

THE NEW 20-MINUTE WORKOUT: LESS TIME, MORE RESULTS

BEACHES & BARS ISSUE

HOW SEX PREVENTS CANCER (p. 56)

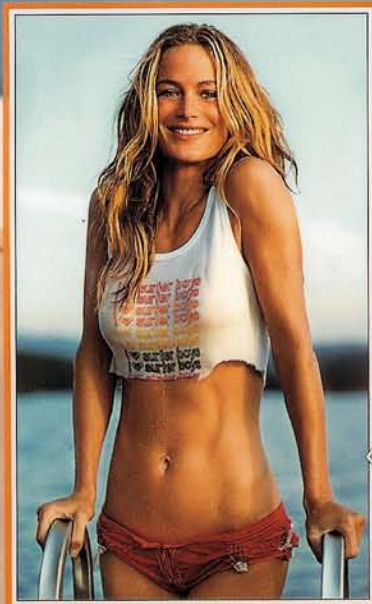
Men's Journal

Live the Interesting Life

THE 25 Hottest BEACHES

In America, the Caribbean, and the World

PLUS THE 30 COOLEST BARS



This Summer's Essential Gear

The Best Barbecue Grills, New Sunglasses, Tennis Rackets & Boardshorts

The World's Greatest Athlete

...is a Surfer? (p. 64)

The Ultimate Beach Girl

Meet Supermodel Carolyn Murphy



Vince Vaughn at the Palmilla resort in Los Cabos, Mexico



JULY 20

\$3.95US \$5.95CAN £2.95U



MENSJOURNAL.COM



42

Steve McQueen takes a break from motorcycling across the Mojave Desert.

Men's Journal

ADVENTURE

News Actor Ewan McGregor completes his around-the-world motorcycle adventure, Pete Cabrinha shreds a 70-foot wave, and more. **38**

Books Heavy metal carnage in auto racing's deadliest year. PLUS: Porn for fly-fishers. **40**

Steve McQueen's Great Escape In an excerpt from his photo book, William Claxton remembers motorcycling with his friend. **42**

Underwater Espionage When Bob Ballard located the Titanic in 1985, was he also spying for the U.S. Navy? **44**

PEAK PERFORMANCE

The 20-Minute Workout Think you don't have enough time to get into shape? Think again. With our speed-demon fitness program, all you need is 20 minutes, three days a week. **51**

When Animals Attack What to do if you're bitten by a rattlesnake – or other deadly beasts. **54**

Health News Sex wards off cancer! Seriously! PLUS: Ancient grains make a comeback. **56**

Paging Dr. Bob Our resident physician answers questions on heart disease, West Nile, and more. **58**

STYLE

Cargo Shorts Versatile and classic, these shorts make for practical summer gear. **86**

Watershoes New high-performance aquatic kicks for every kind of summer sport. **88**

ALL NEW GEARGUIDE

Cutting-Edge Scuba Equipment The latest advanced must-have gear for the recreational diver. PLUS: Diving expert Phil Keoghan's travel and equipment tips.

Power Tennis Hit the sweet spot with these high-tech tennis rackets. **100**

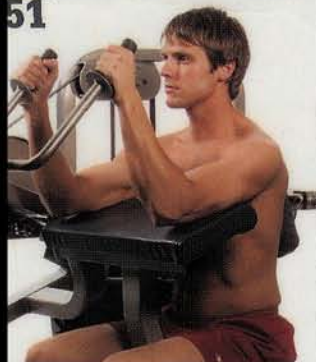
Hot Grills BBQ season is here; we test and rate eight of the best. **102**

Revenge of the Hemi Chrysler's monster of an engine returns. **106**

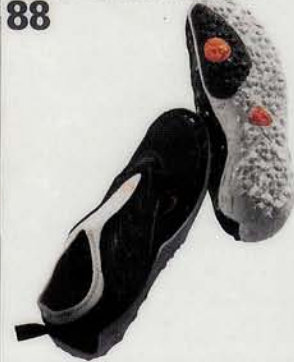
Ultralight Gear Adventure racer Paul Romero on his rugged – and lightweight – essentials. **108**



