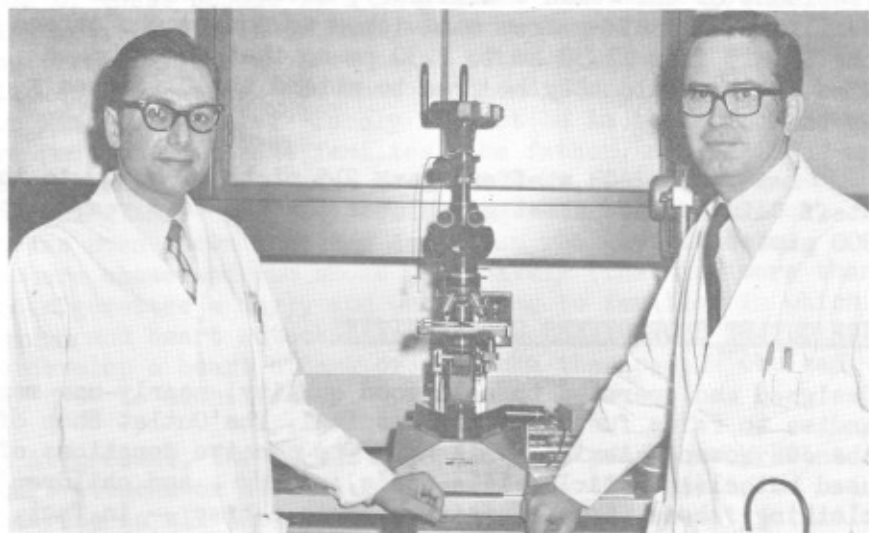


JGH F U A Z

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DUO BRINGS LAURELS TO JGH: On January 22nd, the Royal College of Physicians and Surgeons of Canada awarded its 1970 Medal to two JGH physician-researchers: at left, Morton Kapusta, B.Sc., M.D., C.M., F.R.C.P.(c), Clinical Assistant and Rheumatoid Research Associate, Department of Medicine, with Jack Mendelson, B.Sc., (Microbiology), M.D., C.M., F.R.C.P.(C), Associate Physician, Department of Medicine, and Chief of Microbiology, Department of Pathology. The two received their medals and cash awards for \$500 at the College's 39th annual meeting held at the Queen Elizabeth Hotel January 22nd to 24th, for their studies in arthritis and virology, respectively, which led, in turn, to the publication of their joint paper: "The inhibition of adjuvant disease in rats by the interferon inducing agent pyran copolymer."

While all investigations on the project have been completed on rats, none of its findings can be applied to the treatment of humans. The results do, however, provide the first indirect evidence that rheumatoid arthritis may be caused by a virus.

IMPORTANT APRIL DATE

Mrs. Louis Frohlich, Chairman of the Hospital's Blood Donor Clinic, advised Pulse recently that prizes will be awarded every hour at the next Staff Blood Donor Clinic to be held in the auditorium of the Nurses' Residence Monday, March 23rd, from 10 am to 6 pm.

And besides the free cokes and coffee which the Clinic always provides on these occasions, Mrs. Myer Dietcher, new President of the Women's Auxiliary, advises that the Auxiliary will offer free sandwiches to donors who attend the Clinic from 11.30 am to 1.30 pm so that no one need miss lunch should they be free to attend the Clinic only at that time.

Last year, JGH staffers gave 215 pints of blood to the Staff Clinic. How about going over the top this year with 300 pints?

* * *

JGH OUTLET SHOP OFFERS OPPORTUNITIES

Designed and operated to sell good quality, nearly-new merchandise to raise funds for the Hospital, The Outlet Shop of the JGH Women's Auxiliary is happy to receive donations of used but clean articles like men's, women's, and children's clothing, shoes, toys, furniture, bric-a-brac — in fact, almost anything still useful for the home — which it can sell.

Hospital employees wishing to donate any such articles to The Outlet Shop may do so by leaving them in wrapped parcels in the Women's Auxiliary Office on the Ground Floor of the Hospital. Mrs. Bessie Segal, one of the four co-chairmen of the Shop, and wife of Mr. Mendel Segal, Accounts Office, asks only that all donors mark their names and addresses on each parcel so that they can be acknowledged.

