researchers said in an interview, ple should develop techniques to pe with it and perhaps even take hantage of it. "Some people handle stress very ell," Ms. Kobasa said, and avoid

ers, heart attacks, insomnia, nerusness and other signs of stress.
"The notion we have to run away om it was very distressful to me. To find out how people coexist ith stress without harmful effects d in some cases thrive on it, Ms. basa and Maddi studied 837 mide and upper level men executives

a large utility company. Some business executives — ardy executives" — successfully pe with stress without suffering and side effects as high blood pres-

re, ulcers and heart attacks. Three personality traits differ-tiate hardy executives from those become ill under stress, the rerchers said.

A hardy executive has a commitent to life and a desire to continue appling with problems and set-cks, with an ability to recognize e's distinctive values, goals and

The same type of executive has ontrol over what occurs in his life ad both can and will choose among prious courses of action to defuse stressful events. They found another tye of exec-

ve meets a challenge to change,

owing where to turn for resources coping with stress and coping ickly from adjustments made. Highly stressed executives who lill consider the world worthless, overwhelmed and powerless to eand have an aversion to change, reiving security as the status quo,

ome stress cannot be avoided,' Kobasa siad, "such as a parent ng or a job transfer.

has a result, she said, people who madopt the "hardy executive" ap-tuch to stress — no matter what deroccupation — will be the better

As far as executives and other mpany employees are concerned, mpany physicians should encourthem to adopt the personality positions and perceptions of the rdy executives, the researchers d, but they should do so posi-

"Neither meditation nor bioterapy fit well into the traditional fundamerican business scene," Ms. (EAR obasa said. "It interrupts the work ay and ecourages passivity, not he gressive tackling of a problem. "If the best advice a company offi-

al can give is to avoid stress, the ealth profession has failed. We soal scientists should be able to ilminate ways of developiong the ands of attitudes, goals and notivations which foster both a proctive and healthy life.

the said physicians should consider psychotherapy for employees, projecting "that life best led is a The renuous process, and that fulfillment of human capabilities is ultimately more satisfying than is rest, eisure and easy security."

Texas suburbs, growing regions

United Press International AUSTIN, Texas — Suburban leas outside Texas' major cities are e fastest growing regions of the ate, a University of Texas Bureau of Business Research official said.
Dr. Charles P. Zlatkovich, re-

the areas of Texas growing the most uring the 1970-75 period were within the 25 standard metropolitan statistical areas, but outside the city nits of major cities in those areas Zlatkovich said estimates by the U.S. Bureau of the Census show Texas gained about 1,046,000 resients in the five-year period, with here than 88 percent of that growth within the 25 metropolitan areas.

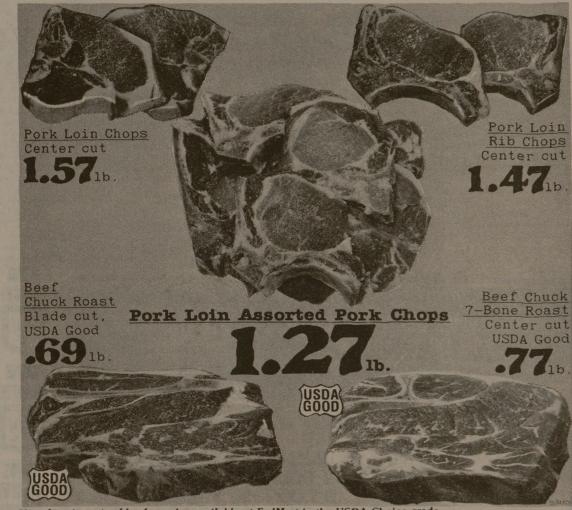
Zlatkovich said about 59 percent of testate's growth, and more than 66 percent of the metropolitan area worth, has been inside the metropolitan areas but outside the central cities.

Zlatkovich said the central city ortions of four Texas metropolitan statistical areas reported net losses of population between 1970 and 1975. The four were the Dallas-Fort Worth reas, the Beaumont-Port Arthur area, the Sherman-Denison areas, and the Wichita Falls area.

The Dallas-Fort Worth area, the largest metropolitan statistical area in the state, showed the largest drop incentral city population. Dallas lost about 31,500 residents between 1970 and 1975, while Fort Worth lost out 35,000, Zlatkovich said.

But the suburban area of those two cities grew rapidly, gaining 206,000

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