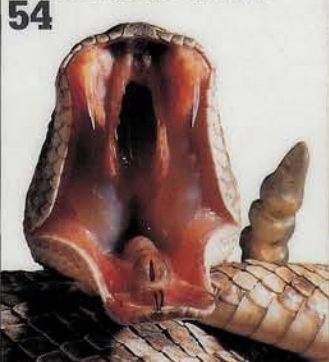
Get ripped with our 20-minute workout **51**



New sport-specific watershoes **88**



Animals that get under your skin **54**



MISC.

Real Heroes When a speeding driver passes out, one man makes a high-speed rescue. **124**

Mail 10 Contributors 12



First Annual Readers' Poll

Share your wisdom on sports, travel, health, and the lives of American men. Log on no later than July 31 to qualify to win this GoLite Fruita pack, complete with a three-liter bladder to keep you hydrated while you're on the go (\$89).

mensjournal.com

Void in Puerto Rico and Florida. For official rules visit mensjournal.com.

Health News

NEWS YOU CAN ABUSE

When a study published last summer claimed that frequent masturbation in your 20s protects against prostate cancer, it immediately became water cooler fodder. But serious medical advice? Well, new research, published in the esteemed *Journal of the American Medical Association*, backs up the study — and expands on it. Turns out that ejaculation — whether from sex, masturbation, or nocturnal emission — is a cancer fighter right on through your 30s and 40s, and can lower your risk by as much as 33 percent. The researchers even give you a magic number to shoot for each month: 21. That's sex four times a week, with five solo sessions during the month. What are you waiting for?

When a study published last summer claimed that frequent masturbation in your 20s protects against prostate cancer, it immediately became water cooler fodder. But serious medical advice? Well, new research, published in the esteemed *Journal of the American Medical Association*, backs up the study — and expands on it. Turns out that ejaculation — whether from sex, masturbation, or nocturnal emission — is a cancer fighter right on through your 30s and 40s, and can lower your risk by as much as 33 percent. The researchers even give you a magic number to shoot for each month: 21. That's sex four times a week, with five solo sessions during the month. What are you waiting for?

Going with the Grain

Amaranth? Spelt? Walking the cereal aisle today feels like a trip through the Old Testament. Hold on to your grindstone: These tasty fiber sources are packed with nutrients, reducing the risk of heart disease, cancer, and diabetes — and they'll keep you as regular as a Swiss watch. Here are the specs on the ancient-grain craze. — DAVID BLEND

Amaranth Revered by the Aztecs; means "immortal" in Latin.

Nutrition Contains iron, calcium, and the amino acids lysine, methionine, and cysteine. High in protein. **Flavor** Peppery **Fiber** (per 100 g) 15 g, hence the soon-to-be-popular nickname "Aztec Ex-Lax"

Millet Commonly used in America as fodder and birdseed.

Nutrition High in B-complex and E vitamins. Extremely high in iron, magnesium, phosphorus, and potassium. Gluten-free; easily digestible. **Flavor** Sweet, nutty **Fiber** (per 100 g) 8 g

Spelt Has been cultivated in Europe for 9,000 years.

Nutrition Contains the minerals manganese, zinc, iron, and copper; vitamin B; and protein. Not gluten-free, but often tolerated by those with wheat sensitivities. **Flavor** Nutty **Fiber** (per 100g) 8 g

Teff A staple of the Ethiopian diet, Teff is the smallest grain in the world.

Nutrition Contains high levels of calcium and iron; protein; and the minerals boron, magnesium, copper, phosphorus, and zinc. Gluten-free. **Flavor** Rich and — surprise — nutty **Fiber** (per 100g) 6 g

RAPID REPORTS

ROCK THE GYM Time to fork out for that iPod. According to a report from researchers at Ohio State, subjects who listened to Vivaldi's *Four Seasons* while working out on a treadmill did much better on a postworkout test of verbal ability than they did after exercising sans music. No word yet on whether listening to 50 Cent on the stationary bike helps your math score.



