

# Opinion

## Finding the truth-tellers

How do you determine if a person is telling the truth? People have struggled to figure this out for ages, as the question comes up in virtually every type of situation, from court testimony, to screening applicants for jobs, to assessing an investment or the amazing exploits of a friend.

It's a hard question to answer, of course, because lying is not something that you can see or touch... or is it? Psychologists are exploring some interesting new hypotheses.

The famous polygraph (lie detector test) is neither practical nor legal in most situations. Moreover, it's not always valid — it can, for example, be beaten by a psychopathic liar, and children test poorly.

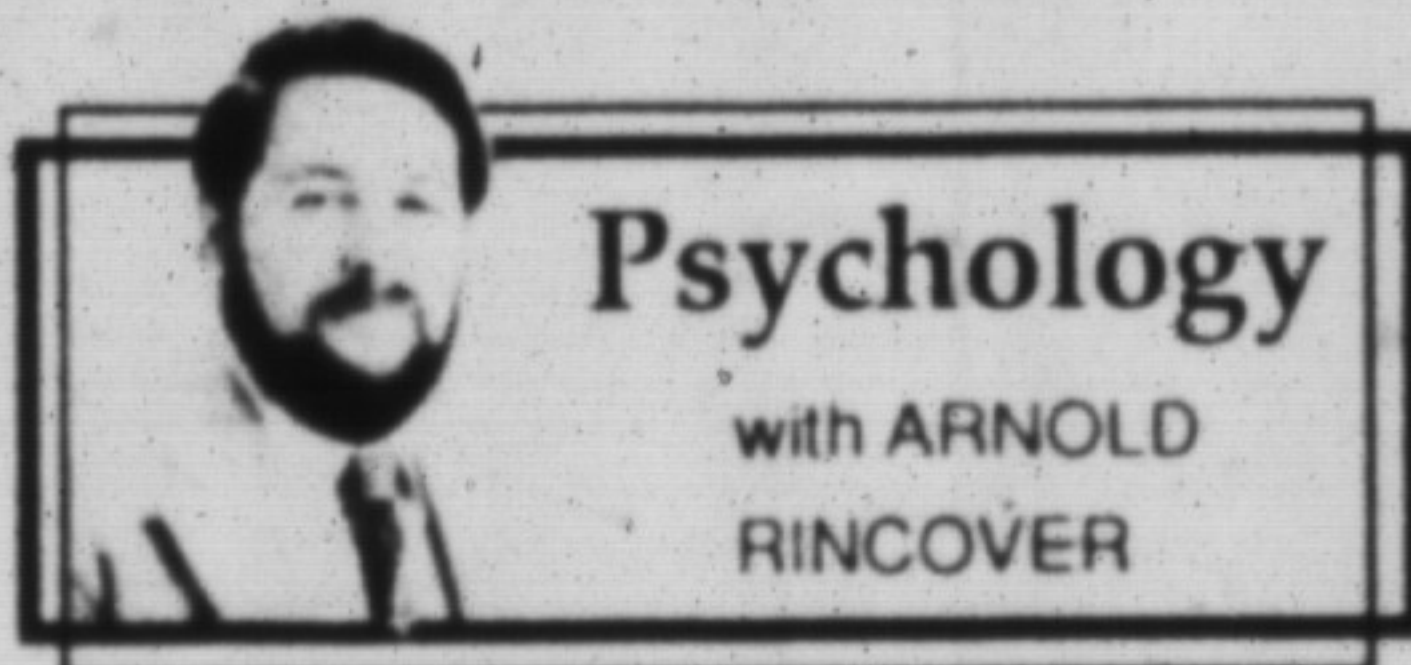
But there are many ways to help assess the truthfulness of a speaker, according to Dr. John Yuille, a psychologist at the University of British Columbia. We can always check the logic and coherence of each statement. Do all the statements fit together? Contradictions or improbabilities that occur tend to question a speaker's credibility.

In addition, look for spontaneity. It should not sound rehearsed. Ask for more details, and ask questions requiring answers that could not possibly be rehearsed.

Any unexpected interruptions in events are a good sign of truthfulness. If, in the course of describing an assault, a child says, "and then the phone rang," it would point toward the child telling the truth.

A person's truthfulness may also be reflected in his facial expressions, according to the research of Dr. Paul Ekman, a psychologist at the University of California at San Francisco. Everyone is misled by someone who can lie with a big, broad smile. Yet, that smile may hold some clues to the truth.

