

# UBC ALUMNI Chronicle

AUTUMN 1972

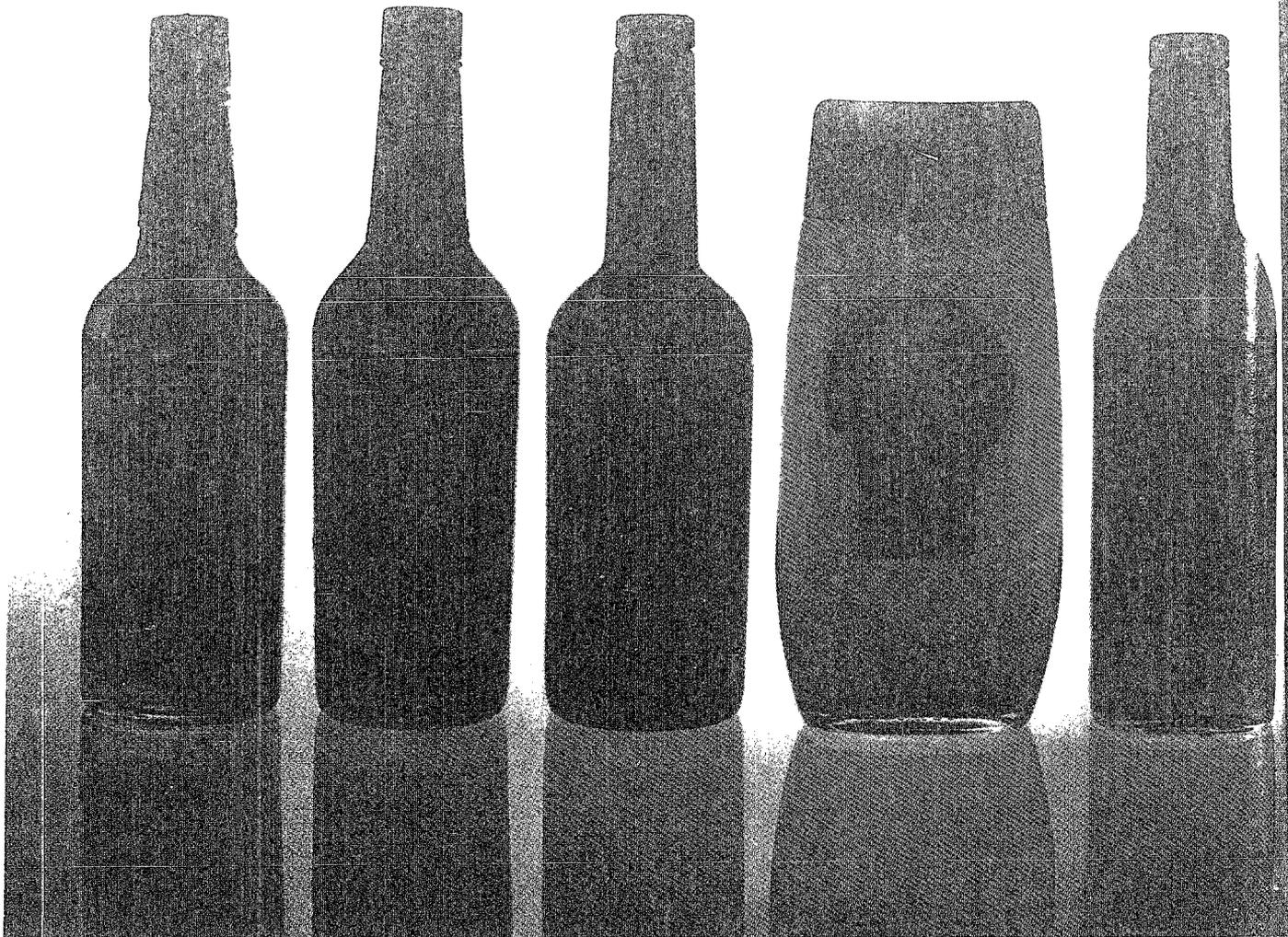
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# UBC ALUMNI Chronicle

VOLUME 31, No.3, AUTUMN 1977

## FEATURES

- 4 THE ONCE AND FUTURE WORLD  
World Modelling: An Exercise  
in Imagination  
*Tim Padmore*
- 8 THE SUMMERSIDE OF UBC  
A picture essay of a  
campus season
- 12 THE SHADOW OF STRESS  
Living With a Fact of Life  
*Viveca Ohm*
- 17 MUSIC TO LEARN BY  
...And enjoy  
*Murray McMillan*

## DEPARTMENTS

- 19 NEWS  
23 SPOTLIGHT  
29 LETTERS  
30 CHRONICLE CLASSIFIED

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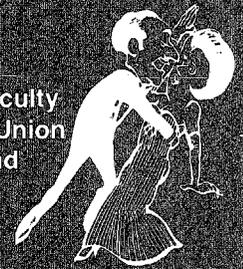
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# HOME COMING '77

Get together with old friends on **October 22, 1977**. Reminisce about the "good old days." Sort out and relive those fuzzy anecdotes with classmates from the grad years of 1932, '37, '42, '47, '52, '57, '62, '67.

Activities will be on campus: reception and dinner at the faculty club; dancing in the Student Union Building to the big band sound of Mart Kenney and the fast paced music of City Haul.



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Plan to be there! Homecoming days are your days. They won't be the same without you. For further details, call the alumni offices at (604) 228-3313.



# The Once and Future World

## World Modelling: An Exercise in Imagination

Tim Padmore

Often, in legends, a prince is given a glimpse of the future through a magic mirror or a crystal ball.

For a few minutes, the mists thin. He sees ...two armies, locked in battle on a barren, unfamiliar plain; the smokes swirl and become the gauzy splendor of a beautiful woman in bridal dress; she turns, petticoats billowing, and the shimmering fabric becomes a white coverlet being drawn over his brother's face.

The images are tantalizing, but ambiguous. What do these fragments of truth mean? Is it the future as it will be? Or as it might come to pass?

More than one story turns on the hero misreading what he sees. To use the vision wisely, we learn, is even more difficult than to see it in the first place.

The lesson is one appreciated by the keepers of today's crystal balls, the scientists who use the alchemy of computers and systems analysis to project what sort of tomorrows will evolve from the follies of yesterday.

The exercise is called world modelling. It burst upon the world in 1972 with the publication of *The Limits to Growth*, the report to the Club of Rome, which sponsored the project, of a study by an international team of scientists led by Dennis Meadows at the Massachusetts Institute of Technology.

They cast the great concerns of mankind — population, pollution, natural resources and economic forces — in terms of mathematical equations. Given data defining the past, the equations inevitably determine a future. The computer-drawn curves traced out a horrifying one.

Unless prompt, drastic and global measures were taken to curb population growth and industrial development, two or three generations would see overwhelming pollution, economic collapse and a pandemic of deaths, said the MIT group. Adjusting the assumptions and data in the mathematical model seemed to make little difference. Catastrophe came earlier or later, but always it came.

*The Limits to Growth*, needless to say, attracted a lot of attention. And a lot of criticism.

It was, said critics, simplistic and rigid. It considered only five variables: population, renewable and non-renewable resources, pollution and capital investment. All countries were aggregated into one global society. "Everyone starved or prospered together," in the words of John Milsum, a UBC specialist in modelling techniques. Worse, the model made no allowance for the possibility of technological progress, the discovery of new resources, or for that matter, the response of people to its own predictions.

The response did not include the drastic global measures called for by the

model. The forecasts did alert people to the dangers of exponential growth, in which populations or economies double in scale periodically until they exhaust the resources sustaining them. And they made plain that the danger point is not the year of catastrophe, but a point-of-no-return which comes much earlier — in only a few years, the calculations suggested. More important, *The Limits to Growth* study inspired its admirers, and stung its critics, to do better.

In 1974 came *Man at the Turning Point*, by Mihajlo Mesarovic and Eduard Pestel, a report to the Club of Rome of a much more complex model, in which the world was divided geographically into 10 regions, such as North America, Latin America, the Middle East, and so on. The sets of problems affecting individuals, groups, economic systems, technology and ecology were considered separately. There were approximately 100,000 relationships to be evaluated at each step as the equations marched into the future.

The projections of Mesarovic and Pestel were a little more optimistic. Catastrophe could be avoided with a rapid transition to zero-population growth, large amounts of investment aid and food for poor countries and balanced economic development in different countries. Delay would be costly, but not necessarily catastrophic. Putting off population control from 1975 to 1990 would cost a half billion deaths, they estimated.

A third study, by the Fundacion Bariloche in Argentina, was published last year. Unlike the others, it takes account of political realities standing in the way of major policy changes, such as birth control reform. And, as we'll see, it points to a plausible path through the political thickets. World modellers, accused in the past of over-confidence, have learned to admit loudly their limitations.

"(The model) is not a 'predictor' but rather serves as an instrument not only to cope with the immense numerical material, but also to extend the user's logic and assess the consequences of implementing his vision of the future," write Mesarovic and Pestel. The prince's future is still largely in his own hands, in other words. To use the vision wisely, not blindly, is the goal.

Peter Larkin, UBC dean of graduate studies, who has applied world-modelling techniques to the more specialized problems of managing fisheries, put it simply. "I look at world modelling as an exercise in imagination," he said. "Its real role is to give some idea of the range of alternatives, which you might not otherwise expect."

It is easy, he said, to place too much faith in the ranks of figures that march out of a high-speed printer. "When you first do a simulation, you think you've

got the world by its tail and say 'Here's how it works.'" It's when you've done a dozen, and got a dozen different answers, that you've learned something, he said, and what you've learned is to be alert to the possibilities.

You learn, he said, to use what some refer to as the counter-intuitive results of world modelling to refine intuition. To anticipate, for example, that building low cost housing will worsen the lot of a city's poor, if the program attracts even larger numbers of the homeless from outside the city.

Larkin, like a number of scientists at UBC, knows the methods of world modelling, and follows the crystal-gazing going on elsewhere. Milsum, director of the division of health systems of the department of health care and epidemiology, dreams of the day when all that interest and expertise will be

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## The danger point is not the year of catastrophe but a point-of-no-return which comes much earlier.

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embodied in an institute of general systems analysis at UBC.

In the meantime, he has formed a small study group to look at world modelling and try to decide what its results mean. David DeWitt, of the Institute of International Relations, Michael Oven-den, a physicist, John Ross, a philosopher and Larry Ward, a psychologist, are the other members.

Milsum explained how scientists approach world-modelling problems. All complex systems, from a human cell, with its many finely regulated chemical processes, to the world economic system, have certain things in common, he said.

Systems always tend to optimize something: Your heart arranges pulse rate and strength of contraction so as to do its job with the smallest expenditure of power. Economists assume nations will behave so as to optimize their economic well-being, their gross national product, for example.

There are systems within systems: cells within tissues, individuals within families, regions within nations. The observation is Good News and Bad News. The Good News is that a problem can be simplified by breaking the system down into its components. The Bad News is that any system you look at is part of a larger, more complicated one.

There is feedback, by which the sys-

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## Maybe what we need is to inject a whole series of small disasters.... We only seem to learn from disasters.

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tem reacts to what it is doing. The traditional interaction of supply and demand is an example. Production is too high, demand drops, so production is cut back too. That's negative feedback. Population growth is the opposite: more "production" means more mothers, and still more production. That's positive feedback, which leads to exponential growth.

Social systems offer a special snag, said Milsum: the question of values. The optimum size of a police force depends on balancing the cost of crime against the cost of policemen. What is the optimal level of crime? It depends on who you ask. The mythical little old lady in tennis shoes might demand zero crime, and accept unblinkingly the economic and psychological cost of a police state, but others would not.

How is a model's moral position defined? How far ahead can a model be expected to work? Is there a trade-off between precision and truth — detailed predictions being essentially unreliable? Those are some of the unanswered questions.

One intuition that has emerged has to do with feedback. A system that runs too smoothly may be vulnerable, goes the argument, like a tree, which will grow spindly if offered no challenge from the wind, and be toppled by an unexpected storm.

"Maybe," he mused, "what we need is to inject a whole series of small disasters.... We only seem to learn from disasters, after the event."

The idea of rehearsing disaster to keep society resilient was also suggested by C.S. (Buz) Holling, professor of animal resource ecology and a member of the International Institute for Applied Systems Analysis in Vienna, which has published much of the Mesarovic and Pestel work. (UBC, says Holling, has had a strong influence on the international institute, which was set up by Lyndon Johnson to open the lines of international communication between scientists.)

Holling calls the approach "safe-fail," in contrast with fail-safe policies in which planners go to great lengths to reduce the chance of disaster as nearly as possible to zero. Man learns by trial and error, he said, but the method only works if the cost of failure is not too high. Nuclear power plants, while virtually fail-safe, are a hazard because the cost of failure would be unacceptably high.

Another insight is that the systems usually have more than one stable state and the system often oscillates from one to the other — for example, small numbers of spruce budworms can coexist happily with a generally healthy forest, but the situation can abruptly change to one where the pest population has mushroomed and the forest is devastated. There is a lesson there for world

modellers who usually assume smooth trends.

John Helliwell, a professor in the UBC department of economics, is an accomplished model builder. His expertise with the electronic crystal ball has led him to speak before the National Energy Board and the B.C. Energy Commission and be commissioner for special studies by groups as disparate as the Bank of Canada, the B.C. government and the Scientific Pollution and Environmental Control Society. And he knows the hazards of careless wizardry.

In an interview, he clucked over the innocence of analysts working for the National Energy Board in projecting future production of gas wells. In their anxiety to be conservative and "hide gas" they made elementary errors: One seriously underestimating that rate at which gas could be extracted from existing wells, tantamount to assuming that the companies would switch off the flow long before it dropped to an uneconomic level.

Holling recalls similar problems with analyses he worked on of spruce budworm infestations in New Brunswick. Puzzled as to why the model did not fit the results, the scientists finally determined that the official spraying schedule which they had been working with had rarely been followed. "There were deals made under the table," he said, in which one company would negotiate for more spraying in return for a concession elsewhere.

Even with good data and accurate economic and technological insights, there are still problems. For example, people read the projections and react to them. Forecast an increase in the cost of living, and unions will boost their demands, fulfilling the prophecy, or government will institute price controls, dooming it. "Model builders in the economic sphere are better off if their predictions are not paid too much attention to," said Helliwell.

With the understanding, then, that the fog around the images in the crystal ball may conceal surprises, it is worth looking at the predictions (projections is the preferred word) of the latest world model, the one produced by the Fundación Bariloche — with the aid of a grant from the Canadian International Development Research Centre.

It differs from other models in that it assumes nations will follow policies designed to maximize individual life expectancy rather than gross national product per capita. GNP is poorly correlated with quality of life, they argue, particularly in developing countries where economic gains often go into the pockets of a wealthy elite.

