

CAMPUS VIEW

MONDAY'S TOPIC: Health & Science

Just relax, health experts say

■ **FINALS:** A healthy diet, exercise and relaxation techniques can all help ease end-of-the-year stress

By Amy Palanuk
Higher Education Reporter

Two papers, ten pages each, and two days to get them done.

It's dead week, the prelude to the much abhorred finals week, which means it's stress time.

While the midnight pizza or the quick six pack may make the strains of stress go away, they do not aid in keeping the body healthy for prolonged periods.

Health experts agree taking care of yourself and leading a healthy lifestyle are among of the most important factors in tackling stress and keeping healthy.

The obvious factors to consider when monitoring stress are drinking and smoking habits, according to the Public Health Service. Cigarette smoking, while creating a brief sense of stress relief, is not a practical way of relaxing. Drinking habits also can affect the stress level and quickly change moods and behavior, experts say.

Experts also say eating sensibly

RELAXATION TIPS

■ **SENSIBLE EATING:** Cut down on fat, sugar and salt to keep the mind alert

■ **EXERCISE:** Even as little as 15 to 20 minutes of vigorous exercise three times a week can help you sleep better

■ **AROMATHERAPY:** Scented oils and lotions can alleviate tense muscles and relaxes the senses

■ **MUSIC:** Listening to calming music can calm the nerves and distract the mind from difficult assignments

weight and sleep better, according to the Public Health Service.

But there are also other easy, quick ways to relieve those hectic moments.

Experts also agree that for an easy pick-me-up, aromatherapy can help alleviate tense muscles and relax the senses. Massages and lotions can also relax the tense body, helping the mind work.

Relaxation exercises, such as simply observing your breath, concentrating for three minutes on the rhythm and cycles of inhaling and exhaling, will help regulate blood pressure and circulation, say doctors.

Other simple activities such as putting in a relaxing CD and grooving to the tunes will help calm nerves and distract the mind from difficult assignments, doctors say.

But whatever you choose, most experts agree relieving stress starts with a deep breath. So while the homework piles up and the coffee begins to call your name, remind yourself to simply relax, take a deep breath and visualize summer break.

can help those long nights of studying turn into something positive. Good eating habits, such as holding down the amount of fat (especially saturated fat), cholesterol, sugar and salt in your diet, can help keep the mind alert and the body feeling good.

Exercise, while hard to fit in between finals and papers, provides benefits that go beyond relieving stress. Usually, as little as 15-30 minutes of vigorous exercise three times a week will help you have a healthier heart, eliminate excess

AIDS vaccine protects chimps from HIV

■ **VIRUS:** Scientists warn the results may not be applicable to humans due to the strain of HIV used

By Malcolm Ritter
The Associated Press

NEW YORK — Chimps got lasting protection against AIDS virus infection after they were given a combination of two experimental vaccines, researchers report.

Three chimps resisted infection when they were injected with HIV about a year after their last booster shot.

"I think it's an important early step toward the goal of a vaccine," said Marjorie Robert-Guroff of the National Cancer Institute, one of the study's authors.

But scientists unconnected with the work cautioned that the animals were exposed to an HIV strain that's relatively easy to block in chimps. So it's hard to tell what the protection means for the prospects of an AIDS vaccine

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Marjorie Robert-Guroff
National Cancer Institute

in people, said one scientist, John Moore of the Aaron Diamond AIDS Research Center in New York.

Robert-Guroff said scientists used a high dose of HIV because of the strain involved.

Previous studies in chimps also have shown protection against HIV, using other vaccine strategies.

The new work is reported in the June issue of the journal Nature Medicine.

For the initial vaccine, researchers put some HIV genes into a virus called an adenovirus. That made the adenovirus produce an HIV protein, in order to prime the chimps' immune sys-

tems to attack HIV.

The booster shots, which didn't involve a virus, contained a different HIV protein.

Chimps got one, two or three adenovirus inoculations over 24 weeks. Then they got one or two booster shots in the next 24 weeks.

Four chimps were protected from a low dose of HIV given a month after the last booster shot, while an unvaccinated chimp became infected.

Three of the vaccinated animals were also protected from a high HIV dose given 50 weeks after the last booster.

The strategy of priming the immune system against HIV with a virus-based vaccine and then giving boosters is already being tested in people. Results suggest it is safe and that it provokes a promising degree of immune response, but whether it will protect people against HIV is not known.

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