

JOINING HANDS FOR HEALTH

Principal Nursing Officer
 FEB 22 1988
 BAHAMAS SCHOOL OF NURSING



CARING AND SHARING

At Christmas Time

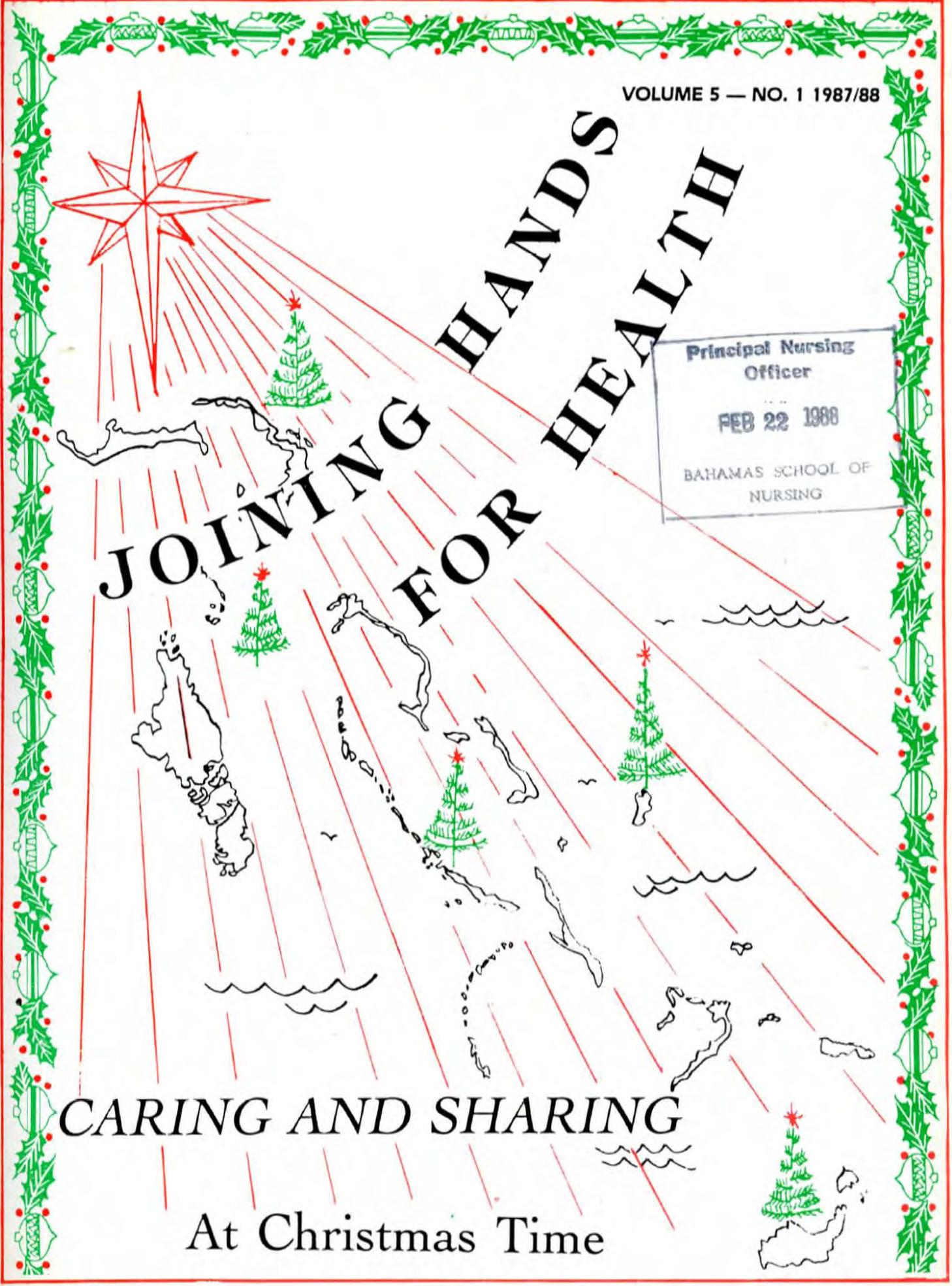


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MESSAGE FROM THE TREASURER NATIONAL HEALTH EDUCATION COUNCIL (BAHAMAS)

BISHOP HARCOURT PINDER

Principal Nursing
Officer

FEB 22 1988

A Christmas Message To All . . .

I should like through the hand book 'Joining Hands for Health' to convey to everyone who reads it and indeed the public in general, my sincere wishes for a very happy, peaceful and blessed Christmas and may we all find 1988 a year of peace, contentment, prosperity, happiness and fulfilment.

That time of year is upon us, when once again our thoughts must be directed to consider the true meaning of Christmas. Therefore, I beg of you not to let our thoughts be affected by the fleeting and trivial things which accompanieth Christmas. The grooming of the yard, the painting of the house, the new furniture, the decorated tree, the crammed grocery cupboard, the rush of traffic, the ringing of cash registers, the sound of cow-bells, the exchange of gifts, happy children playing with their toys. We also await the arrival of our special guests.

Yes, its Christmas again, then a day or two later, all is over and gone. The beautiful Christmas tree is faded and is thrown on the outside, the gifts are open; for our children many of these gifts are destroyed before the day is ended: The grocery cupboard is bare and the bills are aching our heads. Is this really Christmas?

For many, without these visible signs Christmas will not be the same. Please be reminded, the true meaning of Christmas is not what we eat or drink, or even what we wear, Christmas is a time of a closer relationship with Christ and those around us. It is true to say that the true meaning of Christmas is that greatest gift given to us by

God, Our Father Himself. He gave us His Son. Our thankful remembrance of the birth of the Christ Child, the Saviour of the world, is the occasion for all of our joyful celebrations and expressions of good will.

The same Saviour impressed upon us while he was upon earth, that He came in order that we might have life, life in all its fullness. Therefore, our concern at all times, and most appropriately at Christmas Time, must be with the fullness of living, both for ourselves and for our brothers and sisters, particularly the less fortunate, they are our responsibility.

We are commanded by the Christ of Christmas to lift up the fallen, care for the suffering, the lonely, the aged, the fatherless, the widows, the homeless, the hungry and the troubled. All must receive our attention!