Maximizing life expectancy is not a universal policy, but it is politically saleable. More saleable, certainly, than a demand for instant zero population growth. The Argentine model makes 10



assumptions about birth control, except that contraception will follow the established pattern of becoming more popular in a country as the economic well-being of its citizens improves.

The world is divided into regions in much the same way as in Man at the Turning Point; it is assumed that there will be modest yearly gains in productivity due to improved technology, at least during the term of the model (one per cent a year for food production, for example); targets are set for housing, food and education, considered basic needs; there are restraints on development in the richest countries.

The rich countries, like Canada, do very well indeed. Life expectancy edges up from its present high level. Per capita GNP triples by 1995. A measure of prosperity is that by 2060 (the limit of the projection) the proportion of GNP spent on food drops from 16.7 per cent to 2.5 per cent.

Latin America satisfies its "basic needs" by the 1990s. Population growth slows from 2.8 per cent a year to .43 per cent in the middle of the 21st century.

It is a different story in Asia. Reform comes too slowly to halt the population juggernaut. There is, at first, marked improvement of living standards; by the year 2000 food supplies have virtually caught up to population, which has more than doubled. But by 2040, food production has fallen back to the wretched level of today.

Foreign aid is not the answer. A scenario in which a generous two per cent of the GNP of the advanced countries is transferred to Africa and Asia only postpones the collapse a little. Aid, ironically, benefits the developed countries substantially, since their economies have to expand to provide the aid.

The study pinpoints the problem as the lack of farmland in Asia, where already more than 70 per cent of the potentially arable land is under cultivation, compared with 28 per cent in Africa, for example. Fortunately, the problem has solutions: there are reserves of land in other areas and, in the 80 years before the crunch comes, there is time to develop new food sources and increase production, which was taken to be well below theoretically maximum levels.

The study concludes that "all of humanity could attain an adequate standard of living within a period a little longer than one generation" and stifle the population explosion in one or two more.

And they lived happily ever after?... Well, maybe. It all depends on a substantial restructuring of political priorities. The authors of the Bariloche report, besides calling on the developed nations to restrain the growth of their economies, see a need for all countries to aim for a more egalitarian society,

with resources being distributed to guarantee the basic needs of everyone. Education is crucial. It would enable many more people to participate in decision making; such government would be more likely to result in equitable policies.

The need for political reform is recognized. Larkin voiced his doubt of the ability of current political institutions to deal rapidly with coming crises. "The government is the point where the machinery creaks."

Helliwell sees hope for change in the phenomenon of synergy, by which some societies re-inforce their strengths through social pressures.

"The general good is achieved simply because people want it to be," not through an intricate system of regulations. The concept is contrary to the usual economic point of view, in which individual self-interest is taken to be the force that shapes events.

The self-interest-dominated society, said Helliwell (who studied philosophy before economics), pays the price of policing its intricate rules and the psychological and social costs of loss of a sense of individual self-worth.

The development of "group altruism" is essential to the conservator society, which is part of the vision of the Bariloche group, said Helliwell. But how to accomplish it? Take easy steps first, he said. Institute programs which appeal simultaneously to narrow interests and to the broad interest. He offered the example of using forest wastes to generate electricity, an approach which benefits the forest companies, the power utility and the owners of the forest resource — us. The basic political change should be decentralization of government decision making — "the smaller the group, the easier to make decisions and establish trust."

Despite signs that society is going in the opposite direction, towards distrust and division, both Larkin and Helliwell are optimistic. "I wouldn't mind betting the average lot of mankind is better than it has ever been," said Larkin. "I've a notion things may deteriorate unless we're fairly perceptive (but) a lot of people know about that now and we can reasonably expect they're going to do something about it."

And Helliwell: "I don't think society is going to fall apart. Society is responsible enough so the worst consequences probably won't come about."

However, he said, change will only come when "people have been made to realize the socially and economically destructive aspects of a competitive society."

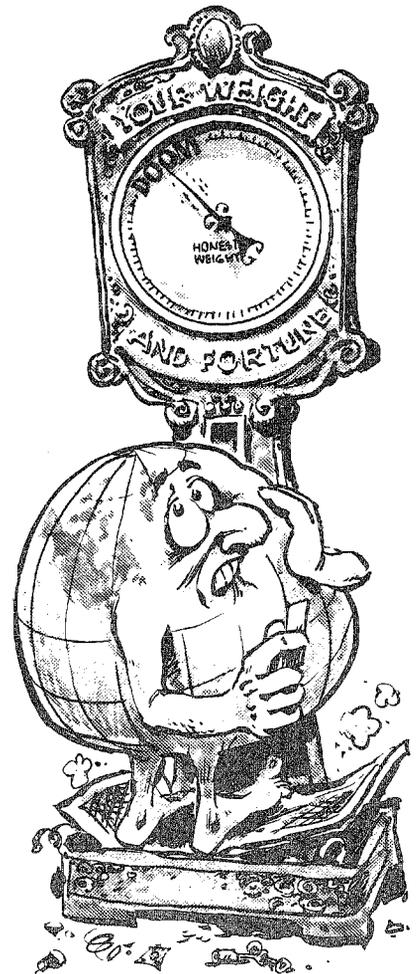
Perchance, the apocalyptic futures glimpsed in the world modellers' mirrors will accomplish that realization. □

Tim Padmore, BA'65, (PhD, Stanford), is science writer for the Vancouver Sun.

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**Society is responsible enough so the worst consequences probably won't come about.**

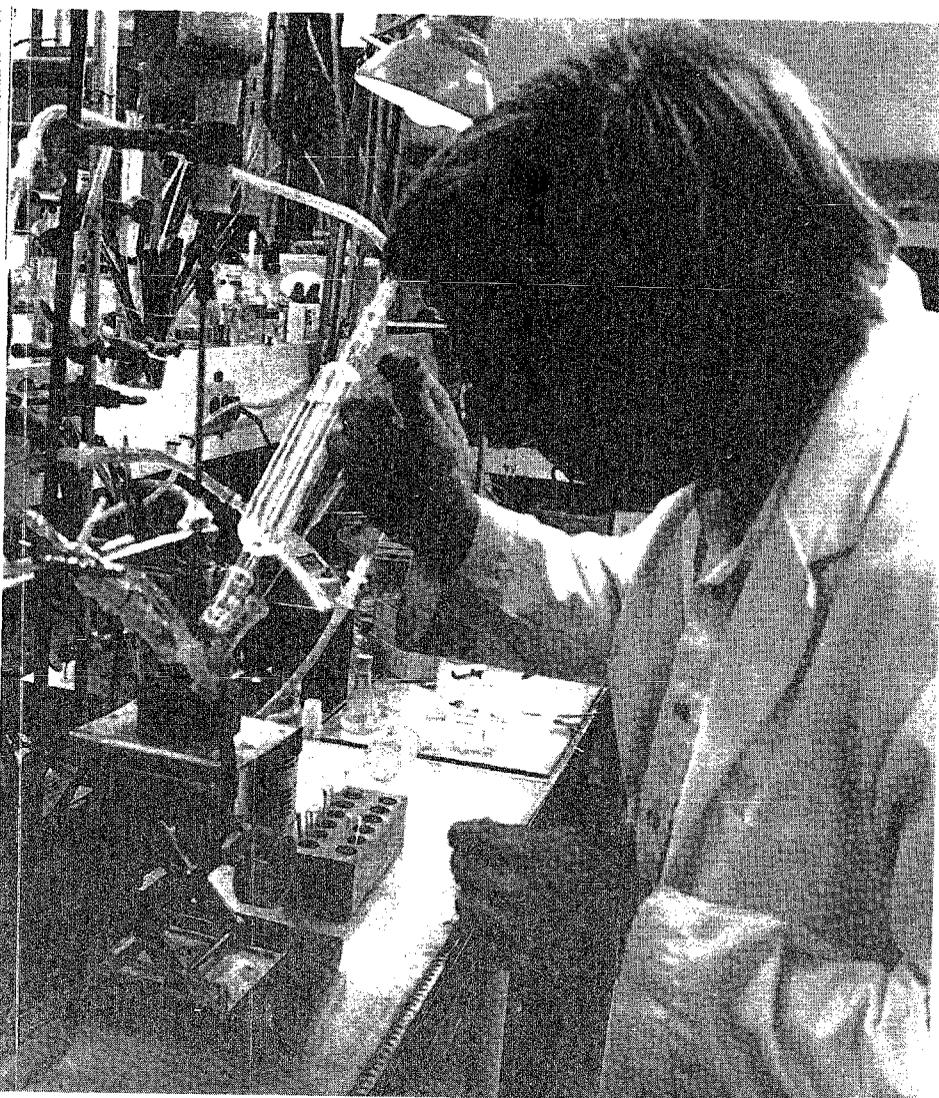
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# The Summerside of UBC

## A picture essay of a campus season



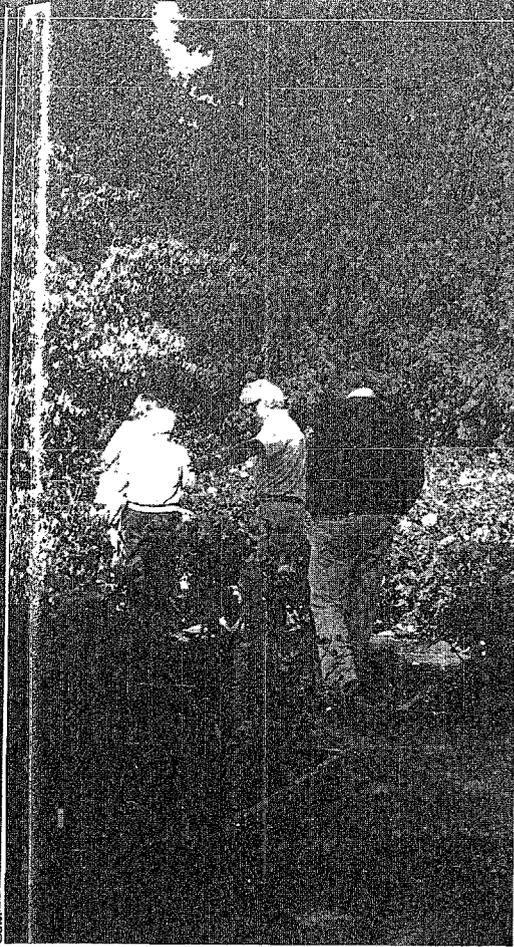
Ken Meyer

The summer days are different. Suddenly there is time to do the things that get crowded out of other days. There's time to do the special things of the season.

For thousands of summer session students, six weeks of intensive work is the time to earn more credits toward that degree or even just enjoy the challenge of learning....For professor and student there is the luxury of uninterrupted hours to complete research papers and projects in library or laboratory.

The tours come....visitors examine the campus, wandering about the malls, gardens and buildings. Some attending conferences or conventions in the residences. Some renewing memories of earlier years.

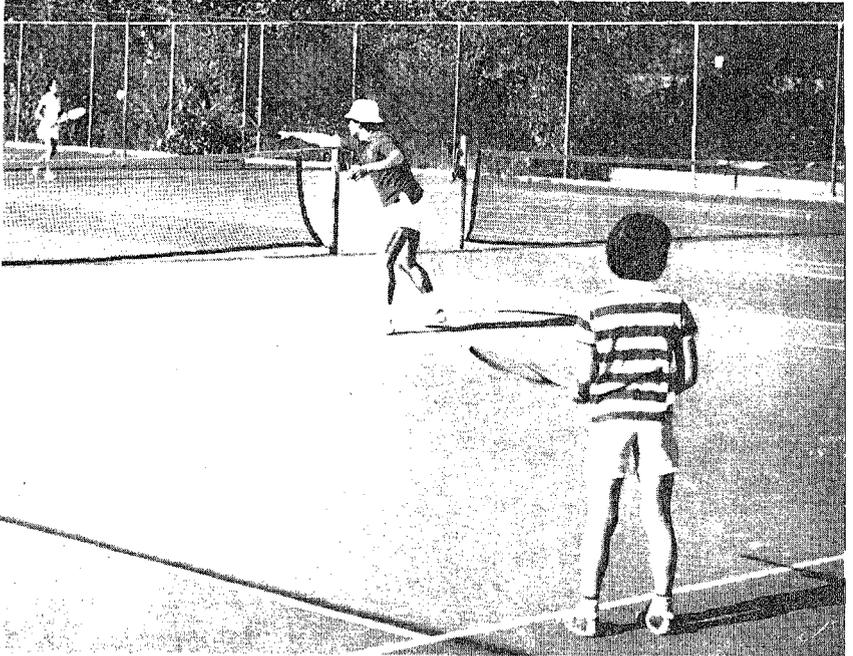
On the playing fields... a sports camp encourages junior Pelés... and the football coach contemplates the prospects of the Thunderbirds... the tennis courts are crowded... there's folk dancing on an outdoor plaza... or summer stock theatre at Somerset Studio.



