

Steve Reeves Interview *Continued from page 5*

Tony.. That's incredible. When I was working in a gym this chap came in from New York and he told me that he was in a play on Broadway with you. He said that when you went into a restaurant and people were eating they would all stop and look. He said, 'You want to see the impression that man made. It is just untrue'.

Steve.. There are people in this world - you don't know who they are - and they walk in a room and you think, 'They must be somebody'. They could be anything - an Olympic athlete, whatever. They have a certain aura about them where you think, 'He or she must be somebody' without them trying to act like they are somebody. They are just casually walking in, doing their thing, having their lunch, walking down the street or whatever.

Tony.. Every time we saw you in the magazines you had this amazing tan. Did you have any secret for doing that or was it just natural?

Steve.. We have a lot of sun in California. I had a little secret - I used to use Cocoa butter and take carrot juice and raisins. Carrot juice puts a little bit of orange in your skin, raisins put some red in your skin so orange and red and brown from the sun made a great colour. It was a combination of the three.

Tony.. Was it the iron in the raisins?

Steve.. Yes. When I worked out I always had a mug of water, lemon juice and honey together. That is almost like the electrolyte drinks they have today. I mixed the honey with the lemon to dissolve it, then put some water in there. I would drink maybe a quart



Steve Reeves... an inspiration to millions

or two while I worked out and it would give me all the energy I needed. It would alkalise my system. My muscles wouldn't tighten during the exercise because of the acid going into them. It was a scientific discovery that I made myself accidentally.

Tony.. What is your daily diet?

Steve.. My secret breakfast - for the last forty years or so - is I have about 16 ozs. of orange juice. I put it in a blender and in that orange juice I put a banana, two raw eggs, about 2 or 3 tablespoons of gelatin, some wheatgerm, some bee pollen, oatmeal and honey. Blend it up together. It is a great tasting breakfast. That is a power breakfast. It is a real bomb.

For lunch I would just have a sandwich and a glass of milk, a yogurt or something like that. For supper I have my main meal - either beef, chicken or turkey, mainly chicken and turkey these days. It can be with rice or a baked potato and a huge salad.

Tony.. Do you continue to train now?

Steve.. I train five days a week but it is different than before. I do my powerwalking with weights on my hands, my waist or my ankles. I invented powerwalking. I wrote a book. I do that every morning for about forty five minutes followed by a half hour workout which consists of one strenuous set of about 15 reps for each body part. After that I might take a swim or do some water exercise. That is my routine.

Tony.. Where are you living at the moment?

Steve.. I live in San Diego county about one hour north of San Diego. I have a ranch. I have horses which I ride every day. I have maybe fifty avocado trees and fifty orange trees. It keeps me busy and active.

Tony.. Have you any plans at any stage to travel to Ireland?

Steve.. I would really like to because I am Irish, English, German and Welsh. I feel quite Irish especially on St. Patrick's Day. I would love to visit Ireland.



Steve Reeves and Tony Quinn in London, March '94.

Tony.. That's wonderful Steve. Thank you very much.

Steve.. You are welcome. Thank you.

It seems as if in recent years the sun is getting a very bad press with the rising incidences of skin cancer - ozone depletion and the known ageing effects of over - exposure to sunlight. But are we missing out on the benefits of safe tanning and natural light?

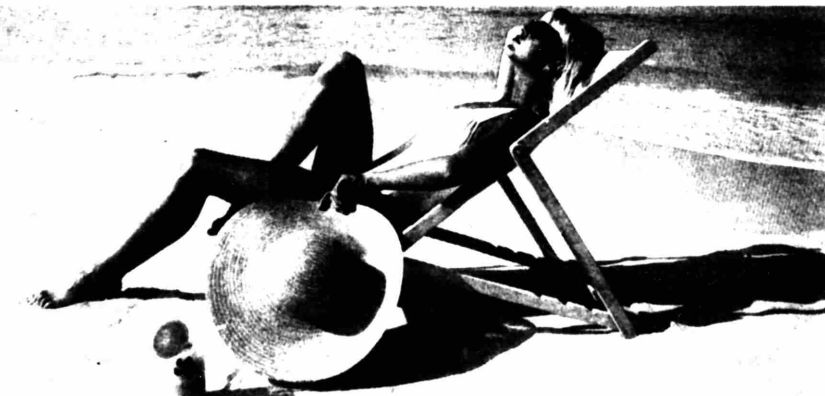
The Healing Power of The Sun

Human beings after all have evolved in sunlight and depend upon it for much more than an indirect source of food. The natural light has always been recognised for its health-giving benefits.

Naturopaths (those who advocate nature/natural cure) have always advised people to get plenty of fresh air, exercise, good wholesome food and light. They are convinced that light itself even without sunshine is very important for the health of the body. Modern research bears this out. People who suffer from a type of depression known as S.A.D. (Seasonally Affected Disorder) benefit from exposure to light. In northerly countries where nights are very long, incidences of depression suicide etc. are much higher. Maybe we should broaden our concept of sunbathing to include light bathing - the idea being to expose as much of the body to

Is Tanning Bad For You?

We explore the links between natural light and your state of health.



the light as is practicable. With our climate there can be problems, but during the summer even when it's not sunny, it is often warm enough to take a light bath

Light As Energy

The Yogis of old always maintained that the body's health and functioning was dependant on a life-force they called prana. Prana could be absorbed from the air from food (primarily fresh organic fruits, vegetables, nuts, seeds and grains) and from light. They believed that the body had

an ability similar to plants to absorb and use solar energy. While this has yet to be verified scientifically science has recognised that there are glands in the body that are light-sensitive (i.e. the pineal gland). In animals exposure to normal daylight is essential for the proper regulation of their hormone cycles. Could the same be true for man?

A Natural Remedy

The rays of the sun are powerful germicides. Certain skin complaints like psoriasis and acne

respond very well to sunlight. It also causes the production of vital bone-forming vitamin D. It can help build up protection against minor infections and is essential for the wellbeing of your eyes. Blood pressure is lowered in the sun. The sun is nature's healer of tissues, sprains and muscle aches.

It is universally agreed that we feel better and healthier on a sunny day, we are somehow more relaxed and cheerful. Time spent in the sun is generally a break from our usual routine and we come in the evening feeling renewed, rested, relaxed and

hopefully suntanned rather than sunburned! Which brings us to the perennial problem as the year waxes warmer and brighter - how to acquire an attractive and healthy tan without risking the pain and potential dangers caused by sunburn.

Safe Tanning Code

1. Gradual exposure.
Allow the skin time to adapt to direct sun exposure. Start with say a half hour and gradually increase the time thereafter. It is also a good idea to be active in the sun rather than lying down all the time.

2. Time of Day
The ultraviolet radiation is at its most powerful between 12 noon and 3pm so special care must be taken if you intend sunbathing during these hours. If you must sunbathe between 12 noon and 3 p.m. make sure you have adequate protection

3. Sunscreens
Sunscreens help protect the skin from the effects of ultraviolet radiation. They are rated by their Sun Protective Factor (SPF). This can range from 3 to 34 (and even as high as 50). A factor 3 sunscreen means you can stay three times as long in the sun before burning. The higher the factor, the more protection. A factor 15 sunscreen will give adequate protection for most skin types

So there we have it. Now all we need is some sun!

- Peadar Cox