

## Mixed blessings for middle-aged mothers

Perls *et al.*<sup>1</sup> in *Scientific Correspondence* present intriguing data suggesting that bearing children in middle age may be a harbinger for extreme longevity. We have reanalysed another study, which does not lead to the same conclusion.

Perls *et al.* report a significant fourfold excess of births in middle age ( $N=19$  women age 40 or older) among 78 female centenarians when compared with a group of 54 women in the same birth cohort (born in Massachusetts in 1896) who survived only to the age of 73. We re-examined this question using data derived from a large case-control of postmenopausal breast cancer in Massachusetts, New Hampshire and Wisconsin<sup>2</sup>. In that study, women provided detailed information on family history, including maternal and sibling dates of birth, survival status and dates of death, and data on socioeconomic status, race, religion and maternal smoking.

We identified the 3,578 mothers of control women (subjects without breast cancer) who survived at least to the age of 70 (70% were deceased at the time of the daughter's interview). All were born between 1867 and 1923 (median, 1900), and 552 (15.4%) had given birth after their fourth decade. In an unadjusted model, the mortality rate from all causes was slightly increased (by 11%) in association with late childbirth (rate ratio, 1.11; 95% confidence interval, 1.01–1.23;  $P=0.04$ ). However, after adjusting for smoking and socioeconomic status, this excess disappeared (rate ratio, 1.01; 95% confidence interval, 0.90–1.13;  $P=0.83$ ). Only 27 women lived to age 100 or beyond. Among the 1,167 women born in 1896 (the birth year of women in ref. 1) or earlier, the proportion bearing children after age 40 was higher in the 352 women who died between the ages of 70 and 79 (31%) than in the 322 women who survived to age 90 (24%). Thus, in this population of elderly parous women, all of whom had given birth to at least one child, we find no evidence that childbearing in 'middle age' is a reliable marker of longevity.

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1. Perls, T. T., Alpert, L. & Frere, R. C. *Nature* **389**, 133 (1992).
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There are several explanations for the evolution of human longevity and senescence<sup>3,4</sup>, a recent example being the suggestion by

Perls *et al.*<sup>1</sup> of a relationship between longevity in women and the age at which they bore children. Perls *et al.* showed that women surviving to at least age 100 were four times more likely to have had children while in their 40s than women who survived to age 73. But it is not possible to argue from these data that "the driving selective force of human lifespan is maximizing the period of time during which women can bear children" without a comparison of the total number of offspring produced (lifetime reproduction, LR) of the two groups of women.

Natural selection favours genes that increase LR<sup>5,6</sup>, and consequently analyses must be based on LR if they are to conclude that the length of the reproductive period in women is a driving force in the evolution of human lifespan. The interpretation of Perls *et al.* would be supported if women in the centenarian group had a larger LR than those who died at 73. Alternatively, if women in the second group had equal or larger LR than those in the other, the shorter lifespan is probably an expression of costs associated with child care at an earlier age.

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1. Neese, R. M. & Williams, G. C. *Evolution and the Limits of Growth* (Harvard University Press, London, 1990).
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In relation to the question of whether 'middle-aged' mothers live longer, raised recently in *Scientific Correspondence*<sup>1</sup>, there are of course many factors that influence longevity. Menopause is not only a reflection of ovarian ageing; it could primarily be a result of hypothalamic disturbances, including neurotoxic effects of endogenous oestrogens<sup>2</sup>. Further, later menopause is usually considered to be a risk factor for breast and endometrial cancer<sup>3,4</sup>.

Another factor affecting lifespan is smoking, which may strongly influence the timing of the onset of menopause, age at the time of last birth and longevity<sup>5</sup>. The connection between giving birth after age 40 and lifespan may be modulated by the number of times a woman has previously given birth<sup>6</sup>. And the lifespan of female progeny of women giving births for the last time after the age of 40 may be shorter than that of the progeny of younger mothers<sup>7</sup>. Additional investigation is needed before a definite conclusion can be drawn about the relationship between longevity and the age of parturition.

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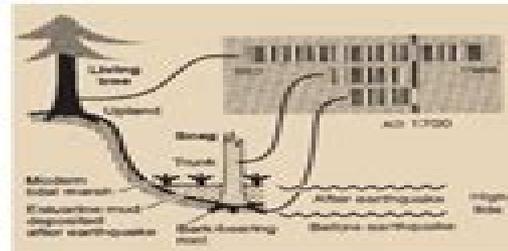
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## Tree-ring dating the 1700 Cascadia earthquake

Geological evidence shows that an earthquake attended by a tsunami, or a series of such earthquakes, ruptured at least 900 km of the Cascadia subduction zone along the west coast of North America between the years 1700 and 1720<sup>1</sup>. Satake *et al.*<sup>2</sup> found evidence for one large tsunami of previously unknown origin in Japanese archives of that era, and used its time and size to propose that a Cascadia earthquake of magnitude 9 occurred on 26 January 1700. Tree-ring records from a central part of the Cascadia subduction zone now provide support for this proposal.

Much of the Cascadia coast between southern British Columbia and northern California was lowered abruptly as a result of an earthquake (or earthquakes) about 300 years ago<sup>3,4</sup>. In Washington state, coastal forests were submerged by more than a metre of tidewater<sup>5</sup>, damaging some trees and killing thousands of others. Several dozen Sitka spruce (*Picea sitchensis*) that survived this tidal submergence remain around the estuaries of southern Washington. Annual growth rings in half of the trees show changes in width and anatomy consistent with disturbance (tilting, increased flooding, or both) in the first few years after 1699<sup>6</sup>.

We instead used annual rings to date western red cedar (*Thuja plicata*) killed by



**Figure 1** Approach for tree-ring dating of earthquake-induced submergence. Upland trees contain ring-width patterns that correlate with those of dead trees (snags) killed by tidal submergence. Final rings in snags have been lost on weather-beaten trunks but are preserved in bark-covered roots. Bar codes exaggerate ring-width correlations.

# Middle Age And Other Mixed Blessings

**S Ben Porath**



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