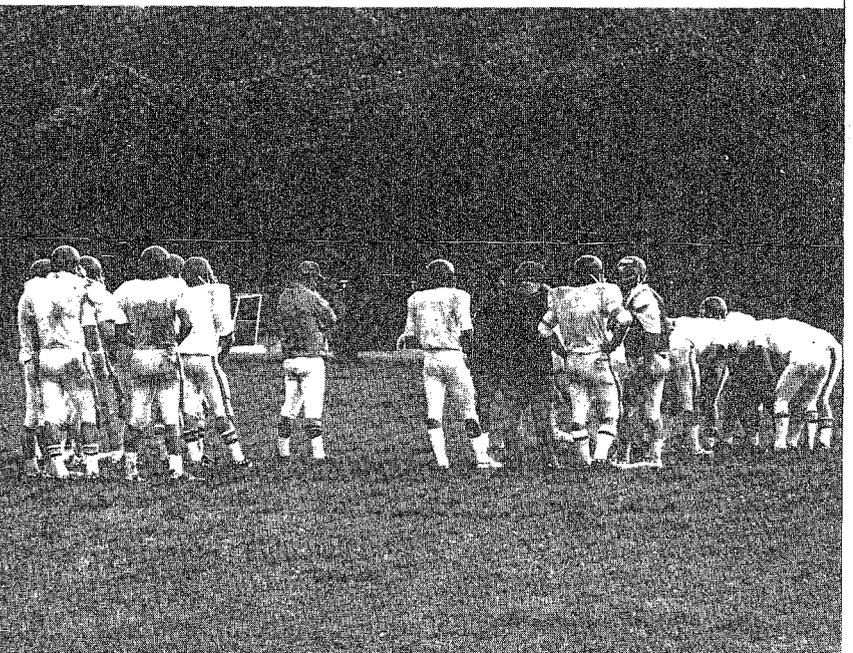
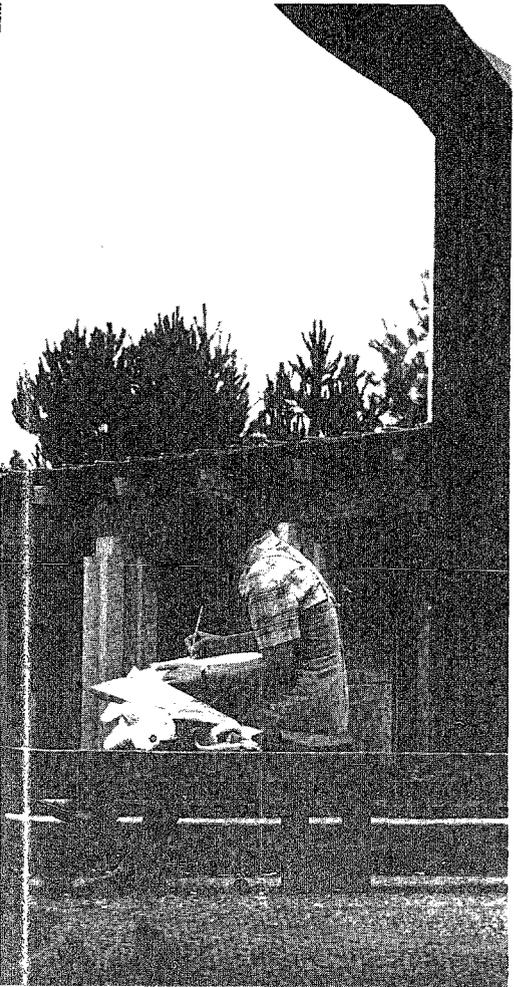
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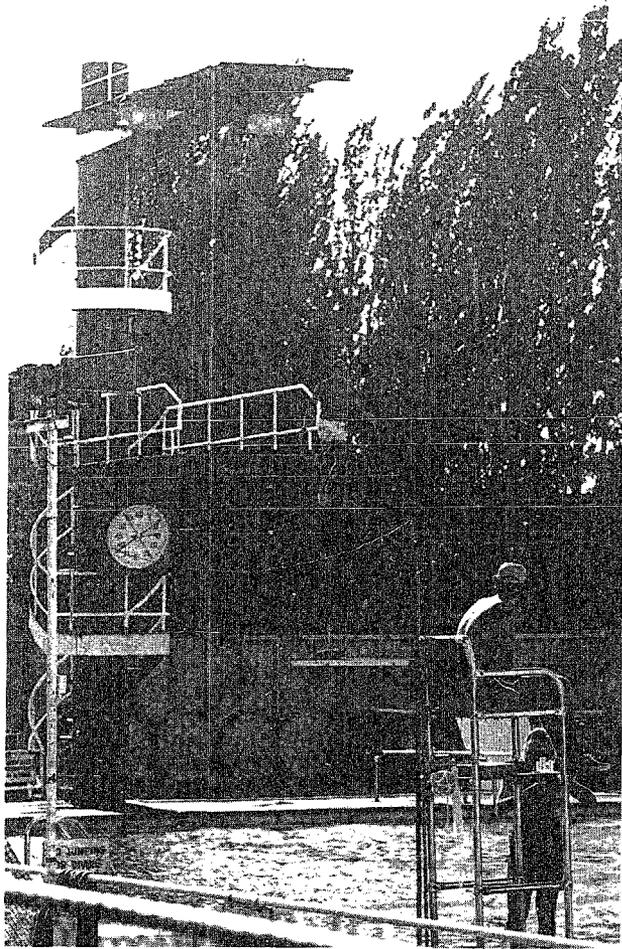


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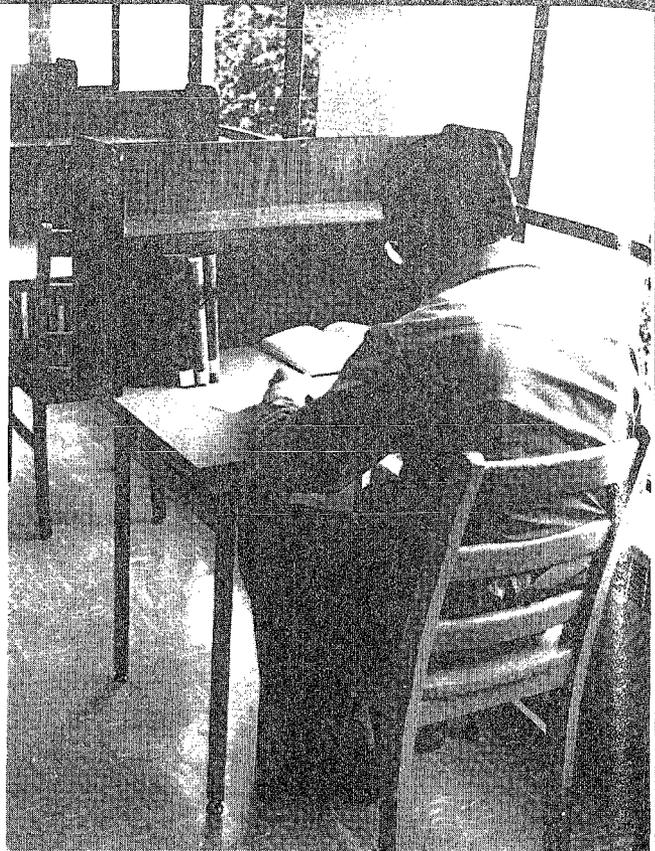


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Ken Mayer

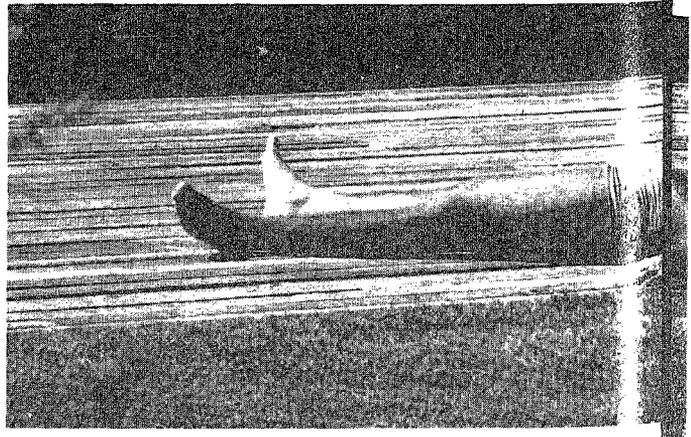
There's time to sit and watch the world, (or that portion of it that passes down University Boulevard), eat an ice cream, make a splash, head for the beach or work on a tan.... A sunny noon-hour may mean a game of backgammon on the library lawn.... Time, if you want it, to watch the grass grow — and be trimmed as well.



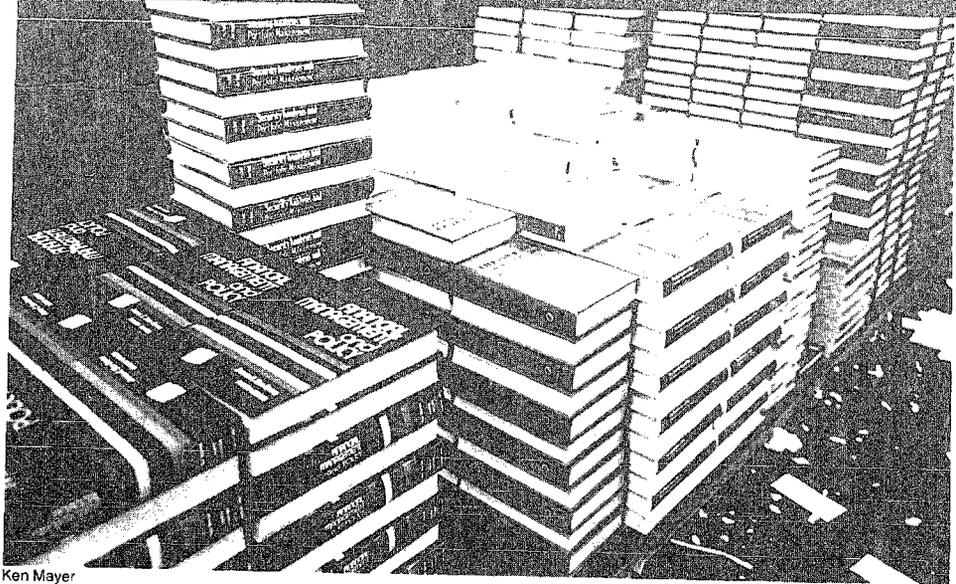
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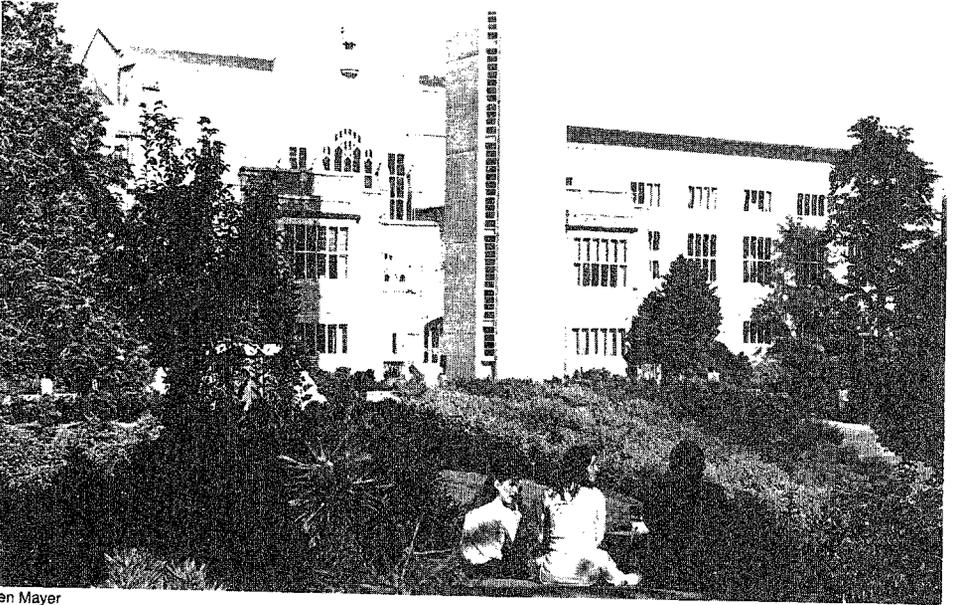
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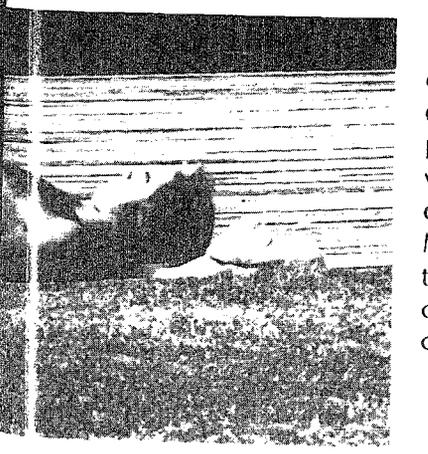
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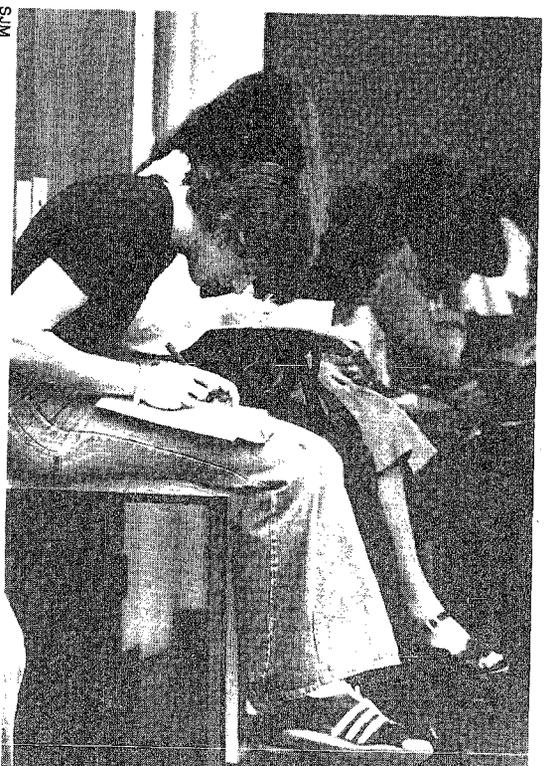
Ken Mayer



Ken Mayer



August nears its end. The campus pace changes.... Throughout the summer books, over a quarter of a million of them, have arrived in the old armory to await their student purchasers.... There's a line-up of prospective students outside an office, with forms to fill in and questions to ask.... Out in a parking lot the blue UBC buses wait, ready to roll on the first day of classes from "C" lot to the Main Mall.... The leaves on the trees and the weather begin to change and UBC waits for the classes of '78, '79, '80 and '81.

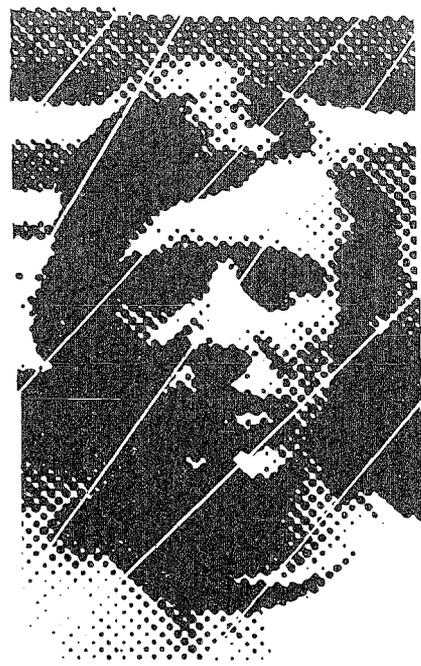


MPS



# **The Shadow of Stress: Living With a Fact of Life**

Viveca Ohm



Annette Breukelman

Invariably people laughed when I told them I was writing an article on stress. Not deep doubting belly-laugh, mind you, just the dry chuckles that might greet someone announcing he was going to write the Definitive Watergate Story.

Is it because it's such a huge, formless concept, spilling over any precise boundaries to cover minor headaches and creative genius, messy breakdowns and the thing that holds up bridges (or whatever the proper engineering function is)? Not since "trip" and "cosmic" have we had a word mushrooming so out of our grip. And the trouble is that there is always another side; the learned people I talked to would upset my neat list of the damages stress can do by adding, "On the other hand, a certain amount of stress is good for you..." and like that.

Among the things I learned: boredom can be horribly stressful. Feelings of helplessness have caused stress from the beginning of time. Linus clutching his blanket (or any other kid refusing to be jried loose from a teddy bear or an old sock) is responding to stress in a normal, security-seeking way.

It was at the beginning, physiological stress was a response to danger. Early man, constantly threatened by wild animals, developed a fight-or-flight response: the sympathetic nervous system was activated to speed up his heart, respiration and blood pressure, the adrenalin started pumping, he was ready to run or climb a tree or think up a quick way out

of a tight spot. Once the danger was past, the parasympathetic nervous system took over to restore the body's balance with rest and relaxation.

