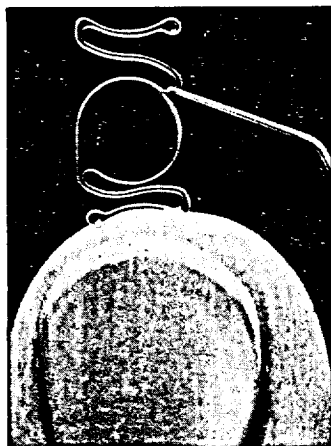


Mosaic

Cataracts. About 3/4 of all people over 65 experience some clouding of their lenses — the first sign of cataracts — although many will never need surgery. For those who do require surgery, there is a plastic lens that can be permanently implanted thus eliminating the unsightly, thick glasses that were necessary previously or the bother of learning how to put in and care for contact lenses (which can be difficult for older people). The Civic Hospital in Ottawa is one of the forerunners in this area and as of the middle of November 1983, doctors there already had performed 282 implants.



Intraocular lens is used to replace original lens

Brittle Bones (Osteoporosis). As we get older our bones become more brittle, especially for women. To avoid this, women over 35 should consume 1 500 milligrams of calcium per day (about a litre of milk or its equivalent in dairy products, fish and vegetables), says nutritionist Louise Lambert-Lagace in an article in the *Ottawa Citizen*.

Most women consume less than half of this and thus in their older years they suffer bone loss in three crucial parts of their bodies — the spine, hips and wrists.

Babies. An Ottawa mother has won her case and her baby was the first in more than a century here in Ontario not to have silver nitrate drops put into her eyes. Suzanne and Jan Petersen, a Danish couple living in Ottawa, took their case to the Supreme Court of Ontario and argued that silver nitrate stings and often inflames babies' eyes and is unnecessary if the mother knows that she does not have gonorrhoea. In Britain the law was lifted in the 1950s and in Denmark public pressure resulted in the government allowing parents to sign forms taking responsibility for their baby's eyes. Another antibiotic, erythromycin, which does not sting, was put into baby Julie's eyes after birth. The Petersen's court injunction is believed to be the first of its kind in Canada.



Susanne Petersen and baby Julie

Diabetes. Canadian researchers believe that they have found a cure for diabetes — plastic coated animal cells that do the work of a healthy, insulin-producing pancreas. Within four to five years these cells should be ready for widespread use.

TECHNOLOGY

Speciality TV. We were warned that this would be the age of technology and it certainly is. Not only have home computers and video cassettes invaded the market, but great changes have been taking place with TV.

In one short year we have gone from cable TV to pay TV (started in February 83) to computer hooked up TV (Nabu — October 25, 1983) and now to the latest — speciality TV.

By the end of this year, if all goes as planned, we will be able to tune into channels that are devoted entirely to one area — children's programs, sports, public affairs, health, rock music or language services.

Already, two licences have been granted by the CRTC (Canadian Radio-television and Telecommunications Commission); one to CHUM Ltd. for the rock video channel and one to the Action Canada Sports Network (owned by Labatts Brewing Co. Ltd.) for the sports channel.

So, as of July, 1984, Canadians will have 24 hours of rock video on the air and as of September 1, 24 hours of sports. The others will follow.

There are still many decisions to be made — the exact cost to consumers, the packaging details — but speciality TV definitely is on the way.

PEOPLE

The three M's — Mila, Maureen and Margaret are still and always in the news. Mila for her \$79 000 renovations to Stornoway; Maureen for being selected

Chatelaine's "Woman of the Year" and Margaret for hosting her own morning talk show simply entitled *Margaret*.



Mila Mulroney

Other women in the news are Sylvia Ostry who was appointed Deputy Minister for International Trade, Margaret Catley-Carlson, a former foreign service officer who is now the President of CIDA, and Jeanne Sauvé who was recently named Canada's twenty-third governor general. She is the first woman to fill the post.

THE ARTS

Film Producer Norman McLaren has produced his last film. After 43 years with the National Film Board and 59 films, the last of which was entitled *Narcissus*, he has decided to retire. His influence on Canadian films will always be felt.



Norman McLaren