

# Rocking Chair an Inexpensive, Non-Toxic Therapy, Doctor Says

K. H. SUTHERLAND, M. D., County Health Officer. The old-fashioned rocker has been in the news several times in recent weeks, but the beneficial effects of the limited exercise it provides for older people has appar-

ently been considered less newsworthy than the fact that President Kennedy himself employs a rocking chair to enjoy brief periods of relaxation.

Be that as it may, several months ago Canadian physi-

cian wrote a brief and enthusiastic article extolling the therapeutic virtues of the rocking chair, and it was refreshing to learn that by using it the older person could so pleasantly do so much to promote his own

well-being.

IN THE OPINION of the author Dr. R. C. Swan, the great problem of old age is stasis, which is a stoppage or slackening of the circulation with resultant damage to the organs and vessels of the body. Complete bed rest, or even prolonged sitting without movement, can very definitely hinder circulation, and for that reason Dr. Swan feels anything which requires reasonable activity on the part of the older person is to be encouraged.

Indeed, the ailments that follow in the wake of too dormant an existence are quite numerous and include loss of appetite with a subsequent loss in weight and deficiencies in vital minerals and vitamins. Anemia, constipation, and hernia are some of the conditions that follow this ill treatment of the body.

POOR respiratory movement in the bedridden or extremely inactive individual tends to lower resistance to infections. Moreover, bronchial secretions may collect in the lungs thereby encouraging the developing of hypostatic pneumonia, a condition that constitutes a particular hazard when an older person is confined to bed.

The brittle bones and stiff joints of the inert elderly may also be a source of trouble. It is perhaps not as widely known as it should be that calcium drains from bones

that are not used or used very little, and the possibility of fracture is increased. Even the healing or union of broken bones is prolonged when the patient is kept in bed for too long a period. Moreover, in some cases the calcium that leaves the bones causes an increased liability to urinary calculi (kidney and bladder stones).

MOST OF THESE ills can be avoided by moderate exercise, said Dr. Swan, and this is where the rocker comes into its own. Its gentle and rhythmic movement provides a

form of limited exercise in which all but the feeble can indulge.

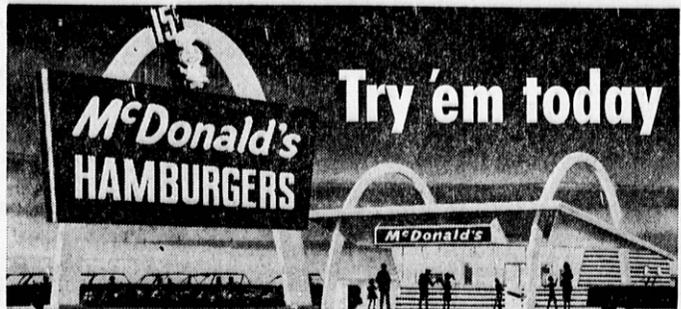
For, as restricted as the movements are that put a rocking chair in motion, it is Dr. Swan's observation that the required muscular activity of the arm and leg muscles needed in this form of exercise is enough to encourage the circulation, improve muscle tone, and limber the joints.

The rocking movement also has a tranquilizing effect on many people, and, in cases of insomnia or certain mental conditions that sometimes ac-

## Sermon Topic For Seaside

"Mobilized For Peace" will be the sermon topic on May 7 at Seaside Community Church, 230th and Ocean Ave., at the 10 a.m. worship service, according to Rev. William K. S-hatz.

Child care is provided in the preschool rooms during the morning worship for children through 7 years of age.



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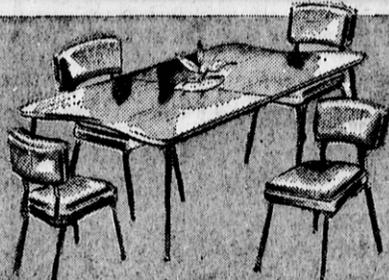
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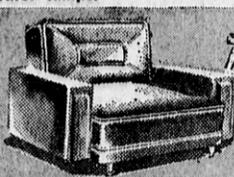
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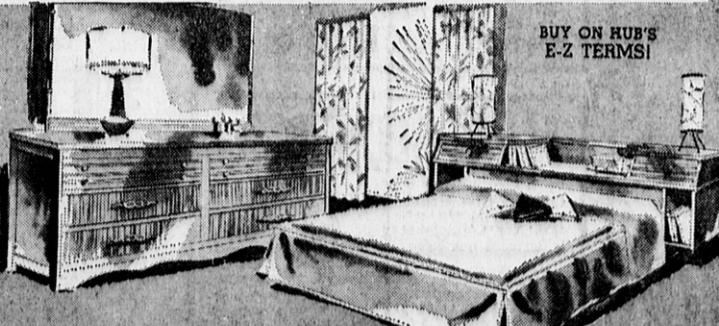
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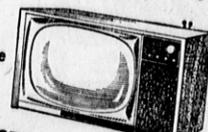
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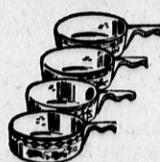
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