Where contemporary stress poses a problem is that we don't always realize — or acknowledge — when what we perceive as a threat has passed. Du-Fay Der of the counselling psychology department in the UBC education faculty says today's stress is mainly psychological, such as loss of love, prestige, security. But "physiologically one's body responds identically to both physical and psychological danger." As the pattern is repressed, we prolong the state of emergency until tension and high blood pressure begin to wear us down.

There is "realistic stress," without which none of us gets through life. That includes major changes and losses to which there are socially accepted reactions of grief or anger. Medical researchers have assigned a stress value of one to 100 to external changes we are likely to meet. Death of a spouse rates highest, followed by divorce, jail term, death of a close family member. Others include sexual difficulties, mortgage over \$10,000, and at the lower end of the scale, changes in eating or sleeping habits, and minor violations of the law. Even seemingly positive events have a stress value: marriage, outstanding personal achievement, vacations. An eventful life takes a toll. An American Navy study of men confined at sea for several months indicated that those who

had undergone the greatest number of life changes in the six months prior to sailing were most likely to report sick during the voyage.

There are, of course, variations in stress response according to individual temperament and lifestyle. One person's nuisance may be another's disaster. An individual with a calm disposition, large insurance and a happy family, may face the burning down of his or her house with equanimity, while another not so blessed goes quietly bananas from living next to a construction site.

Gunther Reith of the UBC department of psychiatry, notes that stress tolerance is to some extent hereditary. "The temperament factor interacts with the environment to produce a person's stress tolerance." Regardless of how it is caused, however, "stress affects the body in terms of immunological reaction, so that if people are run down, if they have had a very difficult time psychologically, they are much more susceptible to the common cold than someone who has had a happy skiing holiday."

It is easy to forget that there is such a thing as "good" stress. But Hans Selye of Montreal, international authority on stress and author of several books on the subject, has pointed out that the Olympic winner at the moment of triumph, the orchestra conductor in a particularly successful performance, are not only radiating excitement —

they are secreting the same stress hormones as if they had just heard of a death in the family. Dr. Selye, who calls healthy stress "eustress" and the unpleasant, unhealthy kind "distress," notes, "Most people who are ambitious and want to accomplish something live on stress. They need it."

In a society where "accomplishing something" is virtually seen as an obligation, the hardest thing is probably to admit one may not be cut out for a certain occupation. "It is normal and wise to consider stress factors in jobs," says Dr. Reith. "Most of our teen-age patients have unrealistic goals; — every second one wants to be a doctor, social worker, teacher, — occupations with high stress factors because of the responsibility for other people's problems which can never be entirely solved.

"To compensate for low self-esteem, people engage in a vicious circle. They aim very high, as a result they often fail, and the more they fail, the higher they will build their goals. When we get these people in the hospital, the first thing we do is emphasize that they really ought to do what they find interesting in life and not choose a career because of its prestige."

On-the-job stress can occur on many levels. In high-risk professions such as police work, it can accumulate from repeated exposure to danger. In heavy physical work, as in intensive exercise, you have direct physiological stress which "most people are more comfortable with," according to Reith. But boring, non-demanding work also takes its toll. "As the physical dimensions of the job become exacerbated by monotony," assembly-line work becomes literally "heavy."

Children undergo stress, too. Turning to a dependable soft object that will not raise its voice often provides the needed reassurance until the child is ready to face the world again. But certain events can be the seeds of an adult problem, and because as Reith points out "Youngsters are not very verbal or communicative about their private lives, not even to their mothers, they carry their feelings around with them....

"When a child goes to school (a stressful event in itself) there is peer pressure which neither teacher nor parent can fully evaluate. If a child does not have the peer relationship or social graces to meet his equals, he will have a very difficult time, regardless of his work or the teacher, and this may show up in not wanting to go to school, playing hookey. In younger children you have a rivalry where they want to compete at a very early age with older children. A three-year old constantly thinks he ought to do what a four-year old can do. Of course he hasn't the balance on a bicycle, he falls off, and learns to feel that he can't do as well as Johnny. There

## Is that what's Bothering you?

*This life change stress scale was assembled by two University of Washington psychiatrists. Drs. Thomas Holme and Richard Rahe say that if your total score is more than 300, it would be a good time to re-examine your life-style.*

<u>Life Event</u>	<u>Mean Value</u>
1. Death of spouse	100
2. Divorce	73
3. Marital separation	65
4. Jail term	63
5. Death of close family member	63
6. Personal injury or illness	53
7. Marriage	50
8. Fired at work	47
9. Marital reconciliation	45
10. Retirement	45
11. Change in health of family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Gain of new family member	39
15. Business readjustment	39
16. Change in financial state	38
17. Death of close friend	37
18. Change to different line of work	36
19. Change in number of arguments with spouse	35
20. Mortgage over \$10,000	31
21. Foreclosure of mortgage or loan	30
22. Change in responsibilities at work	29
23. Son or daughter leaving home	29
24. Trouble with in-laws	29
25. Outstanding personal achievement	28
26. Wife begins or stops work	26
27. Begin or end school	26
28. Change in living conditions	25
29. Revision of personal habits	24
30. Trouble with boss	23
31. Change in work hours or conditions	20
32. Change in residence	20
33. Change in schools	20
34. Change in recreation	19
35. Change in church activities	19
36. Change in social activities	18
37. Mortgage or loan less than \$10,000	17
38. Change in sleeping habits	16
39. Change in number of family get-togethers	15
40. Change in eating habits	13
41. Vacation	13
42. Minor violations of the law	11

you have the seeds of what we call the cliché, an inferiority complex, but what is more important is the feeling that he cannot do something, which may lead to procrastination and the beginnings of an anxiety reaction."

What Reith calls pre-stress is very important in determining whether one handles or shrinks from subsequent situations. "If children are pre-stressed in terms of realistic expectations and experiences, such as in the Outward Bound program where the capped canoe does not mean drowning but simply getting wet and having to change...(they) are less susceptible to later environmental stress." Conversely, where the situation is seen as beyond control, stress increases. Experiments with dogs, for instance, who were given shocks no matter which way they jumped over a hurdle, or while in cages with no escape hatch, produced a conditioned helplessness (as well as very unfriendly animals). An extreme of conditioned helplessness is the apathy of the depressed person "who won't move, won't see a doctor, won't do anything, because he believes nothing will make any difference — it hasn't in the past."

Fortunately, it can work the other way, with a little help. "An individual can be taught to overcome an initial low stress tolerance," says Reith, "provided he is given the adequate experiences. Some people are agoraphobic, they can't go out on the street. We help them do that in small steps. Another person cannot enter a room after everyone else is seated, he feels he will be conspicuous, and rather than joining the meeting he goes home. We can help him adjust by meeting first a few people, then more and more people...a step-wise program."

For most of us however, stress is a more shadowy concept. A general uptightness, a sense of being stretched past our comfort or confidence, an insidious weight dragging down our capabilities and our joy in life.

It affects us in many ways. North Americans consume more tranquilizers than any other prescription drug, says Du-Fay Der. My hairdresser tells me dandruff can be caused by tension. Well, why not? Headaches, backaches, insomnia — the litany of everyone's afflictions — more often than not have roots in tension or anxiety. Unlike the stress of major life changes, which is supposed to heal with time, the harder-to-pin-down everyday aspect of stress does not fade away. Many people's idea of coping with stress is to repress and internalize it. They go on looking cool, calm and collected for years while the built-up stress accumulates to a point where they will explode, often over a very minor issue. While such an explosion and its repercussions may provide

a person with a good hard look at his life style, it often does not come before he has developed ulcers or a heart condition, or his high blood pressure has become hypertension.

Besides their occupations, the thing most people worry about is their relationships with other people. Can it be the decreased certainty of roles and changing values that account for our nagging habits of constant analysis and self-criticism?

UBC psychologist Lynn Alden, who runs assertiveness training and tension management clinics on campus and in the community, says "Socially anxious people see others as performing better than themselves, as stronger." She agrees with Reith that problems of self-esteem often involve people setting too-high standards and then feeling they have failed when those standards cannot be lived up to. "I see people on campus who want to be perfect; the academic life tends to set standards that can be unrealistic."

While some who take tension management clinics simply suffer from over-work and need to organize their time better to prevent tension build-up, Alden says "We deal more with people who over-react, this is very common." Some of the techniques aimed at the non-physical part of anxiety, i.e. worrying are: 1) eliminate negative dialogues with self, over-evaluation, and what Al-

den calls "catastrophizing" ("Most people recognize that they do this"); 2) postpone worrying by setting aside a special time for it, perhaps 15 minutes after morning coffee, don't let yourself worry outside that time; 3) focus on the positive to challenge negative thoughts.

No one can make tension disappear from his or her life, warns Alden, all you

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**For most, stress is a shadowy concept — a sense of being stretched past comfort or confidence.**

---

can hope to do is learn to cope with it. And by "coping" Alden and most other therapists do not mean internalizing. Still, lifelong habits die hard, and coping with stress in a healthy way is not something you do overnight. Or even care to do, in many cases. As Reith notes, many people not only don't admit they have a problem, they really are not

aware of it, and will tell you they are managing fine, thank you. Besides, that's life, right?

As another way of coping, regular relaxation periods reduce muscle tension and provide a little mental balm. Du-Fay Der outlines three basic techniques, all involving 15-20 minutes with eyes closed in a comfortable chair, quiet room, once or twice a day.

In systematic relaxation, you clench and relax your left foot, right foot, left leg, right leg and so on upward right to the eyebrows. This method is used in many hospitals and workshops, including Alden's. In auto-hypnosis, the same process takes place, only you *tell* the body parts to relax. In meditation you simply breathe calmly and concentrate on either your breathing or on the mental repetition of a sound, such as "peace" or "relax." Here you have the basis for transcendental meditation, minus the more exotic embellishments. Research has found that while all three produce a feeling of relaxation, auto-hypnosis and meditation also reduce oxygen intake, respiration and heart rate, and meditation increases alpha waves (present in the brain when a person is in a wholly relaxed state of mind).

Regardless which method you choose, the trick is to do it regularly and not let yourself get distracted. It takes 15 minutes just to slow down enough to benefit from the session, and it takes six

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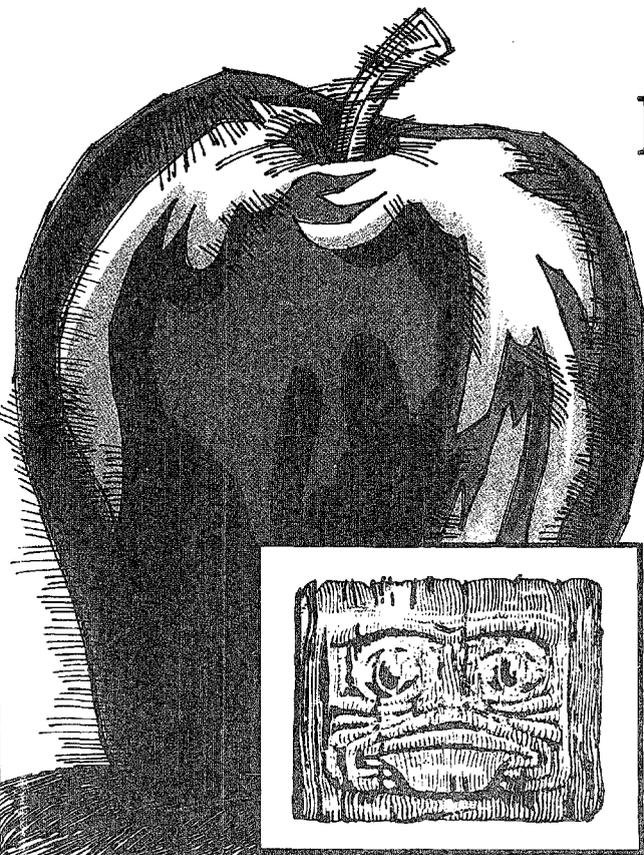
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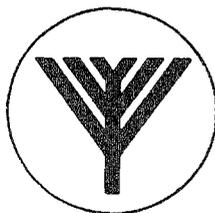
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months, says Dr. Der with a grin, believe you notice a change to a more pervasive calm. But as a practitioner himself, he promises it's well worth it.

Is there really more stress in our modern society than in times gone by? Some authorities say it is only distributed differently. No doubt the Medieval peasant had his problems with land and lord, his children may have been overworked and anxious, his animals underfed and fearful. But the stepped-up pace of life today, and the need, real or imagined, to keep up with that pace, the multitude of choices and difficult-to-define demands, all seem to have got out of hand. At least if we believe those medical authorities who claim that 80 per cent of diseases are stress-related. Maybe we are not all built to run this fast.

What else can you do? Besides the discipline-requiring relaxation sessions, regular exercise is a good outlet for stress. Swimming, hiking, bicycling, most organized sports, will loosen up tight muscles while taking your mind off what's worrying you.

Move to the country. Experts generally agree, not surprisingly, that a rural environment is less stressful than an urban one. The high stimulation of noisy, crowded cities is as uncomfortable to many humans as the 200-to-a-cage experiments are to rats, who develop many of our favorite neuroses as a result.

