

- 221 The Heart and Physical Exercise. G. R. Cumming.
Can. Med. Assn. J. 86, 80-85 (Jan. 12, 1963).

Cardiac hypertrophy and extreme bradycardia occur in the highly trained endurance athlete, but not in those with lesser degrees of training. Several longevity studies in athletes fail to show any beneficial effects of athletic training confined to the college years. The invaluable British studies relating physical activity of various occupations to coronary disease show that while exercise does not prevent coronary atherosclerosis, it may reduce the incidence of large and fatal infarctions and of complete coronary obstructions. Various American studies have not confirmed this beneficial effect of exercise. To be of any value in the prevention of coronary disease, exercise must be continued on into middle age. The sedentary life characteristic of western civilization is probably not a major factor in the high incidence of coronary disease. -- Author's abstr.

- 222 Effects of Long-Term Feeding of Vegetable Fats on Atherosclerosis. H. B. Lofland, Jr. and T. B. Clarkson. Proc. Soc. Exptl. Biol. Med. 112, 108-111 (Jan. 1963).

White Carneau pigeons were maintained for 26 1/2 months on cholesterol-free diets (pigeon pellets). When such diets were supplemented with 10% Crisco, aortic atherosclerosis and the level of aorta cholesterol were less than in birds receiving no supplement, or 10% safflower oil. Serum cholesterol levels were not different in these 3 groups. When other groups were maintained on diets containing 1% cholesterol for 6 months, the severity of atherosclerosis was increased, and inclusion of 10% safflower oil in the diets exerted no prophylactic effect. When cholesterol was removed from the diets, and the birds were maintained for additional 12 months on either pellets alone, or pellets plus 10% safflower oil, there was no decrease in the level of aorta cholesterol and a slight decrease in aortic atherosclerosis. -- Authors' summary

- 223 Clinical Diagnosis of Intestinal Obstruction. J. M. Johnston.
Ind. Med. & Surg. 32, 53-55 (Feb. 1963).

A careful, methodical history, coupled with a physical examination incorporating knowledge of the diagnostic and etiologic factors producing intestinal obstruction, and aided by laboratory studies as indicated, will usually provide a plausible explanation for the patient's illness and for the corrective treatment to follow. -- Author's summary

- 224 Cigarette Smoking: A Clinical and Public Health Challenge. N. C. Delarue.
Part I. The Clinical Challenge. Can. Med. Assn. J. 87, 961-969 (Nov. 3, 1962);
Part II. The Public Health Challenge. Ibid. 87, 1018-1022 (Nov. 10, 1962).

This article is not intended to add any new information implicating cigarette smoking in the pathogenesis of lung cancer, chronic bronchitis and emphysema, and coronary heart disease, although the available evidence has been brought up to date subsequent to a review of this matter one year ago. One should continue to stress the magnitude of the association between cigarette smoking and lung cancer as demonstrated by the degree of increasing hazard with increasing exposure, a hazard that is not apparent for any other possible causative agent. Other factors are definitely involved and seem to act in cumulative fashion with exposure to cigarette smoke. The falling risk among "discontinued smokers" remains an important observation in ascribing the main role in the production of the respiratory diseases to the tar content of cigarettes. In recognition of the universal impact of the report of the Royal College of Physicians of London in 1962, it seems probable that the public indoctrination which appeared so slow, tedious and unrewarding during the past decade has now reached the stage where a receptive audience is at last available. Therefore, a recitation of the present situation was considered necessary and worth while. Note has been made of the reasonable attitudes and actions to be expected on the part of the medical profession, government, tobacco manufacturers, and educational agencies whether working in the academic field or in voluntary health organizations. Professional leadership. There are 53 references to the subject. -- Author's summary

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