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[Lab. of Health and Physical Education]

Effects of Ingestion of "BON-NARINE" on Immune Functions in Mice.HARUO SUGIURA*, HIROKO MAENO, ETSUO UEYA, RYOICHI INABA,
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The effects of ingestion of "BON-NARINE" (BN) on the immune functions of female BALB/c mice were investigated. As a results, the ingestion of BN promotes phagocytic activity in the reticuloendothelial system in mice and has a stimulatory effect on M ϕ because of increases in glucose consumption capacity, O₂⁻ production capacity, acid phosphatase, β -glucuronidase and lactate dehydrogenase activities in the peritoneal M ϕ of mice. BN also intensified the T-cell function represented by Con A-induced splenocyte proliferation.

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**Effects of Different Exercise Roothing on Bone Hardness
and Bone Density Towards Ovariectmized Mice.**HIROYUKI NISHIDA*, HARUO SUGIURA, YASUFUMI TAKEMOTO,
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Effect of forced running exercise on bone hardness and bone density in stage of senescence when osteoporosis is in progress were examined using osteoporosis model mice, one is ovariectmized and another is kept in a low Ca diet. The femoral hardness of the mice with the forced exercise showed significantly higher values than those without the exercise after 8 weeks at the experiment. The highest values were obtained in the mice with 60 min/day forced exercise. Though the values were diminished to 40 min/day and 20 min/day exercise, the results bone density measured by X-ray film by use of micro-densito-meter were agreed with those of bone hardness.