

MOSAIC

OTTAWA

Royal Visit slated for June. Rideau Hall has announced that the Queen Mother will visit Ottawa and Montreal from June 4 to 8, 1987.



In Montreal, the Queen Mother will take part in the celebrations commemorating the 125th anniversary of the Royal Highland Regiment, also known as the Black Watch, of which she is Colonel-in-Chief.

In Ottawa, she will meet with Mrs. Jeanne Sauvé, the Governor-General of Canada.

HEALTH

Oral memory does not deteriorate with age. The older you grow, the more difficult it becomes to remember where you hid your keys. But a study has been conducted proving that oral memory, or the ability to recall names and anecdotes, does not deteriorate with age.

"This is a very encouraging discovery," comments Dr. Elizabeth Koss of the National Institute of Aging.

Mrs. Koss, who studied 60 subjects between the ages of 25 and 85, found that the elderly did just as well in tests on oral memory as their younger counterparts did.

This type of memory includes the ability to recall names of people, anecdotes and events of the recent past, she explained at the annual meeting of the American Academy of Neurology, adding that a number of previous studies that pointed to a decline in oral memory with age failed to take into account the effects of illness or educational level.



Researchers find no link between coffee drinking and heart disease. Coffee does not contribute to heart disease, according to a group of American researchers who summarized studies conducted in the United States and Finland.

The statement contradicted a study published in



November, 1985 by scientists from Johns Hopkins University in Baltimore, Maryland, claiming that drinking five or more cups of coffee per day would triple your risk of contracting heart disease.

Dr. Peter Wilson, the author of the new American study, said at a conference of cardiologists that the Johns Hopkins researchers apparently studied subjects who were also smokers — hence the different conclusions.

Dr. Wilson observed the effects of coffee-drinking on more than 6,000 subjects during the periods 1956-1966 and 1972-1982, and stated that no connection was found between coffee-drinking and heart disease. Among men, cholesterol levels were found to decline as coffee consumption increased, while among women, the cholesterol level of the blood rose with coffee consumption.

According to Dr. Wilson, no connection between coffee and heart disease was found by a group of Finnish researchers who examined 17,000 men and women who drank an average of five cups per day.



Ancient remedy revived in the treatment of cholera. For years medicine has used various treatments in the attempt to eliminate cholera and other diseases that are often fatal to children in the Third World. It has now been observed that the best results are obtained by administering rice, which was long used for medicinal purposes as well as for food.

"Ask your grandmother what she gave you for indigestion, and nine times out of ten the answer will be rice," explains William Greenough, Professor of Medicine at Johns Hopkins University in Baltimore.