



UBC Association of Professors Emeriti

GENERAL MEETING: Wednesday, March 13 Cecil Green Park

Agenda:

- 1:00 pm Coffee, tea, snacks, and conversation
 1:50 pm Brief business meeting
 2:00 pm ***The Different Thought-World of Classical India***
Dr. Ashok Aklujkar, Professor Emeritus, Asian Studies

Association members are encouraged to bring guests

Dr. Ashok Aklujkar, Professor Emeritus, Asian Studies ***The Different Thought-World of Classical India***

Professor Aklujkar earned his B.A. and M.A. at the University of Poona and his Ph.D. at Harvard University. He taught Sanskrit and related studies in Pune, India, and at the University of British Columbia (1969–2006). Over the years, he has had visiting professorships at Harvard, Oxford, Paris, Rome, Kyoto, Hamburg, and Marburg. He has written several books about the Sanskrit language, as well as a number of monographs, articles, essays, reviews, and editorials, many of these in Sanskrit or Marathi. He has extensive work in progress and planned concerning Bhartr-hari (a grammarian-philosopher), scientific literature in ancient Sanskrit, ancient Indian chronology, ancient Indian sociolinguistics, Nirukta (a science of meaning derivation), Indology in general, and Lewis Carroll's *Jabberwocky*. He has spoken widely and internationally at conferences, and learned society meetings, and given invited lectures at major universities recognized as seats of Indological studies.



Ashok Aklujkar founded the Canadian Association of Sanskrit and Related Studies and has been an active member of this and other learned societies. He has received a number of academic and professional awards and distinctions. In 2012 a Festschrift was dedicated to him, he was honoured by the Akhila Bharatiya Samskrta Sayhitya Sammelana, and he was awarded a D.Litt. Honoris Causa by Rashtriya Sanskrit Sansthan, the premier institution for Sanskrit education and research in India.

Professor Aklujkar will talk about how views on Indian thought and life in antiquity have changed over the last 50 years. He will outline the fundamental early discoveries of ancient Indian thinkers that constitute the frame within which later social, religious, linguistic and political philosophies developed. He will illustrate how this thought-world of India informs the West's understanding of its own past and can help it prepare for the future in a more informed and flexible way.

ASSOCIATION EXECUTIVE**Olav Slaymaker, President**604-261-9767 olav.slaymaker@ubc.ca**Judith Hall, Past President**604-228-1233 jhall@cw.bc.ca**Carolyn Gilbert, Vice-President,
Newsletter Editor**604-261-8000 carolyn.gilbert@ubc.ca**Richard Tees, Secretary**604-224-6030 (O) 604-822-3245
rtees@psych.ubc.ca**Paul Marantz, Treasurer**604-261-8625 pmarantz@mail.ubc.ca**Joan Anderson, Member-at-Large**joan.anderson@nursing.ubc.ca**Inge Andreen, Member-at-Large**604-739-1562 inge.andreen@ubc.ca**Derek Applegarth, Member-at-Large**604-241-0340 derek.jenny@shaw.ca**Bonita Long, Member-at-Large**604-925-4756 bonita.long@ubc.ca**James V. Zidek, Member-at-Large**604-952-4243 jvzidek@gmail.com**Ex-Officio****Ken Craig**604-228-9352 (O) 604-822-3948
kcraig@psyc.ubc.ca**Raymond Hall**604-263-0247 ranhall@telus.ca**Don Russell, Website and Database**604-940-1164 russell@dccnet.com**New UBCAPE Standing Committee!**

The Association Executive launched a new Standing Committee For Continuing Scholarly Activities in January, 2013, to “foster, promote, facilitate, and disseminate [information about] the continuing scholarly activities of emeritus faculty who wish to remain engaged in academic pursuits consonant with the University’s values.” The Committee’s first task was to compile a summary of the wide range of activities in which Professors Emeriti are engaged. Please contact Sandra van Ark—admin@emeriti.ubc.ca—if you’d like a copy of the first draft; perhaps you can help us refine and add to it. The Committee is exploring how to support the continuing scholarship of Emeriti and make it more visible in the University community. A series of talks to showcase our work is being planned. Sources of funding to optimize our scholarly endeavors are also being explored. For more information about the Committee, please contact Joan Anderson: joan.anderson@nursing.ubc.ca.