Our celebrations this Christmas would be all the more meaningful if we reach out and try to humanize such individuals. Yes, there is a spiritual as well as material dimension to this state of living and in order for us to enjoy it, our lives must be developed both spiritually and materially. While we enjoy both aspects of life, more importantly, let us continue to worship and glory God for sending Christ who gives meaning to this season. Of course, one will not appreciate the true meaning of Christmas unless one has experienced the joy of Salvation.

Therefore, I pray that those who haven't yet had the experience will seek Christ now that their joys might be filled and may life in all its fullness which the Christ Child of Bethlehem brought to each of us, truly be ours this Christmas and always.



EDITORIAL

Joining Hands for Health is now five years old. Whow, how time flies! How the world changes!

It is Christmas once again, this should truly be a delight for everyone. A time when everyone look forward to gifts, when family members come together and share the joy of their hearts. It is a time of joyous music and celebration of love and good cheer.

Many of us tend to forget the true reason for Christmas. We over-indulge, in eating, drinking, and spending then later have regrets, all of these things bring

on the after Christmas effect, stress, worriation and depression. The true reason for Christmas is the celebration of the birth of Christ. We should be grateful for this reason and care and share with others from our hearts not only at Christmas time but throughout the years ahead. Lets make this holiday season joyous and meaningful to ourselves and everyone around us by celebrating Christmas for the valued reason and not for the traditional reason.

Greetings, to all readers and best wishes for a Blessed Christmas and a Happy New Year.

SAFETY AT CHRISTMAS TIME

ARCHIE NAIRN



Christmas is a joyous time of the year; it is a time when Bahamians reflect on the true meaning of Christmas and the significance of the birth of The Christ Child.

It brings about a reunion of families and friends and it creates an atmosphere of Peace and Love.

On the other hand it is a time of fun and happiness for the young and the old; a time for parties and junkanoo parades and yes . . . a time when we over-indulge in alcohol thereby making ourselves and others, potential victims of the streets of our country.

It is in this light that I would wish all drivers to drive defensively and to be alert while using our streets.

Pedestrians should also exercise a high level of care and intelligence while using the streets, as in many cases a wise decision can save a life.

Children who are the recipients of bicycles and roller skates at Christmas time become almost obsessed with these gifts that Road Safety becomes secondary. It is common to see groups of children on our roads riding bicycles or skating on major roadways at this time and in this regard motorists should drive with extra precaution.

Perhaps the following points should be adhered to during this Holiday Season:

1. "If you drink — don't drive". This is an old maxim which still holds true. It is a Universal acceptance of the tolerant view that a couple of drinks never hurt anyone; yet studies show that 50% of fatal automobile accidents are caused by persons who had been drinking.

Maybe we are still ignorant of the physiological facts about alcohol.

2. Always drive defensively.

A cautious driver saves lives; he is the driver who checks far ahead for difficult traffic situations and drives at controllable speeds.

It is important to be aware of the driver who has no respect for other road users.

3. Avoid driving if you are not feeling well. Drowsiness and illness slow your reflexes; at the first sign of fatigue, stiff muscles and decreased awareness one should pull off the road altogether to avoid a catastrophe.

Be aware of the affects of carbon monoxide and various drugs, as these lead to dizziness and fainting.

In particular, persons driving on our streets following Junkanoo Parades should be extra cautious as other drivers may fall asleep at the wheel.

4. The volume of traffic on the streets is extremely high during this time of the year, which is due in part to persons engaged in "last minute shopping."

If you find that it is not necessary to drive at these times then by all means leave your vehicle at home to avoid further congestion on our streets.

5. Young children should be supervised by adults while playing outdoors and in particular while playing near the highway.
6. Drive carefully and slowly when pedestrians are about, particularly in crowded shopping areas. Watch out for pedestrians coming from behind parked or stopped vehicles or from places where you may not be able to see them.
7. Never hold on to a moving vehicle while riding a bicycle or using your skate board.
8. Pedestrians should always walk facing on coming traffic.
9. Adults should ensure that children are seated properly in moving vehicles and that the seat belts are always used. Babies should never be carried in the hands of a driver.
10. The streets are not race courses; please slow down and live.

If the preceding points are adhered to then Christmas will certainly be an enjoyable time for all.

The time has come when we should be highly conscious of road safety and what it means.

Let us constantly be aware of the fatalities on our streets, as well as the traumatic effects on families; let us pray for those who are disabled as a result of accidents on our streets and remember that defensive driving saves lives.

Have A Merry Christmas!

JUNKANOO ALL THE TIME

ASHWARD FERGUSON

The sound of cowbells clanging in synchrony with vibration of goat skin drums and a brass section at four in the wee hours of the morning is the opening for Boxing Day. Preparation for that eventful time is experienced through the culmination of dedicated Artisans, who knew as they wait to parade to that rhythmic beat on Bay Street only time will tell the story of the greatest. One can talk about healing through medicine, junkanoo is a healing through the spirit and soul.

The event is an ongoing preparation. During January each member of the original group can submit a theme. The committee then decides on two drafts which are given to the designers. Once there are two possible themes they are again presented to the leaders for their interpretation. That interpretation is presented to the board for final approval. In July building-leaders draw the first pattern of the proposed costume for the Boxing Day Parade. The master pattern is then mounted for study as the camp. Patterns, cardboard and paper are being distributed to the outlets. In October while costumes are being prepared junkanoo-practice-sessions are taking place. And when the costume is completed it is stored and the camp's law of team work is enforced at all times. As long as one is in the camp one must participate.

There were times in the Valley, when a member was studying abroad and couldn't make it home in time to

prepare his own costume, he would call ahead and ask a valley brother to start and sometimes complete it for him. There were times when one lived in the Valley when Gus Cooper and original leaders use to meet at Edward Fitzgerald's house, the corner of Kenwood Street, and Mount Royal Avenue, and it was heavenly to dream of one day becoming a full-fledged 'Valley Boy'. It was an honour to paste shoes, swords, shields and just for a member to say, pass some glue and crepe paper was a thrill.

Some of the little boys from the Valley use to sneak out after dinner in their pajamas, not caring whether or not they'd get a whipping, to watch the practice at the dead end street near Bird Land.

Nowaday, from October through December rehearsals are held at the Queen Elizabeth Sport Centre. In December, practice sessions are held at Columbus Primary or Centreville Park. The final practice sessions within the last five years have incorporated a brass section. All the lead dancers, the bearers of the lead costumes, all the participants for the annual parade turn out for these sessions. On the morning of Boxing Day or New Year's Day, the spectacular colours and sound join to dazzle and salute the new day.



