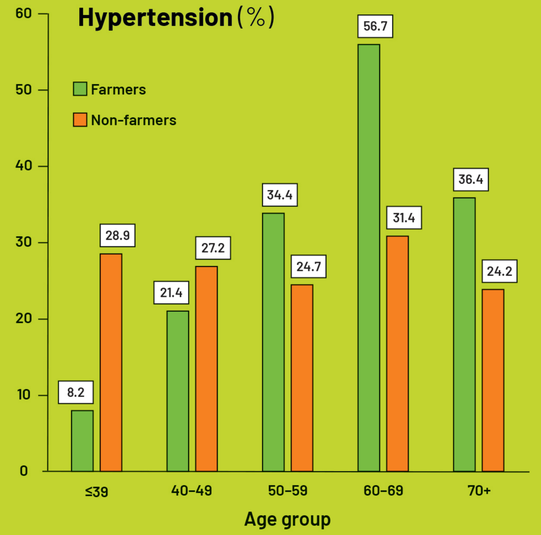
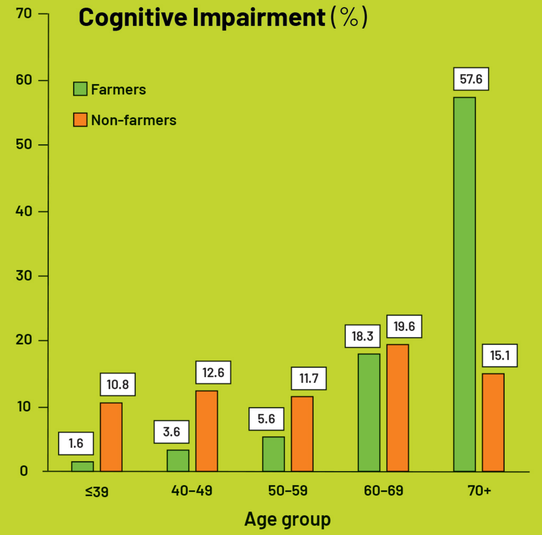
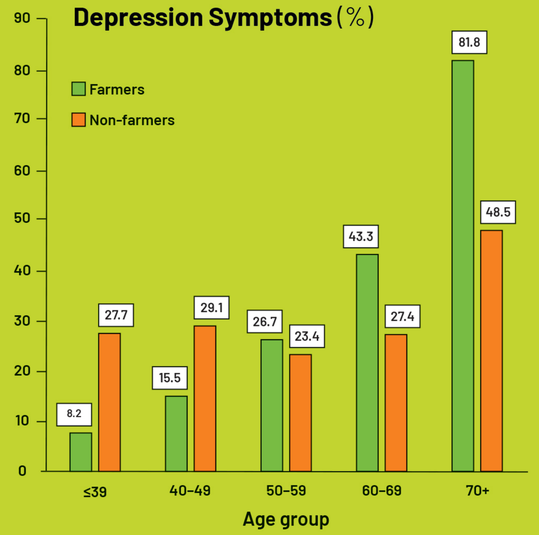
Farm Health

Many people returning to farms in India say they prefer the lifestyle—but is it healthy? A two-year study in western Greece found that while younger farmers face less hypertension, cognitive impairment, and depression than their non-farming peers, the situation reverses as they age.