UBC Association of Professors Emeriti

Administrator: Sandra van Ark

Office address: Copp Building Room 4004, third floor
2010-2146 Health Sciences Mall, UBC
Vancouver, BC, Canada V6T 1Z3
Telephone: 604-822-1752
email: admin@emeriti.ubc.ca
website: www.ubcemeriti.orgPostal address: UBC Association of Professors Emeriti
c/o UBC Alumni Affairs, Cecil Green Park House
6251 Cecil Green Park Road
Vancouver, BC, Canada V6T 1Z1**Richard Spencer** 604-263-9793 richard@rhspencer.ca**John Stager, CURAC Representative** 604-263-5472 jstager@geog.ubc.ca**Mark Thompson** 604-263-6008 mark.thompson@sauder.ubc.ca

A LETTER FROM OUR PRESIDENT

Dear Colleagues,

Following the publication of the new UBC Access and Privacy Policy (refer to the following web site: www.universitycounsel.ubc.ca/policies), your Executive Committee has been discussing ways in which this policy influences our day-to-day procedures. I urge you to familiarize yourselves with this policy, to come to a clear understanding of the distinction between “public information” and “personal information,” and to recognize the restrictive nature of the definition of “public information.” Your



Executive Committee has identified a number of grey areas on which I will be consulting with University Counsel, and I would encourage you to submit questions of your own, either to our Newsletter Editor (carolyn.gilbert@ubc.ca) for an open discussion forum or to myself (olav.slaymaker@ubc.ca) for consolidation with the Executive’s questions.

At this stage my only advice is “increasing vigilance.” I will report back via the Newsletter when I hear from University Counsel.

Olav Slaymaker, President
Professor Emeritus, Geography

Your Association Serving You

You may recall that Mark Thompson began working on the revision of Policy 27, the UBC policy that deals with retired faculty who wish to come back to teach at UBC. The Policy was completely outdated after the abolishment of mandatory retirement. An Association ad hoc committee worked over the summer of 2011 to propose changes; these were presented to the Provost. During this academic year, a University committee has been revising the Policy.

Most recently, we have begun to suggest that the Policy should also include support for academic activities of Emeriti who choose to continue various academic activities after “retirement.” A recent survey showed that many Emeriti who choose to continue to pursue academic activities end up spending between \$10,000 and \$25,000 a year of their own retirement income to continue these activities. We are collecting data to present to the Provost and the University lawyer in order to demonstrate the need for some type of support for those activities after retirement. And there are many, many other things Emeriti do for the University.

If you have ideas or data, please send them to jhall@cw.bc.ca.

Stay Connected with UBC with the Help of UBC Public Affairs e-Services

Through Public Affairs at UBC you can subscribe to several on-line sources of news about UBC, both what UBC is communicating to the world and what the world is saying about UBC.

UBC Reports is a monthly publication of news about UBC. For an example of an article from UBC reports, see ‘Leaving a Legacy’ on page 7 of this newsletter. **UBC This Week** updates UBC news and upcoming events on a weekly basis and highlights a web site of the week. **UBC Daily Media Summary** reports UBC stories in the news and other higher education news on a daily basis, and **UBC Media Releases** publishes items of interest to the media as needed. It is very easy to subscribe to any of these. Simply go to the following web address and click on ‘subscribe’ for the publications you wish to receive: www.publicaffairs.ubc.ca/news/e-services.