IT DOES A BODY GOOD For those trying to lose those last few pounds, you may want to have some milk with that grilled chicken breast. A new study says that adults who were on a low-calorie diet and ate three to four servings of dairy (which apparently speeds up the body's metabolism, helping it to burn fat) each day lost significantly more weight than those who cut calories but consumed no dairy products.



SOY SOLUTION Could soy be the cure for baldness? New research suggests that when the bean is digested, it triggers the production of eugol, a molecule produced in the intestine that can block DHT, a hormone that makes hair follicles fall out. So far, research has been done only on rats, but if it carries over to men it could have far-reaching implications for the treatment of hair loss — not to mention the tofu and edamame industries.



The Hearing Pill

In *The Red Badge of Courage* Stephen Crane described the "furnace roar" of battle — and he had never heard a daisy cutter go off. Whether sitting in an M1A1 tank in Baghdad or in front of a videogame like *Grand Theft Auto*, an estimated 30 million Americans are exposed to harmful noise on a regular basis; nearly 10 million have suffered hearing loss.



Battle Roar: Testing NAC's efficacy

Now a new supplement promises to protect enlisted and civilian personnel alike from the droning decibels that can permanently wreck the human ear. The key: N-acetylcysteine (NAC), the antioxidant that helps shield the tiny sound-conducting hairs of the inner ear from the damage caused when loud noise triggers the release of destructive free radicals. In experiments at the State University of New York at Buffalo, animals given NAC and exposed to toxic noise experienced roughly 30 to 60 percent less hearing loss than untreated animals. And researchers believe that people could show similar results.

Despite the fact that human tests haven't been completed, NAC is already on the market as a nutritional supplement called, not surprisingly, the Hearing Pill (\$22; thehearingpill.com). Because it's a supplement, the Hearing Pill isn't regulated by the FDA (a prescription version is planned). But depending on the outcome of a major clinical trial underway at California's Camp Pendleton, the supp may be worth a try: Hearing-loss data collected from 600 Marines during training will help answer whether NAC can dull the effects of the roar. — JOSHUA TOMPKINS

THE 30-SECOND GUIDE: HYPERFITNESS

YOU'VE HEARD ABOUT THOSE INSANE ULTRA-endurance adventure races — you know, the ones that have you cycling for days on end or running for 24 hours straight. If you're not about to sign up for one, we don't blame you. But if you're morbidly curious, classes are now popping up that let you get a taste of what training for such a race feels like — and get the huge fitness bounce that goes along with it. "My class is not for people who say they want to lose 10 pounds," says Sean Burch, whose Hyperfitness Training course in suburban DC has his participants sprint a mile — for warm-up (seanburch.com).

Burch isn't the only one taking training to new extremes. At New York's Chelsea Piers (chelseapiers.com), fellow ultra-athlete Scott Berlinger offers the

crack-of-dawn Full Throttle Endurance Program. A typical morning's torture? Swim 100 yards and then run a quarter mile. Then swim 200 yards and run a half mile. Keep increasing until you're swimming 500 yards and running two miles — all while your co-workers are still asleep.

Feeling masochistic but can't make it to DC for Burch's class or to Manhattan for Berlinger's? Check out similarly brutal classes like Military Boot Camp at Crunch in San Francisco (crunch.com), Adrenaline Boot Camp at Equinox's Southern California gyms (equinoxfitness.com), or the "general fitness" program at Life Time Fitness gym, which is based on military training techniques ([locations from Arizona to Ohio; lifetimefitness.com](http://locationsfromarizona.to.ohio;lifetimefitness.com)).

— STEVE STEINBERG



Keep Moving: Feeling the burn in Sean Burch's Hyperfitness Training class