Hospital employees wishing to buy Outlet Shop articles are, of course, welcome to do so by visiting the Shop at 1401 College Street, Ville St. Laurent, from 10 am to 4 pm Mondays through Thursdays, and from 10 am to 9 pm Fridays.

Founded in 1958, The Outlet Shop raised \$24,000 for the Women's Auxiliary in 1969 which, with other funds, was donated to the Hospital.

HOW TO PREVENT A HEART ATTACK

Who would like to have a heart attack? No one! Then why do so many people have them? Because no one knows exactly how to prevent a heart attack or a stroke.

Yes, we all know people who are very fat; or who work too hard with their bodies, or brains, or both. We know those who have burnt the candle at both ends, who have smoked too much or taken too much alcohol. We know that some of these people live long lives into the eighties and nineties. On the other hand, we know people who live quietly and carefully and who have heart attacks in their forties, fifties or sixties. So what is the difference between these two kinds of people? Surely it must be in the material they are made of. In some families, the father, mother and several children may have heart attacks. Scientists are following this clue. By collecting reliable statistics, it has been shown that men and women who have diabetes, who are obese and who smoke excessively (that is, more than ten cigarettes a day), and who belong to families in which strokes and heart attacks have occurred, are much more likely to develop a heart attack or a stroke than people who can say "No" to such items.

At present, the doctor seeks to help people to prevent heart attacks or strokes by encouraging them (i) to be moderate in all their habits, (ii) to avoid obesity, (iii) to avoid delay in discovering and treating diabetes, (iv) to take exercise regularly, and (v) to avoid smoking or, at least, to avoid smoking more than ten cigarettes a day. Cigar and pipe smoking are less risky than cigarettes. People should consider themselves fortunate if heart attacks and strokes have not occurred in their families; the less fortunate should be especially careful about their habits. And everybody should help the scientists discover the true answer to the question by joining in the work of the Quebec Heart Foundation which collects money to encourage and support heart research.

Harold N. Segall, M.D.,
JGH Consulting Staff, and
Assistant Professor of Medicine (ret'd)
McGill University.



PEOPLE IN THE NEWS

SYMPATHIES to Dr. Harry Sinclair, Medicine, whose wife died late in January... to Mrs. Angelina Margolos, Laundry, whose husband was killed in a car accident January 5th... Mercifully, her son -- hurt in the same accident -- is recovering well... to Mrs. E. Jones, RN, NO, whose husband died suddenly at the JGH on Christmas Day... to the family of Dr. Leo Spector, Honorary Attending Staff, Surgery, who died December 23rd... to Miss J. Delara, RN, 2NE, whose father died the same day... to Miss J. Jennings, NA, 6NW, who also lost her father during December...

BEST WISHES to Miss Gail Burk, RN, OR, who married Mr. Louis Decarie February 16th... to Miss Riva Rittner, MFT, Radiology, who was wed December 28th... to Miss Barinque, RN, 6NW, who recently became Mrs. Medina... to Rene Taal, Secretarial Pool, Lady Davis Institute, who was married November 29th... to Mrs. G. LeBlanc -- formerly Miss Jacqueline Doucet, RN, 3NW, -- who married November 22nd then honeymooned in Mexico... to Miss Ina Zaritsky, 6NW's new play therapist -- daughter of Mrs. Sonia Zaritsky, OT, 4E, and niece of Mrs. Lil Zarr, Pediatrics.

SPEEDY RECOVERY to Mrs. Bertha Hoffman, Surgical Clinic, OPD, who was admitted to 4W in January for minor surgery... to Mrs. D. Watts, RN, Case Room, who fractured her leg in December...

WELCOME BACK to Dr. I. Weintraub, Medicine, who, in early February, brought back a glowing tan from a skiing holiday in Arizona... to Mrs. Phyllis Parker, Volunteer Services, who returned to her duties "with two eyes at the back of her head" in January... to Miss D. Bowen, NO, who also, in January, brought back a nice tan from Florida... to Miss Judy Mosse, Volunteer Services, who became a patient in 8NW December 28th ... to Miss Sylvia Whyley, Dietary, who spent a month in Jamaica around the Christmas season...

