

**Governor General's first official visit to United Nations**



*UN Secretary-General Javier Perez de Cuellar (right) receives a cheque for \$1 million from Governor General Edward Schreyer for United Nations Children's Fund.*

Governor General Edward Schreyer and Mrs. Schreyer were at the United Nations in New York October 22-26 — the first time a Canadian governor general had visited the world body officially.

Mr. Schreyer's presence coincided with United Nations Day, October 24, and helped to demonstrate Canada's commit-

ment to the ideals embodied in the UN.

Mr. Schreyer, who met with UN Secretary-General Javier Perez de Cuellar and General Assembly President Imre Hollai, presented a cheque for \$1 million to the United Nations Children's Fund (UNICEF).

The funds, which will be provided

through the International Humanitarian Assistance program of the Canadian International Development Agency, are in the form of two \$500 000 grants. The first will be used for an expanded program of immunization of young children and pregnant women in Ethiopian settlements and shelters for displaced persons, following drought, conflict and crop failures in the area in recent years. The other grant will provide emergency assistance to mothers and children in Lebanon and will be devoted to relief supplies, such as medicines, blankets and water supply.

As part of the events marking UN Day, Mr. Schreyer attended a luncheon in his honour hosted by the UN Secretary-General, and a concert in the General Assembly Hall by the New York Philharmonic Orchestra.

In addition to meeting with the staffs of the Permanent Mission of Canada to the UN and that of the Canadian Consul General, Mr. Schreyer attended a reception hosted by Canada's Permanent Representative to the UN Gérard Pelletier, for ambassadors accredited to the UN, senior officials of the UN Secretariat and Canadians working for the world body. Mr. Schreyer also met with members of the Canadian community and a cross-section of New Yorkers.

**Stress as a cause of illness — founder of theory dies**

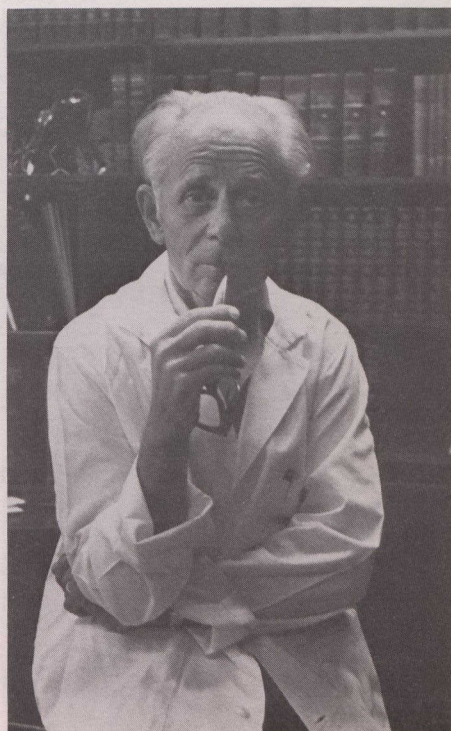
Canadian research scientist Hans Selye, renowned for his theory of the relationship of stress to disease and founder of the International Institute of Stress, died in Montreal on October 16.

Dr. Selye, who was born in Austria in 1907, came to Canada in 1932. He earned 19 honorary degrees and many international citations for breaking new ground in medical science by labelling stress as a syndrome common to many illnesses, from insomnia and high blood pressure to indigestion and headaches.

His work on stress began when he was a student at the German University in Prague. In his classes he noticed a similarity of symptoms among patients suffering markedly different sicknesses.

From there, he went on to find that stress, which he defined as the non-specific response of the body to any demand made upon it, causes certain changes in the structure and chemical composition of the body.

Dr. Selye believed that stress is not all bad — in fact, it is necessary to life.



*Stress scientist Dr. Hans Selye.*

Trouble comes, however, when stress is unduly prolonged or appears too often or is concentrated in one part of the body causing the body's delicate balance, known as homeostasis, to break down, resulting in illness.

Upon his arrival in Canada, Dr. Selye studied and then taught at McGill University in Montreal. It was at McGill that he first described the syndrome of illness in terms of stress as it affects each individual differently.

In 1945, he left McGill to become director of the Institute of Experimental Medicine and Surgery at the University of Montreal and in 1977 he became president of the International Institute of Stress which he had founded in 1976. The institute was a non-profit organization supported in part by donations, royalties on his many books and papers, and from fees received from lectures. A branch of the institute opened in Toronto in January 1980.

Dr. Selye's concept was once thought of as merely an interesting academic notion but has been medically accepted for many years.