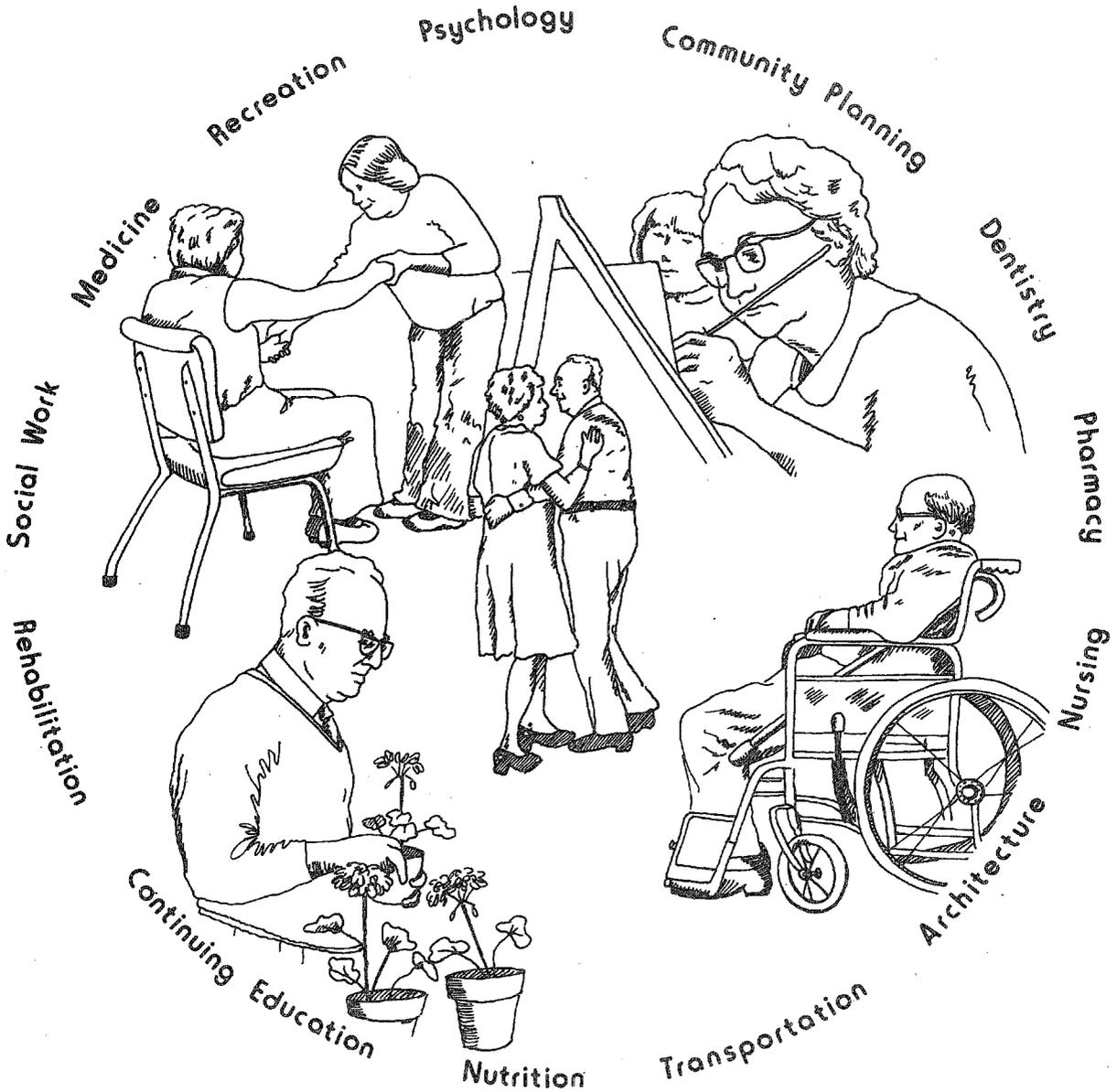
So uncomfortable in fact, that psychology researchers rarely have any trouble finding volunteers for sensory deprivation projects — the kind of thing where you sit in a dark room alone for 24 hours, largely deprived of any kind of stimulation. Psychologist Peter Suedfeld, who conducts such experiments at UBC, says the sessions have a therapeutic purpose in behavior problems such as over-eating, high blood pressure, smoking, by providing a "retreat" from stimuli that bring on the problem. Not incidentally, the experience reduces stress, which may be one reason for its popularity. Many apparently find the experience so soothing that they come back for more. Dr. Suedfeld sees a relation between sensory deprivation retreats and the growth of meditation, the return to the land. Presumably, if you lived "on the land" you would have no need to shut yourself in a dark room for 24 hours, even should such a thing be available.

Of course, rural living could be unbearably stressful to those who incline to the excitement of the race. We all have different tolerances, different needs. "Ultimately a question of health," says Gunther Reith, "is to find the kind of life one is amenable to and capable of coping with." □

*Viveca Ohm, BA '69, is a Vancouver writer.*

# ubc reports

## THE NEW CHALLENGE



## UBC AND THE AGING POPULATION

# UBC responds to aging phenomenon

*When I get older, losing my hair,  
Many years from now,  
Will you still be sending me a Valentine,  
Birthday greetings, bottle of wine?  
If I'd been out to quarter to three  
Would you lock the door?  
Will you still need me, will you still feed me  
When I'm 64?*

—From "When I'm 64," a song by the Beatles in the album "Sergeant Pepper's Lonely Hearts Club Band." Lyrics copyright by Northern Songs, England.

This issue of *UBC Reports* is largely given over to the views and ideas of a group of UBC faculty members who are in the forefront of patient care, teaching and research in gerontology — the discipline that deals with the phenomena and problems of the aging.

It's a discipline that bids fair to become one of the most rapidly growing areas of research and study at UBC and other Canadian universities.

The reason: Canada is coming of age in the way that demographers — people who study population — define it.

A country is considered "old" if 8 per cent of its population is over 65. Canada, a little later than most European nations, reached that watershed with the 1971 census.

By the year 2001 — a mere 24 years from now — 12 per cent of Canada's population will be 65 or over. Or as one federal government publication puts it: "As surely as the rivers flow to the sea, the population in Canada aged 65 and over will grow from 1.7 million in 1971 to 3.3 million in 2001."

Projections beyond the turn of the century become more difficult, but the best figures available indicate that by 2031 — 54 years hence — 20 per cent of the population will be aged 65 and over. The estimated 8 million aged in that year are not figments of someone's imagination. The vast majority were born before Canada's 1967 Centennial and are living now.

There are a number of reasons for the rapid increase in the absolute and proportionate number of elderly in the Canadian population.

First, there is the demographic explosion known as the baby boom, a period of very high fertility which began shortly after the end of the Second World War and continued until 1965, when a dramatic decline in birth rate began.

It is this baby-boom population, coupled with the reduced birth rate in the post-1965 period, that will cause the number of elderly to increase dramatically, both in absolute numbers and as a proportion of the total Canadian population.

This phenomenon is likely to be felt more strongly in B.C. than in many other Canadian provinces unless something happens to alter our current age structure. Today, the population of B.C. is characterized by an average proportion of adults, combined with the lowest proportion of children in Canada and a higher-than-average percentage of elderly. A low fertility rate and the immigration of retired adults are the major factors responsible for this distribution pattern.

Another major factor contributing to the growth in numbers of the elderly is the fact that people are living longer.

In 1971, life expectancy at birth was 69.3 years for

males and 76.4 years for females. Statistics Canada projections are based on a life expectancy of 72.8 years for males and 79.1 for females by the year 2001.

*... I could be happy mending a fuse  
When your lights have gone.  
You can knit a sweater by the fireside,  
Sunday morning go for a ride.  
Doing the garden, digging the weeds,  
Who could ask for more?  
Will you still need me, will you still feed me  
When I'm 64?*

Our interest in the problems of the aging began simply enough — we had scheduled for this issue of *UBC Reports* an article on the latest addition to the UBC Health Sciences Centre, the 300-bed Harry Purdy Extended Care Unit, which admitted its first patients early in July.

We discovered, however, that health care for the elderly was only one aspect of Canadian life that would be affected by an aging population. Because the needs of the elderly are many and varied, other major issues to be brought into focus include housing, transportation, community support services, education and politics, to name only a few.

We discovered also that UBC has begun to respond to the problems that will result from Canada's changing age structure. Scattered throughout the University in various faculties and departments are a substantial number of teachers and researchers working in the field of gerontology. In almost every case they report that an increasing number of students are showing interest in the field. President Douglas Kenny has asked a University-wide committee for recommendations on ways in which UBC can foster studies in this area.

We decided to let these teachers and researchers describe in their own words the problems and some of the emerging solutions to the aging-population phenomenon. The material on the following pages is divided roughly into two sections. First, individuals concerned with the planning and operation of the new extended-care unit describe how it will function as a treatment, teaching and research centre within the concept of the health-team approach to medical care. This is followed by interviews with UBC teachers and researchers on their activities and concerns as they relate to the aging phenomenon.

As editor of *UBC Reports*, I'm grateful to the many faculty members who took time out during busy summer schedules to talk to me. The black-and-white drawings for this issue are by Jean Pedlar, of the Department of Biomedical Communications, who had to grapple with the problem of illustrating a many-faceted problem.

—Jim Banham

*... We shall scrimp and save  
Grandchildren on your knee, Vera, Chuck and Dave.  
Send me a postcard, drop me a line.  
Stating point of view.  
Indicate precisely what you mean to say.  
Yours sincerely, wasting away.  
Give me your answer, fill in a form,  
Mine for evermore.  
Will you still need me, will you still feed me  
When I'm 64?*

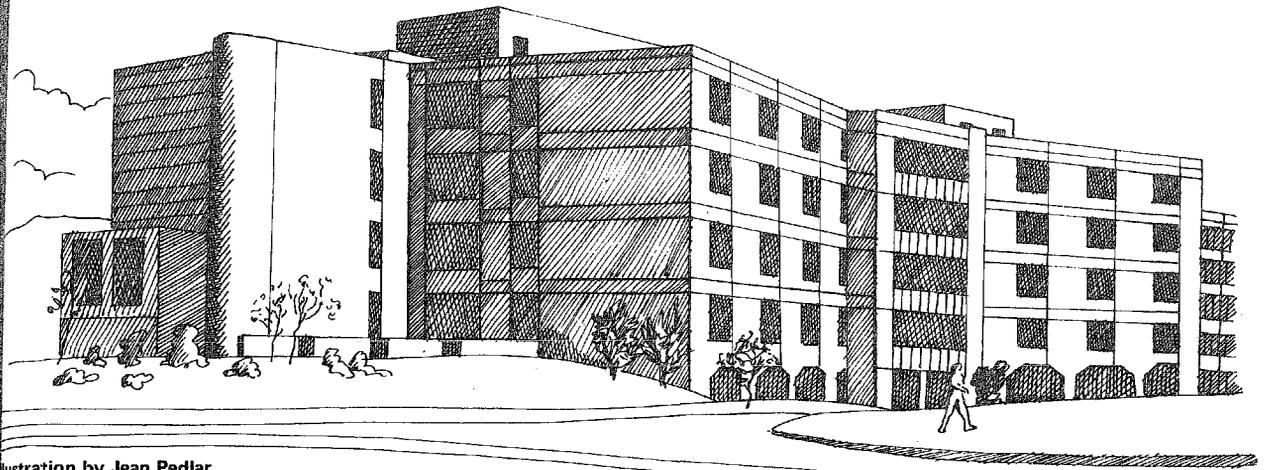


Illustration by Jean Pedlar

## New evidence of faith in UBC

The Dr. Harry Purdy Extended Care Unit — described by Health Minister Robert McClelland as the “latest and freshest piece of evidence of the faith of the people of this province in the University of British Columbia” — was officially opened on July 12.

Mr. McClelland, who noted the UBC campus has been the focus of tremendous academic and capital expansion in recent years, said the new hospital would go a long way toward reducing the waiting lists of those requiring extended care. “Some have waited as long as 18 months,” he said.

In recognizing that the new hospital also serves as a teaching facility, Mr. McClelland said it should try to reach a happy balance between teaching and treatment.

“We must be concerned about the quality of life at this (hospital) for its future residents,” the health minister said, “and I hope that their dignity will never be secondary to teaching.” Dr. Pat McGeer, education minister, saw the teaching aspect as one of the new hospital’s strengths.

“This . . . is not an ordinary extended care hospital,” he said. “This is where the young people will be coming to learn the problems of the infirm, and if you want to put a little spirit and a little jazz into a hospital, just bring youngsters into it. It is also how you keep all of the doctors and the staff on their toes.”

Dr. McGeer, who termed the opening “history in the making,” said the hospital will also be the focus of research, “and if those of future generations are to be spared the suffering of those in present generations, it can only be through discovery and knowledge.”

The education minister also paid

tribute to the former health minister, Dennis Cocke of the New Democratic Party. He said Mr. Cocke had “slashed a great deal of red tape” to get the hospital under way “and that contribution should be recognized.”

Simma Holt, member of Parliament for Vancouver-Kingsway, represented the government of Canada at the opening. She said the hospital was “an illustration of what can happen when citizens and government work together instead of pulling apart.”

Mrs. Holt read a telegram from Justice Minister Ron Basford, announcing that the federal government would give the province an additional payment of up to \$80 million for post-secondary education in B.C. for the years since 1972.

Dr. McGeer, who promised to pass on this federal money directly to educational institutions, paid tribute to Deputy Education Minister Walter Hardwick, former director of continuing education at UBC, for work he had done behind the scenes to obtain this payment from Ottawa.

UBC President Douglas Kenny told the opening-day guests that as a psychologist he had long been interested in the problems of the aging process.

“I have often wondered how, in an area such as Vancouver, our scholars could come to grips with the problem of ill health so frequently visited upon our older citizens.

“Preventive medicine and heredity are, of course, important,” Dr. Kenny said. “However, it is of little comfort to human beings suffering from disabling or continuing illness to be told that they should have chosen their grandparents more wisely.

“The inescapable fact is that, all rhetoric aside, there are citizens who need precisely what this hospital can give them . . . extended care.”

Coquitlam Mayor Jack Campbell, chairman of the Greater Vancouver Regional Hospital District which built the hospital, said the \$10 million building had been brought in \$1 million under budget, and he congratulated UBC for its “continuing interest in the problems of the aging.”

Walter Koerner, chairman of the management committee of the UBC Health Sciences Centre, said the 300-bed extended care unit and the 240-bed acute care unit now under construction “will complete the Health Sciences Centre which we began two decades ago.

“This extended care unit is the only one in Canada built with a view to provide not only a high quality of patient care, but an environment that is conducive to teaching our future health workers, and conducive to research into the problems of long-term illness,” he said.

Chancellor Donovan Miller paid tribute in his remarks of welcome to the late Dr. Purdy and expressed regrets that Mrs. Purdy could not attend the opening because of illness. Sons Peter and David Purdy were on hand, however, and participated with Health Minister McClelland in the unveiling of a plaque in honor of their father.

Dr. Purdy, a distinguished graduate and professor at UBC, was the first chairman of the advisory committee to the Greater Vancouver Regional Hospital District.

The first patients to the Dr. Harry Purdy Extended Care Unit were admitted on July 13, the day after the official opening.

# UBC's new 300-bed hospital isn't

*Lloyd Detwiler is administrator of UBC's Health Sciences Centre and is responsible for all clinical health facilities on the campus. He describes how the new extended care unit was constructed and its role and function in the context of the Health Sciences Centre.*

This new hospital is not your average extended care unit. It was conceived as a care-teaching-research hospital. Before we started excavating, that idea had the approval of the provincial government; the Greater Vancouver Regional Hospital District, which actually built the unit; and all the other organizations that had to be consulted.

The University agreed to open the hospital on a service basis initially because extended-care beds are badly needed, but right from the start it was agreed that the hospital would develop a teaching and research program as well.

Incidentally, the total estimated cost of the hospital was just over \$11.1 million, but the actual cost was considerably lower because there was rigid control of expenditures as the project proceeded and minimal changes were made to the plans during construction.

The basic plan for the Harry Purdy Extended Care Unit is based on a similar unit opened at the Vancouver General Hospital in the early 1970s. The Banfield Unit at the VGH is acknowledged to be one of the best of its kind in Canada from the point of view of those working there and the patients.

At the time we applied to the VGH board for permission to use their plans to build our unit, there had been two major reviews of the Banfield unit by their staff. So we knew what had worked and what should be avoided in revising the plans for our building.