Upcoming Events

CBC Newsroom Tour March 12, 10:00 am

UBC Emeriti are invited to tour the **CBC Newsroom** on Tuesday, March 12. Please meet in CBC's **main atrium** by 10:00. The newsroom is located at 700 Hamilton Street. If you drive, the entrance to the parking lot is on Hamilton near Robson Street. The following buses stop close by: 17 and 20 on Richards Street; 4, 6, 7, 10, 14, 16, 50 on Granville Street. The newsroom is a 7-minute walk from the Granville, City Centre, and Stadium Sky Train stations. No food, drinks, or video cameras are allowed. A CBC employee is highly allergic, so please do not wear perfumes or any other scented face, hair, or body products, or clothing scented by dryer sheets or fabric softeners or smelling of cigarette smoke.

To attend, please sign up with Sandra van Ark in the office: 604-822-1752 or admin@emeriti.ubc.ca.



Photography Group March 26



The Photography Interest Group will meet at the front door of Tapestry at Wesbrook Village on March 26 at 10:00 am. Depending on the weather, it is likely that the group will walk around to photograph foliage and buildings. From 11:00 to 12:00, the group will move inside to Tapestry's upstairs Creative Arts Centre for coffee and experimenting with portraits using natural light. Derek Applegarth will get in touch with members on the photography group list in early March when he returns from his travels. If you are not yet on the list but would like to be, contact Derek at derekapp@mail.ubc.ca.

Things to Watch For . . .

- The Annual General Meeting on April 24: We will send out a Call for Nominations in the next Newsletter, with elections at the General Meeting. Douglas Scott (Astronomy) will speak.
- A session on the Transition from Hospital to Home
- A private guided tour of the current exhibit at the Vancouver Holocaust Centre: "Enemy Aliens": The Internment of Jewish Refugees in Canada, 1940-1943.

YOUNG MUSICIANS

Come and hear the musicians of the future!

This year—as they have done for the past 58 years—the Friends of Chamber Music will host a competition for young musicians. Ensembles will compete in either the Junior (up to 18 years) or Senior (up to 26 years) categories. There is no entry fee, and prizes up to a total of \$5,000 will be awarded. The quality of performance is always very high.

On Sunday, **10 March 2013**, eight ensembles will compete for prizes in the Junior and Senior categories. This is a free concert, open to the public. It will be held in the Koerner Recital Hall at the Academy of Music, 1270 Chestnut Street, Vancouver. The concert will begin at 7pm. After all groups have performed, refreshments will be served. Then the Adjudicator will present the results of the competition and prizes will be awarded.

All are welcome, and there is no charge for admission.
Your attendance will encourage these fine young musicians.

The Executive Needs to Know: Should UBCAPE Provide an Advisory Service for Members?

The Executive passed a motion at its December meeting to explore the feasibility of establishing an **Advisory Service for UBC Emeriti/ae**. The motion responded to members' widespread interest in finance and health revealed by the Executive's recent survey of UBC Emeriti/ae. That interest was also seen in the substantial turnout at UBC's information session on the Extended Health plan, which had been stimulated, at least in part, by the Association's exploration of possible alternatives to the UBC plan. A second motivation for the motion was ongoing concern about how to maximize use of our office when the Administrator is not there and the office is not required for committee meetings—in other words, many afternoons.

The initiative gained momentum after the Executive learned that complimentary financial advisory service was, in fact, already being offered on campus (to pre-retirees in UBC's Faculty of Medicine) by Assante Wealth Management. Assante representatives kindly offered to meet with the Executive to explain the mechanisms by which their complimentary service was provided. That information meeting has now been held, and it led to a number of ideas that seemed worthy of consideration. We would now like comments from Emeriti through UBCAPE (admin@emeriti.ubc.ca), letters to the Editor of this Newsletter (carolyn.gilbert@ubc.ca), or feedback at the forthcoming Annual General Meeting.

