

and working conditions - which it does. However, it can ensure and should regard it as an obligation, that its employees are warned about the need for regular annual medical check-ups as they grow older. It can make sure that on return from a posting abroad, each employee is given a thorough medical check-up. On retirement, this final medical check-up should be particularly thorough for both the employee and his wife; probably each employee will prefer to have this undertaken by a doctor or clinic of his choice, since this service is now available without cost. Perhaps the role of the Department should be to urge each person retiring to see to it that this is done and that he begins his retirement with thorough-going medical advice regarding diet, exercise requirements or any other "caveats" that may be thrown up by the examination. However, should any employee request a medical examination by the Department of Health and Welfare, the Department should be prepared to make the necessary arrangements. At the moment, this health problem is not necessarily discussed during the retirement process. It should always be raised as a matter of routine.

In any case, five years before retirement, the Department should refer employees to various writings on this question which spell out practical and sensible approaches to the health angle as one grows older and to the mental health problems involved in retirement.

The Department need have no inhibitions in dwelling on the health problems that may arise for its employees, however personal they are. Until ill health strikes, I suppose all of us take good health pretty much for granted. After that, it may be too late, but by no means necessarily so. The "Retirement Handbook" summarizes the importance of a sensible attitude toward health, mental and physical.

It is the state of your health, your attitude and adjustment towards retirement, the preparation you have made for old age and your diet - not whether you are retired or employed that are the governing factors in whether you live to a ripe old age. The negative effects of retirement have generally been over-emphasized.