



ters of illnesses develop and generally follow clusters of life changes. The illnesses that appear within a short time span are often not etiologically related to each other, he said.

Approximately 3,000 Navy sailors filled out a life change questionnaire just prior to sea duty, and their illness attack rates were evaluated during their first month of assignments. The sailors with low numbers of life change units before the assignment had a low illness rate during sea duty, which was in contrast to the high number of illnesses found among sailors with high numbers of life changes reported on the stress questionnaire, Dr. Rabe reported.

"Some people have a propensity for a disease, but why do they wait until a specific time to develop the illness?" Dr. Rabe asked.

Widowed men have a 67% higher incidence of coronary heart disease and a 60% higher death rate during the 6 months after the death of their spouse than the general population does, reported Dr. S. Leonard Syme, head of the division of epidemiology, School of Public Health, University of California, Berkeley.

The development of heart disease has traditionally been associated with the presence of three risk factors: high cholesterol levels, high blood pressure, and cigarette smoking. However, only 42% of people who developed coronary heart disease in a 10-year period had two or more of the risk factors, analysis of the Framingham study data shows. Other population studies revealed similar findings, Dr. Syme said.

The presence of risk factors alone, therefore, does not explain the development of heart disease, he said.

Dr. Rabe reported that almost all of 109 myocardial infarction patients seen in a follow-up clinic could recall a buildup of life changes occurring from 1 to 2 years before their attack. The effects of major life changes seem to require a long resolution time, he said.

Wives of men who died suddenly

said.

A comparison of the incidence of coronary heart disease among Japanese men aged 35-44 years, in different countries, shows a gradient of increasing attack rates across the Pacific Ocean. Japanese men living in the Hiroshima region of Japan, the area from which most emigration to the United States originated, had the lowest incidence of coronary heart disease, followed by Japanese men in Hawaii, and then, with the highest incidence, Japanese men in the United States, Dr. Syme said.

The Japanese men living in the San Francisco Bay area had higher cholesterol

Move From Wife to Professional Raises Conflicts

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TORONTO — A professional woman must resolve certain conflicts if she is to attain a successful transition from the traditional role of wife and mother, Dr. Virginia Edwards said at the annual meeting of the American Psychiatric Association.

These conflicts arise from the ambivalence a woman experiences when she gives up the known and secure position of the dependent and passive woman for the unknown and insecure position of the independent and responsible professional, said Dr. Edwards, a Toronto psychiatrist.

Dealing with competition, accepting dependency needs, handling economic success, and searching for appropriate female role models were four areas of conflict that were examined by a group of seven professional women's members of the Task Force on Women in Psychiatry authorized by the Canadian Psychiatric Association.

Six of the women were psychiatrists and one was a social worker. Their ages ranged from 27 to 35 years.

All members were aware of being highly competitive but were reluctant to be openly competitive and assertive for fear of being labeled "castrating or bitchy," Dr. Edwards said.

The members felt pressured to be thought of as "good women" who did well in the traditional roles, as well as "good professionals."

analysis was done for men with non-mal, borderline or high blood pressures in the three populations and when men in the population were compared by their smoking history, he said.

One of the most important factors that appeared to make a difference in disease incidence was the "culture of upbringing." The culture of upbringing was considered traditional or non-traditional by the length of time the individuals spent in Japan, the language spoken in the school they attended, and the ethnic makeup of their neighborhood.

A higher rate of heart disease was

"We had all tried at various times to be supervisors, supermothers, superlovers, gourmet cooks, and knock-

outs," said Dr. Edwards, a member of the group.

Out of necessity, professional women must set priorities and use their energies sensibly if they are to avoid situations that measure up to the superwoman myth.

The group suggested that professional women use available support resources such as other hospital staff or, in private case, the group members to trade similar experiences and share frustrations.

Women should also work toward being able to move flexibly from an independent to a dependent stance without fearing that they will be viewed as "unable to take it." They should learn to say "no" to take time off, to delegate jobs without guilt, and to plan priorities, she said.

Enjoying financial success was a problem for the group. They expressed guilt about having a higher standard of living than their parents. The women had incomes higher than

Some women, with these difficulties by living more modestly than their incomes would permit. "I sometimes being guarded in letting my friends know how much they spent," she said.

All members felt that they would develop more expertise in handling their own financial affairs. Discussing

Dr. Syme noted that the existence of a general support system was a very good predictor of which women would not develop serious problems during pregnancy and delivery. Also, elderly people who have close personal relations or at least someone to converse with have fewer clinical problems than elderly people who feel alone or helpless.

Dr. Rabe and Ho-witz agreed that the second line of defense against illness-producing stressors are the psychological defenses that shield people from the life changes. These defenses include denial, repression, and reaction formation.

financial matters with peers was important to them.

The search for appropriate female role models was marked by "a tendency to idealize those we knew only from a distance and to devalue those with whom we were directly involved," Dr. Edwards said.

Other members of the group were Dr. Vivien Smith, Christine Dunbar, Judith Hamilton, Eva Gele, Margaret Whitfield, and Marilena Sachs Suderman.

Behavior Modification



An aversive response stimulus, available from Computer Instruments, Santa Monica, Calif., administers a mild electric shock designed to aid behavior modification techniques. The unit operates on household current, but a transformer allows only a small amount of current to reach the user.