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Heart Specialists Meet in Washington

Doctors Urge Exercise Breaks During Workday

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WASHINGTON, Nov. 22—Reorganization of work schedules in America's offices to allow regular, active exercise during the day was recommended today to help prevent heart attacks.

A blue-ribbon panel of heart disease experts recommended also that sponsors of all new housing in the United States

plan to incorporate gymnasiums, swimming pools or "other facilities for active recreation" in their projects.

And the doctors said a proposal to establish special bicycle paths throughout the United States to encourage exercise "should be implemented as a major public service endeavor." This idea was first advanced some

years ago by Dr. Paul Dudley White, chief consultant on former President Dwight D. Eisenhower's heart attack.

These recommendations were made at the opening of the Second National Conference on Cardiovascular Diseases. This meeting of more than 600 specialists and educators in the field of heart disease is

sponsored jointly by the American Heart Association, the National Heart Institute and the Heart Disease Control Program of the U.S. Public Health Service.

The proposals were made by one of several divisional committees assigned to assay progress made in the fight against the nation's No. 1 killer in the 15 years since the first conference. Committee

recommendations concerning unmet needs will be considered later by the full group.

The committee, indicating that "regular, frequent, moderate exercise" is one possible way to forestall coronary attacks, said its office-work suggestion would "make it possible for large segments of the public to engage in such activity de-

spite our urbanized existence and our patterns of work which more and more involve less and less physical activity."

The group, headed by Dr. Jeremiah Stamler, of Chicago's Board of Health, did not specify details of the work-reorganization proposal.