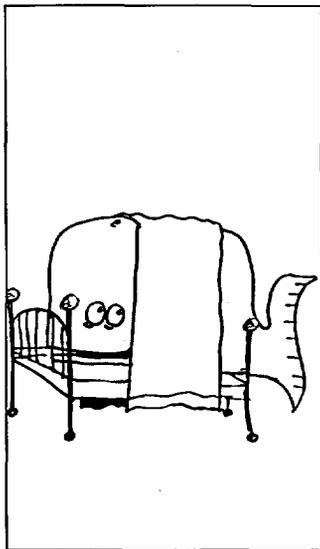


MOSAIC



stimulating blood circulation. Women can gain relief from fatigue during pregnancy, especially in the last months, by sleeping on a water bed. The water allows them to change positions more easily and to avoid having too much pressure applied to certain parts of the anatomy, especially the stomach and back. Water beds can relieve or prevent bedsores on those who must remain bed ridden for long periods of time.

Some people are afraid of a heavy piece of furniture like this falling through the floor. The reply of water bed manufacturers is that, according to the designers, a water bed weighs less per square foot than a stove or a refrigerator.

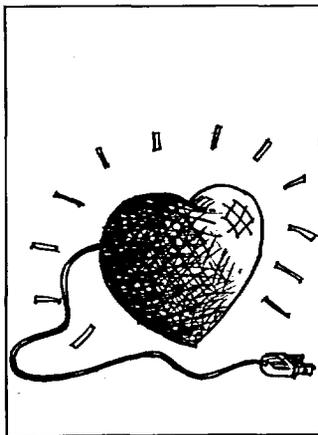
Finally, every year about \$200 million worth of water beds are sold in Canada. This represents 30 per cent of all beds sold.

Artificial heart patient stable. Canada's third artificial heart patient is making slow but steady progress at the University of Ottawa Heart Institute, more than two weeks after a new human heart was implanted in his chest.

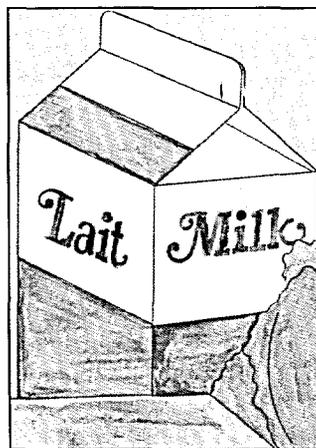
Institute spokesman Susan Menzies said Tuesday Jean Louis Richard, a 47-year-old graphic artist, is improving daily and his condition has been upgraded from serious to stable.

He remains in the intensive-care unit where he is being weaned off a respirator.

Menzies said Richard has been sitting up in bed. When he is on the respirator he communicates with his wife in sign language.



Milk thought to reduce the likelihood of bone disease. If you are a woman between the ages of 20 and 50 and you do not drink much milk, perhaps you should consider having it more often, since doing so might reduce your risk of



contracting osteoporosis. At least, this is what the results indicate in a paper given at the annual congress of the Clinical Research Club last September at Mont-Tremblant. The researchers found a positive correlation between the calcium intake of a group of women who had not yet begun their menopause, and the mineral content of their bones. Although the causes of osteoporosis are not yet known, it seems that a low mineral content in the bones can greatly increase the risk of contracting it.

LEISURE

Norman McLaren, the producer of animated films, died of a heart attack on January 26, 1987 at the age of 72. He is said to have made the National Film Board's reputation worldwide.

McLaren never subscribed to the belief that the cinema was invented by Louis and

Auguste Lumière. In his mind, the cinema was something to be invented, a process that could take centuries. "I like to invent using the techniques that present the greatest difficulties," he once said. "I like to be confronted with problems. In fact, I may be more of an inventor than an artist."



Among McLaren's best-known films are *Seven Till Five* (1933); *Color Cocktail* (1935); *Hell Unlimited* (1936); *Stars and Stripes* (1939); *V for Victory* (1941); *C'est l'aviron* (1945); *Là-haut sur la montagne* (1946); *La poulette grise* (1947); *Fiddle Dee Dee* (1947); *Begone Dull Care* (1949); *Around is Around* (1950); *Neighbours* (1952); *Night Encounter* (1954); *A Chairy Tale* (1957); *Le merle* (1958); *Short and Suite* (1959); *Canon* (1964); *Pas de deux* (1968); *Spheres* (1969); *Striations* (1970); *Synchromy* (1971); *Ballet Adagio* (1972); *Animated Motion* (with G. Munro, 1976-78).