CONGRATULATIONS to Mrs. A. Ferguson, RN, 2NE, who was appointed Head Nurse, 4W, around January 20th... to Mrs. R. Sanidad, 7NW, who gave birth to a baby girl January 5th... to Miss A. Psgohion and Mr. Stephan Rigas, Dietary, who became engaged January 1st... to Arsho and Jimmy A'jemian -- Accounts and WMO, respectively -- who greeted their firstborn, a son, at the JGH Christmas Day... to the Misses Riva Rittner, Catherine Sudea, Janice Katezansky, Marilyn Silver, Merle Gravesande, Rona Kader, and Mr. Marion Reichental -- all of Radiology -- who won their technician's) licenses in December...

MORE PEOPLE IN MORE NEWS

BON VOYAGE to Miss Nina Zilbert, RN, Relief Nurse, who will leave soon for Israel where she'll spend six months working in a kibbutz...to Miss M. Sprague, RN, Miss H. Slotnikov, RN, and Mrs. W. Ghartey, NA, of 6Nw, who left January 31st for Trinidad's annual Carnival -- that island's answer to the Mardi Gras of Rio and New Orleans...

DID YOU KNOW that the Hospital's 4th annual Arts, Crafts and Photo Show will be held in the nurses' auditorium in March? that the Alumnae Association of the JGH School of Nursing will hold its first annual art auction -- Encanadien -- in the nurses' auditorium April 16th? that advance showings will be held all day on the 15th and 16th? that admission tickets, each \$2.50, can be ordered in advance by phoning Mrs. Else Wendman at 487-1236? that there will be a Hospital picnic in September for all staff members and their families? that the site will likely be St. Helen's Island? that a 3rd Hospital Variety Show is scheduled to take place in November? that the Lady Davis Institute held its inaugural Scientific Day February 10th? that Dr. Robert Shatz, Obstetrics and Gynecology, was interviewed on Ed Stock's open mike show on radio CFCF January 13th? that the Gazette interviewed Dr. Leonard Pinsky, Genetics Lab., on "Intra-uterine tests show genetic defects" which appeared in that paper January 29th? that a story and photo on the JGH's retina clinic (directed by Dr. H. L. Tanenbaum) appeared in the Star February 4th?

AND DID YOU KNOW that a study just completed by Dr. John Bunker, a Los Angeles anaesthesiologist, shows that, proportionate to the population, there are twice as many surgeons in the US as in the UK? that they perform twice as much surgery? that the doctor adds "it would not be unreasonable to say that one billion dollars a year" is spent in the US on surgery that may not be necessary? that the Associate Nurses of the JGH are planning a swinging celebration for their 25th anniversary this Fall? that the JGH's second French course will begin late February and continue until June? that interested persons should contact Miss M. Masters, local 649? that now that IATA prices have been reduced, many local organizations will be offering charter and group flights? that the Association Sethpherade Francophonie (ASF), for example, offers these return charter flights: Montreal-Paris, June 7 to July 4, and June 9 to September 15, each \$179 Canadian? and these (and more) return group flights: Montreal-Paris May 1 to June 4 for \$194; June 18-September 2 for \$246? that details may be obtained from Mme. Elofer, telephone 731-8827? 5.

A PLANE TO SPAIN

Last November 19th, Marie and I left Dorval airport and arrived in Lisbon, Portugal, next morning. During our three days there, we travelled to Sintra some 35 miles away, and visited a most beautiful Moorish castle with huge, yellow domes and minarets. Driving back along the coast, we fell in love with Estoril with its beautiful new casino, Europe's largest. And from there we went to Madrid for three days where the highlights were a visit to the Prado Museum, and our beautiful suite of rooms in the Plaza Hotel: a living room, dining room and bedroom -- all furnished in heavy Spanish furniture. We felt very elegant.