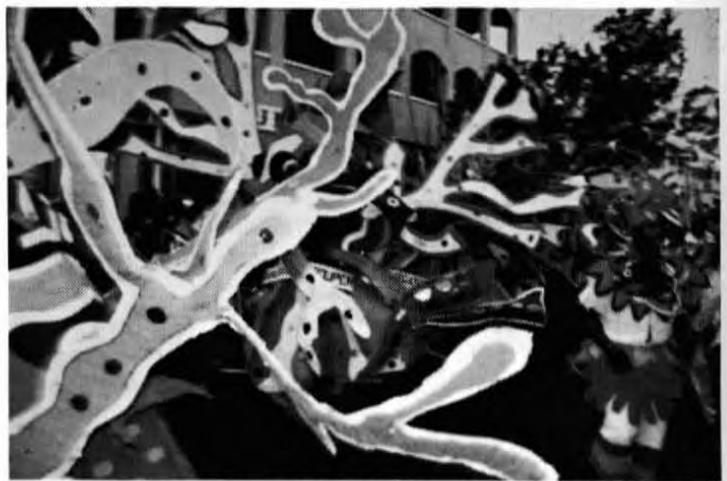
GUS COOPER, LEADER OF THE VALLEY BOYS



A LEAD COSTUME



PARADING ON BAY STREET



PARADING ON BAY STREET, MAGNIFICENT CORAL REEF



ROBERT FERGUSON AND HERBERT TUBBY



PARADING ON BAY STREET



MOTIVATION

DR. N. C. BACCHUS



DR. N. C. BACCHUS

Do you find yourself putting off for tomorrow what you can do today? Are you always trapped in a critical situation and just cannot find your way out? Do you find that you just do not have any drive at all? Do you find that you

just lack the initiative to do anything? And, finding no solution to your problems, do you find that you cannot even bring yourself to go to church or kneel before your bed and pray? If your answers to all of these questions are "YES," then you are certainly lacking in MOTIVATION.

Remember that we never walk alone in this life. When prophets, philosophers and other great men walk our land, they serve as our mentors. As a result of Karmic conditions established in our past, we are always blessed with mentors — good or bad. To fulfill our destiny in life, they become part of us and act as our guiding stars — for good or for bad. But with the spirit, the mind and the soul, along with God, we have an ever-flowing, dynamic source of creativity and guidance. There is, therefore, no need to give up!

We must accept defeat. Our convictions must be strong and positive, and like the amoeba, what we stand

for must be in constant motion, always boiling up, always showing itself up, always projecting. If we sit and hibernate, we will vegetate — mentally, emotionally, intellectually and physically. Since God created our mind and body to function, God will take back that which does not function. The result is deterioration and death.

Doctors and nurses and allied medical personnel must not be prepared for this if we are to function effectively.

We all have been put on this earth with a set plan which we must all fulfill before our transition into the heavenly plane. One of the things to make this happen is to feel equal to those who have already succeeded; there is a special vibration there that will catch on to you. We must stop complaining about not being rich enough, about not being healthy enough, about not being capable of loving or doing good. We must thrust forward and think the best of ourselves. This way we will succeed in life. We will do justice to our medical profession. We must stop dallying and start serving humanity; we must start serving our patients, for without them we will be nowhere. We pity ourselves too much too often; self-pity leads to self-destruction. Ascend the social ladder — ascend all ladders if you must — and mingle with people, for, without people, where will we be? In reality, this mingling will attune us to the positive, psychic vibrations of people — real God-fearing people, that is — and we will be motivated to move onward, upward, forever.

But we must act now! A good idea is to have a mentor — someone you like and wish to take example of. Then mix in that circle. If you love Christ, get into the Church. If you love Tchaikovski, get into the music circle. If you love Plato, get into an intellectual, philosophical society. If you love Sir Winston Churchill or Sir Linden Pindling, then get into the political circle. The possibilities are limitless. Just get involved!

Life is a panoramic stage and we must play our part on this stage. Act the part of your mentor or idol — think like them, walk like them, work and toil like them, imitate their habits or self-discipline, industry, optimism and determination. Our motivational machinery will then be in full gear along the highway of success and happiness.

Mentors are the flowers of earth. But when they fail to bloom and provide us with inspiration, human as they are and must err, we must turn within ourselves to the very center of our consciousness. It's amazing what instinct and other attributes of our Real Self can do for us. How do we do this? It simply calls for a little concentration, contemplation, and meditation. That simple! This turning within the recesses of our mind, also proves us true motivators apart from the fact that we will find there the true motivator — God!

When we realize how expansive and how dynamic this entire universe is — just one look into the sky on a bright starry night will tell you this — we come to realize how dynamic are our own lives, which connect psychically

with the entire universe; our possibilities are enormous; our collective minds are together a gigantic gold mine. And when crisis come, we realize how simple it is to solve them in view of the enormous, automatic solving of celestial functioning. Our problems are but a drop of water in the ocean of eternal life. Realization reminds us that we can solve everything if only we tell ourselves that we can, and if only we accept life as only, perhaps, a cotton ball floating in the vast celestial ocean.

"Eureka! Eureka!! — I found it!" shouted the Greek inventor, Archimedes.

It was motivation that led Archimedes to success as motivation did to all other inventors and discoveries.

Just a word of caution! Some of us are motivated to do evil. And we succeed because motivation is not capable of reason — because it is a 'thing' in the subconscious mind, which, you perhaps know by now, is not capable of inductive reasoning; it just does what you tell it to do. The other end of this motivational process is embedded in the WILL of the objective mind, which is capable of reasoning, but the thought that has already been put in the subconscious mind influences the WILL. So you only get what you put into it. So, simply, avoid evil thinking because it ultimately leads to evil. Your motivational process must be 'guided' and fits the norms of society and the harmony of nature and the acceptance of God. This is simple, isn't it?

Stress is all around us. It creates 'stress' on the human body and mind, which reacts by producing ANXIETY. Generally anxiety is useful; it is the alarm clock within that prompts us to wake up and become receptive — and so, we become knowledgeable; and so we multiply and live. This motivational factor within is instinctive, and instinct is a product of God-consciousness — a vital life force.

In short, basic instinct motivates us naturally. It is left to us to utilize it, to turn within and grasp it. Other extrinsic motivational needs must be carefully selected and guided into the subconscious mind for use by the WILL.