Experts on a wide range of topics including health, finance, travel, insurance, and housing are interested in our demographic and could provide the service we contemplate. They could come from both the public and private sectors. Some might specifically come out of or serve the Association's special interest and activities groups. Their advice could be provided in a number of ways, including: large or small group meetings; complimentary one-on-one sessions; the Newsletter; a redesigned webpage that might contain a Frequently Asked Questions section with answers; and open fora. The Association's office would enable the Service and selectively provide space for those meetings where appropriate. However, UBCAPE's role would be strictly limited to that of facilitator and would not promote, endorse, or play an advocacy role with respect to the advice providers or advice provided.

Potentially providing such a service brings up several issues. One is whether the Executive or Association would incur liability. We are seeking advice about this. Another issue is which companies or agencies should participate? Should we privilege a particular agency or particular agencies? The Faculty of Medicine has a privileged relationship with Assante. UBCAPE does not start from a neutral place: the Association has a privileged relationship with Johnson insurance, the origin of which seems to be shrouded in the mists of time. UBCAPE also has a special relationship with Tapestry at Wesbrook Village, although other retirement residence companies would love to have our business. This one is easier to explain, in that UBCAPE was from the outset part of the planning process to establish retirement housing at UBC and collaborated with Tapestry as the new residence was built. Do these existing relationships license new special relationships? For example, if Assante, why not Rogers or Wood Gundy or (fill in the blank)?

We need your input. Would such an advisory service be worthwhile? desirable? If so, what specific advisory areas would you like to see included? What are your concerns about this initiative? Please send us your thoughts. Guided by comments received, the Executive could possibly set up a limited service, purely on a trial basis, and would therefore welcome suggestions of particular agencies and individuals we might invite to participate. We would also welcome your thoughts on specific topics that might be of particular interest for such sessions to retirees.

CELEBRATING OUR MEMBERS!



Andrew Eisen (Neurology) was awarded both the Queen Elizabeth II Diamond Jubilee Medal and the 2012 British Columbia Community Achievement Award, both for his work with ALS (Lou Gehrig’s Disease). The BC award recognizes and celebrates “the spirit, imagination, dedication and contribution of British Columbians to their communities.” Andrew established the first ALS Clinic in Western Canada in the early 1980s and was a founding director of the ALS Society of BC over thirty years ago. His legacy in the ALS Community includes “unwavering support and guidance of patients, families and caregivers,” pioneering research, and teaching, training, and mentoring the next generation of physicians, technicians, and researchers.



Peter Suedfeld (Psychology) was awarded the Queen Elizabeth II Diamond Jubilee Medal by the Royal Canadian Geographical Society in recognition of his research on adaptation and functioning in extreme and isolated environments: the Canadian High Arctic, Antarctica, and space.



Ken contemplating totem poles at the MOA

Ken Craig (Psychology) is a recipient of the Peter Wall Distinguished Scholars in Residence Award, based primarily on his scholarly achievements, current research, and a proposed program of research during his year in residency, which will run from August 1 of this year until July 31, 2014.

**GREEN COLLEGE
Senior Scholars Series Continues**

There is one more session of the Senior Scholars Series in the current academic year, in the Green College Coach House from 5 to 6:30 pm. Come at 4:30 pm for tea and coffee in the Green College Piano Room and stay for refreshments after the talk. To stay for dinner at Green College, make a reservation through the Green College office, 604-822-0912.

Mar. 26 **Martha Salcudean**, Mechanical Engineering
5-6:30 pm *From Dark to Light: A Survivor’s Story*

For further information see Events at www.greencollege.ubc.ca



A Profile of John Chapman by Tapestry at Wesbrook Village

Sitting at the table in his apartment at the retirement community of Tapestry at Wesbrook Village, John Chapman is well aware that he's less than a kilometre from the original site of Wesbrook Camp, where he first lived as a young Assistant Professor at UBC in 1947.

