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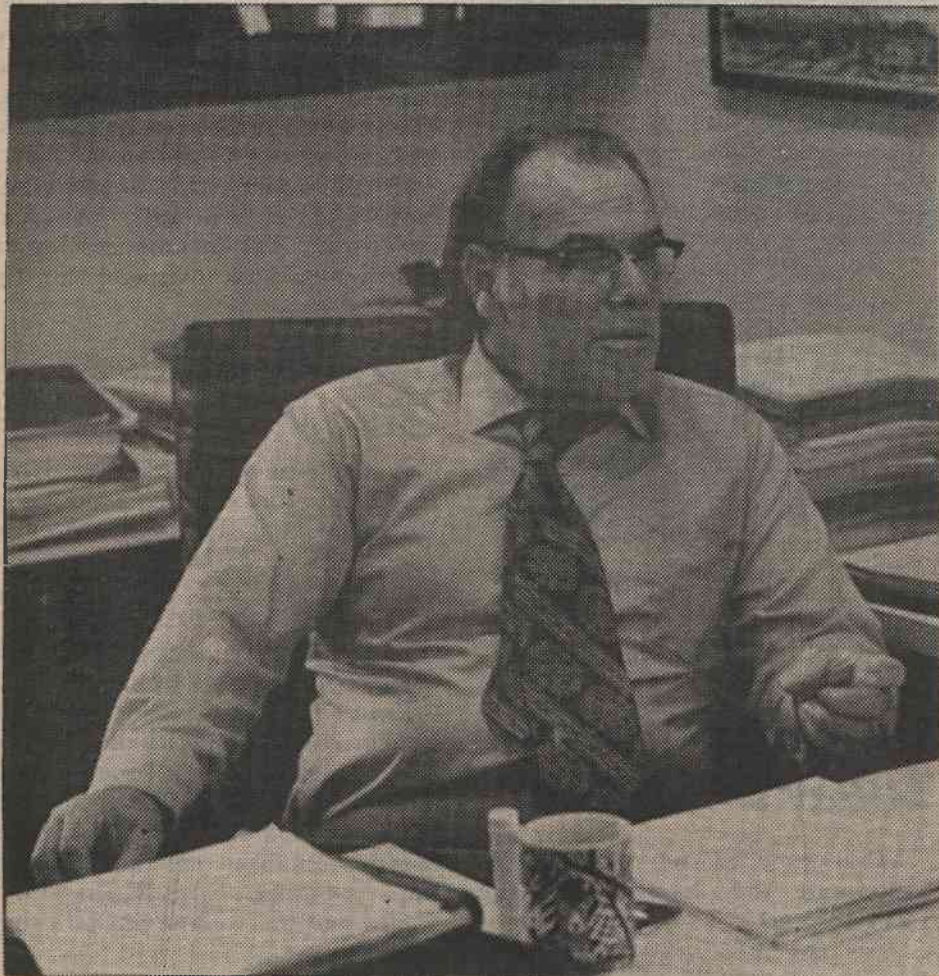
VOLUME 22, NUMBER 38

OCTOBER 10, 1975

DURHAM, NORTH CAROLINA

Two Decades of Adding 'Life' to Years

Pioneer Center Celebrates 20th Anniversary



MAKING A POINT—Dr. George L. Maddox, professor of medical sociology, directs the Center for the Study of Aging and Human Development's efforts in research, education and community service. He said members of the center, which is celebrating its 20th anniversary this weekend, are interested in adding "life" to years, rather than simply adding years to life. (Photo by Thad Sparks)

By David Williamson

"Rather than simply adding years to life, we're interested in adding 'life' to years," said Dr. George L. Maddox, director of the university's Center for the Study of Aging and Human Development which is celebrating its 20th anniversary this month.

"We know that in a few rare cases, people can live beyond 100 years old," Maddox said, "and the question inevitably comes up—'Couldn't everyone?'"

"We have taken the position that while increasing the average lifespan of the population is a commendable goal, a more pressing concern should focus on increasing the quality of life in those years that a great number of people already have available to them."

Council on Gerontology

Back in 1955, a group of 16 senior faculty members at Duke established the Council on Gerontology with that goal in mind. The council led to the establishment here of the nation's first regional Center for the Study of Aging by the United States Public Health Service two years later.

It was the brainchild of Dr. Ewald W. Busse, now director of medical and allied health education.

