

# Make Health Adjustments

The difference between an optimist and a pessimist, it's said, can be summed up in the way they look at a glass half filled with water. The pessimist says it's half empty — the optimist says it's half full.

Those two viewpoints are especially evident when we talk of health. There are plenty of pessimists who see the glass of life as half empty, and draining fast. They discuss their real or imagined ills in endless detail, or they worry in secret and inspect themselves for "symptoms" each time disease is brought to their attention.

## OPTIMISTIC VIEW

Fortunately, most people take the optimistic view. They think of health in terms of what they have, not what they've lost. They are concerned not so much with this ill or that, but with the sum total of their physical, mental and emotional well being. Health is a tool which they use in living, and they are too busy using it to worry much about whether it has been dulled a little on one edge.

The optimists are right, of course: it's the use that counts. History is full of magnificent examples. The poet Milton wrote of the world's beauty, though he was blind. Beethoven composed great symphonies, and Thomas Edison invented the phonograph, though both were deaf. And Helen Keller, born blind, deaf, and dumb, broke through the walls of silence and darkness to become one of the most famous women of our time.

Many similar examples can be found among those active today. Vic Wertz, stricken by polio as a boy, is now a star first baseman for the Cleveland Indians. Sammy Davis, Jr., lost an eye recently, as did Paul Muni, but both mastered the handicap to continue brilliant careers in the entertainment world. Harold Russell, who lost both hands in World War II, went on to star in "The Best Years of Our Lives", and Charles Potter became a United States senator from Michigan after losing both legs.

This kind of intelligent use of health resources is by no means limited to people with exceptional talents. We all know people who have accepted a physical limitation and have gone on to live satisfying and rewarding lives. As a matter of fact, all of us do the same thing — to a degree. We may not have a major handicap, but we do deal with

the same problem on a more manageable scale. As we grow older, and as illness or accident takes its toll, we learn to live and work and function with health resources which may not be all they once were.

## TOUGH AND ADAPTABLE

Fortunately, we are made of tough and adaptable stuff. By adjusting to our physical liabilities, and by good management of our health assets, we can lead active, useful, and happy lives. Whether you have an apparent problem or not, you should "take inventory" of your health assets through a regular check-up with physician and dentist. That will take care of a lot of little things before they get big.

Health management consists also of taking simple, common-sense precautions. Overweight, for instance, is one of the most common health problems in America today. It places a heavy strain on the circulatory system, causes a sharp reduction in general vigor, and sometimes endangers lie itself. It can be overcome in most cases by the exercise described as "putting both hands on the edge of the table and pushing yourself firmly back."

For others, health precautions might consist of getting more sleep, if vitality seems to ebb during the day. It might consist of starting a few minutes earlier every morning, to take the hurry and worry out of getting to work. Or it might be a matter of eating slowly, in a relaxed and quiet atmosphere, if too much tension is beginning to upset the digestive system.

## COMMON SENSE

Adjusting to changing circumstances in health is also a matter of common sense. Thanks to medical science, which keeps adding to life span, most of us can expect to face the problem of making adjustments in our way of life sooner or later.

Both our needs and our interests change with age. The man who worked hard for success may decide with advancing years that it's time to relax and enjoy it. The man who took part in active, competitive sports may find that fishing has become more suited to his taste, and the couple who used to do the Mambo may find a new interest in reading together. They may find, in fact, that adjustment has led them to a richer, more satisfying life than they led before.



**USE SCISSORS? BE CAREFUL!** — Mildred Owens of Utility Department at Hudson, poses prettily above with a pair of scissors which in a twinkling can turn from a useful tool into a harmful injury-inflicter. In just a slip of the hand a pair of sharp scissors can snip through the cloth to an unsuspecting hand. Last month cut fingers led the list of accidents at Anvil Brand and Ossie Wright, safety director, urges all operators to take special precaution with scissors. Mildred has been with Anvil Brand about three years.

# Use Scissors Correctly

Scissors!

Perhaps several exclamation points after this word would describe more accurately the way the Safety Committee felt about scissors after they saw January's accident report.

When the final accident reports were in a total of 14 cut hands were reported, one of which resulted in a lost time accident.

After studying this report Joyce Chapman and Kathryn Johnson made a study of scissors handling and came up with the following suggestions for operators to keep in mind:

When cutting material with scissors always keep the hand which is holding the material well away from the scissors.

When ripping out threads with scissors, always rip away from you.

Never place scissors in your lap. (If scissors were lying in your lap and you suddenly stood up, the possibility of a serious accident if the scissors fell on your foot is obvious.)

Always place scissors on the machine where they cannot be

vibrated off by the motion of the machine.

## WHAT IS DEMOCRACY?

Democracy, the line that forms to the right. It is the "don't" in "don't shove!" It is the hole in the stuffed shirt through which the sawdust slowly trickles — it is the dent in the high hat. Democracy is the recurrent suspicion that more than half of the people are right more than half the time. It is the feeling of privacy in the polling booths, the feeling of communion in the libraries, the feeling of vitality everywhere. Democracy is the letter to the editor. Democracy is the score at the beginning of the ninth. It's an idea that hasn't been disproved yet, a song the words to which have not gone bad. It is the mustard on the hot-dog and the cream in the coffee.

To one in whom love dwells, all the world are brothers.

—Buddist text