John was hired fresh out of Oxford by then UBC President, Norman MacKenzie, to introduce the new science of Climatology in the Department of Geology and Geography. John had been a flight instructor in Canada during World War II, and, as his first instructional posting was at Abbotsford, he welcomed the opportunity to move back to BC with his wife, Pat.

Over a distinguished 42-year career at the University, John was instrumental in preparing the Atlas of BC Resources during the early 1950s. The first publication of its kind in Canada, the Atlas played a major role in attracting the off-shore capital that, indirectly, led to the development of Peace River Power.

In the 1960s, John and colleague Walter Hardwick served on an advisory group led by UBC President John B. Macdonald to develop a plan for the evolution of the provincial post-secondary educational system. This resulted in the establishment of Simon Fraser and Victoria universities and the beginnings of today's colleges and institutes. Serving on various educational advisory groups and governing bodies throughout the 1970s and 1980s while still teaching, John 'retired' in 1989. Shortly afterwards, he assumed a major role in developing the University of Northern BC, the first public bachelor's degree-granting institution in the interior of the province.

Today, 66 years after he first moved to UBC, John realizes a lot has changed. Even so, Wesbrook Village (and Tapestry) is beginning to feel much like home, as Wesbrook Camp did so many years ago.

Note: This is the first of a series of profiles of Emeriti living at Tapestry at Wesbrook Village

Leaving a Legacy

"Driven by their passions and motivated by factors unique to the academic realm, many professors feel a strong desire to leave a legacy, something that will touch future generations. While this sometimes takes the form of a financial endowment or a major end-of-career opus, it may also take a more subtle and surprising form, depending on the academic. It is always a complex decision, something that is approached and expressed in different ways—sometimes oriented towards people and many times motivated by a deeply personal connection. The idea of a legacy often seizes academics as they near retirement and, for some, long after."

This is an excerpt from an article in the January 9 issue of *University Affairs* written by Tim Johnson, who describes, with examples, the variety of forms a legacy can take. For the full article, go to www.universityaffairs.ca/leaving-a-legacy.aspx.

Legacies can be initiated by individuals, as illustrated in Tim Johnson's article, or—as in the case of UBC—by the University. The Alumni Legacy Project, first proposed by our member Jim Thornton, aims to build a history of UBC through personal narratives, both oral and written. To date the Project has recorded 30 oral histories, with 70 more planned. Anyone who would like to become involved by contributing personal memoirs, books, photographs, or other memorabilia to the Project, should contact Herbert Rosengarten at hjr@exchange.ubc.ca.

You're Invited . . .

by Tapestry at Wesbrook Village, 3338 Wesbrook Mall

- Thursday, March 7
3:00 pm **Friends of Tapestry Pub Night.** Join Tapestry residents and friends for a social with drinks and appetizers in Tapestry's Pub! RSVP to the Concierge at 604-225-5000.
- Wednesday, March 13
7:00 pm **Dramatic Discoveries.** Dr. Warren McKinnon will be giving a pre-play lecture on UBC Theatre's production of *Blood Relations*. In the classroom. Tickets \$10 at the door.
- Friday, March 15
10:00 am **Lecture: Social Well-Being.** This event is part of an Older Adult Lecture Series organized by the University Neighbourhood Association and hosted by Tapestry. In the classroom. RSVP to the Concierge at 604-225-5000.
- Fridays, March 15
and March 22
3:00 pm **IT Seminar with Andrea MacDonald.** This is a two-part seminar. To register or find out more please call Tapestry at 604-225-3000. In the Tapestry classroom.

McLean Lecture Series in Canadian Studies with Graeme Wynn

Graeme Wynn, the McLean Chair in Canadian Studies, will be presenting the series under the banner, ***Navigating "A Wasting World": Perspectives on Environmentalism and Sustainability in Canada***. The lectures will be held on Thursday evenings at 7:00 pm in the main lecture hall, Aquatic Ecosystems Research Laboratory, 2202 Main Mall.