An interesting book to have is: THE GREAT PERSUADERS — Encyclopedia of Sales. It's a great book on motivation, persuasion and how to sell yourself for fun and profit. It costs \$16.95, and if you are interested let me know and I will send a copy — postage free for doctors and nurses only — My address: N.C. Bacchus, M.D. Governor's Harbour, Eleuthera, Bahamas. It will be my pleasure!

The question asked is: Well, how, just how can I motivate myself? Well, the first thing is GOAL. You must have a goal. This is either to get well or to get rich or perhaps to marry or to get a job or whatever; goals are many and only you know what they are. A word of warning! If your goal is evil — to hurt or kill or to do evil or anything fiendish — you will achieve your goal, but just remember that evil will generate evil and destroy. Why? Because we are dealing with a negative force and negative forces attract negative results, along with the achieving of the goal.

Next you must want to CHANGE. Some people just get very complacent with what they have that when they achieve — if they do — they just lose it all. We must be open-minded and ready to accept a change for the better and maintain that attitude of moving on.

FAITH is important. We must be confident. We must be self-confident. We must be God-self-confident. We must believe in ourselves and in others and in nature and in God. You must have heard that if you believe you are sick, you will be sick; if you believe you will have cancer, you will have cancer. Always say, "I WILL" not "MAY BE."

Meekness is also important. Make yourself humble — it relieves stress. Learn to forgive people and learn to forget about negative things you hear. You know, life is a pickle. You can either have it sour or sweet. You are the judge. You are the motivator.

Have courage. Have will-power. These are all natural qualities of the objective mind, about which we are always conscious, just utilize it.

Meditate. Have time off to be by yourself for a few minutes and think of yourself. Feel your face, your hands, your legs. Hear the breath in your nostrils. Listen to music or light a candle. Whatever. Just find the time each day to introspect and to be yourself. Go down to the beach and just sit and admire the sand and the sea and the sun and the glory of the sky. Does this sound weird? I tell you, it works for me. It makes me calmer and I'm ready to see the next patient anytime. It will work for you. It will motivate you. It creates better doctor-patient and doctor-nurse relationship. And if you are still confused, close your eyes, clasp your hands, raise your head up high, drop on your knees and — don't be ashamed, greater doctors and nurses than you did it — just PRAY! That motivates me!



THE LEGEND OF THE POINSETTIA

PEARL COX



Many years ago a child named Lucinda, lived with her family in Mexico. They were very poor, but they enjoyed the fiestas. Lucinda loved the Fiesta Navidad — Christmas best.

One Christmas Lucinda felt very sad and unhappy because she couldn't afford a gift to bring to the Child in the manger.

She hid in the shadows of the church and watched the people carry their gifts to the Nativity scene. She wept as she wanted so to be a part of the procession.

Suddenly, she heard an old lady ask her why she was crying. Lucinda told her how poor she and her family were and how she longed to carry a gift to the child. The old lady told her that whatever gift she could give, would be beautiful.

Lucinda felt happy as she picked an armload of tall green weeds. She walked up the aisle of the church and arranged the weeds near the manger.

A hush fell over the church as people stared. When they looked at the weeds, each leaf was tipped with a flaming red star. The manger glowed as if lit by a hundred candles. A miracle had happened! And every Christmas after, the red stars shine on the green leaves of the "Flor De La Noche Buena" Flower of the holy night Poinsettia.

The Poinsettia is the member of Euphorbiaceae family, (*Poinsettia Pulcherrima*). Called Christmas Star. It grows all year round, but only turns red during Christmas time.

Culture: Poinsettias chiefly grow from cuttings, planted in pots or in the ground. Soil must be wet and rich at the start. Shade is best for them, as they will not turn red, if exposed to bright sunlight, and never under electric light. They are short day plants. So mostly during that time of year will they ever turn red.

The red star shaped leaves are not flowers, but the centre clusters are. Pruning should be done in April when tops must be cut off, even with flowers. Second pruning should be in September but only very slightly. That is why it is said that the "P" months should be reserved for pruning.

When cutting Poinsettias for flower arrangements milk will come out. This is called "bleeding." To prevent "bleeding," always have a lit candle to burn or seal the milk in. And the flowers will not droop. The heat from the candle dries up the milk, which is the life blood of the plant. The pieces you cut off the top may be planted for propagation. Poinsettias are in white, pink, cream, as well as red.

UPDATE

WELCOME/TRANSFERS

- * Health Education Division wish to welcome Miss Yvette SMITH, Clerk. Miss Smith transferred to Health Education Division from Pan American Health Organization in October, 1987. Miss Smith is a very quiet person, but very energetic when it comes down to work.

Having welcomed Miss Smith we have said goodbye to Ms. Althea SEYMOUR and Mrs. Felicity AYMER.

- * Mrs. Seymour decided it was time for a change from one side to the next. She has been transferred to Environmental Health. Best wishes in your new job Althea, we hope you enjoy your new atmosphere.
- * Mrs. Aymer left the division to continue her studies in the field of Health Education.

Since the departure of Mrs. Aymer our department has been very busy. We miss your winning smile and your thirst for knowledge and truth, hurry back.

We would like to wish both Mrs. Seymour and Mrs. Aymer success in their goals; a Merry Christmas and a Prosperous New Year.

- * Welcome to the Ministry of Health Ms. Kim BETHEL and Dennis DEAN.
- * Mr. Clarence INGRAHAM of Public Health, transferred to George Town, Exuma.
- * TCN Annis NEELY from Princess Margaret Hospital to Public Health Department.
- * Bridgette DORSETTE from Sandilands Rehabilitation Centre to Public Health.
- * Konyea WILSON from PMH to Public Health Department.

CONGRATULATIONS:

The following employees of Princess Margaret Hospital which were recently awarded speechcraft certificates for completion of the toastmasters speechcraft Program in communication and leadership.

- * TCN Angela ADDERLEY, SM Sherry ARMBRISTER, SM Brenda BURROWS, Senior Clerk Accounts, Merrel COOPER, Financial Controller, Francina HORTON, SM Beverley JOSEY, SNO Julieth MINNIS, Clerk, Dionise MURPHY, RN Karen THOMPSON, SM Tanya THOMPSON, Accounts Clerk, Gaynell ROLLE, Accountant Sonia SMITH.

