



THE RIDER REPORT

VOLUME 18, ISSUE 5
OCTOBER 2016

A PUBLICATION OF RIDER & ASSOCIATES, INC. REPORTING & TRANSCRIPTION SERVICES

P.O. Box 245, Vancouver, WA 98666 ■ Phone: 360-693-4111 ■ 800-869-0864 ■ Fax: 360-693-1037 ■ Info@RiderandAssociates.com

Public Health List Makes You Wonder

When The Johns Hopkins Bloomberg School of Public Health began to examine public health in this country, life expectancy was 52, and people were dying at child birth, from polio and diphtheria, and cancer was only a gleam in a pathologist's eye.

One hundred years later, all of our lives have changed usually for the better. We've more than increased our life span by 50% and so many other things have influenced our way of life. To celebrate its centennial, the Bloomberg School picked 100 objects that have altered public health, for good and bad.

"We purposefully picked items that seem out of place," said Michael Klag, dean of the Bloomberg School. "We want people to look at them and think, 'That can't possibly have anything to do with health.' But they can, and they do."

For the complete list, you can turn to: globalhealthnow.org/100-objects.

Let's look at a few odd ones.

Birth Certificates

Something as simple as documentation of births and deaths gives analytical proof to a theory and a science. Believe it or not, the U. S. has had a standardized method for registration only since the 1930s.

The Corvair

One of the most popular cars in the '60s, this amazingly efficient, sleek-looking automobile with the rear engine, became the coming-out party for Ralph Nader and his brand of consumer advocacy. Nader began the wave of complaints about safety issues, and he helped spawn the creation of the National Highway Safety Bureau, which became the National Highway Traffic Safety Administration

Sidewalks

These narrow, cemented pedestrian highways enabled neighbors to walk in urban areas and to shop

or visit with others or to travel from neighborhood to neighborhood and explore new places. By doing so, they became less victimized by oncoming traffic and more inclined to exercise.

The Toilet

While we take this invention for granted, consider that diarrhea is the world's second-leading cause of death in children younger than 5, according to the Centers for Disease Control. Toilets direct human waste into sewage treatment centers for purification rather than released into the public water supply with the potential of carrying deadly bacteria which could cause cholera, dysentery and diarrhea.

The Desk Chair

While useful at work, the chair's many designs have contributed to an excessive amount of sedentary time making a living, sitting in automotive vehicles, and yes, contributing to leisure activities such as watching television or spending time gaming on the computer.

It has contributed to the rise in people afflicted with cardiovascular disease and diabetes.

Window Screens

Another innovation that we don't even think about, window screens allowed house-dwellers to bring fresh air in and keep insects out. An early 20th century invention, people began by cutting cheesecloth to insert into their windows during warmer days. This was replaced with the first "wire cloth," which worked effectively.

Vitamin D Milk

Milk was one of the first food products that was fortified with vitamins and minerals.

A lack of Vitamin D in children caused diseases, such as rickets, and poor bone formation. So in the 1930s, fortification became a process in the manufacturing of pasteurized milk. ■

Operation Awe: A Cure for Depression?

One day you may be able to step into a doctor's office, be diagnosed for depression, and get a prescription to walk in a state park or hike up a mountain slope.

Why? The feeling of awe-inspiration can scramble brain waves and alter your sense of being, says experts being interviewed in a recent issue of Parade Magazine.

Psychologist Dacher Keltner three years ago began a project called "Project Awe," to examine the neurological response when someone gets dumbstruck by seeing and feeling something that is amazing. "Awe is the feeling of being in the presence of something vast or beyond human scale, that transcends our current understanding of things," he says.

Until now, only six major emotions – happiness, sadness, fear, anger, disgust and surprise – were analyzed for their effect on human behavior. "Awe was thought of as the Gucci of the emotional world," opines Arizona State University psychologist Michelle Shiota.

"(It was) cool if you have it, but a luxury item."

This author clearly remembers his knees buckling, his legs turning to rubber, the first time he saw the Grand Canyon live and in person. People have had similar feelings looking at a stunning sunrise, watching deer skipping through a forest, gazing at millions of stars on a clear night, or seeing a panoramic view from the top of a mountain or from an airplane to a city below.

"Awe causes a kind of Be Here Now that seems to dissolve the self," says social psychologist Paul Piff, of the University of California-Irvine. "It makes us act more generously, ethically and fairly."

So the recommendation here is that if you're feeling down, go to the Mother Nature store and pick up some awe-inspiring scenery. It'll work wonders! ■

Teresa's Thoughts



Teresa L. Rider, RPR, CCR, WA CCR, OR CSR, CRR

NCRA Realtime Systems Administrator
President, Rider & Associates, Inc.
Reporting & Transcription Services

I have traveled hundreds of thousands of miles through the air, mostly at my second job – transcription at major sporting events. If you travel long enough, everyone has a horror story.

I remember the time when there was an emergency landing after a woman needed medical treatment on board. I couldn't see anything but mountains, and had no idea whatsoever where we were landing.

It was scary! Needless to say, everyone on board missed their connection. Ironically, on my return trip to Portland, that woman – who had had a panic attack – was on my flight coming home!

Lately, I have taken advantage of the Global Entry card, which assures me a spot in the pre-entry express line and less waiting for all my flights.

I did get a special treat just this month when I was covering the American League Championship Series. I flew on the Cleveland Indians' team jet from Cleveland to Toronto. It was a four-course dining experience, as well as no restrictive safety checks on take-off and landing. What a way to fly!

What's your memorable experience? Just write to me at: Teresa@riderandAssociates.com.

We'll make an article of them in an upcoming newsletter.