In addition, we asked the architects to build into our plans the necessary facilities for the teaching and research program. There had to be other major revisions to the VGH plans as well; for instance, we had to have a complete dietary service, whereas the Banfield unit gets its food from a central VGH kitchen.

We also redesigned the main floor so that all the medical and administrative heads are grouped together for easier communication.

But the most important revision was the addition of a research and teaching wing on the north side of the unit. It contains four floors of offices, seminar and research rooms to house

4/UBC Reports



Lloyd Detwiler

the academic components of the health faculties, schools and departments that will work in the hospital. The majority of these groups will be funded through academic departmental budgets and not through the hospital.

Research began in the unit before we admitted a single patient. A group of psychologists is working on relocation stress and helping some patients make the transition from their former environment to the hospital. (See interview on page 7.)

The facilities in the research and teaching wing will be vital for training students. Most general hospitals simply aren't designed and equipped for this activity and this lack of clinical facilities has become crucial for expansion of the medical school.

The research-teaching wing won't be used by medical students alone. There are some 2,000 students from all areas of the health sciences taking courses in the nearby Woodward Instructional Resources Centre and many of them will use the wing in their training program.

What makes the UBC unit unique is that it's the only extended care unit hospital in Canada in a medical teaching complex that combines care, teaching and research for the long-term treatment of disease, which is emerging as one of the major problems in health care.

What will also emerge as time passes is a whole new set of University-community relationships as the result of the presence here of the extended care unit and the acute care hospital, which is now under construction. Universities don't have to operate lumber mills to train foresters or mines to teach mining and metallurgy. But we do have to utilize hospitals and other health facilities to teach students how to provide health care. The new extended care unit is admirably located for that purpose.

When the acute care unit is complete, all the components of the original plan for the Health Sciences Centre will be in place and this University will be able to practise the health-team concept as far as it can be taken.

## Hospital suited to team approach

*Dr. George Price is acting medical director of UBC's new extended care unit and associate professor in the medical school's Department of Medicine. He describes for UBC Reports the team approach to health care that will be practised in the new unit.*

The patients we admit will have long-term problems involving chronic conditions and diseases. The majority, but by no means all, will be elderly. We'll also be admitting middle-aged and young people suffering from chronic diseases such as multiple sclerosis, Parkinson's disease and cerebral palsy.

The patients will be treated for their chronic conditions and rehabilitated so they'll be able to take maximum advantage of the unit and what it offers. The team approach to treatment and care — the concept fostered within the Health Sciences Centre at UBC — is ideally suited to an extended care unit such as this one.

The treatment team is made up of a number of health professionals. One of the primary members is the physician, who looks after the medical needs of the patients and co-ordinates the efforts of the team. We hope that many of the practising doctors in the community who admit patients to this unit will turn over the care of their patients entirely to us so we can develop this co-ordinated approach to treatment.

The doctors in the unit will be employed on a part-time basis. They

# mpur average extended care unit

on't be residents or recent graduates  
a medical school who want  
specialized training in geriatrics,  
though we hope to provide that kind  
training in the future.

We see the presence of employed  
doctors in the hospital overcoming a  
problem that arises in some places  
where the nurses, who are another  
important component of the health  
team, never see the physician.

Other members of the health team  
include rehabilitation specialists and  
social workers who have a special  
interest in the chronically ill. They'll  
pay particular attention to the social  
needs of patients as well as  
communicating with their families,  
since we will do everything possible to  
involve families and patients in the  
treatment pattern.

A member of the administrative  
staff is also on the treatment team.  
This is designed to overcome a  
problem that crops up continually in  
hospitals where the administrators  
don't talk to the doctors and vice  
versa.

Dietitians are important members  
of the treatment team because many  
of our patients will have special  
nutritional needs.

Our medical records department is  
larger than similar departments in  
other extended-care hospitals because  
the records supervisor is also part of  
the treatment team. We'll have many  
more observations to record in this  
hospital because we'll be training  
students here in the future and  
developing a research program that  
will make the medical record  
extremely important. The files won't  
gather dust here; the administrator will  
be visiting wards to supervise and  
advise on record-keeping and point up  
deficiencies. Normally, the records  
department doesn't see the medical  
record until the patient is discharged  
from hospital.

The pharmacist is another  
important member of the team.  
Elderly people are frequently  
over-medicated and the pharmacists  
will have an important role to play in  
advising the medical team on drug  
interactions and ensuring the flow of  
medications.

A basic treatment team will operate  
on each of the four floors of the  
hospital. The team will meet regularly  
to assess a patient's condition and that  
meeting may even involve the patient's  
family, which can provide valuable  
information for the team. The patients  
themselves will be involved in  
decisions about the treatment  
program.



Dr. George Price

The unit also has a complete dental  
facility. Unfortunately, because of  
lack of funds, it's not yet operating.  
But we've had dental faculty input  
during planning and when funds  
become available the dentist will  
become a team member in every sense.  
Dental problems are an important  
factor in the nutritional status of the  
elderly.

There has been a similar funding  
problem for a clinical psychologist,  
but eventually we hope to have one on  
our team. Meanwhile, the Department  
of Psychology provides us with a  
faculty representative on our  
management committee.

And let's not forget the volunteers  
in this total picture — they're a most  
important group in an extended-care  
hospital. The direct and indirect  
services they provide are enormously  
beneficial to patients, from before  
admission to after discharge.

The treatment team will be looking  
at innovative patterns of patient care  
for the chronically ill and these will be  
continually evaluated to see what  
works and what doesn't. In many ways  
that's the most important thing that  
will happen here and is one reason  
why the extended care unit was  
located on the campus as part of the  
Health Sciences Centre.

As the medical-care team evolves  
these new patterns of care through  
testing and evaluation, the techniques  
will be passed on to students through

the teaching program. And that means  
a much broader range than just  
students in primary health care. We  
fully expect to be dealing with  
students from psychology, social  
work, home economics, and other  
allied health fields.

## Patients have say in treatment

*Mary Cruise, director of nursing in  
UBC's new extended care unit,  
describes the role of the nurse in the  
hospital's interprofessional approach  
to patient care.*

The aim of this unit is to be  
innovative in the sense of developing  
new patterns of patient care and  
rehabilitation that will be carefully  
evaluated on a regular basis. UBC's  
new extended-care hospital also offers  
many opportunities for improving  
student education and fostering  
research.

In terms of nursing, we'll strive to  
create within the unit an environment  
of normality for the elderly, who  
often have disease conditions coupled  
with disabilities. Our experience will  
be brought to bear on their physical  
condition as well as their social and  
emotional life.

One way of doing this is to  
encourage patient input into the  
management of their condition,  
because we believe they have a right to  
take part in the decisions that affect  
them.

Nurses won't be working in  
isolation from the other professionals  
in the hospital. Our record-keeping  
system will be problem-oriented,  
which means that each of the  
professionals in the hospital will do an  
analysis of the patient's condition.  
Then we meet as a group and each  
professional makes a contribution to  
the discussion on the concerns of each  
patient and a decision is made on a  
treatment program.

We include the patients and/or their  
families in the process. Each nurse will  
discuss with the patients their  
concerns and ask what's been helpful  
to them in the past, and what they  
think might be helpful. The nurse will  
also make some suggestions and  
together a treatment plan will be  
developed. This will happen with all  
the health professionals in the hospital  
so that a treatment plan will emerge.  
The key is that the treatment plan will  
not be developed for the person, but  
with the person.

Continued on page 6

We'll also foster an environment in which the patients will organize themselves and their own activities. That will probably come slowly because many will have been in and out of institutions for years and will have become acclimatized to having decisions made for them. So there's a teaching process involved there. Small decisions will be reinforced to encourage patients to increase their involvement in the lifestyle of the unit.

If the nurses we hire aren't prepared to foster this approach, then it will fail. So we look for nurses who are people-, not institution-oriented — nurses who are concerned about lifestyles and who have creative ideas about what can be done here.

Our nurses will be working 12-hour shifts because we feel there's a better chance of making things happen in that time frame. Hospitals have a way of imposing their routines on patients if nurses work a 7 a.m. to 3 p.m. shift, say. In a situation like that, the beds would have to be made, patients bathed and cared for and meals served at specific times because nurses would be thinking in terms of getting their work done before the shift ends.

Working a 12-hour shift, the nurses will be able to deal with patients as individuals, to ask them what time they'd like a bath so the patient and the staff can plan the day around various activities.

And there won't be fewer nurses on at night, as is the case in most hospitals. Older people need less sleep, and while many of them may want to go to bed at, say, 6 p.m., that means they'll be awake at midnight or 1 a.m. One approach that we wouldn't condone is to get them back to bed and give them a sleeping pill. We'll let them watch the midnight movie, bathe them if they wish, provide them with a light snack or just talk to them, because many are lonely and may need company.

## Elderly are an untapped resource

*Kathy Scalzo, director of rehabilitation in the new extended care unit, describes the role of the rehabilitation expert in the unit.*

Traditionally, physical and occupational therapy conjures up in people's minds images of rigorous physical exercise, lots of activity, weaving, massage and things like that. Here, in the new extended care unit, we're simply talking about helping disabled elderly people to regain their ability to do as much as they can for themselves.

6/UBC Reports



Kathy Scalzo

Many of our patients will come to us from nursing homes and other institutions where their activity has been confined to getting out of bed to sit in a chair and then returning to bed. Many won't even have had the simplest kind of stimuli, such as books, music and TV.

With many patients, we'll be starting with the simplest and most basic things, feeding and dressing themselves and moving about. Relearning these skills, which you and I take for granted, can assist someone in maintaining a feeling of usefulness as well as personal pride and dignity.

Some elderly people are handicapped for short periods of time and have to have the services of a rehabilitation expert to help them regain normal use of their limbs. Many elderly have the attitude, "Well, I'm getting old, you know, and not being able to dress myself, or walk normally, or whatever, is one of the things that happens at my age." A lot can be done to change that attitude and encourage them to become more independent.

And no one will be breathing down their necks and pushing them to learn to feed themselves or walk again. In some cases, it may take two or three months to learn the simplest functions. The pace will be slow and experts available to help them.

I hope that other UBC departments will respond to the needs of our patients. We're already talking to the Botanical Garden staff about gardening projects. I hope the music department will advise us on what kinds of music will appeal to the elderly and even stage concerts for them in the unit. Perhaps the theatre department could enrich the lives of our patients. Certainly, we hope the library will be able to help us with suitable reading material.

The unit can also provide leadership in training students and developing research projects. Rehabilitation stu-

dents will, in the future, receive the training here in physiotherapy and occupational therapy techniques for the elderly. They'll also learn the skills for developing social and recreation programs for the elderly.

Research also presents some exciting possibilities. There simply hasn't been much work done on the kinds of lives that people live in extended care facilities and the kinds of stimuli required to make their lives more meaningful.

We feel very strongly that our patients represent an untapped resource. There's no reason why elderly people couldn't provide day care for young people in extended care units such as these. It would give a great deal more meaning to their lives.

In the long run, we're even looking toward the day when extended care patients may be able to be discharged from units such as this when they've reached the point where they can look after themselves with the aid of community services.

## Volunteers vital at new hospital

*Sherry Kendall is the full-time director of volunteer services in UBC's new extended care unit and the adjacent psychiatric unit in the campus Health Sciences Centre. She describes the role of the volunteer in UBC hospitals. Readers interested in working as volunteers may call Ms. Kendall at 228-4919.*

Hospital volunteers at UBC are regarded as people who perform unimportant or annoying tasks that members of the medical team haven't got time for. We're accepted as an important part of the hospital's operation with a vital role to perform.

The extended-care administrators have recognized this by including volunteers in the orientation program that every staff member must take part in before they start working here. The orientation is excellent and helps the volunteers to understand the team approach to health care in the unit. As a result, they're in a much better position to help the staff and patients.

Much of what the volunteer brings to the hospital setting is intangible and can't be statistically recorded. Basically, it's empathy with a group of people who have very special problems and need emotional and psychological support.

The volunteer's role includes everything from just sitting and talking to patients, because many of them are lonely, to dressing the hair of women patients, taking patients on outings,

the helping them with craft activities and arranging concerts and other forms of entertainment. Not all volunteers have direct contact with patients. Many operate gift shops, supervise libraries at the hospitals and provide office assistance.

The volunteer can also act as a liaison between the patient and the medical staff. In the psychiatric unit we've found that the volunteer can help the treatment team by passing on to them the concerns that a patient often expresses in conversation. And the volunteer is asked to make a contribution to the medical record that is kept in both the psychiatric and extended care units.

We're still recruiting volunteers for the extended care unit, although 30 to 40 people have already indicated they want to help as a result of talks I've given to the Faculty, Women's Club and local church groups.

We have about 100 volunteers working in the psychiatric unit next door. Each puts in about three hours a week and last year we recorded about 3,000 volunteer hours.

A surprising number of volunteers are students. We get them from psychology because some professors require students to work for a voluntary community organization as part of a course. Others come from Physical Education and Recreation, Pharmacy, Nursing and some are taking remedial training. About 40 per cent of the volunteers in the psychiatric unit last year were students.

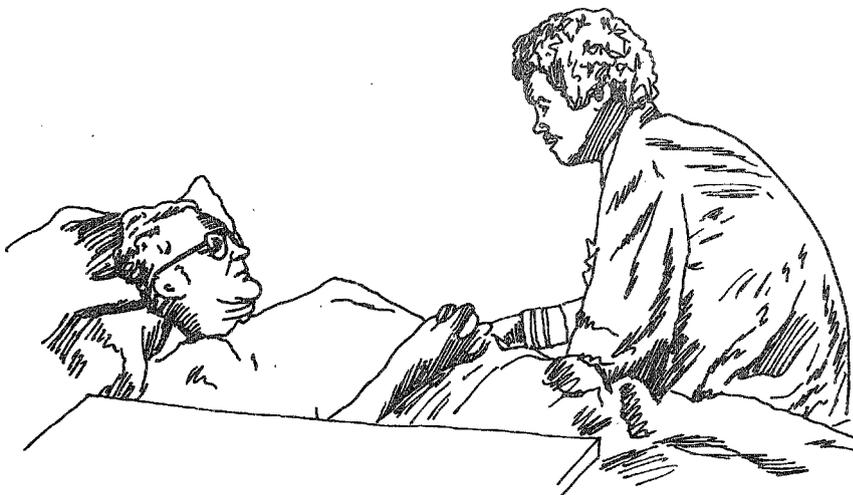
## Psychology team studies stress

*A team of UBC psychologists, led by assistant professor Dr. Jerry Willis and Ph.D. student John Campbell, began research in UBC's new Extended Care Unit before a single patient was admitted. Funded by the Canada Council, the team is carrying out research on relocation stress, which includes a special program to prepare patients for entry into the new hospital. Other members of the team are Sandra Mills, a master's student in psychology; Jane Buchan, a master's student in nursing; and Elaine Henkpiel, a recent B.A. graduate in psychology. UBC Reports discussed the research project with various members of the research team.*

**JOHN CAMPBELL:** Everyone suffers from relocation stress regardless of age. Stress is involved in changing jobs or moving from one physical location to another.