One hint of lying is what Ekman called the "leakage smile." He asked a group of people to smile in situations that were actually disgust-



### Psychology

with ARNOLD RINCOVER

ing. Most gave small, subtle, tell-tale signs of their negative feelings — most found it impossible not to wrinkle their nose or stretch their lips in a way that reflected their true feelings.

Another clue lies in the eyes. When people are genuinely happy and enjoying themselves, the muscles around their eyes move and the eyes seem to curl up just a bit at the corners. If you see smiling lips with sad eyes (they curl down and the muscles don't move), then there's a good chance the lips aren't indicating true feelings.

Some of the most interesting research is in the area of prevention. The best way to prevent lying is of course to teach truth-telling to our children at a young age.

Dr. Todd Risley at the University of Kansas tells us truth-telling is no harder or different to teach than shoe-tying, toilet training or reading. In particular, he argues that the real task is to teach a child that his verbal behavior must accurately reflect his non-verbal behavior.

When he explained this to preschool children (in language they could understand), practised it with them in "difficult" situations (for example, when telling the truth might lead to disapproval), and then praised them warmly when they did tell the truth, lying became virtually nonexistent (even in new situations).

While we don't of course know (yet) if this truth-telling will last when they become adults, clearly these kids were off to a good start — and their parents were shocked that preschool children were capable of such morality.



## Only a moron would cancel Series

I've heard some tremendously stupid ideas in my time. In fact, I've had some tremendously stupid ideas in my time. Yet I cannot figure whose bright idea it was to even suggest cancelling the World Series. Nobody is owning up.

Now, I can understand someone not wanting to stand before the world, head down, contrite, saying, "yes, I'm the moron who suggested the World Series be cancelled." It takes a big person to admit they have been so mentally incompetent, if only in a brief moment of weakness, as to equal all the stupidity in human history rolled together.

The World Series is part of the national fabric which holds the United States together. In a society without heavy-handed controls there is a reliance on the smooth completion of rituals such as Independence Day, Thanksgiving and the World Series. When those rituals break down, anything can happen.

It can only be the last gasp of those communist westerners who for 75 years have tried to crush western civilization. As they sink into a cesspool of uncertainty and socialism, the eastern block nations must have unleashed this rumour, disguised as a humanitarian gesture, on the unsuspecting but generally suspect citizens of San Francisco.

The World Series wasn't stopped during the bloody battles of the two World Wars, nor was it halted while Americans lay dying in Korea or Vietnam.

It is important that the nation maintain its traditions. The reassuring presence of the prototypical American event, the World Series, helps to heal the nation and the city. The continuation of the series proves that the world has not changed and proves to citizens that the faith they have in their nation, and in western civilization, is not misplaced.

People complain that the police were preoccupied in San Francisco with a variety of earthquake-related tasks, making World Series security questionable. If there is such pressure



### Reaume With a View

with BRAD REAUME

on the police then perhaps the National Guard should have been called in. The continuation of the Series is that important.

People die every day. The national tragedies of homelessness, drugs, and violent crime cause a far heavier death toll each day than this earthquake, which surprised no one, did. I hear no calls to halt the World Series because of drug abuse and violent crime.

If the stadium is unsafe, play before what crowds can be accommodated, and the nation via television. Call me callous, but also remember this, fewer people died in the San Francisco earthquake than die in a single airplane crash. More people are killed by handguns in the United States each day than died as a result of the earthquake.

Stopping the World Series is almost an affront to the many American servicemen who fought and died in those wars which raged across Europe and southeast Asia. If the World Series wasn't stopped or even rescheduled for those who gave their lives for their country, why should it be for the dead in San Francisco?

What about college football? What about the NFL? Those teams played and there were no calls for cancellation. Sure, the players might be sad, but people have played before following recent death in their families, or tragedies in their communities.

Sounds like a communist conspiracy to me. Where would you fire a final torpedo from the sinking ship of communism? The best target is the vulnerable heart of America — baseball.

## How to house-train your puppy

Hopefully you picked up your puppy at a quiet time and were able to bring him home without incident. Depending on the size of your pup, he likely sat on someone's lap or was cuddled up to someone's chest and talked to all the way home.

Naturally, your breeder didn't feed the toddler anytime close to departure. He or she probably made sure that Ralphie had a good run around outside with his littermates before you arrived, to tire him out and to prevent accidents in your car during the trip.