- March 7: ***Taking Bearings: The Imperfect Arc of Canadian Environmentalism***
- March 14 ***Under Pilotage: Stories We Tell of Frontiers, Homelands, and Wild Places***
- March 21 ***By Dead Reckoning: Fixing a Course for the Future*** (A reception will follow this final lecture)

The three lectures respond to contemporary anxieties, in Canada and elsewhere, about the despoliation of the earth. This is an old concern, given a new twist and a new urgency in the new millennium. Reflecting a conviction that the past, and the humanities, have something worthwhile to contribute to thinking about these matters, these lectures follow a traditional narrative pattern: exposition; rising action; resolution.

SFURA Seminar Series

UBCAPE members are invited to attend a seminar sponsored by the Simon Fraser Retirees Association.

- Who: **Dr. Jenny Cory**, Thelma Finlayson, Chair in Biological Control
- What: ***The Hungry Tent Caterpillar—Explaining Population Cycles in this Local Pest***
- When: Tuesday, March 19, at 12 noon
- Where: SFU Halpern Centre, Room 126

We want to hear from you. Did we miss you in our list of honours? Do you love/hate the idea of an Advisory Service? Would you like to contribute to the Newsletter? We would love to print your news—perhaps a photo, poem, reminiscence, short story, or opinion piece on a topic near to your heart (think 250 words). Please send to Carolyn Gilbert:

carolyn.gilbert@ubc.ca

Upcoming Events at UBC You Might Not Want to Miss



—Selected Events—

UBC Opera Ensemble

Mar. 3 Opera Tea on the Stage. 2:00 pm. Old Auditorium. Seniors \$15.

Mar. 21 UBC Opera Ball, UBC Opera Ensemble, featuring the Dal Richards Orchestra, Chan Centre. \$150 (includes \$100 tax receipt). Purchase tickets in advance: 604-822-6725.

Wednesday Noon Hour Concerts

12–1 pm, School of Music, \$5 cash at the door

Mar. 6 Daniel Bolshoy, guitar: Works by Karmon, Assad, Barrios, Sainz de la Maza and more

Mar. 13 Christie Reside, flute; Rebecca Whitting, violin; Marcus Goddard, trumpet; Corey Hamm, piano. *Mysteries of the Macabre* (Liget) and works by Boulez and Goddard

Mar. 20 Borealis String Quartet, with Corey Hamm, piano. Ades, Piano Quintet; Morlock, Piano Quintet

Mar. 27 UBC Contemporary Players. Program TBA

Apr. 3 UBC Gamelan Ensemble. Program TBA

Other Concerts in Barnett Hall

Mar. 3 Knigge Piano Competition—Winners Showcase Concert. 2 pm. \$10.

Mar. 15 UBC Symphony, Solo singers from the Voice and Opera Division. Beethoven, *Leonore Overture No. 3*; V. Williams; Elgar, *Enigma Variations*. 8 pm. Free.

Mar. 22 UBC Chamber Strings. 8 pm. Free.

Mar. 23 UBC Early Music Ensembles. 8 pm. Free.

Apr. 3 UBC Chamber Choir, UBC Women's Choir. Works from the Renaissance to the present day. 8 pm. Free.

For more information, see www.music.ubc.ca.

UPCOMING VANCOUVER INSTITUTE LECTURES

All lectures take place on Saturday evenings at 8:15 in Lecture Hall 2, Woodward Instructional Resource Centre.

Mar. 2 Professor Edward Slingerland, Asian Studies, UBC
Do We Really Live in a Secular Age?

Mar. 9 Ms. Marci McDonald, Canadian author and journalist
Religion and Politics: Is Canada Becoming More Like the United States?

