

Why Some People Are Always Late

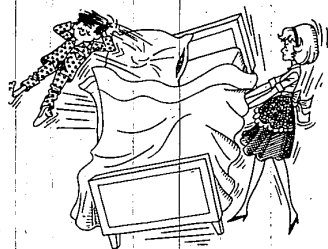
"That wife of mine! She's late again. She's always late. She's never on time. I think she does it on purpose!"

Psychologists who have studied the problem of chronic lateness agree with this harassed husband—there are people who actually want to come late.

Most of the time, such Johnny (or Jane) Come-Latelies are unaware that their tardiness is consistent, follows a pattern and

is based on some deep seated need or desire.

COMING LATE to work, missing a luncheon date, or handing in a term paper after it's due is usually blamed on "unavoidable" outside factors: "The traffic was impossible this morning" or "There was a power failure on the subway" or "The library books I needed weren't returned until yesterday."



day."

No one can really quarrel with these explanations, but when a person seems to be plagued by this kind of difficulty time after time, there's something more basic to his lateness.

Why do some people come late so often? Here are some of the reasons that leading psychologists like Dr. Theodore Rubin have discovered:

EXTREME SENSITIVITY to being "bossed around."

There are people who unconsciously feel that being on time or keeping an appointment means giving in to domination. In order to show their independence, they come late.

A desire to rebel against all symbols of authority. Teen-agers often regard time

schedules and definite appointments as symbols of "The Establishment" which they're already rebelling against.

A NEED TO TEST how others feel about you.

This explains why husbands are kept waiting on street corners for hours. Their tardy wives are really saying, "If you love me, show me how much you'll wait."

Hidden feelings of anger.

A person who has an unconscious desire to "get even" with certain individuals or with the world in general often finds that it's "impossible" to get to a scheduled business meeting or keep a social engagement.

People who dislike themselves and feel the need to hurt themselves also find an

outlet for their feelings by not coming on time. A history of tardiness puts them in the worst possible light -- which is what they unconsciously want.

Finally, habitual lateness might be due to insufficiently developed sense of responsibility. The guilty party just doesn't realize the importance of coming on time and keeping appointments.

BUT WHILE COMING late may be satisfying for the moment, it's always destructive in the long run. Constant lateness eventually loses friends, receives low grades in school, gets docked for minutes lost at work, or find a pink slip in their pay envelopes.

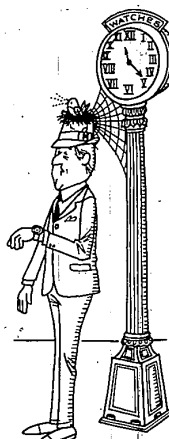
What's the solution? It lies in searching out the cause of the problem, realizing that habitual lateness is not the answer to whatever's bothering you, and deciding to break the habit once and for all.

Psychologists tell us that to break any bad habit, you must replace it with a good one. In this case, the new one will be consistent punctuality -- being on time all the time.

Psychologists note that if you get out of bed late, you will start your day behind and will remain behind all day. When you start on time, you're set to be on time all day.

Of course, there will be days when life just doesn't seem to

cooperate, and all sorts of delays threaten to interfere with your decision not to be late. The thing to do about this problem is follow the old Boy Scout motto and "Be Prepared!"



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How Cigarettes Slow Young Men's Reactions

A theory long held by athletic coaches and some doctors that smoking lowers muscle activity received recent support from University of Michigan researchers.

Two pharmacologists said the "smoking of a high-nicotine content cigarette by a young college student can depress his patellar reflex (knee jerk) up to 67 per cent.

The depression usually lasts 15 to 30 minutes from the beginning of smoking. Rarely, some subjects showed a depression for as long as 60 minutes.

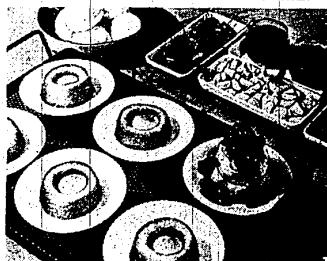
Drs. Edward F. Domino and Alona M. von Baumgarten told the Federation of American Societies For Experimental Biology that the depressant effect on the human skeletal motor system seems to be directly related to the nicotine content of the cigarette.

SMOKING A low-nicotine tobacco cigarette lowered the reflex activity about 45 per cent. And no depression was produced when the students smoked cigarettes containing lettuce leaves and no nicotine.

The Michigan neuropsychopharmacology research program was supported by grants from the Council for Tobacco Research and the U.S. Public Health Service. Dr. Domino is a professor of pharmacology, and Dr. von Baumgarten a postdoctoral fellow at the U-M Medical School.

The researchers found no significant differences between smokers and nonsmokers. In their experiment, involving 45 male students aged 19 to 29, the knee reflex was elicited automatically every two seconds by a reflex hammer.

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1/2 Pint of fresh strawberries, with hulls
1/2 Pint heavy cream, whipped
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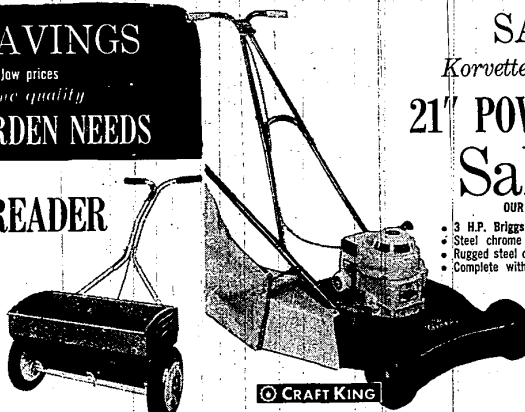
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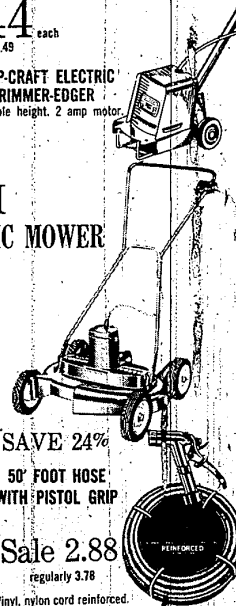
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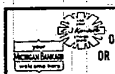
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