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Cold Shower Said Mid-Day Pick-Up

Santa Barbara, Calif. — (UPI)
Got the mid-day blues? Feel the
need for a pickup to carry you
through the day?
Try a cold shower.
That is the advice handed out
by a professor in the physical
education department of the
University of California here.

Dr. Ernest D. Michael has
completed a study to determine
the effect of a cold shower on
male students at his school. He
subjected one group of nine,
well-conditioned athletes and
one group of students who were
"non-conditioned" to a series of
tests stepping up and down.

Between the tests the stu-
dents took 60-degree temperature
showers. The cold shower treat-
ment slowed the heart-beat count
and the resultant decrease in
heart action reduced fatigue
since less effort was expended
by the heart.

In addition, Dr. Michael said,
the slow, full heartbeat permit-
ted a stronger blood flow and al-
lowed time for the bloodstream
to pick up more waste products
and to distribute food materials
more effectively.

The students all expressed
feelings of improvement, not on-
ly physically but psychologically
as well.

Dr. Michael said the cold
shower will be effective for any-
one who has feelings of fatigue,
but "the sedentary worker in
particular may benefit.

"The sedentary worker," he
explained, gets no physical shock
in his daily routine to recover
from the fatigue of inactivity. He
needs one of two things,

physical shock directly, which
exercise causes, or indirect
shock such as a cold shower.
Both stimulate circulation."
The doctor believes the treat-
ment should work even more ef-
fectively for housewives, who
sometimes have little opportu-
nity for the type of physical ac-
tivity that stimulates circulation.

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