This group is so enthusiastic about public speaking that they have decided to become a part of the Bahamas Division of Toastmasters International. The name of the new club is "Spirit of Excellence". All persons interested in becoming a member of Princess Margaret Hospital's Toastmasters Club can contact Mrs. Merrel Cooper at 322-2861 or 322-1039.

CONGRATULATIONS:

- * Community Nursing Program Graduates:

SN Ann ROLLE, Shirley STRACHAN, Clarice INGRAM, Oluie ROLLE, Bernadette BAIN, Larry WILLIAMS.

- * Paulamae FERGUSON, Health Aide, Health Education Division, Gertrude Linda LOCKHART, Health Aide, Ministry of Health' Thelma SWEETING, Health Aide, Community Health Services; Sophia ARMBRISTER, Clerk, Princess Margaret Hospital; Linda CLARIDGE, Lab Technician, Princess Margaret Hospital; Monique BAIN, Auxiliary S.R.C.; Sharon DELEVEAUX filing assistant, S.R.C.

These ladies were awarded certificates in Basic Work Improvement IA Course.

- * E. Erskin LINDOP, M. DAVIS, M. PROFELLO, P. HAMILTON, P. LEOX, P. JONES, A. OSSNER, H. EATON, R. ELTON, L. JACKSON, J. MACKAY, W. ROBINSON, I. THOMPSON, M. WEST, J. RHODES, S. TREE, L. SMITH, I. BONIMY, B. MARQUES, C. KEMP were awarded certificates from the Yellow Birds, a group of women that provided voluntary service to the public.

EVENTS:

The month of October was a big month for the Princess Margaret Hospital. This month was declared Hospital Month. The official opening of Hospital month, Friday, 2nd October, 1987 by the Minister of Health Dr. Norman Gay. Their theme was AIDS Awareness. This theme was chosen to continue the efforts on public education, and also continue the education of Health Care professionals on AIDS. Some of the activities for Hospital Month were: Unveiling of photographs of Miss H. V. Bowen, M.B.E. and the late Mr. Hubert Knowles, M.B.E.; a basketball exhibition game held at the A. F. Adderley Gymnasium. T-shirt day, a softball jamboree held at the College of The Bahamas, a Gospel Concert at Epworth Hall, St. Luke's Day Church Service, Sports Day at the Thomas A. Robinson Track and Field Stadium, and lets get together which consist of events for staff and family members participate in such as, the Gong Show, a Fashion Show and Mr. and Miss Princess Margaret

Hospital. Mr. Lorenyon Bethel and Ms. Barbara Charlton were crowned Mr. and Mrs. PMH. Hospital Month ended on the 31st of October. An AIDS display centre was set up as well as billboards on the hospital compound.

- * November 9th-15th, 1987 was 'Nurses Recognition Week'. The nurses of The Bahamas Nursing Service, Ministry of Health are committed and dedicated persons which take their work seriously and give generously of their time. They put forth a special effort in the delivery of health care to the residents of The Bahamas. Nurses were recognized during this week for completing 30 years or more of services. Persons in this category are: Castella BOWLEG, SNO; Esmerelda RUTHERFORD, SNO; Parmela NEWBOLD, NOII; Lydia RAHMING, NOII; Lenora PRATT NOII; Ena HANNA, SN; Evangeline GRANT, TCN. Other nurses were recognized for their special contributions. Joining Hands for Health would like to congratulate all of you, keep up the wonderful work.

- * November the 15th-21st was Senior Citizens Week. The theme for Senior Citizens Week was "Growing Old With Dignity". Church services were held on Sunday November 15th in New Providence and throughout the Family Islands to give thanks to God for the contributions of our Senior Citizens and for their presence in the family, community, and nation. Other activities included during this week were panel discussions, luncheons, concerts and outings. Officers from Ministry of Housing and National Insurance travelled to the Family Islands. The Goals for this week focused on 1. Providing information for seniors, their families and their friends on effective use of these services; 2. The need to develop additional programs based on existing models, especially in the area of residential and day care facilities.

On Wednesday, November 11, 1987 the Public Education Committee for AIDS held a workshop for the Clergy Community at the Coral Room, Pilot House Hotel. The official opening was done by Dr. V. Allen, Chief Medical Officer. The guest speakers were Dr. Perry Gomez Consultant Physician at Princess Margaret Hospital. Dr. Gomez spoke about the Disease AIDS and the Management. Mrs. Rosemae Bain Nursing Officer, Community Health Services; Mrs. Bain spoke about Contact Tracing of AIDS patients and the family; Rev. Dr. Collin Archer, spoke on the Role of the Church in Response to the AIDS Crisis; Dr. Timothy McCartney, Clinical Psychologist Consultant, Sandilands Rehabilitation Centre, spoke on Human Sexuality and attitudes in Bahamian context. The workshop began at 9:30 a.m. and ended at 1:30 p.m. The objectives of the Public Education Committee for AIDS were 1. To make participants (clergy members) more aware of the AIDS problem and specific behavior associated with this disease. 2. To suggest ways of developing support systems which can be used for

HIV patients and their families. 3. To suggest ways of working with the Ministry of Health to control the HIV problem. 4. To suggest approaches to facilitate appropriate behavior and sexual life style changes.

The outcome of this workshop was very successful. The goal of the Public Education Committee on AIDS is to inform, sensitize, and educate as many people as possible on AIDS and it appears to me that they are doing just that. Keep up the good work.

- * The 12th Annual Family Island workshop was held November 23rd-26th in the Coral Room, Pilot House Hotel. Various health related problems were discussed including control of Diarrhoeal Diseases, Orthopaedic problems in children, Acquired Immune Deficiency Syndrome (AIDS).

VITAL STATISTIC



RAYMOND ALFRED BETHEL

BIRTHS

- * Congratulations to Mrs. Sheila JOHNSON, Chief Clerk, Purchasing, in the Supplies Section of the Princess Margaret Hospital on the birth of your second grandson, Raymond.
- * Congratulations to Coral EDWARDS of Fresh Creek, Andros, Yvonia BETHEL, and Veronica ROLLE of Princess Margaret Hospital on the birth of their sons.
- * A son was born to Betsy and Peter Davis at PMH. Mrs. Davis is a Filing Assistant in the Supplies Department at SRC.

MARRIAGES:

- Weddings bells rang for Gaynell Rolle, PMH, November, 1987.
- Wedding bells rang out for Mr. Eustace Johnson, Food Service Supervisor, SRC, in August and Ms. Marion Anderson, Health Aide, SRC, in November.

