

Health and Science Series

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PASSION, PRIDE, POWER, PAIN

WHAT IS *DRIVING* FOR YOU?

Driving is an integral part of our lives, whether we are the driver or the passenger. Our modern society and civilization have evolved largely on the basis of vehicular travel freeing us from the constraints limiting us by other modes of transportation.

Some of us have an imbued **passion** to drive. The automobile provides a means to achieving a feeling of satisfaction and even exhilaration. It is no happenstance that NASCAR racing has become America's most popular spectator sport ahead of baseball, basketball and football. Many of us have an innate desire to drive a vehicle unrestrained by modest speed limits. Except for the racecar drivers, that experience can rarely be achieved other than vicariously as auto racetrack fans.

Sports car enthusiasts and those relatively few who can afford the grand luxury cars demonstrate great **pride** in their vehicles. Some of these drivers, along with SUV and truck owners, share the feeling of **power** inherent in their vehicles. Car ownership has been related to freedom, pleasure, convenience and sexuality. (1).

Driving is an essential, pervasive activity of our daily lives, including transportation, recreation and work. Mentally and physically we are affected by driving, whether we are the driver or the passenger. We are subject to fatigue from long rides, especially where the vehicle environment is sub-optimal. Vehicle emissions cause cancer, asthma and respiratory illnesses while contributing to road rage and global warming affecting everyone. (1).

Drivers' and passengers' mental and physical states are constantly affected by their driving environments. Combustion powered vehicles (and power boats, ships, airplanes and locomotives) impact the occupants with noise, mechanical vibration and emissions. Stressful driving can cause hypertension leading to stroke, heart attacks, back and neck pain, kidney and bowel ailments, eye fatigue and night blindness. Road rage is a product of the mental and physical stresses produced by driving. (2).

Driving often causes **pain** ranging from fatalities and injuries produced by accidents to feelings of aggression and hostility from the frustration of traffic jams. Two hundred fifty million persons were injured in the United States during the 20th century from auto accidents. On average 120 persons are killed every day in car accidents in the U.S. (3).

Although all drivers are subject to the feelings of passion, pride, power and pain associated with driving and may experience any or all of these at some time or another, each driver falls predominantly into one of these categories. The driver's license symbolizes a sense of independence for all drivers, representing emancipation from childhood to the adult world. Loss of our driving privileges lowers our self-esteem.

As an illustration, I recently attended the funeral of a close friend I had grown up with in New York. I recall how envious I was at his securing his driver's license at 16 years (New York City requirement was 18 years) because his folks had a summer place upstate in Westchester County. Occasionally I would be a guest there. How I marveled at my friend's **passion for driving** and the way he could skillfully maneuver his father's Hudson car along the Hudson River's meandering roads.

Four years ago my friend had a stroke depriving him of his peripheral vision and ending his driving. He had been a multi-talented individual with diverse careers in Pharmacy and Chiropractic. He was also a world-class Photographer. Driving was his **passion and was the essence of his independence**. My friend's peripheral vision slowly returned and he had scheduled a test to reclaim his driver's license. Alas and ironically, he died of an embolus just before he could take the test.

We owe it to ourselves, and everyone in a global sense, to secure the safest and most efficient conditions in our vehicles. This will help ensure our mental and physical health and protect those persons around us. **A giant stride toward achieving this goal is through the economically practical use of the Fuel FX Reactor, which significantly increases fuel efficiency, lowers emissions, increases horsepower and decreases noise and mechanical vibration, providing a smoother ride.** The Reactor also allows the use of **regular gasoline in lieu of premium grade**. The Reactor is available for **purchase or lease at modest cost**.

REFERENCES

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