

FORECAST

Weaker personalities among human beings break earlier and under less stress than stronger ones. But even the strongest of us need outlets for the frustrations, annoyances and tensions of day-to-day living in a frenzied world. Fortunately, human beings have found many tension releases, many kinds of steam vents, to preserve a balance.

Next month in "Outlets for Psychologic Tensions" Grace Rubin-Rabson evaluates the efficacy of these emotional releases we have developed to cope with the stresses of modern living.

The pessimistic conception most people have concerning the "change of life," like other traditional points of view, is based on sufficient truth to guarantee its perpetuation in the folklore; for it is easy to cite from one's acquaintanceship women who at the "change" experience great physical and mental discomfort and require medical attention on the part of the gynecologist and sometimes of the psychiatrist as well.

Carl G. Hartman, however, dispels this fallacy in "Sex Education for the Woman at the Menopause" in the September issue. "A more optimistic attitude is dictated by the facts," he says in explaining the menopause as a biologic necessity, and hence as an advantage to the race.

Swift and spectacular as has been the recent progress in medical discovery, surgery has quietly kept in step. Every day, in thousands of hospitals throughout the United States, surgeons are performing operations that would have been impossible a few years—or months—ago.

In "Surgeon's Progress," Lois Mattox Miller reports on a few of the milestones the surgeon has recently passed in his unending quest for surer, safer and swifter ways to mend broken and diseased bodies, banish pain and prolong life.

Frequently the business executive's blood pressure is high, his arteries are hard and his temper is short. He is commonly irritable, nervous and melancholic. His brain is weary, his muscles are tired, his bowels are constipated and his stomach is acid. All too frequently he lies mumbling and muttering in a hospital bed, panting his life away as a result of high blood pressure and hardening of the arteries. When he stumbles and falls from apoplexy or after a shudderingly severe episode of cardiac pain, he is hurried off to the sleep from which there is no awakening. These are inevitable ends, for in spite of man's eternal struggle for life and for longer life, he cannot avoid death. But life might have been fuller and death delayed.

Read "Occupational Hazards of the Business Executive" by Edgar V. Allen, M.D., in next month's issue.

HYGEIA

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Sex Education for the Married Couple

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