HAPPY BIRTHDAY/BELATED

- Donna DIAL, Joining Hands for Health, Editorial Committee;
- Shandalanae EDWARDS, Health Education Division;
- Althea SEYMOUR, Environmental Health;
- Barbara CURTIS, Health Education Division;
- Alma Brown, Princess Margaret Hospital.

SANDILANDS REHABILITATION CENTRE

PROMOTION:

- Edward Watson, Carpenter was promoted to Carpenter Grade 1.
- Rosalie Foulkes, Dietician was promoted to Senior Dietitian.

FAIR:

Congratulations to the staff of SRC who worked through the inclement weather and made the Annual Fair a success. The Annual Raffle will take place December 18, 1987.

NEW STAFF:

The family of SRC welcomes the following staff members:

Donna Coakley

Dr. Jagadeesh — Medical Registrar)
Dr. B. Nelcon — Sr. House Officer) transfers
Mrs. N. Marchall — Nursing Officer II) from PMH

and many others.

RETURNING STUDENT:

Rochelle Lightbourne, Social Worker returned to SRC after completing a B.A. Degree in Sociology with Honours at Mankato State University in Minnesota.

RE-EMPLOYED PENSIONERS:

SRC is just not the same when old familiar faces disappear. But returning to us were Alfred (Papa) Johnson, Porter and Veronica Adderley. SRC says 'Welcome back home'.

NURSING DEPARTMENT:

Nurses Appreciation/Recognition Week and Open House was held at SRC November 16-20, 1987.

VISITS:

SRC patients and staff anticipate the annual visit of The Governor-General and Police Band which is scheduled for December 21, 1987.



ACCIDENT PREVENTION IN THE HOME

— BERNADETTE BAIN, R.N., C.M., C.N.



BERNADETTE BAIN

Whenever we think of home, we think of somewhere safe and secure, where we can relax with family and

friends. This is generally true but carelessness can result in harm or injury.

Accidents occurring in the home is not limited to any particular age group as it could occur from infancy up to the elderly. However, the majority of accidents as recorded by Princess Margaret Hospital in 1981 showed the 0-4 year age group being the highest with 23% of the total of 1,729.

COMMON TYPES OF INJURIES:

1. Ingestion of foreign bodies and chemicals.
2. Burns.
3. Fractures and sprains.
4. Lacerations and open wounds.
5. Head injuries.

CAUSES OF ACCIDENTS:

Most accidents in the home are caused by leaving infants and children unsupervised. Children are very curious which is a normal part of their growth and development and keeping harmful substances and sharp implements within their reach is hazardous. Wet floors, forgotten toys and leaving water collected in tubs and buckets all result in accidents.

PREVENTION STRATEGIES:

If adults in the home set out purposefully to enhance safety in the home, many accidents can be prevented. The following show ways in which accidents can be prevented:

1. Medicines, bleaches, oils and other tonic products should be kept out of reach of children. Soda and juice bottles are not recommended.
2. Children should always be supervised.
3. All bottled substances should be properly labelled. The habit of storing poisons in common and familiar household containers such as soda and juice bottles are not recommended and should be avoided. Children under 5 years are at the high risk to drink up poisons stored in common household containers because they cannot read and sometimes may not be able to detect by smelling if they have a common cold.
4. Children should not be allowed with small toys that can be pulled apart eg. the eyes and nose on stuffed

animals. Be careful not to over load an outlet by use of drop cords, etc.

5. All electrical outlets should be covered so as to prevent shock. Blind plugs can be purchased from hardware shops and supermarkets. Stand a cupboard in front of the socket to conceal it, especially where the 1-3 year old child is present.
6. Children should not be allowed to play on stairs and wet floors which can result in falls.
7. Most accidents involving burns occur in the kitchen, therefore pot handles should always be turned inward so as to prevent them being knocked over.
8. Smoking in bed should not be permitted.
9. Water should never be left unattended in tubs or buckets and wells should always be covered so as to prevent drowning.
10. Personal items for the elderly should be placed within their reach as they have a tendency to lose their balance. Throw rugs (with non-stick backing) should be avoided as they could result in falls.

These injuries resulting from accidents can vary from minor to severe and can sometimes be fatal. Family members should therefore consciously employ these simple preventative methods. Remember accidents are unintentional and prevention is always better than cure.

CHRISTMAS IN BERMUDA

Christmas in Bermuda: The sun may shine and the temperatures climb in to the 70s, but you do the best you can. The Phoenix Drug Store sells spray-on frost and snowflake stencils. There are no fir trees growing on the island, but a great shipload of them arrives each year from Canada to solve the problem. Even on this semi-tropical island in the middle of the Gulf Stream, Christmas is celebrated as closely as possible to the Christmas of the colonial motherland of England.

There is no snow, of course, and never has been. Reports surface from time to time that snow has fallen, but it always turns out to be goose down leaking from a pillow somewhere or scrapings from the freezers at the ice-cream plant.

Bermuda is far enough north that December is colder than August. On severe December nights, the temperature can plummet down into the 50s, which, coupled with high humidity, can chill you to the bone. Few people have central heating so you can, on occasion, end up a lot colder than you would be if you stayed home in a well-insulated house in the Snowbelt.

But the days are often clear and sunny and warm. The beaches are less crowded than in season and the sea is warm enough for tourists to swim in, though most Bermudans are so spoiled they dare not swim in water that's under 80 degrees. Foreigners in Bermuda love to go swimming on Christmas Day and New Year's Day, however, so they can send photographs to envious relatives back home.

Santa Claus — or Father Christmas as Bermudans are apt to call him — somehow manages the trip to warmer climes and, as in most capitalist countries, turns up at shops and in parades during those hectic final shopping days. He takes children on his knees at the toy stores, and zips around town on a moped. The Junior Chamber of Commerce brings him to Hamilton on a boat, where he is put ashore at Albouy's Point and paraded through town on a fire engine — a colorful event that will take place December 13, this year.

Poinsettias, which grow inconspicuously and untended most of the year, are ablaze along roadsides and in front yards. And the streets are lit up with multicolored

lights, hanging in the casuarina and poinciana trees along the docks on Front Street and stretched overhead along Queen Street up the hill to City Hall. Lights are draped over the "birdcage," the little kiosk on Front Street where a policeman stands to direct traffic, while the larger shops put lighted Christmas trees on their second-floor balconies.

