

PUBLIC HEALTH

Keep Fit to Work After 65

► MORE THAN three-fourths of American men want to keep on working after age 65, a survey by the Northwestern National Life Insurance Company at Minneapolis shows.

To help these men keep themselves more valuable, instead of less, the insurance company gives six common-sense rules based on the advice of experienced employment agency men and business personnel managers. The rules could apply as well to women who want to go on working into their sixties and seventies. Here they are:

1. Keep your mind always in training, active and open to new ideas. In this way you can keep your mind 10 years younger than your calendar age, and avoid "rust" and senility. There is universal agreement among the employment experts consulted that "Some men are mentally young, adaptable, and therefore valuable at 70; others are old and in a rut and ready for the shelf by 55 or 60."

2. Have a specialty, stay with it and always keep learning more about it. Employment agency people say, "An older man with 20 years or more of experience in one field is far easier to place than one who has shifted around, with maybe five years in sales, four in credit, half-a-dozen years in accounting, etc."

3. Build the widest possible range of personal contacts as you grow older. Be active in a professional club if there is one in your line, in a luncheon club, trade association, etc.; keep active in community work and church work. Entirely aside from the joys of being of service to your fellows, a wide field of contacts will make it far easier for you to locate a new and satisfactory situation, should the need come.

4. Watch your own little personality "kinks," your irritability, prejudices, jealousies, sensitiveness to criticism, etc. As

you get older they can develop into fatal handicaps to employment.

5. Watch your health habits during youth and middle age, that you may still be healthy at 60 and 70. Have a thorough physical checkup every year. Personnel managers agree that the slight slow-down usually noticeable in the worker of 60 is not a problem, but that the increasing frequency of complete work interruptions due to illness and actual breakdowns among older workers is a major difficulty in their employment.

6. Watch your personal appearance. There is a strong tendency among older workers, both men and women, to get a bit careless, even sloppy, in their dress and grooming. This usually indicates a letdown in the care they give the details of their work and it tends to mark such workers as on the downgrade and overdue for retirement, even at 55 or 60. It makes them especially difficult to place in new employment.

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MEDICINE

50% Cancer Patients Live with Adrenals Removed

► MORE THAN 50% of advanced cancer patients who have had the vital hormone-producing adrenal glands removed are now living healthy, normal lives, according to Dr. Charles B. Huggins, University of Chicago surgeon. One of them is even back at his work as a boiler-maker.

Dr. Huggins reported that he has operated on 42 patients with prostate or breast cancer. Of these, only the third and fourth are dead. Since the first prostate operation, 13 months have passed, while 11 have passed since the first breast cancer operation.

The recovery in half of these patients is remarkable. From severe pain and wasting away, Dr. Huggins said, they go, within a very few days after operation, to happy, healthy specimens. Those who thus recover, he believes, have cancers which are dependent for their existence on the hormones secreted by the body's glands. The other half have cancers which are not. At the present time, there is no way of telling which cancers are hormone-dependent before operation.

The patients, after operation, get cortisone daily to replace the adrenal secretion.

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Question Box

ANIMAL NUTRITION

How was it shown for the first time that chickens can make their own cystine? p. 251.

CHEMISTRY

What new method for making cortisone has been devised? p. 253.

GENERAL SCIENCE

Who has just been elected Secretary of the Smithsonian Institution? p. 246.

What was the Navy's Project Sneeze? p. 249.

Photographs: Cover and p. 250, Lick Observatory; p. 243, High Altitude Observatory; p. 245, Harvard University; p. 246, Fremont Davis; p. 247, International Business Machines.

MEDICINE

What chemical has been effective in birth control of rats? p. 252.

NUTRITION

What wild greens can safely be eaten? p. 248.

PSYCHOLOGY

How should big league ball players be rated? p. 255.

SEISMOLOGY

How many earthquakes have rocked Oklahoma in the last 34 years? p. 247.