Mar. 16 Mr. Mario Canseco, Vice President, Angus Reid Public Opinion Research
The Challenges of Conducting Sound Public Opinion Research

Mar. 23 Professor Anthony Grafton, Henry Putnam University Professor of History, Princeton Univ.
How Jesus Celebrated Passover: The Renaissance Discovery of the Jewish Roots of Christianity

Apr. 6 Professor Roger Wilson, Dept. of Classical, Near Eastern, and Religious Studies, UBC
Luxury Living in Late Roman Sicily: The Villa Near Piazza Armerina and its Context

Apr. 13 Professor Jane Coop, School of Music, UBC
Johannes Brahms: Some Personal Discoveries (Lecture and Recital)

Please visit the VI website for more information
<http://vaninst.ca>.

Over 500 past Vancouver Institute lectures are now available in either audio or video format on line at either <https://circle.ubc.ca/handle/2429/12708> or www.library.ubc.ca/archives/vaninst.html.

For more information, please call 604-822-1444.

Tinnitus Management Workshop

St. Paul's Hospital is hosting a workshop on **tinnitus management** on April 6 and 7 at one of the conference rooms in the hospital. The workshop will be led by Calgary psychologist Deb Lain and audiologist Suzanne McLaren and is based on a cognitive behavioural therapy (CBT) approach to managing tinnitus. St. Paul's hosted this workshop a few years ago and received very positive feedback from participants. If you have tinnitus, you might want to attend.

The application of CBT to tinnitus management is supported by current research, including a recent study published in *The Lancet* that suggests decreased tinnitus severity and improved quality of life when CBT is combined with tinnitus retraining therapy ([http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(12\)60469-3/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(12)60469-3/abstract)).

Cost of the workshop is \$495. For more information about the workshop, or to sign up, please contact:
Glynnis Tidball: GTidball@providencehealth.bc.ca.

Happily Married Couples Feel Healthier

Research shows that married people have better mental and physical health than their unmarried peers and are less likely to develop chronic conditions than their widowed or divorced counterparts. C. Proulx and L. Snyder-Rivas, University of Missouri, say that people who have happy marriages are more likely to rate their health as better as they age; aging adults whose physical health is declining could especially benefit from improving their marriages.

The authors examined the long-term relationship between self-rated health and marital quality. They found that, in all stages of marriage, positive or negative relationships affect the individuals' health. Spouses should be aware that how they treat each other and how happy they are in their marriages affect both partners' health, and they should think more about their personal relationships when thinking holistically about their health, she said. The authors suggest that health professionals consider patients' personal relationships when designing health promotion programs or treatment plans.

Despite Reported Dislike, Older Readers Put in Less Effort When Using e-Readers

Reading text on e-readers and tablet computers requires less effort from older adults than reading on paper, according to research published February 6 in the open access journal *PLOS ONE* by Matthias Schlesewsky and colleagues from Johannes Gutenberg University Mainz, Germany, in collaboration with colleagues from Georg August University Göttingen and the University of Marburg, Germany.

In the past, surveys have shown that people prefer to read paper books rather than on e-readers or tablet computers. Here, the authors evaluated the origins of this preference in terms of the neural effort required to process information read on these three different media. They found that when asked, both young and old adults stated a strong preference for paper books, but when they compared eye movements and brain activity measures, older adults fared better with backlit digital readers such as tablet computers. The authors measured two parameters in the readers: time required for visual fixation and EEG measures of brain activity with the different reading devices to identify the amount of cognitive processing required for each device.

The researchers found that younger readers between the ages of 21 and 34 showed similar eye movements and EEG measures of brain activity across the three reading devices. Older adults aged 60-77 years spent less time fixating the text and showed lower brain activity when using a tablet computer, as compared to the other media. The study concludes that this effect is likely due to better text discrimination on the backlit displays. None of the participants in the study had trouble comprehending what they had read on any of the devices, but based on the physiological measures assessed, the researchers suggest that older readers may benefit from the enhanced contrast on electronic reading devices.

Abstracted from *Science Daily*, Feb. 6 and 13, 2013