

# Not Cunningly Devised Fables

# Three Views of Inspiration

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3. Existential/"Encounter"

# Basic Rules for Interpretation

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3. Know the difference between policy and principle.
4. Make sure the prophet really said it!

# Who Benefits: Health Freaks or Couch Potatoes?

- 17 yr British follow-up
- Men and women
- 9655 participants

J Epidemiol Community Health 2008; 62: 905-908

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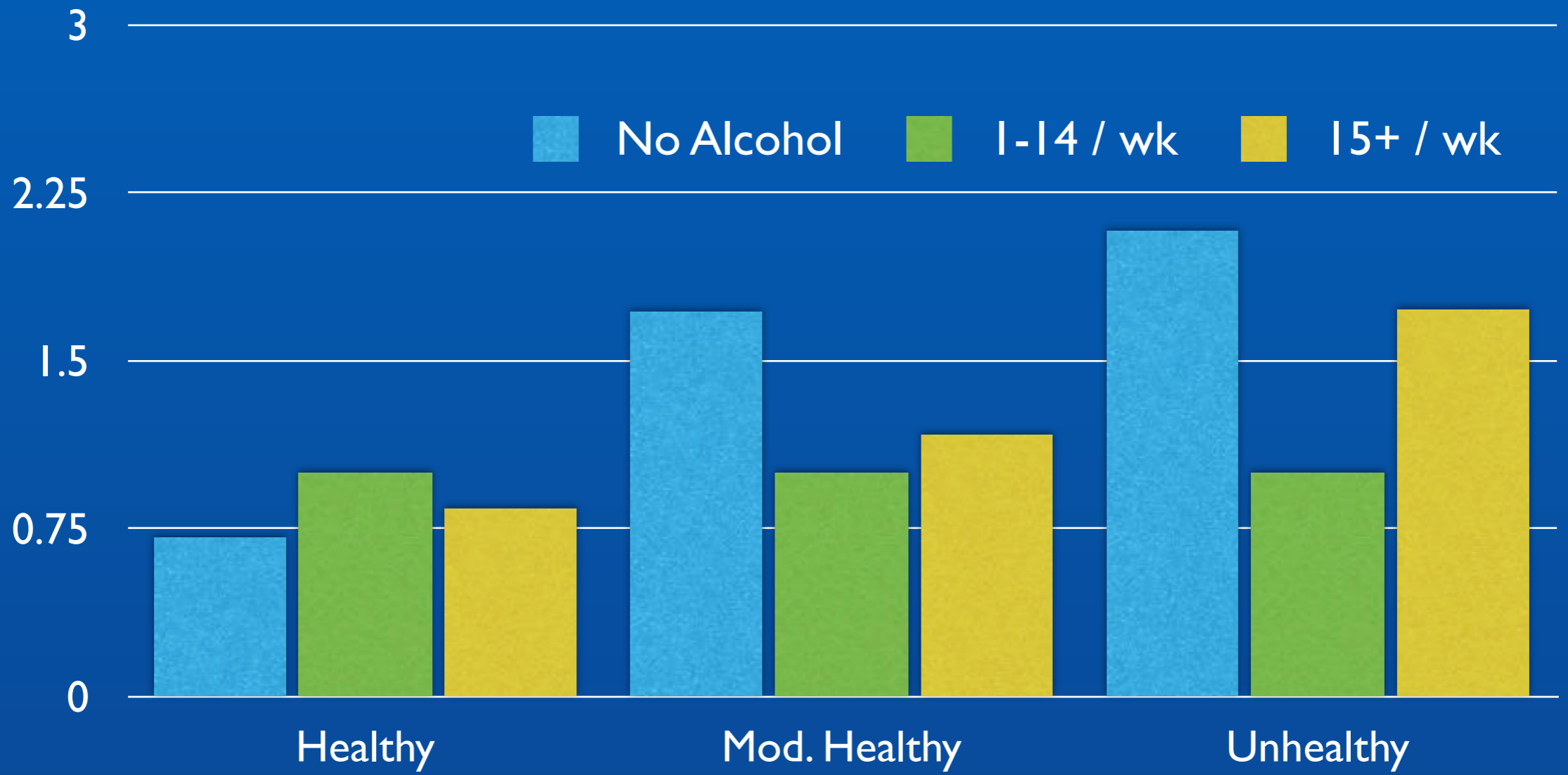
## 1. Healthy Behavior

- no smoking
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## 2. Moderately Healthy Behavior

## 3. Unhealthy Behavior

J Epidemiol Community Health 2008; 62: 905-908



- The cardioprotective benefit from moderate drinking does not apply equally to all drinkers.
- No additional benefit from alcohol was found among those with the healthiest behaviors.

J Epidemiol Community Health 2008; 62: 905-908