

Women clerical workers such as secretaries, bookkeepers, bank cashiers and sales clerks are more likely to develop heart disease than professional women, housewives or male clerical workers, a new find has revealed.

The female clerks at highest risk of having a heart attack or related heart problems have children at home, are probably working out of economic necessity, suffer suppressed anger, have a nonsupportive boss and are unable to change jobs, the study found.

The discovery of the high risk of heart problems among women clerks was made by federal researchers who began in 1965 to follow the medical and social histories of more than 700 women and 580 men. Their aim was to see if unemployment changed women's risk of having heart attacks, which generally has been lower than that of men.

The study was carried out among residents of Framingham, Mass., where the government's National Heart, Lung and Blood Institute has been following the fates of hundreds of residents for more than two decades trying to ferret out the physical, social and economic factors that lead to heart attacks.

Between 1965-1967, the researchers collected psychological and social data on 350 housewives, 387

Happiness Through Health Study of Heart Disease in Women Workers Shows Risk Highest in Clerical Employees

By Otto McClarrin

working women and 580 men, all between ages 45 and 64. For the succeeding eight years the researchers kept track of the peoples' heart attacks, chest pains and other symptoms of coronary heart disease.

In the study, a working woman was defined as one who had spent at least half her adult life employed outside the home. Women who had spent less than half their employable years outside the home were designated "housewives."

The study, published in the American Journal of Public Health, confirmed several earlier findings. As a group, women continue to enjoy a lower risk of having coronary heart disease than men. And going to work only slightly increases that risk for the women.

For example, 13% of the men in the study developed

heart disease symptoms during the eight years of the study while 7.8% of the working women developed heart problems and only 5.4% of the housewives had such heart problems.

There were, however, psychological differences. "Working women experienced more daily stress, marital dissatisfaction and aging worries than either housewives or men," Drs. Suzanna G. Haynes and Manning Feinleib of the heart institute reported. The working women also were more similar to men than to housewives in terms of aggressive and ambitious behavior.

In contrast to previous studies, the new study found that the working woman who had children was at a higher risk of heart disease than either a single woman

or a housewife with children.

"Women who worked outside the home and had raised three or more children were twice as likely to develop coronary heart disease as housewives with the same family responsibilities," the researchers said. Earlier studies had indicated that single women had a higher risk than women who had been or were married.

"These findings suggest that the dual roles of employment and raising a family may produce excessive demands on working women," the study noted. The risk was most pronounced among the women working as clerks, as compared with either men or women working as professionals, proprietors and managers, manual workers and "protective and service workers."

"Among women, clerical workers were almost twice as likely to develop coronary disease as either white - or blue-collar (women) workers," the study found.

OTHER FINDINGS: 1. The much higher risk among the women clerical workers occurred almost solely among those women who had children.

2. The women clerical workers who did develop heart disease were more likely to suppress hostility, that is, remain silent about their anger, to talk less about personal worries, have a "nonsupportive boss," and to experience fewer job changes.

Coping

How To Be Fair

By Dr. Charles W. Faulkner

You are shopping one Saturday morning. Suddenly, you hear a scuffle and notice that a private store guard has arrested a young man and accused him of shoplifting. The young man says that he purchased the item from another store but has lost his sales ticket. The guard says that the item was stolen today from the store. Whom do you believe? Why?

It is Saturday morning and you are enjoying a pleasant day downtown shopping. You go from store to store window-shopping. You buy a wallet from a department store, tell the salesclerk not to wrap it because you want to use it right now. You toss the receipt into a trash can and continue your shopping. Just as you attempt to leave the store the guard asks you if you paid for the wallet that you are holding in your hand. You say that you paid for it earlier. The guard asks for your receipt — which you threw away. The salesclerk does not remember selling it to you. You are placed under arrest. Does your situation make you re-evaluate your feelings about the young man who was arrested for shoplifting?

How frequently do we jump to conclusions? How often do we make assumptions about the personality of other individuals? We judge them to be bad, inferior, dishonest or wrong. However, when we are placed in the similar kind of situation, we tend to want the same kind of sympathy and understanding that we are reluctant to give to others.

It is a common practice for people to dispose of their

receipts before leaving a store and once this is done, there is little evidence that they purchased rather than stole the item. Usually, there is little more than an inconvenience but even the loss of time is quite a price to pay when one has committed no wrong. We should give others the same respect and understanding that we desire.

The fact is that most judgments that we make, most decisions that we arrive at, are based on a very limited

amount of information. In some cases, we have decided that a particular person is guilty regardless of the crime of which he is accused and regardless of whether or not he is guilty. Most people will judge a person who is poorly-dressed and dirty as the guilty party.

The person who is poorly-educated is often the first to be arrested in a confrontation with a person who is well-dressed and well-educated. And, no questions are asked because we assume that we have all of the answers. We assume that we "know exactly what happened" without having seen it happen.

It is important to remember that if we were to be placed in the position of those whom we prejudice, those whom we consider to be inferior, we would plead for fairness and understanding.

In any situation in which we must make a determination, we might be more righteous and just in our decision if we would conduct the simple procedure of psychologically putting ourselves in the other person's place. And, then, understand how it feels to be treated unfairly.

Letter To The Editor

By and large, I think that Donald Alderman wrote a good summary article about a long discussion that we had about a complex problem, (reference-May 1st issue, article "Drop-Out Problem, Instructional and Attitudinal"). However, instead of the statement, "integration stripped the black community of dignity and respect", it should read, "integration stripped the black community in many places of its role models and leadership." I think you will see that there is a natural flow of ideas with that correction.

Cleveland Hammonds
Superintendent
Durham City Schools

SWP Alleges

(Continued from Page 13)

light thousands of government files documenting harassment, burglaries, blacklisting, and use of informers by the FBI, INS, CIA, and other agencies against the SWP and YSA. The plaintiffs are demanding \$40 million in damages, an injunction against further utilization of these police-state methods against them, and a ruling that the government cannot

premise an investigation on the basis of the YSA and SWP's political ideas and activity.

The INS was added to the lawsuit as a defendant last November. At that time papers turned over by the government documented a current investigation of Marion Bustin, a Scottish-born coal miner in West Virginia, solely for her membership in the SWP and YSA. Bustin will testify at the New York trial.

Meharry

(Continued from Front)

"There are still far from enough physicians, dentists, and other health-care specialists in our hospitals and clinics in thousands of inner city and rural neighborhoods," he added. "A chief reason Meharry deserves our help is that it trains and motivates its students to serve the disadvantaged. Over three quarters of its graduates practice in under-served com-

munities." Dr. Elam noted that over 60 per cent of Meharry's medical graduates enter primary care, the type of practice which is in shortest supply in underserved areas and in which an additional 16,000 practitioners are needed nationally by 1990.

In its schools of medicine, dentistry, research studies, and allied health professions, Meharry enrolls about 1,100 students, making it one of the larger among

the nation's independent medical colleges. The students come from 35 states. Eighty per cent are black, the others white, hispanic, and American Indian. Forty per cent are women. Meharry alumni practice in 48 states.

"We are deeply grateful to John McGillicuddy for undertaking this campaign," said Dr. Elam. "His willingness reflects his commitment to improving the conditions of life for all Americans, whatever their

backgrounds."

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