

# Trying to find the ideal life

From the dawn of history, man has sought an ideal life-situation: no work, no pain, no sorrow - only pleasure and enjoyment. The Greeks developed this basic human ideal into a system of theology. Their gods were supra-human: life for them was play, enjoyable socializing, unending bliss.

While we no longer subscribe as openly to the idea of a just-next-door paradise on earth, the same idea is behind our current advertising and sales promotion, especially in television and radio. Drink a popular brand of beer and you will enjoy daring adventure. Use this cosmetic and you will retain your youth. Take a particular medication and pain will disappear.

For man to want something better, to want to be free of pain or sorrow is not wrong or harmful. But we can expect too much: our hopes can be unrealistic. Human experience has proved that human life is and will be imperfect. No one has developed any substance external to ourselves which will eliminate pain, magically produce maturity and wisdom in humans or create the kingdom of heaven. However, we're still seeking.

The remedy found in most medicine cabinets would be a bottle of aspirin or similar compound. Used sensibly such products have their place and can be helpful. However, our tendency is to take an aspirin or two for almost any discomfort and that can be dangerous. Large doses can poison adults and are even more dangerous to children. Aspirin can cause an upset stomach, nausea, vomiting and abdominal pain. Aspirin acts on the blood, disturbing the platelets - in careless use it can cause internal hemorrhages. As highly as it is advertised, as easy as it is to obtain, aspirin can be dangerous, even lethal.

Antacids in your medicine cabinet? Dangerous unless they

are prescribed by your physician and used accordingly.

Any liniments among your household drugs? Their principal function is to produce a feeling of heat or cold in the injured area. This new sensation may only serve to distract the victim from feeling the original pain. Heat and cold are useful but these effects can be obtained more safely from warm or cold compresses. Extended or extensive use of many liniments can sensitize the skin and actually harm tissue.

There are no drugs of practical effectiveness against the viruses responsible for the common cold. The best treatment is rest in bed, warm clothing and prevention of chilling. Changes of posture can help drain secretions and raise sputum (spittle). Sore throat? A safe effective remedy is to gargle with one half teaspoon of salt in eight ounces of warm water. Coughs: higher humidity provided by a steam vaporizer brings relief. Cold mist is just as effective and there is no danger of scalding if the vaporizer is spilled. Incidentally, the use of a vaporizer is an effective treatment for stuffed up noses.

Do you need a laxative in your medicine cabinet? Simple constipation is usually the result of poor dietary habits (low intake of fibre or eating foods that harden stools, such as cheese). The most effective natural remedies are: increased intake of high-residue or naturally laxative foods such as fruit, vegetables or

whole-wheat cereals. Increase of fluid intake and increased physical activity are also useful.

A general caution about the contents of your medicine cabinet: as for prescription

drugs, when you have finished taking them as prescribed, throw away what is left over. Many drugs are effective only for a limited time: their effective life is usually indicated on the con-

tainer. When outdated, some medications become more powerful and can be harmful others lose their potency. Taking an

outdated drug besides being useless may delay the user from consulting his physician. That delay may allow the disease process to

advance to such a degree that treatment becomes very difficult or requires the help of a physician for a longer period of time.

## SCOUTING AROUND



by HARRY BROWN

On the weekend of Nov. 26 to 28, an event was held at Blue Springs, near Acton that has been long awaited by Church and Scouting leaders.

Provincial Council of Boy Scouts hosted a Conference and called it... "Let's Celebrate"... a relationship with Christian Faith...

Present from South Georgian Bay District were Roger Flint, Lanny Davidson, Horace Franks and our Chaplain of the District, Lloyd Delaney.

Thirty-six people attended plus Four Staff committee, including our previous D.C. Howard Jackson.

Process: Through maximum involvement and participatory exercises assist Scouters and Committee personnel to take a journey into faith to the realization that they are the key resource in putting across spiritual development section of Scouting.

The weekend opened with a friendly exercise in getting to know their neighbours. A plenary was held to determine why they attended. (These expectations will be listed in Appendix 'A'.)

A lecturette on Scouting's religious policy and the Church objectives was given followed by group discussions as to their acceptability and understanding.

Sunday morning began with a discussion on spiritual enrichment and a personal renewal followed by a review of materials developed by the Anglican Committee on Scouting and others, e.g. Wayfinders Kit, Handy Dandy Kit - sponsor's evaluation tool and "Focus" a one week meditation tool for Venturer Companies.

The weekend wound up with a celebration of Holy Communion using a modern approved liturgy.

The spiritual life of the workshop was enhanced with appropriate prayers, campfire, opening prayers, two Scouts' Owns, consecration of communion vessels and a modern communion service.

Re-entry: A discussion suggested that all leaders should have a similar experience. It was agreed that more "Let's Celebrate" weekends be held on a Diocesan and joint Diocesan basis. Need to develop a way to communicate this experience back home and to non-Anglicans.

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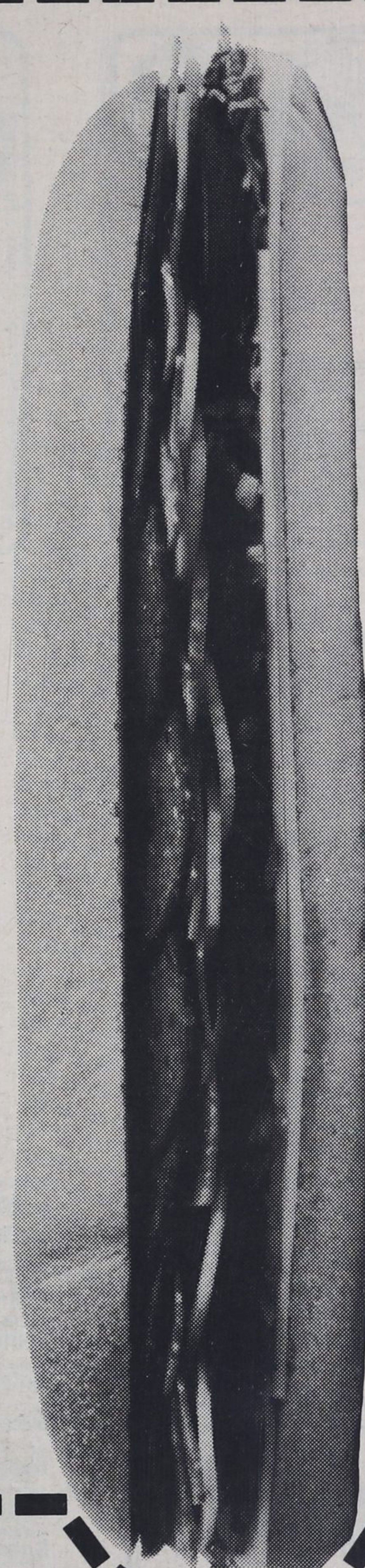
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