

THE GOLDEN YEARS

Tension in Executives Is Business Problem

Tension in business executives, with all its eroding effects on the mind and body, could well be the number one problem of business life today, according to a study just completed by an airline company.

"As business becomes more complex and competitive, pressures on the individual increase, causing a rise in his tensions; these tensions, which they reside in a leader, tend to 'infect' those who are being led, thus creating more tensions" the study reports.

One indication of the widespread effect of tension in our society is reflected in the annual U. S. consumption of \$245,000,000 worth of tranquilizers, \$172,000,000 in sleeping pills and 216,000,000 gallons of beer liquor.

According to Dr. Hans Selye, one of the authorities quoted in the study:

"Stress is the fundamental cause of all disease. 'Essentially the rate of all the wear and tear caused by life.'

DR. HENRY H. BABCOCK, psychiatrist at Harvard's graduate school of business administration, maintains that there are two forms of business tension, one arises out of inner conflicts such as a neurosis; the other is related to external factors, barriers confronting a person who is trying to accomplish a certain goal or task in a business.

"These barriers," Dr. Babcock says, "may exist in the structure of the organization an executive works for. There may be something about the organizational structure which makes it impossible for him to achieve his goals in that company."

"Or he may be trying to play a role that is contradictory in terms of his internal nature, disposition or makeup," Dr. Babcock said. "He may be pushed into a promotion he did not seek. He may be asked to do something in the company's structure not consonant with his abilities, his nature, or his interests."

When pressures pile up and the business executive is not equipped to handle them, the consequences can be harmful to body and mind, the study points out.

"EMOTIONAL PRESSURES in themselves play a part in the breakdown of the circulatory mechanism," according to Dr. Francis J. Braceland, psychiatrist-in-chief at the institute of living in Hartford, Conn. "Strain and tension can also lead to compulsive eating and obesity or create imbalances which may lead to such conditions as stomach ulcers."

Here is a rich retired man, reaching for his Golden Years and worrying mightily that he won't have enough money to grasp them. This seems to be the nature of older men. The more they have, the more they worry — and the less they get.

"My wife and I are both 65," says the rich man, "and we want very much to—

- SETTLE IN the Southland, near water;
 - buy a home for under \$14,000;
 - buy a new car before we go;
 - buy a 16-foot runabout boat;
 - buy a piano (both can play it);
 - have enough left to live on comfortably.
- "Will our resources allow us to do this?"

THE ANSWER is yes. These are their resources:

A mortgage-free home appraised at \$14,000.

Savings and loan account of \$11,000.

U.S. Government bonds worth \$10,575.

A pension of \$310 a month for life for the man, and \$195 a month for life for the wife if he dies.

A \$1,000 paid-up life insurance policy.

- AN \$800 paid-up life insurance policy.
- A \$5,000 life insurance policy with premiums payable to 85.
- Blue Cross and Blue Shield for both man and wife.
- A health - accident insurance policy that will pay \$100 a month if the man becomes ill at home.

THIS MAN can handle his dream in several ways and still get it. In fact, he could blow most

of his savings and be reasonably safe with only his home and pension.

But a conservative plan would allow him to change his mind and splurge later on if he wished.

He should spend no more for his retirement home than the net he gets from his present home, which probably will be about \$12,000. That's enough house for retirement.

HE SHOULD switch his \$11,000 into a savings and loan in the new town where he will live, but make sure he gets at least a 4 per cent return on it.

Accounts are insured only up to \$10,000, so he might split the money into two accounts—one in his wife's name and one in his own.

He should consider a quality second-hand car instead of a new

one because he'll have plenty of time to tinker with it in retirement.

He should leave his paid-up insurance policies as is, for burial expenses or a nestegg. He should convert the \$5,000 policy into a paid-up nestegg or a monthly-pay annuity, but in any case into something that will stop premium payments now.

As for the income health policy, why? This is more for the retired man than for the working one. He should by all means continue the Blue Cross-Blue Shield, or something equivalent.

Mr. and Mrs. George G. Booth participated in the organization of Bloomfield Hills Seminary at Lone Pine and Woodward, giving the land and meeting most of the cost of buildings. It had 80 pupils when closed during World War I.

Founders Day at Cranbrook was inaugurated in 1947 on the occasion of Mr. and Mrs. George G. Booth's 60th wedding anniversary.

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THE STUDY admits that "tensions and their impact on mental and physical health will obviously remain with us as long as competition is the heart of our economy."