From Madrid, we went to the coast and ferried to Majorca for two weeks of heaven. Majorca is the largest of the Balearic Islands and lies in the Mediterranean 135 miles south of Barcelona. We stayed on the top floor of the Victoria Hotel in a beautiful room with a terrace overlooking the Mediterranean. Every morning we breakfasted out there in the balmy sunshine, and watched the ships coming and going. One day we hired a car and driver, and went to Formentor on the north coast, and on to the caves which contain a salt water lake. On that lake we saw a beautiful show: electric boats edged in electric lights drifting by in the dark, one containing an orchestra. It is beautiful to see these three boats approaching, and the lovely music coming from them is beyond description. After the caves, we went to a building to see how the famous cultured Majorca pearls are "made".

In the town of Palma we saw a magnificent 13th century cathedral erected on the site of a Moslem mosque. At night this cathedral is illuminated, and one can see it for miles around. While driving through the country, we passed many trees which resembled our apple trees, and were told that there are eight million almond trees on the Island, all of which begin blooming in February. And one afternoon, we went to a bloodless bull-fight... to discover before entering the stadium that free wine and nuts were served all around it. Once inside the stadium, several girls and boys put on a flamenco dance previous to the bull-fight-- and all in all, it was a most entertaining and amusing afternoon.

Then, too soon, my friend and I were home in Montréal again, in the cold and snow... and the bubble burst.

Myrtle McGill, RN,
Nurses' Residence.



PULSE PROFILE

"WHEN I WAS A CHILD, I always wanted to own a house," says Mary Ann Alice Leger, Ward Clerk, 3W, a pert and peppy native of Moncton, New Brunswick, hub of the Maritimes. And at age twenty -- when she had completed business college, spent two years in Toronto as a stenographer, returned home to care for her ailing mother, and begun a new career as a steno in the CNR's Treasury Department -- she bought her first "big, red brick duplex".

With both her parents, six brothers, two sisters and seventeen nieces and nephews also in Moncton, Miss Leger worked hard at her job, joined the CN Employees' Recreation Club, the Daughters of Isabella, and enjoyed life. Then after ten years, our determined young businesswoman sold her duplex to buy another house... and later sold it, too, to invest elsewhere. But in 1955, her father died at the remarkable age of 100 years and seven months -- following forty full years of retirement on pension!

Wanting a ^{change} pension by that time, Miss Leger terminated her own thirty-one years' service at the CN, and herself obtained a pension plus a Railway System Travelling Card... and visited a brother who lived in Montreal. Not one to remain idle, she soon found work at the Montreal Convalescent Hospital, and shortly afterward at the JGH where she became its first ward clerk -- a position she holds on 3W to this day.

"Do I like travel?" demanded Miss Leger incredulously, on being asked. "It's my middle name!" she replied. But one day, she muses, she's going to indulge in her first love and spend summers in her cottage near Moncton, and winters in another one down South.

Judging from all appearances, however, such a tranquil life for our jaunty Miss Leger is still a very long way off.

Under the Chairmanship of
Dr. J. L. Shugar, Orthopedics,
The Hospital will hold its
4th ANNUAL ARTS, CRAFTS AND PHOTO EXHIBITION
in
the auditorium of the Nurses' Residence
MARCH 25th to 29th

*

Entries for this year's Show have been broadened to include:

- all active staff members of the JGH
- immediate family of current JGH staffers
- all former JGH staff members
- all JGH volunteers

* *

The judges will be: Mr. Hans Schlee, sculptor, who will judge the sculpture category; Mrs. Rosalind Naimier, potter, who will judge the crafts category; and Mr. Andre Elbaz, painter and film-maker, who will judge the painting, photography, and film categories.

* * *

Entry forms (there is no charge) may be obtained from the office of Dr. Nathan Freedman, Cytology, and must be returned there, completed, no later than March 2nd.

* * * *

Enter now to make the 1970 ACP Exhibition the best ever!

A VERNISSAGE of the EXHIBITION
will be held in the Block Amphitheatre
Wednesday, March 25th at 8 pm

- Movies entered into the Show will be screened
- The judges will award prizes

EVERYBODY WELCOME
(no charge)