Even the small government ferry boats that ply Hamilton Harbour sport small Christmas trees on their flagstaffs,

while the loader brothers tie a decorated tree to the top of the crane on the dock of their boatyard at Red Hole.

The Christmas trees arrive by ship from Canada, just before Christmas. No matter what the name of the vessel, the freighter is known locally as "The Christmas Tree Boat" and its arrival is a much-heralded occasion — especially when strikes in Canada or foul weather along the way has made it look like the ship will never dock in time for the holidays.



RECIPES

PECAN-CUSTARD PIE

- ½ 10- to 11- ounce package piecrust mix
- 3 eggs
- 1 cup dark corn syrup
- 4 tablespoons butter or margarine (½ stick), melted sugar
- Vanilla extract
- 1¼ cups pecan halves
- 2 cups half-and-half
- 2 tablespoons cornstarch
- ⅛ teaspoon salt
- 1 egg yolk
- ¼ cup heavy or whipping cream

Early in Day:

1. Prepare piecrust mix as label directs for 9- inch 1 crust pie. On lightly floured surface, with floured rolling pin, roll pastry into a round about 2 inches larger all around the 9- inch pie plate. Line pie plate with pastry; trim pastry edge, leaving 1- inch overhang. Fold overhang under; pinch to make a high fluted edge; set aside.
2. Preheat oven to 350°F. In medium bowl, with wire whisk or fork, beat eggs, corn syrup, butter or margarine, ¼ cup sugar, and 1 teaspoon vanilla extract until well blended. Reserve 2 tablespoons pecan halves for garnish; arrange remaining pecans in bottom of piecrust. Place pie plate on oven rack; carefully pour egg mixture over pecans. Bake pie 1 hour or until knife inserted 1 inch in from edge comes out clean. Cool pie on rack.
3. In heavy 2-quart saucepan, mix half-and-half, cornstarch, salt, egg yolk, and 3 tablespoons sugar; cook over medium heat, stirring constantly until mixture boils and thickens about 20 minutes. Boil mixture 1 minute. Remove saucepan from heat; stir in 1 teaspoon vanilla extract. Pour custard mixture over cooled pie. Refrigerate pie until custard is completely set, about 3 hours.

4. To serve, in small bowl, with Mixture at medium speed, beat heavy or whipping cream until stiff peaks form; use to garnish pie. Sprinkle with reserved pecan halves. Makes 10 servings. About 460 calories per serving.

FAVOURITE CHRISTMAS CAKE (Red Velvet)

- 2½ cups self-rising flour
 - 1 cup buttermilk
 - 1½ cups vegetable oil
 - 1 teaspoon baking soda
 - 1 teaspoon vanilla extract
 - ¼ cup two 1-ounce bottles red food colouring
 - 1½ cups granulated sugar
 - 1 teaspoon unsweetened cocoa powder
 - 1 teaspoon white vinegar
 - 2 large eggs
- Frosting
- ⅓ pound (1 ⅓ sticks) butter, softened
 - 10 ounces cream cheese, softened
 - 1 - 1 pound box confectioners' sugar
 - 2 cups chopped pecans.

To make cake:

1. Heat oven to 350°F. mix together all ingredients with an electric mixer. Spray three 9-inch round cake pans with nonstick coating. Pour batter equally into the three pans and bake for 20 minutes. Test for doneness with a toothpick. Cool layers in pan or wire racks for 10 minutes. Carefully remove layers from pans to racks to cool completely.

To make frosting:

2. Combine butter, cream cheese and confectioners' sugar in a bowl. Beat until fluffy, then fold in 1½ cups pecans. Use to fill and frost cake when it is cool. Decorate top of cake with remaining ½ cup pecans, refrigerate at least 1 hour before serving. Makes 10-15 servings.

THE FIRST JOINT MINISTRY OF HEALTH INDUSTRY ENVIRONMENTAL CONFERENCE

Freeport, Grand Bahama — 14th to 16th September, 1987

DR. DONALD COOPER

HISTORY

In the early 1960's, the Bahamas Government decided to diversify the Bahamian economy to remove some of the country's dependence on tourism for income. One of the principal mechanisms for doing this was to seek to attract industry to Freeport.

From the inception of the heavy industrial park and significant heavy industrial development in Freeport in the late 60's and early 70's, it was recognized that special environmental safeguards would have to be insisted upon. However, as development increased it was found that the regulatory mechanisms were not keeping pace. This resulted in complaints from the community about the affects of industrial emissions.

In the early 1980's the Bahamas Government sought assistance from the World Health Organization and the Pan American Health Organization to develop a comprehensive environmental control program. The plan of action developed stipulated eight priority emissions and ensure that pollution levels are maintained well within safe health standards.

The eight points are:

1. Initial assessment survey of laboratory resources.
2. Specification of laboratory equipment.
3. Purchase and install laboratory equipment.
4. Technician training.
5. Industrial hygiene sampling.
6. Environmental sampling.
7. Establishment of legal framework.
8. Public education.

It was specifically this eight point that the environmental conference was called to address. The population needed to know what was being done to investigate their complaints and to raise any other concerns with the regulatory agencies and the companies themselves.

INTRODUCTION

The Freeport industrial park area has two pharmaceutical processing plants, an oil refinery and oil transshipment terminal, a cement manufacture and transshipment plant and an oil fired steam powered generating station.

The pharmaceutical plants produce amongst other things, an intermediate in the manufacture of oral cepha-

losporins (penicillin), Naprosyn, the active ingredient in a analgesic, steroid products and veterinary medicines.

The oil refinery in recent years has not been refining crude but has significantly increased their transshipment activities which include blending of most heavy fuels. They do maintain a boiler which utilizes high sulphur fuel (typically 2.7% w/v).

Similar to the oil refinery the cement manufacturing plant has not been producing recently but have increased their transshipment activities. As with most cement manufacturing facilities, there is a problem with dust generation on filling of storage towers and loading of transportation containers.

The power generation plant uses a combination of fuels. The majority of the fuel used is heavy "bunker C" oil which has on average approximately 2.7% w/v sulphur. There is no treatment of the sulphur dioxide generated nor any particulates. The power plant does have the capacity to run on diesel fuel with a much higher operational cost.

Pollution problems experienced to date have been as a result of the production of mercaptans, sulphur dioxide, particulates, chlorine based gasses, other nuisance odors and unidentified gaseous emissions. These gasses have impacted the nearby community which is less than half a mile away. This community contains schools with a transient student population of over 5000. The industrial emissions have resulted in the closure of the schools on numerous occasions especially during the months between December and April.