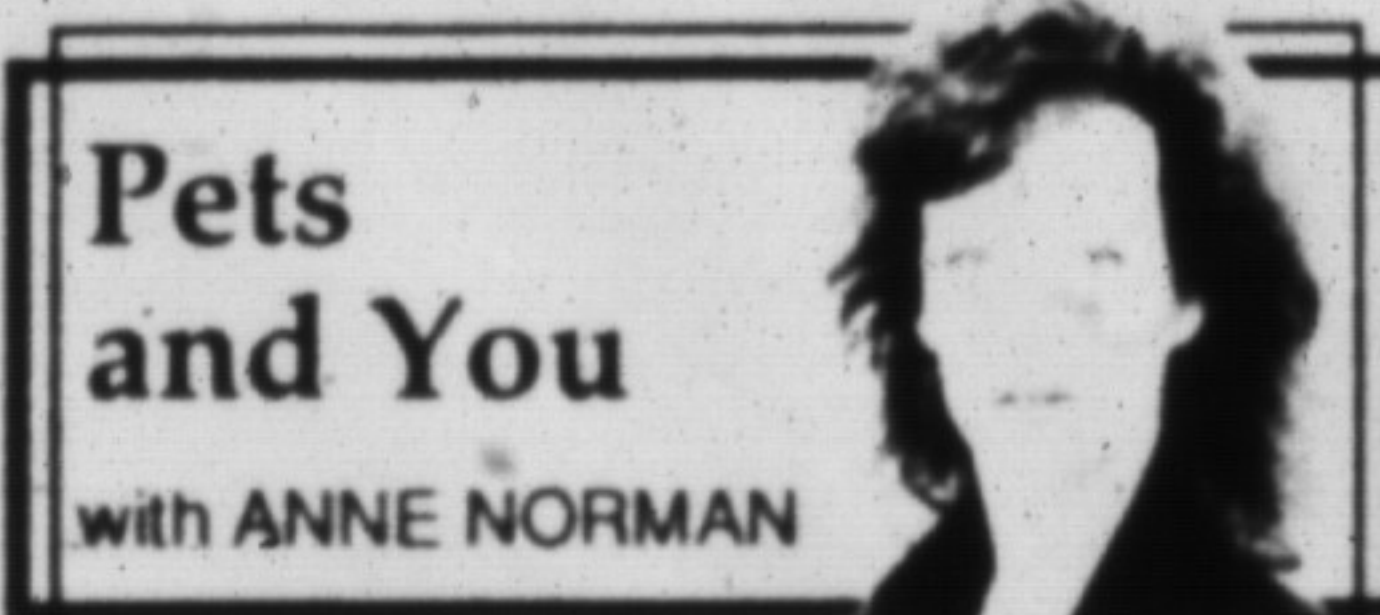
This planning can make the difference between a ride during which you cuddle and comfort a confused puppy and one during which everyone hands the pup to everyone else while trying not to breathe the polluted air inside the vehicle.

Most puppies do not become carsick, but be prepared. Take a couple of rags and a roll of paper towels along; if you do, you almost certainly won't need them.

Assuming that you had an uneventful trip home, take Ralphie out into his fenced yard to have a look around. Puppies need to relieve themselves frequently and you may be lucky enough to have him find the perfect spot right away. If he does go, praise him lavishly, repeating whatever phrase you find the least embarrassing to reinforce the idea that using the outdoor bathroom is very clever of him.

I've always used the words "hurry up" with fairly good success. Interspersed with words like "good boy" and "oh, what a good dog," the chosen expression will sink into the young mind and be associated with the event. Later on, when the day is rainy or your dog must be on leash, you'll be very glad you took the time to do this.

Lucky or not, you should now introduce the little guy to his new home. It is a good idea to keep him confined to an area where he is al-



### Pets and You

with ANNE NORMAN

ways in sight. Puppies, like small children, tend to look for quiet, out of the way spots to commune with nature. The fewer accidents he has in the house, the more quickly he will be house-trained.

When accidents inevitably occur, please, PLEASE, don't resort to any of the disgusting and often cruel methods we've all heard from time to time. Let's be humane and do it right.

First, and most important, you must catch Ralphie in the very act. His memory's too short for anything past about three seconds, so you must watch him. Call "no" as you rush to pick him up and take him outside. If you've caught him before he finished, he may just continue in the yard. This is a major accomplishment, so praise him accordingly.

Perhaps he does nothing in the yard and wants to play. Kindly decline his offer and wait for results. You don't want a playful adult dog waking you at night to go out for a romp.

After a few minutes, take him back inside but watch him closely, as he's bound to need to go again soon. Expect to have to take him out at least once a night. He is a baby.

Remember to use your crate at night and when you have to leave Ralphie unsupervised. Too much wide open space can make a puppy feel insecure and there are too many safety hazards. Persevere. By 16 weeks he should be pretty darn good in the house, but it's up to you. I know you can do it.



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