

Study Finds Anger Linked to Mortality

People quick to anger may be quicker to die, says a Duke University scientist who believes hostility can harm the heart as much as smoking or high blood pressure.

Several studies now "suggest that an awful lot of premature mortality may be associated with hostility," Dr. Redford B. Williams Jr. said at a seminar for science writers sponsored by the American Heart Association.

Hostility and anger, he said, may be the dangerous key component of the heart attack-prone Type A personality — people who also are characterized as being highly ambitious and impatient.

Type A personalities are about twice as likely to die of heart disease as Type B people, who are more relaxed and willing to take life as it comes, he said.

In fact, Williams said, "Type A is now generally regarded as a (heart disease) risk factor of about the same magnitude as the traditional ones of cholesterol, hypertension (high blood pressure) and cigarette smoking."

Because half of the American population is considered Type A, Williams said, that's far too many people to subject to preventive medical or psychological care.

To narrow that group, he said, "we have to find out what it is in the Type A person that is really responsible for the increased risk. That's what we're trying to do."

He said more information is needed to explain how hostility affects heart disease and how that might be prevented.

The research involved a measure of hostility included in a widely used personality profile, the Minnesota Multiphasic Personality Inventory.

A Duke-University of North Carolina study of 255 physicians who took the test as medical student 25 years ago found a death rate of 3 percent among those with hostility scores in the lower 50 percent, Williams said.

"By contrast, those who scored higher had almost a 15 percent mortality rate over 25 years . . . from all causes," he said. The incidence of heart disease was five times higher among the hostile group.

A seven-year study of patients at Duke University Medical Center found those with high hostility scores had more severe coronary artery disease than low scorers, Williams said.

These relationships, he said, are independent of other risk factors.

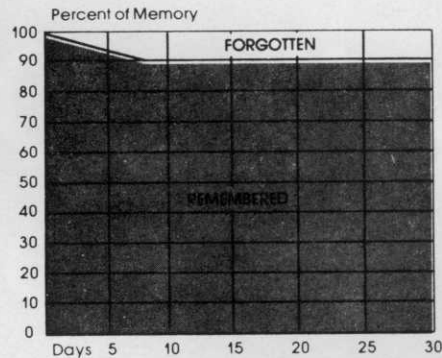
Williams said it's difficult to define just what the hostility scale is measuring. He said his own definition includes such things as a basic distrust of other people, angry reactions to minor irritants and a tendency to release anger in some display of emotion.

He said a variety of evidence shows "people with different psychological characteristics die at different rates. And (perhaps explaining why that happens), different people will show different physiological and hormonal responses to stress."

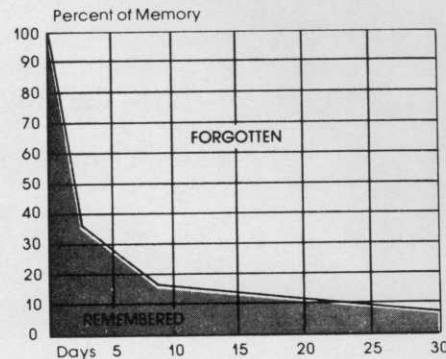
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former Florida President Pat Lucas.*

Something to think about

The importance of repetition in the memory process



A message read or heard several times a day for eight days is virtually memorized; at the end of 30 days the memory retains 90% of the message.



A message read or heard only once is 66% forgotten within 24 hours and is practically out of mind in 30 days.

Notice

The following definition of an "employee" may be helpful when you are considering hiring your summer help.

Section 2. Subd. 4 of the Workers' Compensation Law defines the term "employee." The definition reads, in part, the term "employee should not include minors, fourteen years of age or over, engaged in casual employment consisting of yard work and household chores in and about one family owner-occupied residence or the premises of a non-profit, non-commercial organization, not involving the use of power-driven machinery."

Therefore, it is clear that a minor, fourteen years of age or older, who does work in or around a one family owner-occupied, residence which involves the use of power-driven machinery, such as lawn mowers, are to be considered to be employees under the definition of the Workers' Compensation law.

We now consider the next step. The employer of the minor who is operating a power-driven lawn mower must obtain workers' compensation coverage for him.

No minor, under the age of 18 years should be employed unless the minor obtains a certificate of employment which will spell out exactly what type of work the minor can do. If the minor does work which violates the Labor Law and/or the rules of the bureau of labor standards, and, if the minor is injured in a compensable accident, this would constitute illegal employment, subjecting the employer to "double indemnity" under the provisions of Section 14-a of the Workers' Compensation Law.

Credit: Our Collaborator