The center has conducted research on almost every facet of aging, from the physical decline of the senses with advanced years to the roles of the aged in modern society, from sexual behavior in old age to brain impairment and the economics of growing old in a culture which celebrates youth.

It also has trained dozens of young investigators who, according to Maddox, will be among the leaders in aging research in the future, and it has developed and tested a number of projects directed toward elderly persons in the community.

Many Publications

During the past two decades, investigators affiliated with the center have published more than 500 books and articles on the experience of aging.

Maddox looks at the institution he directs, which is itself still in its youth, with both pride and enthusiasm.

"The motto we have informally here—'service and training in the service of the aging and the aged'—anticipated the public cry for relevance of the late 1960's and early 1970's," he said. "We haven't been doing research just to be doing research, and we haven't been doing training just to be doing training."

"We kept in mind that there was supposed to be a payoff in terms of a benefit to society."

Research

What are some examples of aging research that is carried on here?

Since the founding of the center, major research efforts have focused on interdisciplinary longitudinal

studies designed to explore the normal processes of aging. A longitudinal study of aging, Maddox said, is one which follows subjects for some predetermined period of time, say, for five years, 20 years or even longer.

Two such studies are continuing at the center. The first began in 1955 with 271 persons between the ages of 60 and 90 from the Durham community. The group represented an age, sex, ethnic and socioeconomic mixture of the older population of the area, and the study was primarily directed toward the physical changes occurring during aging.

The second "panel" was formed in 1968, and it consisted of 502 subjects between 46 and 70 years old. With this group, investigators are looking at the special problems, social as well as physical, to which middle-aged and older people are forced to adapt as they grow older.

Winding Down

"Twenty years ago," Maddox said, (Continued on page 3)

Specialists Meet For National Symposium On Aging Research

The Center for the Study of Aging and Human Development will host a national symposium today and tomorrow entitled, "Behavior and the Aging Brain."

The aims of the symposium, according to director Dr. George L. Maddox, are "to assess the current state of information about brain functioning in late life and to chart the important future research issues."

"We intend to focus on neurological changes which affect functioning in the later years of life," Maddox explained, "and how our understanding of these changes can increase our ability to maintain or improve the functional capacity of older persons."

More than 150 specialists on aging from across the U.S., including psychiatrists, psychologists, sociologists, anatomists, neurologists and surgeons, are expected to attend the event.

An address by Robert M. Ball, commissioner of Social Security from 1962 to 1973, on "The Future of Social Security in the United States" will precede the opening of the symposium on Thursday. Ball is now scholar-in-residence at the National Academy of Sciences' Institute of Medicine.

Friday's sessions will include reports on current research on neuropsychology and neuropathology. Saturday's meeting will center on electrophysiology, cerebral hemodynamics and metabolism.

As Annual Observance Nears

Columbus Theories Abound

An Irishman, not Leif Ericson or Columbus, first reached the shores of America.

That is the claim of Atlanta businessman Paul Chapman, who recently published his arguments in a book entitled *The Man Who Led Columbus To America*.

Wear Something Green

According to Chapman, St. Brendan the Navigator led a group of Irish monks across the seas to the New World way back in 564 A.D. St. Brendan and his followers also discovered the Azores, the Antilles, the Bahamas, and the Faroe Islands.

Columbus, says Chapman, merely acquired St. Brendan's manuscripts and used them to navigate his crossing of the Atlantic some 900 years later.

And Columbus, says Simon Wisenthal, the man who spent years of finding Adolf Eichman, was actually a Jew in search of the Ten Lost Tribes of Israel.

Wisenthal's theory is set forth in his book called *Sails of Hope, The Secret Mission of Christopher Columbus*. Actually, Wisenthal presents some

fairly stimulating evidence to back up his theory. He notes that at least one-third of Columbus' crew was Jewish and that the voyage embarked from Spain the day following the expulsion of all Jews from that country.

Wisenthal notes that Columbus' background has never been firmly established. Also, he says, Columbus was a master cartographer, and cartography — or map making — was a profession practiced almost exclusively by Jews.

And Say 'Shalom'

Other evidence in support of the Wisenthal theory includes the fact that Hebrew lettering has been discovered on Columbus' manuscripts and that the only translator aboard the ship was a Jew. The Jewish translator, incidentally, is supposed to have been the first European to step on shore in America and address the astonished Indians with a cordial "Shalom."

So come Columbus Day, Oct. 12/13, wear the green and say, "Shalom."