The elderly seem to be more vulnerable than other age groups. The

Illustration by Jean Pedlar



literature indicates that up to 25 per cent of those who move from one environment to an institution that provides care die within three months of the move. Up to 50 per cent suffer emotional or physical deterioration as a result of a move.

There are all kinds of questions to be answered about relocation stress. We speculate that people who move from their own homes to an extended-care unit are subject to greater stress than those who move from an intermediate-care institution, say, to an extended-care unit.

Personality differences have to be taken into consideration, too. We know that people who are demanding and assertive — some health-care people might refer to them as unruly patients — seem to suffer less from relocation stress and survive longer. They seem to be the type who want to control their own environment, whether it's the food they eat or the furnishings of their room.

**DR. JERRY WILLIS:** You can't just turn that around, though, and assume that the passive person will suffer more from relocation stress.

There are two variables here — one is that we don't adapt very well to change as individuals. In general, we like things to stay the way they are. So the bigger the change, the greater the stress.

The other factor is that different individuals can handle stress better than others. The fact is that some individuals will live longer, even if they're bedridden and lack mobility, if they make an effort to control their lives.

In the past, many patients in extended care units have been the victims of a custodial model of care. If someone dresses you, feeds you and looks after your every need on the assumption that you're old and can't manage yourself, it inevitably destroys individual initiative. Little wonder that many people become passive in a situation like that.

I'm on the operating committee of the Purdy extended care unit as the representative for the psychology department. John was already doing work in gerontology for his Ph.D. program and the opening of the unit was an excellent opportunity for doing work on relocation stress.

John and Sandy have developed a couple of slide-tape programs that can be shown to people who are about to move to the campus unit. Both are portable and can be shown to prospective patients and their families in their own homes. The programs are designed to show the patients what to expect when they arrive here and how to cope with some of the stressful problems they'll experience.

Unfortunately, we don't have enough money to do this for everyone who'll be admitted to the unit. But over a period of time we'll be able to compare the conditions of patients who received the program with those who didn't.

**SANDY MILLS:** The Department of Biomedical Communications in the Woodward Instructional Resources Centre did a great job for us in putting together the slide-tape shows. We even managed to get an elderly person who has been in an extended care unit herself for a couple of years to narrate them.

The first program simply shows the incoming patient the physical facilities of the UBC unit. Very often patients aren't given any information about what their future home will be like. Even relatives who visit the unit aren't always able to convey the appearance of the place verbally.

So we show them what their room will be like and the facilities and services that will be available to them. We also encourage them to decide on what personal effects they will bring with them, even down to pictures of grandchildren and other relatives.

The other presentation suggests

Continued on page 10

# New dean sees improvements in

## Optimism.

That's the word that keeps coming to mind when you talk to Dr. William Webber, UBC's new dean of medicine.

"It's exhilarating to be given the responsibility of heading the Faculty of Medicine at a time when so many things are happening that will undoubtedly improve medical care, education and research in B.C.," he said recently in his Health Sciences Centre office.

UBC's medical school is undergoing an expansion of enrolment and physical facilities unprecedented in its 27-year history.

## Consider:

- A new 300-bed extended-care unit, which will also be a major teaching and research facility, has just opened as part of UBC's Health Sciences Centre;

- On April 18, the first sod was turned for a \$32 million acute-care hospital adjacent to the extended-care unit;

- Clinical teaching facilities will be upgraded at Vancouver hospitals associated with the UBC medical school;

- Additional basic medical science facilities will be built at UBC;

- All these developments are related to a plan to double admissions to UBC's Faculty of Medicine from the present 80 students to 160.

Many outsiders might be prepared to excuse the 43-year-old dean if he expressed some apprehension about the future. Dean Webber, however, sees no insoluble problems on the horizon.

"I'd rather have problems to work my way through with the prospect of major developments than simply to have problems without that prospect," is the way he puts it.

There are two sides to the picture that the UBC medical school currently presents to the world, Dean Webber said.

"On the one hand the faculty has, in just over 25 years, established a very sound program for training doctors and rehabilitation therapists, we have excellent students, and many members of our teaching staff have international reputations for their research.

"But I would be flying in the face of the facts if I didn't admit that we have areas of deficiency. We have had and continue to have major problems in terms of our clinical facilities. This is the space we require at various Vancouver hospitals where our senior

undergraduate students get much of their clinical training and where most of the specialty training programs, for which we are responsible, are located.

"Our faculty have been carrying on these clinical programs in the face of very great difficulties. One of the real opportunities I see for improvement is the upgrading of these facilities in the hospitals where we operate."

Dean Webber also sees opportunities for the recruitment of new teachers and researchers to work in areas that need further development as a result of the upgrading of off-campus clinical facilities and completion of the new acute-care unit on the campus.

"Completion of the acute-care unit will mean that all the major buildings of the campus Health Sciences Centre will be in place," he said. "Clinical facilities will include a psychiatric unit, an extended care unit, and an acute-care hospital that will permit a broadly based program of training in the health sciences for students from many disciplines."

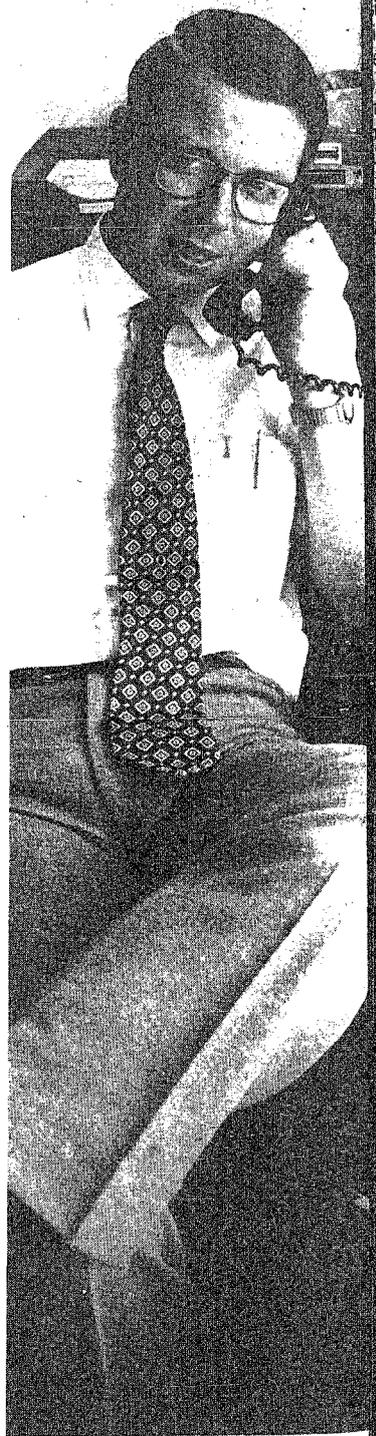
As an example of a field of medicine that needs further development, Dean Webber cites the area of immunology, the branch of medicine that deals with the body's defences against invading organisms and foreign substances.

"We have scattered work in this area going on in a variety of departments now," Dean Webber said. "It has become an area of fundamental importance in medicine and we need to recruit new faculty who will expand research activity and train specialists."

He also wants to move quickly to establish a separate Department of Family Practice, now a division within another department of the faculty. "We have all the necessary University approvals to proceed," he said, "and the Pacific Command of the Royal Canadian Legion has recently agreed to provide an annual grant of \$40,000 to enable us to recruit a head for the department." (For details, see story on page 15.)

The opening of the new Harry Purdy Extended Care Unit will also result in a new emphasis on studies in gerontology in the medical school as well as the allied health professions, Dean Webber said. He also sees developments in this area taking place in clinical departments, such as surgery, medicine, ophthalmology and the new family practice department.

He said the faculty also plans a



UBC's new dean of medicine, William Webber, says optimistic about the future of faculty, which is experiencing period of growth unprecedented in its 27-year history.

# Medical care, education, research

Division of Rehabilitative Medicine in the Department of Medicine led to the new emphasis on orthology. The division would function primarily at Shaughnessy Hospital and would have access to the resources and facilities of the adjacent Strong Rehabilitation Centre.

Dean Webber also believes that people have a limited view of the faculty of Medicine, particularly finances.

The faculty is rather like a three-legged stool because it's involved in three major areas — teaching, research, and patient care as it relates to teaching and research. Because of the areas of teaching and research that must be done without looking after patients, we're dependent on a high standard of patient care for many of our academic programs.

Our goal is to seek excellence in this area so that there's balance and unity to the whole structure," he

Another aspect of the faculty's operations that is not generally appreciated, he said, is the amount of money it provides for other faculties.

Just as the arts faculty teaches students from the Faculty of Education, so the Faculty of Medicine acts as a service faculty for students in other health sciences faculties from the Faculty of Science who, for example, want training in such areas as biochemistry and physiology." Another complicating factor in the medical school's operations is the complex relationships that it inevitably has with professional medical and health organizations as well as government departments at the federal and provincial level.

Dean Webber says it's "not surprising" that there is occasional conflict between the faculty and professional medical organizations because "we are directly involved in the provision of medical services in facilities that are not under our jurisdiction, hospitals being only one example.

Inevitably, there will be occasions when the interests of the medical faculty won't run perfectly parallel to those of a hospital or when the interests of some segments of the profession may not conform to the responsibilities of the faculty in providing educational programs," he

Dean Webber says, "Our first task is to recognize that such conflicts exist and not ignore them. Then the faculty and the

profession should be able to sit down, explain to one another what each is trying to achieve, and arrive at a compromise.

"No compromise will be perfect," the dean adds, "but that doesn't mean we shouldn't aspire to perfection."

The medical school's situation is further complicated by its relationships with governments. "Education and health make up a very substantial part of spending at the provincial level," Dean Webber said, "and attempts to restrain expenditures hit the medical school on two levels — within the University itself and in the hospitals where we train our students."

Dean Webber was no stranger to these complexities when he succeeded Dr. David Bates as dean on July 1. (Dr. Bates will remain at UBC as a member of the medical school's physiology and medicine departments.)

As a UBC student from 1951 to 1958, Bill Webber was awarded an even dozen scholarships and prizes, including the Eric Hamber Gold Medal and Prize as head of the graduating class in medicine. After interning at the Vancouver General Hospital and doing postgraduate work at Cornell University in New York state, he returned to UBC in 1961 as an assistant professor in the Department of Anatomy.

Dean Webber said that "sometime during high school" he decided he'd like to study medicine. He enrolled in the UBC faculty planning to be a general practitioner, but the possibility of a career in academic medicine opened up to him when he began summer work on research in the anatomy department.

"I wouldn't say I moved away from clinical medicine, which I thoroughly enjoyed," he said. "I moved into academic medicine with the idea in mind that if it proved uninteresting I could always return to clinical work. That's an easier transition to make than going into full-time clinical medicine and then deciding that what you really want to do is teaching and research.

"Basically, I found interesting opportunities and I pursued them."

He became associate dean of medicine in 1971 under Dean Jack McCreary, handling a number of administrative chores, including budget, appointments, research grants "and other odd jobs that needed doing."

He's also been active in University affairs outside the medical school. He is a former president of the Faculty Association and served for many years on UBC's Senate as a representative of his own faculty and the Joint Faculties. In 1974 he was one of two professors elected by the faculty to serve a three-year term on UBC's Board of Governors. He is currently president of the Vancouver Institute, a town-gown organization that sponsors Saturday-evening lectures on campus during the Winter Session.

Outside the University he's involved in various juvenile sports activities ("partly because of the ages of my children"), he reads widely ("I'm particularly interested in books on Canada"), he likes to putter around his Point Grey house fixing and tinkering with household appliances, and on Sunday mornings he plays an informal soccer game with a pickup side from his neighborhood.

Dean Webber is married to the former Marilyn Robson, whom he's known since they were grade 4 students together at Queen Mary elementary school in West Point Grey. Mrs. Webber is a former school teacher who got her teaching certificate after graduating in arts from UBC in 1956. They have three children: Susan, 17; Eric, 15; and Geordie, 13; all students this year at Lord Byng secondary school where both their parents were also students.

"One of the fascinations of working at UBC," said Dean Webber, "is the opportunity to meet people from a wide range of disciplines who have different perspectives and views. One of the ways of meeting people is through participation in University affairs and I encourage young people coming into our faculty to do that.

"I also have a strong emotional tie to this institution, where I've been a student and faculty member for 26 years. It's given me a tremendous amount and I feel I owe it something in return."

One of the most heartening things that's happened since his appointment, Dean Webber said, is the innumerable calls and letters from people inside and outside the University offering help and assistance in achieving the faculty's goals.

"There's certainly no lack of good will for what we're trying to achieve," he said. "I have every reason to feel optimistic about the future."



Members of research team carrying out relocation-stress studies and a project on pharmaceutical drugs and the elderly in UBC's new extended care unit are, left to right: Dr. Jerry Willis, assistant professor of psychology; Jane Buchan, a master's student in nursing; John Campbell, a psychology Ph.D. candidate; Sandra Mills, a master's student in psychology; and Elaine Senkpiel, a recent B.A. graduate in psychology. Picture by Jim Banham.

some ways to handle stress and how to cope with nervousness and other worries before they reach the unit and while they're living here. We pose some possible problems and suggest ways of coping with them.

**JANE BUCHAN:** The slide-tape programs are shown to the patients and their families in their homes and then we answer questions. Some of the concerns are of the smallest kind. One lady I visited recently wanted to know if she could take a dimmer switch for her bedside lamp with her. She was terribly relieved when I assured her that she could. We also make sure they know that family visits are possible almost any time.

In many cases, apprehension about the move turns into anticipation.

**JOHN CAMPBELL:** We also involve the families of patients as much as we can because many feel guilty about moving their parents or close relations into an institution. Relatives can also help to make the transition to the unit easier for the patient.

Relatives attend group meetings where we discuss their concerns. They also get a manual to take away that suggests ways in which they can help patients cope with the move and adjust to life in the unit. We deal with relatives on a group basis, but the patients themselves get individual attention.

*John Campbell, Dr. Willis and Sandra Mills are also involved in a research project on pharmaceutical drugs and the elderly, funded by the Department of National Health and Welfare.*

**JOHN CAMPBELL:** Pharmaceutical drugs are a major problem for the elderly. Many of them are taking more than they should and experience many undesirable effects as the result of the interaction of several drugs.

The dosage levels prescribed for drugs are normally based on the needs of people in the 20 to 40 age range. Elderly people have different

**10/UBC Reports**

metabolism rates and you get a buildup of drug toxicity in the body.

**SANDRA MILLS:** Some of the major problems that arise include confusion, which is a direct result of overdosage and interactions between drugs, and hypotension, or dizziness, which is a major factor in falls and injury. The same drug taken by a much younger person wouldn't have these effects at all.