The school children, teachers and residents of the community have issued complaints about suffering symptoms such as runny eyes, sore throats, headaches, nausea, vomiting, skin rashes, respiratory problems and fainting. In addition to these acute complaints the people have expressed concerns about affects on the menstrual cycle, reproduction in general, birth defects and spontaneous abortions, long term respiratory problems and cancer development.

The complaints have arisen when the wind direction has been from the northwest. Under these conditions the emissions from the industries would be blown towards the schools. There is also commonly present a wind inversion layer which prevents the adequate dispersion of the gases when winds are from this direction. These conditions commonly exist during the winter months of December to April.

CONFERENCE FORMAT

The conference took the form of formal presentations by invited experts from Barbados, The United States and England as well as representatives from international agencies such as the World Health Organization, the Pan American Health Organization and the United States Environmental Protection Agency.

Time was allocated to each of the sponsoring industries to make a presentation on what they were manufacturing, what waste they generated and how this was treated. They also explained their environmental control equipment and techniques and set up demonstrations of their plants operations.

The Department of Environmental Health also had the opportunity to bring the public up to date on what progress had been made over the past five years on the improvement of regulation techniques for industry. Also presented were some of the results from the Departments environmental air monitoring program.

There was an open question and answer session held during the evening to give the community the chance to ask in an informal setting any questions which they may not have had the opportunity to do during formal presentations. Finally, the group assembled into workshop sessions to address specific problems in the area and to see if mechanisms for the solution to the existing problems could be developed.

The topics addressed by the conference included:

1. TOXICOLOGY — Dose-effect and dose-response relationship. Toxicity and health risk evaluation due to exposure to pollutant chemicals.
2. EPIDEMIOLOGY — The short and long term affects of exposure to hazardous chemicals and medical monitoring of the community and work force.
3. OCCUPATIONAL HEALTH AND INDUSTRIAL HYGIENE — Safety of the worker on the job and general working conditions and practices.
4. AIR POLLUTION AND ODOR CONTROL — The techniques and equipment used in the monitoring of industrial output with special emphasis on air pollution.
5. ENVIRONMENTAL CONTROL LEGISLATION — The regulations and standards enforced in The Bahamas.

The Objectives of the conference were:

1. To more appropriately orient and educate the community at large to aspects of environmental pollution and control and the co-existence of industry with the civilian community.
2. To impart the role, functions and responsibilities of health and industry in the control of environmental pollution.
3. To generate and establish an appropriate of the non-industrial and non-governmental sector in the environmental monitoring and risk assessment process.

4. To establish a mechanism for appropriate dissemination of information between industry, government and the civilian community.

5. To review and propose a strategy for an integrated disaster contingency and response plan for the industrial sector and surrounding community.

An audience of approximately 500 per day attended the conference. This included junior and senior high school children, residents of the community, school teachers, industrial personnel, civil servants and the general public. The presentations were aimed at a higher school or slightly higher level. These were followed by open question and answer periods. The invited experts also participated in smaller panel discussions and question and answer periods. These sessions involved a more knowledgeable audience.

CONCLUSIONS

At the end of the conference it was felt that the objectives had been achieved. It was noticeable from the questions being asked by the audience that their understanding of what was happening in their community had improved. Also, the industry people appeared to be more comfortable in their communication with the community. Through having met and become friends with each other it made it easier for the two sides to communicate their problems and work together for a mutually acceptable solution.

Many members of the community were unaware that the government had been addressing their complaints. On learning of what had and is being done they were able to feel more comfortable with the industry. There are emission problems which have to be dealt with but they are being tackled and improvements being made. One of the points which was made very clear by all the invited experts was that the procedure takes time. Years will be required to get an adequate situation.

The thought that things were very much better in developed countries such as Britain and The United States was shown to be incorrect. They have more resources and personnel yet they also have much greater problems. Their systems are developing in the same way that ours are. We have the benefit of learning from their mistakes and thus can reduce tremendously the time it takes to develop adequate regulatory agencies.

The key point stated by all the experts was that with industrial development there will be pollution. The job of government is to decide how much of the pollution one is willing to accept for the benefits the industry bring, such as employment, revenue and a diversification of the economy. The job of the regulatory agency is to point out the risk involved in order to help in that decision making. Also to ensure that pollution is kept to a minimum and certainly well within internationally acceptable health standards. It does not aid us to replace tourism with industry but rather to add to it through industrial development.

JUST FOR LAUGHS



Did you hear about the gynaecologist who left his profession because he could never see eye to eye with his patients?

Dr. Yates had just performed a difficult operation. As the nurse watched in awe, the surgeon unscrewed the wooden hand he had been using.

"Marvelous!" she murmured.

"That's nothing!" said the doctor, unscrewing a wooden leg.

"But how did you ever manage to overcome such handicaps?"

"Come down to my office and I'll show you!"

She went down to his office and he screwed his head off.

Thatcher had been in a terrible auto accident.

After two days in a coma, he woke up and found the surgeon standing beside his hospital bed.

"I have bad and good news for you" said the surgeon. "The bad news is that I cut off your good leg by mistake."

"Oh Jesus!" exclaimed Thatcher. "Now tell me the good part."

"The good news is that your bad leg is getting well."

Dr. Russell rushed into the bedroom and said to his wife "Quick, get me my bag!"

"What's the matter?" she asked.

"Some fellow just phoned and said he couldn't live without me."

"Wait a moment." said the wife. "I think that call was for me."



EVALUATION

Help us to make the newsletter as interesting and informative as possible.

Please complete, detach and return this short evaluation form to the Health Education Division, Ministry of Health, Nassau, Bahamas.

Tick the most appropriate response.

1. How did you find the newsletter?
a) very interesting b) interesting c) somewhat interesting d) uninteresting e) did not read

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Yes No

If yes, please give title.....

3. What changes, if any, would you like to see?

.....

4. What topics would you like in future issues?

5. Would you like to contribute to this newsletter?

Yes No

If yes, please give name and address.

Name:

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Thank you for your co-operation!

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From left to right: Mr. D. Williams, Dr. A. Garza, Dr. S. Binder, Dr. R. Douglas, Minister, Mr. R. Williams and Dr. D. Cooper. Picture taken at The First Joint Ministry of Health Industry Environmental Conference.

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