

Harbor Hospital Doctor Tells How to Grow Old

If one were in a facetious mood when he picked up a tight little book just off the Vantage Press entitled "Growing Old Gracefully," he might, in keeping with the present James Bond trend, re-title it "Operation Big Nod."

For among its 52 pages are several paragraphs devoted to the fact that the art of "dozing" or "nodding" off in catnaps should not be derided, and in fact, should be encouraged, as therapy for our elder citizens' indulgence. "The Big Sleep" is not a necessity as one grows older, the author says.

But one is not to take Dr. Paul H. Lorhan's look into tomorrow facetiously. It is an informative discussion of a subject we all, at one time, must consider, consciously about ourselves, or in discussing how "it'll happen to George, not me."

THERE IS A reason why you should read this book written by a well-known Professor of Surgery and Anesthesiology at the University of California at Los Angeles, and Chief of Anesthesiology at Harbor General Hospital.

That reason is simple: Those of us who are destined to "grow old" have problems to face in conducting a happy tour of the waning years. These problems have been promulgated by imagination-shattering advances in medical science pointed toward prolonging life, and the "hubbub" concerning Medicare.

The book is the work of a man eminent in the field of Geriatric Anesthesia. He edited "International Anesthesiology Clinics" and is author of "Geriatric Anesthesia, 1955."

THE AUTHOR'S premise is contrary to the common expression one hears upon the retirement of a person who has been extremely active in his work and is reluctant to be shelved because he has reached a retirement age. The adjective "a" is used because, as the author points out, not everyone agrees that he, or she, must retire at 65 years when there are a number of good years ahead.

In this eminently common sense little book, Dr. Lorhan, a resident of Palos Verdes Estates, offers sane, practical advice to the senior citizen who must, if he is to draw full Social Security, consider himself fully retired at 65.

His advice is heartening for he points out that senior citizenship can mark the beginning of a new constructive approach to living.

"THE FIRST THING, Dr. Lorhan says, "is not to become stagnant. This means that you should get up and about. Travel is a wonderful way to develop new ideas—and he doesn't mean expensive travel abroad—the stimulate your mind." He suggests travel methods best suited to a relaxed, non-rush tour.

Dr. Lorhan suggests older people should "take new interests in life, become active in church and civic affairs—who knows—you may be elected to office. Forget the children, for they have forgotten you. See them at Christmas time and make your visits short as possible.

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for you get into their hair feeling shelved or sorry for yourself can affect the health of an older person can find employment at some task or other as an avenue for dissipation of boredom."

DR. LORHAN reminds the retiree of other points: "That

"But why do this?" he asks, "you have worked long enough"—and he adds "re-ligion with its spiritual uplift, is a must."

medical aspects of aging, dietary habits, surgery, sex, and an assessment of the facts of maturing years and how to accept them.

lunge to the senior citizen to get up from his rocking chair, re-evaluate his retirement outlets and "grow old interestingly, zestfully, and gratefully."

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