foods and alcohol. While these products are not harmful if consumed in small amounts infrequently, they are of minimal nutritional value and often take the place of nutrition-rich foods.

High in calories, their use over long periods is related to diabetes and the increased risk of heart disease.

What's in it for you if you make sure to eat properly and keep active? It's simple: you'll feel a lot better.

Answers to first aid quiz

1. Three types of Artificial Respiration are Mouth to Mouth, Sylvester and Holger-Neilsen.

2. The most effective is Mouth to Mouth and you would not use it if someone had facial injuries, a broken jaw, a spinal injury in the region of the neck.

3. You would immerse the hand in cold water immediately. After the pain subsides you would cover it with a clean dressing. Never use butter or ointment on a burn and do not break any blisters.

4. Heat stroke can follow heat exhaustion and it is serious and dangerous. Treatment is to put the casualty in a cool area. If the casualty loses consciousness, or does not recover quickly, he should be seen by a doctor. If he's conscious, give him cold water to drink. If he has excessive sweating, cramps, diarrhea or vomiting, give him salted water (½ teaspoonful salt to a pint of water).

5. Get the casualty into the fresh air immediately and if he loses consciousness, apply mouth to mouth resuscitation. Get the casualty to the hospital.

6. Stop bleeding with direct pressure on the wound with a clean dressing. Bandage it and

take the child to medical aid immediately.

7. Place the casualty in a sitting position with his head slightly forward and have him breathe through his mouth. Pinch the soft part of his nose firmly. Warn him not to blow his nose for some hours. If bleeding does not stop within a short time, he should receive medical aid.

8. Recovery Position.



9. To avoid infection when examining an eye, ensure that the hands are clean. Warn casualty not to rub the eye. The particle may be flushed out by an eye bath. Or it may be dislodged by the eyelashes if you pull the upper lid down over the lower. Sometimes it can be removed with the corner of a clean handkerchief. If these methods fail, cover the eye with soft pad of cotton and get medical aid.

10. Triangular bandages can be used in a variety of ways. Some of them are: as a sling; as a bandage; to tie splints in place; as padding for splints; as a dressing; to make a ring pad.

A great need for first aid instructors

Would you like to be a St. John Ambulance First Aid Instructor? You can provide a valuable service to your community and at the same time earn a little money in your spare time.

You will not only teach the essential First Aid skills that save lives and relieve pain and suffering. You will also emphasize the precautions that should be taken to avoid injuries at home, at work and at play.

St. John Ambulance conducts special 40-hour courses to qualify Instructors in which they learn the most effective methods of teaching so that students not only enjoy the course but retain the knowledge they acquire. To be eligible for the Instructor course you must hold a valid certificate in Standard First Aid from St. John Ambulance.

For more information contact the Manager, Course Development, St. John Ambulance, 46 Wellesley Street East, Toronto, Ontario, Tel. (416) 923-8111.

Crossword answers



Immunization a must

Many parents today are getting careless. As the pain, suffering and death caused by once common diseases seems further and further behind us, many parents think they can relax and forget about having their children immunized.

"They can't," warns Dr. Barbara Blake, Director, Community Health Protection Branch, Ministry of Health. "Parents today, especially young ones, forget that the reason we are now able to keep children's diseases at bay is immunization. If we don't ensure that children are adequately immunized against infectious diseases, we could easily have more epidemics on our hands."

As recently as one or two generations ago, parents panicked at the mere mention of whooping cough (pertussis), polio, red measles, German measles (rubella), tetanus or diphtheria. Even though mass immunization has drastically reduced the incidence of these dreaded diseases, parents today still have good reason to worry about them.

Diphtheria, which once had a mortality rate of 30-50 per cent, is not yet eradicated. Whooping cough has a high mortality rate in infants. Polio, often fatal in the past, still can severely cripple its victims. Rubella, when transmitted from a child to a pregnant woman, is often responsible today for congenital defects in the newborn. Even red measles can be fatal. This very prevalent childhood disease has a mortality rate of 1.5 in every one thousand cases and can result in encephalitis, a brain disease that can lead to retardation.

DISEASE PROTECTION

Today it's a very simple matter for children and adults to get protection against infectious diseases and reduce their threat to all of us. Yet these diseases remain a serious health hazard. The reason: — parents are not conscientious enough. About 25 per cent of children entering school in Ontario are not immunized, and as immunization falls, the threat of epidemics and needless suffering rises.

The result is that local outbreaks of childhood diseases still occur. In this province in 1976 there were nine reported cases of diphtheria,

1,366 of whooping cough, 1,800 of red measles and almost 2,000 of rubella. The instance of red measles in Canada has tripled since 1972.

Frightening? You bet! It only makes sense to arm yourself and your family against preventable diseases. As a parent you're responsible to see that your children receive the necessary vaccinations:

VACCINATION SCHEDULE

Polio, diphtheria, whooping cough, tetanus:

- a series of three injections beginning at two to three months, again at 15 to 18 months, and then at school entering age.

- diphtheria, polio and tetanus boosters are also needed at 10-12 years of age, and at school leaving.

- an adult should receive a tetanus vaccine every five years.

Measles, rubella:

- at 12 months.

- for an adult or woman of child-bearing age, prior to conception.

Ask your doctor, clinic, public health nurse or public health department to arrange the necessary vaccinations for your child.

A WARNING FOR ADULTS:

With more and more Canadians traveling to exotic places and greater numbers of foreign visitors to our country, it is important for adults as well as children to be immunized.

"People forget that here in Canada we're quite well protected," says Dr. Blake. "They don't realize that many disease have not yet been eradicated in foreign countries. And not just the rare tropical diseases, such as yellow fever and cholera, but typhoid and polio.

About six weeks before traveling, check with your doctor, adult travel clinic or immunization centre to learn the immunization requirements for your destination.

Be cautious. Get protection. Only with 100 per cent immunization can we hope to protect everyone from harmful infectious diseases.