

### A medal for Mr. Strong



Maurice F. Strong, Chairman of the Board of Petro-Canada, was the first recipient recently, of the Henri Pittier medal in recognition of his extraordinary service as Executive Director of the United Nations Environment Program. Mr. Strong was also Secretary-General of the UN Conference on the Human Environment and President of the Canadian International Development Agency. The Henri Pittier medal was created by the Venezuelan Congress on the initiative of President Perez in commemoration of the outstanding conservation specialist Henri Pittier.

### Towards prevention of coronary heart disease in high-risk patients

The roles of smoking, lack of exercise and high-cholesterol diet in the precipitation of heart disease are now well-known, as is that of heredity. Recently clinicians dealing with heart attack patients have been paying increasing attention to factors which are not physical in origin, such as stress placed on the patient by job responsibilities or problems at home. And many have begun to discover that the source of stress is often the patient. Without knowing it, some people are victims of their own personalities; if they remain unaware of the dangers, they can help to bring about their own heart attacks.

Coronary heart disease (CHD) affects the coronary arteries leading to the heart (so called because they are in a crown-like formation around the top of the heart.) These arteries can thicken from any of the causes mentioned above, and thus leave an increasingly narrow passage for the blood to pass through to reach the heart. An insufficient blood supply can cause destruction of the heart tissue; this is called myocardial infarction, or heart attack.

Stress, anxiety and depression can all affect the body's metabolism, which in turn has a direct effect on heart function. Stress, for instance, especially stress related to fighting dead-

lines, can decrease blood-clotting time, making the development of a blood clot, or thrombosis, more likely. If a coronary artery is already thickened, a thrombosis is all that is needed to interrupt the flow of blood to the heart and cause an attack. Stress can also cause an increase in blood lipids (or fats) such as cholesterol. These lipids contribute to CHD by causing arteriosclerosis, a condition characterized by thickening and eventual hardening of the arteries.

According to Dr. Maurice Dongier, chairman of McGill University's Department of Psychiatry, and director of the Allan Memorial Institute, blood cholesterol increases in tax accountants during March and April when they are preparing income tax forms.

Dr. Dongier has studied the results of the work of many other researchers looking for a distinct series of personality traits common to cardiac patients, and has conducted clinical interviews of his own with 68 patients. While there is no unique personality profile specific to CHD patients, he has found convincing evidence that some defence mechanisms, character traits and neurotic reaction patterns are prevalent in these patients.

#### Important traits

The main traits he considers to be important are: (a) a tendency to brood

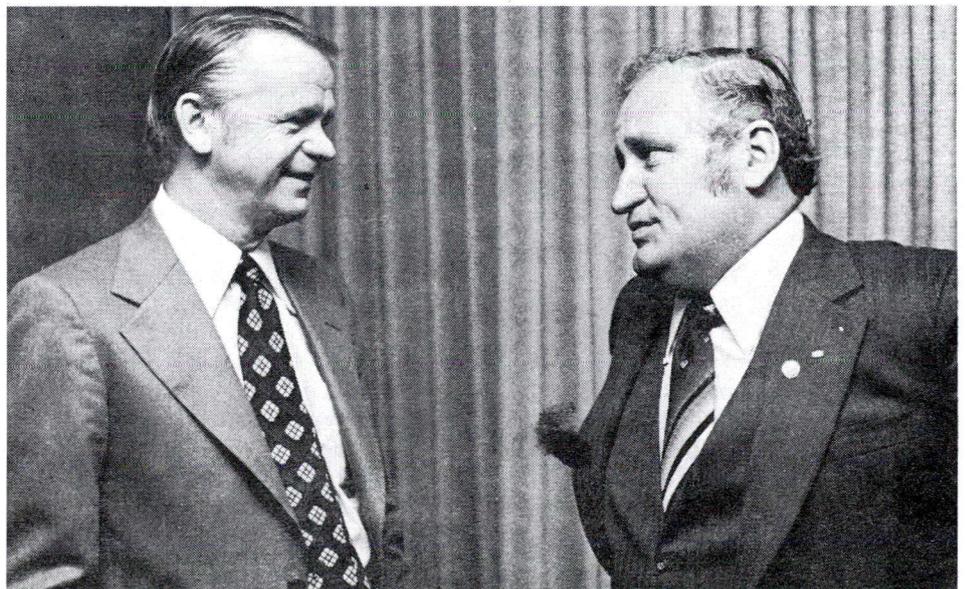
(Continued on P. 4)

### U.S./Canada talk agriculture

Canada's Agriculture Minister Eugene Whelan and United States Secretary of Agriculture Bob Bergland met in Ottawa for the first time on May 20 for a series of discussions. The subjects included a review of recent developments in Canada/U.S. agriculture-producer concerns regarding tariff disparities, the International Wheat Agreement, cooperation in agricultural research and the importance to agriculture of the Multilateral Trade Negotiations in Geneva.

Mr. Bergland chose Ottawa as his first official visit outside the U.S.A. since his appointment as Secretary of Agriculture because of the shared importance the agriculture industry holds in both countries domestically and in international trade.

"I've appreciated the opportunity to



Agriculture Minister Eugene Whelan (right) and U.S. Secretary of Agriculture Bob Bergland discuss developments at their recent meeting in Ottawa.