

# Hearts could be losers in the game of squash

United Press International  
 WASHINGTON — Scottish doctors have a warning for squash players and others undertaking vigorous exercise: check with your doctor, especially if you suffer chest pain or other possible signs of heart disease.

tion and you do have heart disease, the researchers said, your next match may be your last. Of 27 people who died suddenly between 1977 and 1983 after playing ash, 23 had coronary heart disease which they had ignored or which had gone undetected. "CHD (coronary heart disease) was the probable cause of

death in 23 cases," the doctors from the department of medical cardiology at Victoria Infirmary in Glasgow reported in the British medical journal The Lancet. Sixteen of those suffering coronary heart disease were found to have severely narrowed arteries leading to the heart, a condition which can result in sudden cut-off of blood

supply to the heart muscle. Seven had evidence of a heart attack, although only one had been diagnosed during life as having suffered such an incident.

A majority of the victims had suffered warning signs well before their fatal engagements on the squash courts or were in groups considered at high risk for heart disease, the doctors said.

Twenty-two suffered symptoms before their final match, including chest pain, heartburn or gastrointestinal discomfort, fatigue, excessive breathlessness, dizziness and severe headache.

In addition to the coronary heart disease, 10 were found to have suffered high blood pressure, but only one had received treatment for it. Three had high blood cholesterol levels, also a warning sign of heart disease.

Among the remaining players, three had disease of the heart valves, one had a disorder known to be associated with sudden death during exercise, one died of a brain hemorrhage and two were believed to have died of cardiac arrhythmia, in which the heart beats wildly and uncontrolledly.

These were not sedentary people, the doctors said. Next of kin described most of them as

very fit. None was considered unfit.

Twelve of the victims had been business executives, six had worked in higher education, four had been civil servants, two engineers, one a salesman, one a student, one a policeman and three were in other occupations.

Only six were considered "competitive, ambitious, hard-driving, perfectionistic." Eleven were considered very aggressive, two very competitive, and one obsessive about fitness. Ten were described as having no recognizable traits.

"Only four of the victims had sought advice, and it is remarkable that none of them through symptoms should interest their exercise," the doctor wrote. "Such denial of fatal (warning) symptoms noted by others and characteristic to which active sportsmen are prone

"Squash is a vigorous game able to raise heart rates to a level of predicted maximum. Both of these effects are harmful in subjects at risk through CHD or heart disease," the doctor said.

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## Humanities get welcome mat

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 Jobs besides those of taxi driver, window washer and checkout clerk are out there for English, art, music, psychology, history and other liberal arts majors. That word comes from com-

pany chieftains who huddled with college officials at Princeton, N.J., cogitating about how to get word around that corporate America's putting out the welcome mat for liberal arts graduates. "The sixty participants

agreed that the study of such subjects as languages, literature, history, philosophy, comparative religion, ethics, and the history, criticism and theory of the arts can provide knowledge and develop skills necessary for success in the business world," a report on the conference said.

The conference was sponsored by the Association of American Colleges and the National Endowment for the Humanities.

"There is a place and a central place — for the humanities and the liberal arts graduate in business," said Charles L. Brown, chairman of the board, American Telephone and Telegraph, opening the conference. "That's the good news. The

approximately a third of the bachelor's degrees in the humanities and the third in liberal arts.

American Telephone and Telegraph found in a survey of managers that 20 percent of the liberal arts managers had achieved a fourth level of management sign of considerable success compared with only 10 percent of the business majors. Many companies found that attracting liberal arts graduates is in their interest. At Stanford University, Harvard and

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*"Students in the humanities are well advised to acquire basic business skills — in accounting and finance, for example. But as broad educated graduates they are better prepared for a lifetime of work than are students who have narrowed their studies to secure a job."*

bad news is that the good news is not better known."

To get word around, a copy of proceedings of the conference just has been sent to chief executive officers of hundreds of corporations. The covering letter was signed by Brown and James L. Ferguson, chairman and chief executive, General Foods Corp.

In the letter, Ferguson and Brown go to bat for liberal arts graduates, long poor relatives along the academic trail as a result of heavy demand for wizards in engineering, business, computers, math and science.

"We write to call your attention to the findings and recommendations of an important conference on connections between the study of the humanities, and careers in business," they said.

"Please read it. You will learn, as we and some sixty corporate and academic leaders did, how much business and the humanities have to offer each other and what you, as a business person, can do to make more effective relations possible."

Among vignettes in the report:

• Chase Manhattan Bank discovered in a recent study of commercial banking trainees that those with only bachelor's degrees developed stronger technical banking skills than those with advanced degrees. Appro-

the numbers of companies interviewed with liberal arts graduates were in the mid-1970s.

• Many major firms liberal arts graduates are potential numbers. Several companies, including Motorola, General Motors and American Can, have established orders especially to train them.

How does the study humanities build such foundation for a career?

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"Students in the humanities are well advised to acquire business skills — in accounting and finance, for example. Broadly educated graduates are better prepared for a lifetime of work than students who have narrowed their studies to secure a firm

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