



Atomic City Is Healthiest in the Nation

RICHLAND, Wash. (NEA)—Want to live many years longer? Then you better move to this "atomic city." Because here in Richland, where some 10,000 workers produce plutonium, the nuclear fuel in an atomic bomb, the death rate is only a little more than one-half that of the nation.

"Healthiest city in the U. S.," is the claim Richlanders were making as 1954 drew to an end. Ten years ago this city was built in the semi-arid wastelands of southeastern Washington to house workers of the secret Hanford Works.

This modern city of 28,000 per-

sons is so healthy, in fact, that it has no undertaker. A number of morticians have expressed interest in going into business here. But none of them have seen fit to establish a business here after analyzing the death rates.

MORTAL COIL

When a Richlander does shuffle off this mortal coil, often due to old age, he is served by a mortician from a neighboring city. It must be admitted, however, that there are deaths from heart disease and cancer, like other cities in the U. S., but not as many per 1000 population. Richland's rate over a five-year period was 2.8 deaths per 100 persons, or slightly more than half of the expected 4.2 death rate nationally.

Are residents of this 10-year-old city younger than the average? They are not. Average age for men is 39; women 34, or an average age of 36½ years. This is same as the age averages for workers in chemical and allied industries, which are usually used for comparison purposes.

What's the answer then? Doctors William D. Norwood, Philip A. Fugua and Ralph R. Sachs, who are among the 34 medics in Richland, attribute their city's healthfulness to several reasons. The main one is, they say, a uniquely planned and integrated medical program.



INDUSTRIAL GOOD HEALTH at Richland, Wash., is promoted in monthly bulletins distributed to workers and families in the "atomic city." Residents can expect longer life than average.

Egypt Faced With Problem Of Too Many

CAIRO (AP)—The most fundamental problem facing Egypt now is over-population.

With the present population at 23,000,000, there are 1,500 children born every day. The rate of infant mortality has declined in recent years so that now only 180 of 1,500 die before reaching adolescence.

The general death rate is less than 1,000 daily.

Egyptian sociologists said it is practically impossible to increase production and national income to keep pace with the population growth. Educational and health programs barely meet the increase, and production projects, including land reform and industrialization, can never match it.

They explained that this increase of birth rate is due to the fellahen (peasants) who form two-thirds of the population.

To the fellah, a child is extra capital which costs nothing, because children start working as hands in the fields or servants, in houses as soon as they are old enough to walk, thus adding a bit more revenue to the family's income.

To the fellah's wife, there is more security for her in constantly producing children because her husband, under Moslem law, can easily divorce her for lack of fertility.

Sociologists put forward two inter-dependent solutions.

The first is a country-wide program of obligatory education. This would have the double effect of depriving the fellah's children of their value as immediate capital because of their being obliged to attend schools, as well as spreading education.

The second is to outlaw polygamy and restrict divorce. This, they pointed out, would result in strengthening the female's position in the family as well as bettering the Egyptian family bonds.

DR. JORDAN SAYS

Insulin, Science Improve Outlook for Diabetes Victim

Not so many years ago almost all victims of severe diabetes either died of the disease or from complications which at that time could not be prevented. Today, thanks to the discovery of insulin and better knowledge of how to treat the disease, the outlook is much better.

But there are still problems; there are believed to be nearly a



THREE BABIES A DAY is average born at Richland's Kadlec Hospital. Since 1944, more than 7,000 babies have been born without a single maternal death in city said to be healthiest in U.S.

CURIOUS DISEASE

Diabetes is a curious disease. Heredity and excess fat play a part in its development but the exact cause still remains to be discovered. The place where the trouble originates is in the pancreas, which is a small gland lying in the upper portion of the abdomen. This gland, among other functions, normally produces a hormone which is emptied into the blood and is known as insulin.

Insulin is necessary to enable the tissues to burn and use sugar; if it is absent or deficient in quantity some of the sugar will spill over into the urine. The body thus does not get enough nourishment and wasting may occur if it goes too long unchecked.

The principal aim of the attack on diabetes is to improve the use of the sugar and prevent its wastage through the urine. One method of doing this is by eating foods which do not contain much starches or sugars. In mild cases this may be enough.

