

TEENS HEALTH  
Health and Safety Tips  
from  
The American Medical  
Association

Setting aside for whole some recreation is becoming increasingly important in leading a healthful and productive life.

For most people, the day's routine no longer includes vigorous physical activity or provides enough variety otherwise to break the monotony of daily living. The natural result of modern conveniences and increased automation is a sedentary existence.

Modern society has become what someone has called "flipped." The executive now works long hours instead of the laborer. Yet, like everyone else, physicians, executives, and other professional people need the refreshment that enjoyable recreation offers.

Leisure time can be used to regain a healthy balance of suitable physical activity and relaxation. Whether through a trip to the opera or an hour or two of quiet fishing, the ability to "lose oneself" in some diversional recreation provides personal fulfillment and relief from life's tensions.

Recreation is personal; to be satisfying, the hobbies and other activities chosen should be meaningful to the individual. What may be enjoyable to one person may be boring to another. Fortunately, a wide variety of opportunities is available and every person should be able to find some that bring satisfaction. Interesting family activities, another important but often missing part of modern life, can evolve from personal recreation interests.

Whatever a person may choose as hobbies, some physical recreation should be included daily. The health benefits from regular suitable physical activity such as weight control, relief from stress and a sense of well-being are now well established. On the other hand, the potential ill-effects of prolonged inactivity, such as obesity, metabolic disorders, loss of movement capacity, cannot be considered helpful for enjoyable living.

The broad benefits attributed to recreation are not automatic outcomes. Every activity carries some risk, whether from the nature of the activity itself or from the demands on the participant. One national survey showed 18,000 disabling golf injuries in 1962. Most of these were persons struck by golf balls. However, heat prostration accounted for 10 per cent and over-exertion for another 7 per cent of the total. These statistics should not cause a rush to the

golf cart, which produced 7 per cent of the casualties. Rather, golfers should respect the safeguards that judgment and conditioning will offer.

To capitalize on recreational opportunities: (1) Learn your capabilities and limitations through periodic medical examinations, and plan your activities accordingly. (2) Practice habits of healthful living faithfully in order to have the ability to do effectively the things you must and want to do. (3) Understand the risks involved in your activities of choice, and the preventive measures to be followed.

About 20 years ago the average American could expect to die when he reached the retirement age of 65.

Today seven-eighths and a half million Americans are over 65, and the generation that can expect to live an average of 100 years may well be the generation now being born.

But just living longer isn't enough. Extra years mean little unless they're healthy, active years. You can enjoy all the added years modern medicine has given you — you can keep young in spirit, body and mind — by practicing a little moderation and following these seven simple steps:

1. See your family physician regularly for a physical checkup. Today he can diagnose and treat successfully almost any disease or ailment, if he finds it early enough. He can also prevent many of the illnesses that may otherwise come your way.

2. Watch your diet. As the years pass you usually need less food, and there is some shift in nutritional requirements. You will need more protein, vitamins and fluids, but fewer fats and calories. No one can feel young and peppy when he's carrying extra weight. It's not only thing, it's a threat to your health. If you need to lose weight, see your physician. He can establish a proper diet by which you'll lose weight without missing out on important nutrients.

3. Get adequate rest. Both mind and body need peace and quiet to recoup from the rigors of the day. Know your limitations and avoid over-exertion and strain, both physically and mentally. Excessive emotional tension can wear you down too, so take each job as it comes; not everything at once. Plenty of rest can help you see things in their proper perspective, and a sense of humor is your best antidote for tension.

4. Pursue physical exercise. The mark of an "old" person is creaking joints, aching backs and a myriad of complaints. Keep all your body parts in good working



AI VALDUSTA — S/Sgt. Gordon E. Lutz, son of Mr. and Mrs. Furman W. Lutz of route 1, has arrived for duty with an Air Force Communications Service unit at Moody AFB, Ga. Sgt. Lutz, a communications center technician, previously served at Robins AFB, Ga.

order by using them. Frequent and planned exercise — mowing the lawn, a brisk walk to work, a round of golf, a refreshing swim, or even a game of croquet — will give you a zestful enjoyment of life.

5. Fill your days with productivity. The quickest way to "old age" is through boredom. So keep up your interest in your work and your surroundings. By doing a good job and taking pride in your work, your enthusiasm for living will belie your years.

6. Participate in community affairs. Some people pursue the luxury of fussing and fretting about themselves at home alone. But, if you want to be among the happiest people — the doers — share your time and talents with such things as raising funds for charity, getting out the vote and participating in programs for civic improvement.

7. Prepare for your future. An other shortcut to "old age" is worry — and worry, besides putting you in an unpleasant frame of mind, can sometimes lead to illness. Many worries about tomorrow can be avoided if you plan today and budget for your future financial needs with such things as insurance and savings programs.

In the field of radio, the Bell Laboratories is conducting design studies with a view of improving antenna systems, said Bryan Houck, local telephone manager.

The Veterans  
Corner

Here are authoritative answers by the Veterans Administration to questions from former servicemen and their families:

Q—I was recently hospitalized in a VA Hospital for 39 days for treatment of a service-connected disability. After 18 days, was released for seven days leave, then returned for five more days. Am I entitled to temporary 100 percent rating for my service-connected disability during the period of hospitalization?

A—No. To meet requirements for temporary 100 percent rating, you must have received continuous treatment for a period of 21 days. Leave or passes of more than four days within the first 21 days will be considered as interrupting the continuity of treatment.

Q—For the purpose of qualifying for \$1600 toward the purchase of an automobile or other authorized conveyance, does the term "World War II" include any period of continuous service performed by the veteran after December 31, 1945, and before July 26, 1947, if that period began before January 1, 1947?

A—Yes. Q—I recently retired from Civil Service employment and an filing claim for non-service connected pension from the VA. Will my retirement pay be considered income for pension purposes?

A—Retirement benefits based on a claimant's own employment are not considered income until the amount of the claimant's personal contribution has been received. After he has received an amount equal to his personal contribution all payments will be considered income.

Here are authoritative answer by the Veterans Administration to questions from former servicemen and their families:

Q—Is education or training available to peacetime veterans? A—Only if they have service incurred disabilities. A definitive vocational handicap must also exist if the service-connected disability is rated at less than 30 percent.

Q—If a veteran dies while receiving pension, under the old pension law, may the widow and minor children be paid under the old law?

A—If the veteran died on or after July 1, 1960, any pension

payable to the widow and minor children must be paid under the new pension law. Q—I am receiving dividends on my present National Service Life Insurance term policy. Will I continue to receive dividends if I convert to one of the permanent plans? A—Yes, dividends are paid on permanent life insurance policies as well.

In handling an overseas call difference in time have to be considered—there is seven hours difference in time between Chicago and Paris, said Bryan Houck, local telephone manager.

Although the giraffe has the longest neck of any existing mammal, it has only seven neck bones. According to the Book of Knowledge, this is the same number found in the cow or the mouse.

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