One major responsibility of management is to become aware of and to recognize the many facets involved in the tension on the job.

"Since work is often the major human relations activity in our lives," the report concludes, "we need to explore further and in greater depth whatever positive actions may be taken to control inescapable stresses and thus maintain our emotional health."

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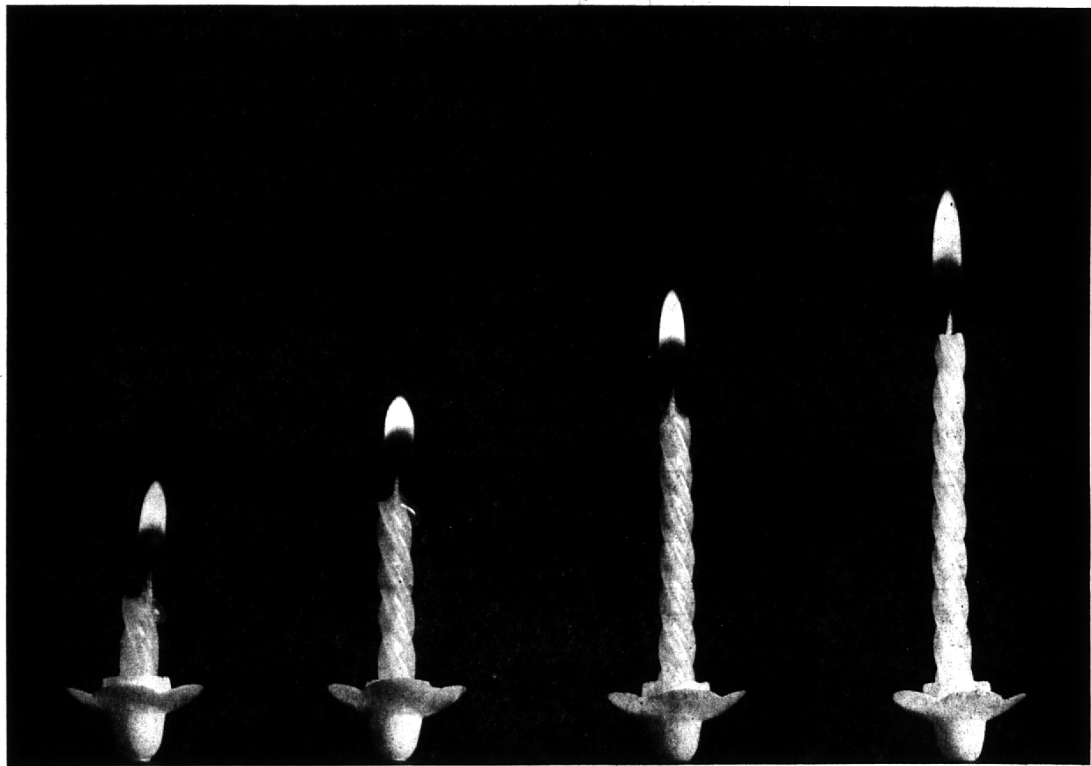
What you don't know may not hurt you, but it may make you look silly.

A child who watches television for hours will go down in history, not to mention math and geography.



"Fair to middlin'" means not as good as last year, but better than next year.

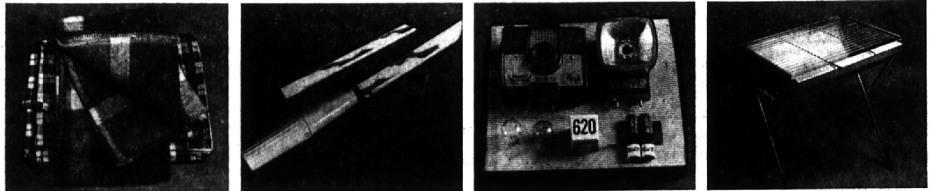
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• GOOD MEN TO KNOW •



CASIMER J. KANIA "Casey"



GEORGE H. LIEBER

Casey is a native Detroit with extensive brokerage experience here and in Chicago. He attended Northwestern University and Detroit Business Institute, Army and Navy Finance Schools. He is State President of the United Council of the Polish Roman Catholic Union and is active in church, fraternal affairs, and civic organizations. Hobbies are bowling, politics and checkers.

George calls Huntington Woods home. After graduating from University of Detroit Law School, George practiced law for three years. He's a veteran of the Army Signal Corps. Hobbies: shooting and golf. George is a member of the Optimists Club.

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