



Michael Speckert (right), a physical education student from Markham, was one of 400 seniors at St. Francis Xavier University to receive his "X-ring" during recent celebration in Antigonish Nova Scotia. Admiring the ring is faculty member Dr. Leonard Pluta.

Banker to speak at luncheon

David Lewis, president of the Continental Bank of Canada, will be the guest speaker at a Jan. 20 luncheon of the Markham Board of Trade.

Mr. Lewis will discuss his banks' plight and methods of recovery from a drastic drop in depositor confidence which saw \$1.2 billion eroded from Canada's seventh-largest bank.

The luncheon starts at noon at the Fire Fighters Club on Esna Park Dr. in Markham. Tickets are \$12 and are available by calling the Board of Trade at 474-0730.

On Dean's List

Rob Harrington, on Jonquil Cres., Markham, has been named to the Dean's List at the DeVry Institute of Technology in Toronto.

To be eligible for the Dean's List, students must have between a 3.0 and 3.49 grade point average (out of a possible 4.0) for the last term of study. Harrington, a student in the Electronics Engineer-

ing Technology program, has a 3.0 GPA.

DeVry Institute of Technology is part of the DeVRY INC. network of 11 campuses that specialize in Electronics Technology and Computer Information Systems. DeVRY INC. is one of the largest post-secondary technical education organizations in North America.

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Lifeline
Dr. James Carson

Relaxation

The holiday season always exerts certain types of stress upon each and every one of us.

Some people are lonely. Others never can find enough time to do all the shopping and baking. Some people go south for some sunshine either they cannot relax once they get there or the weather is too cold.

Now that we are entering a new year different types of stress emerge. An example could be the new year's resolution which is a battle to comply with. Those people who vow to quit smoking on New Year's Day have stress that others cannot imagine.

For some people the prospect of months of cold weather and work to pay off the credit card bills is enough to put a chill through their bodies.

Some people engage in sporting activities in order to relax. Many find that gardening or another hobby fulfills this function. I know people who listen to classical music on a Walkman while lying in the sun and find that is the only way they can relax.

Unfortunately, others turn to alcohol or recreational drugs. These methods of relaxation may cause more harm than good, especially if one tries to operate a vehicle while under the influence of drugs and alcohol.

Four years ago I learned more about relaxation in one weekend than in my entire medical career. At a stress and relaxation seminar I learned a technique called autogenic relaxation training. I have been teaching this to my patients ever since.

It is in my opinion far better and safer than writing a prescription for valium. Autogenic means that you create the sensation by yourself. Many people have tapes with the voice of a monotonous

narrator telling you what to do next.

However, the method I have adapted relies upon you repeating commands to yourself. I teach this in my office in a 20-minute session and use pan flute music by Zamfir as a background to my voice.

I teach it as a once only session and encourage my patients to get a copy of one of Zamfir's many albums and practice this method on a daily basis.

Strict professional advertising guidelines compel me to discourage offering my services to patients of other doctors in this area. I therefore discourage those who are not my patients from coming to me for this training. Readers can learn the actual method in my next column in two weeks. I would consider teaching this method on a patient's consultation from another doctor, however I prefer not to "upset the applecart".

Relaxation techniques can be performed almost anywhere. You can close the door to your office, hold all calls for 15 minutes and relax right in your chair. Some people use this method to fall asleep, however, I find that it is most effective in the early afternoon as a method of "recharging the batteries".

You can lie on a carpet, take off any constricting watchbands or belts as well as your shoes and turn on the pan flute music. The commands can be given as fast or slowly as you prefer. In 15 minutes you can arise refreshed, calm and relaxed, ready to face the remainder of the day.

EDITOR'S NOTE: Dr. James Carson, a Unionville physician, has a special interest in the fields of preventive and sports medicine.

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