It should be mentioned too that the severity of the diabetes may change from time to time so that it is necessary to alter the treatment. Also, a diet which is satisfactory at one time may have to be changed later.

On correspondent ask whether one can say "once a diabetic, always a diabetic," it is probably safe to answer this with a "yes," but there are some who have sugar in the urine who are not diabetic, and in older people in particular diabetes may never be severe. If the condition is really diabetes, however, it will have to be watched.

Another recently wrote inquiring whether it might not be possible to take insulin some other way than by needle. To this the answer so far is "no," though this may come some day. But even for those who do not like the needle this is better than dying.

NO EPIDEMICS

Richland is 10 years old; its medical program has been operating 10 years. At first the du Pont Co. operated the city for the Army. In 1946 it was turned over to General Electric to operate for the U. S. Atomic Energy Commission. In all that time Richland's services consisted of public health, industrial medicine, hospital, and for the first six years, general patient care.

The doctors say the fact that every worker is under a health program is the reason few diseases go undetected. The medics point out that their community's health planning, for which the worker pays, is the answer to proponents of socialized medicine. While the program is comprehensive, it does not include any practices not recommended by recognized leaders in the field of public health.

Richland has never had an epidemic of a major disease. It has only one hospital, with most of its 106 beds empty much of the time.

So successful is the city's health program that persons living in Richland, from birth to the age of 65, probably can expect to live about two years longer than the established national average.

Qs & As

Q—Is Ellis Island, New York, still in the main port of entry for immigrants?
A—No. After 62 years, the world's busiest immigration station has been closed.

Q—What is the name of the new fruit said to be the richest available source of vitamin C?
A—The acerola, also known as Puerto Rican cherry and West Indian cherry, which contains more than 85 times as much vitamin C as fresh orange juice. The tree grows semiwild in the Caribbean islands.

Q—Which is the driest state in the Union?
A—Nevada, with an annual average rainfall over the last 64 years, of 8.60 inches.

Q—When was airmail service inaugurated between the United States and Canada?
A—In 1920, between Seattle and Victoria.

Q—Did the famous evangelist, Billy Sunday, actually play on a major league baseball team?
A—From 1883 until his conversion in 1890, he played in turn on the Chicago, Pittsburgh and Philadelphia National League teams.

Q—How many women will be serving in the 84th Congress?
A—The Senate will have two women members and the House of Representatives fifteen.

Q—Which is the world's longest canal?
A—The Suez, 87.5 miles long.

Campus Namesakes Really Quite Different

AKRON, O. (AP)—When you holler for "Pat Roman" around the University of Akron, you'd better quality it.

There are two Pat Romans. One is a sophomore, the other a freshman, but that's only the beginning.

Freshman Roman is a football tackle. Sophomore Roman should be more completely identified as Patricia Ann Roman.

So far as either knows they are not related.

Just One Confusion After Another Here

DUBOIS (Bois), Ill. (AP)—The dateline is not a mistake because this little southern Illinois town is known by both names.

The historical, geographical and state-highway department-sign name of the town is DuBois. The Illinois Central Railroad depot carries the name Bois because 10 miles down the track is DuQuoin, and passengers and baggage men get confused.

Now motorists who see DuBois on the highway sign and Bois on the depot are confused.

HOMER LIVES UP TO NAME

CRAWFORD NOTCH, N.H. (AP)—Homer became homesick. He was one of two beavers who chewed through their wooden enclosure in Crawford Notch State Park and swam to freedom via inlets of water which run through the cage.

Arthur Boucher, the park manager, said he found Henrietta waiting outside the cage. She was recaptured.

A conservation officer, George Hamilton, who had live-trapped the beavers, was told about Homer and he said, "I'm afraid that's the last you'll see of that fellow."

But a few days later Homer was spotted waiting outside Henrietta's new cage. It took Boucher 10 minutes to obtain the cage keys, and Homer was still waiting when the park manager returned to put the mates together again.

BEARS WATCHING

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there's only one

SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!

LOW IN PRICE