A lot of elderly people are on psychotropic, or mood-changing drugs for depression or agitation. These drugs have a lot of side effects that are often dealt with by administering other drugs. The second drug can often have exactly the opposite effect to what's intended, it reinforces the very effect you're trying to correct.

**JOHN CAMPBELL:** We're not doing this without expert assistance. We're co-operating with Neil Massoud, clinical co-ordinator for pharmacy at the Vancouver General, and Doug Danforth, a UBC grad who's a specialist in gerontological pharmacy.

**JERRY WILLIS:** We're looking at the drug profiles of patients in a number of institutions in terms of dosage levels, possible interactions, the relationship between psychotropic drugs and other kinds of medication, and identifying drugs that shouldn't be taken by the elderly.

The information we gather will be compared with some fairly well established standards so that we can come up with a clear idea of what percentage are on inappropriate medication regimes. From there we'll probably try to prepare a manual for institutions that would provide background information on drugs for those administering them. The doctors and other health professions in the extended care unit are very much aware of this problem. Like our collaborator, Doug Danforth, many believe that part of the art of geriatrics is taking people off drugs.

# UBC seelev

Prof. Roy Rodgers, head of UBC School of Home Economics, is chairman of an ad hoc committee on research in gerontology, recently reconstituted and expanded by President Douglas Kenny. Prof. Rodgers talks about the function of the committee.

The committee I'm chairing isn't a new one. It was established a number of years ago by former President Walter Gage and was chaired initially by Marjorie Smith, of the Centre for Continuing Education, who's fostered many programs concerned with aging and the elderly over the years.

Recently, President Kenny asked me to chair a reconstituted and expanded committee that will advise him on avenues the University might take to participate in the field of gerontology primarily in terms of teaching and research.

Recently, through the Faculty of Graduate Studies, we received a grant of \$12,500 from Mr. and Mrs. P. Woodward's Foundation to enable us to appoint Dr. Gloria Gutman, of the psychology department, as a part-time research associate attached to the committee. She'll be undertaking a survey of gerontological studies going on at UBC and looking at various models followed at other universities that might be used here for furthering studies in this area.

Certainly, one of the important functions of the committee will be to identify sources of funds for work in this area. Often there are agencies out there which would like to fund research and teaching projects, but I don't know who to give the money to.

The question of which direction UBC should go is obviously a major issue for the committee and Gloria's study should help us in making a recommendation to the president. Our initial thrust is to be very open to any and all possibilities.

It seems to me the University has a very special mission in the whole area of gerontology. Personally, I tend to emphasize the teaching and research function coupled with close liaison with service organizations working in the community.

I don't feel it's vital, except as it's necessary for the training of students, for us to be involved extensively in providing service. We need to work with people in service agencies to discover what their problems are and foster research that helps them to do a better job. The new Extended Care Unit on campus is, of course, a service unit, but it also provides a forum for teaching — a forum where students

# New ways to work in gerontology

From a wide range of disciplines are able to see what goes on in this kind of facility.

Gerontology, you know, is simply one aspect of the whole field of human development, which is the area we specialize in. The field of child development, at the beginning of the human journey, has been in existence for decades. But it's interesting to see how pioneers in that area have literally worked their way through the life cycle so that today many of them are doing work in the field of gerontology.

So my point of view is that we need to be concerned with the whole range of human development. My own interest is to focus on the middle years prior to old age, a period when it's generally assumed that nothing happens until you start getting old. But humans don't stop growing, developing and changing when they reach maturity in their late teens or early 20s. And we have very little data in this period between the ages of, say, 25 and 65.

So the research and teaching function in a fully developed program of human development would deal with much more than the aged alone. Such a program would have developed a mechanism to enable people from a variety of disciplines to come together to exchange information and experience.

It's very important that UBC provide leadership in this area in the province. We have a responsibility to do so and one of the things that President Kenny has emphasized since he took office is that we recognize that responsibility in terms of our teaching and research program.

*Prof. Rodgers then went on to talk about how the School of Home Economics would contribute to gerontological studies.*

Training in home economics, in my view, is rediscovering its roots, which go back to the early 1900s, when the orientation was toward the whole setting of life — seeing everything integrated with everything else. From the diversion into what is best described as domestic science — the cooking - sewing - baking kind of image — it's returning to that view of the quality of life that's best understood by integrating the physiological, psychological, and social parts of life into one thing.

We at UBC can't do everything, so we've been emphasizing human nutrition in both research and teaching and we've made an explicit commitment to developing studies in human and



**Prof. Roy Rodgers**

family development. We're interested in the whole range of human development from childhood to old age and are gradually strengthening our teaching and research staff to cover that spectrum.

We believe our students should get a disciplinary approach by taking relevant courses outside the school in departments such as psychology and anthropology and sociology. Within the school we try for a multi-disciplinary approach that integrates the knowledge in those disciplines.

One of the causes of concern with older people is that many of them are frequently malnourished, a fact that's related more often than we want to admit to psychological and social factors rather than lack of money or knowledge and access. The fact is that many older people, who have spent a lifetime preparing nutritious, balanced meals for children who leave home for jobs elsewhere, suddenly start eating badly. "Well, it's just not the same without the children," they say.

So the issues for home economics are more than nutritional, they're social and psychological as well. Another thing about home ec studies — the researcher is equally a basic scientist and an applied scientist. He or she — and an increasing number of males are entering the field — will study nutritional needs and the ability of the body to make use of nutrients as well as the social and psychological characteristics of food and food consumption.

In the area of human development, Canada offers some unique opportunities for research because it's so very different culturally from the United States, say. There are extended family units here, for instance, because certain cultures within Canada emphasize that lifestyle. So the services for aging people in that kind of setting are quite different from those for the elderly who are living in isolation in a province like B.C. or alone in an urban setting.

But first we need to find out through census data and other research who's doing what and where they're doing it. Which brings me back to the special mission of the universities. The expertise of the faculty can unlock that knowledge, pass it on to students, who in turn will be working in community agencies. That's where our primary responsibility has to lie — in providing leadership so that Canada can address itself to making decisions about an issue that looms on the horizon.

## Interest results from housing study

*UBC psychologist Dr. Gloria Gutman has been working in the field of gerontology for many years. She's done studies on relocation stress and on exercise programs for senior citizens, either individually or with UBC colleagues. She talked to UBC Reports about a study of housing for the elderly financed by Central Mortgage and Housing Corporation and carried out through UBC's Centre for Continuing Education.*

I get calls for information from all over the province, mainly as a result of publicity about the study on housing for the elderly that was done through the Centre for Continuing Education for Central Mortgage and Housing.

In 1973 we were approached by the management of Seton Villa in Burnaby to evaluate its impact and design. We accepted for a number of reasons but chiefly because it was the first retirement facility in B.C. to offer accommodation on a "multi-level" basis. This means that within the same complex residents can live in self-contained suites or they can opt for board-residence. Personal and intermediate care is also available, all under one roof.

We interviewed people before they moved in and again 18 months later

Continued on page 12

when they were settled. We also decided to find out if those who apply for multi-level housing differ from those applying for more traditional retirement housing — that is, buildings offering only self-contained suites. We therefore interviewed applicants to New Vista, another home for seniors in Burnaby. A third group interviewed were elderly non-applicants in order to see how they differed from applicants.

From our study we concluded that there should be no hesitancy in building multi-level facilities such as Seton Villa. The seniors there showed no evidence of relocation stress. They maintained their pre-move level of interaction with family and friends and their leisure-time activity patterns. Morale was high and there was a marked increase in contact with neighbors.

We also found out some interesting things about why people move into retirement housing. The primary motivation for those moving to New Vista was financial — the rents there are low. At Seton Villa, however, the primary motivation was related to security — the idea that someone would be there to meet a present or possible future need for medical help.

This tells us that not everyone who moves into retirement housing does so because he can't afford to live independently in the community. A common assumption is that most people are attracted to retirement housing because market conditions make independent living too costly. That's not true for everyone; there are many other things that draw people into retirement housing.

We were surprised to find that most of the tenants at Seton Villa and New Vista were generally favorable to high-rise housing. This may be because most had been apartment dwellers previously. There seems to be a greater tendency for apartment dwellers to seek retirement housing, whereas seniors living in their own houses tend to stay there. It seems that the transition from apartment living to a high-rise retirement facility isn't nearly as difficult as from a single-family dwelling to a high-rise.

What kinds of facilities do seniors want in retirement housing? At the top of the list is an infirmary, which is available to them if they become ill. Many also want a library, a beauty parlor-barber shop and an auditorium where movies can be shown, dances held, etc. Right at the bottom of their preference list is a cocktail lounge or pub. This is useful information for designers, many of whom are unfamiliar with the needs and preferences of seniors.

The research study was only one  
**12/UBC Reports**

Illustration by Jean Pedlar



facet of the work done under the CMHC grant. The funds were also used to establish a committee on educational gerontology that brings together representatives of universities and colleges and professional and voluntary organizations involved in educational programming.

A senior citizens' housing liaison committee was formed to bring together representatives from various levels of government, academics, those who are directly involved in providing housing, and seniors themselves. We also met with small groups of architects to describe some of our findings and to find out what their problems were in terms of design.

Since completing the CMHC project we've become resource persons for architects and groups involved in planning retirement housing.

## Needs of elderly many and varied

*Dr. Brock Fahrni is head of UBC's School of Rehabilitation Medicine, chief of geriatric services at Shaughnessy Hospital and a member of the executive of the Canadian Association of Gerontology. In the 1950s he was a member of a medical team that set up the first assessment and rehabilitation units in veterans' hospitals across Canada. He talked to UBC Reports about the role of UBC's Health Sciences Centre in the training of students who will be involved in geriatric care and services.*

We know that the needs of the elderly are many and varied. If you're going to make a serious attempt to meet those needs you're talking about far more than the expertise of any one discipline.

Health care for the elderly will involve the doctor, the nurse, the dentist, the pharmacist, the rehabilita-

tion therapist (both the occupational therapist and the physiotherapist), and the social worker. Each has to be aware of the strengths and limitations of the others in providing care. The work of these professionals has to be integrated with that of psychologists, biomedical engineers, nutritionists and continuing education experts if we are to build a program to meet the needs of the elderly.

This concept fits in precisely with the philosophy of interprofessional training that lies at the heart of the UBC Health Sciences Centre. Our former dean, Jack McCreary, and the others who have fostered the development of the centre and the interdisciplinary program of the Woodward Instructional Resources Centre, saw geriatrics as just one area of health care that would benefit from this approach.

So UBC is in a very fortunate position. The opening of the extended care unit adds another dimension to the interprofessional training program of the Health Sciences Centre. It's a two-way street — the elderly in the unit will benefit through a high standard of care that will be innovative and forward-looking, and the unit will be a major training centre for the increasing number of students who are interested in gerontology.

One of the things that will happen as a result of this training program will be the destruction of a lot of myths about the elderly that the young carry around with them.

For instance, it's totally wrong to think that most elderly require extended care. Today, only 2 per cent of those over 65 are in long-term nursing institutions and 4 to 5 per cent are in ambulatory-care facilities. The vast majority of the elderly do very well of their own and live out their lives in their own homes until a final illness takes them to an acute-care hospital for a few days or weeks.

I once did an unofficial survey

ong students at UBC which revealed  
t they gave very little thought to  
er people. Many thought the eld-  
spent up to three or four years in  
ursing home at the end of their lives  
that they were senile.

All untrue. It's the presence of the  
ended care unit on campus and the  
disciplinary program in the Health  
ences Centre that will correct a lot  
these unrealistic attitudes on the  
t of students.

You know, if you're going to com-  
municate well with the elderly, you  
be to be aware of where you sit on  
longitudinal age scale. I don't  
nk a person is fully educated until  
y're able to recognize where they  
in life. Everyone has to face up to  
fact that life is finite and they're  
ng to have to get off the train at  
me point. I don't think anyone can  
rk effectively with the elderly until  
y've got over that hurdle in their  
n lives. And that will be a small part  
the education process that will go  
in the unit, the Health Sciences  
ntre, and the University generally.

Physicians, you know, still have a  
y superficial understanding of the  
ilities of other health professionals.  
ey don't know what the home-visi-  
urse, the rehabilitation expert or  
social worker are capable of. The  
ult is that doctors don't know how  
uch authority can be safely dele-  
ed. Similarly, many health profes-  
nals are unaware of available com-  
munity support services to help the  
erly lead independent lives.

One of the reasons for the escalat-  
g cost of health care is that many  
althy elderly people are using the  
ost expensive part of the system —  
edical treatment services — when  
ey should be using less expensive  
mmunity support services. A lot of  
erly visit doctors because there's no  
her way open or known to them  
get help. A significant number of  
em are not ill, but they have ques-  
ons about their health.

So we need a generation of doctors  
ho are aware of the community  
vices available for the elderly. We  
so need a generation of health pro-  
ssionals who will be able to mount  
eventive and maintenance health  
ograms in the community that will  
ake young and middle-aged people  
ware of ways they can prevent prob-  
ms arising later in life.

We desperately need an improved  
ealth training program in the schools,  
r instance. The school curriculum  
ts a great deal of stress on job  
aining, but it's not thought impor-  
nt to teach people about the circula-  
on of blood in the body they live  
ith 24 hours a day.

It's these generations of health pro-  
ssionals who will be trained in the

Health Sciences Centre. While it has a  
responsibility to provide disciplinary  
training, its larger mission is to create  
among all students an awareness of the  
strengths of each discipline for the  
provision of preventive programs, com-  
munity services and health care. And  
geriatrics is only one area that is going  
to prove the wisdom of the Health  
Sciences Centre concept in the future.

## How the elderly see themselves

*In 1968, Prof. Edro Signori, of UBC's psychology department, began a long-range study to identify disadvantaged groups in society. The elderly were identified as one such group and in recent years he has been studying them more intensely. He describes the results of a recent study of the elderly themselves toward aging and the aged.*

The central problem for the elderly centres on social attitudes. Whether they get assistance to make their lives more comfortable will ultimately depend on the attitudes of society as expressed through governments.

And something can be done about negative social attitudes; we can re-educate people to show them how wrong they are to hold attitudes that they themselves will be the victims of some day.

And, in general, I'm optimistic. There are signs that society is accepting the idea that efforts have to be made to provide adequate financial assistance and other services for the elderly through government and community agencies.

The main thrust of our research has been to study attitudes toward aging and the aged. We had a lot of material

on the ways in which the young viewed the elderly, but virtually nothing on how the aged themselves saw their problems in terms of the process of aging and how they think society views them.

We distributed a very simple questionnaire — there were only four questions on it — to a random group of 200 to 300 elderly people to get the data for this study. It was returned by mail because we wanted to give them enough time to think about the questions and elaborate on them. We found this provided more and better information than a personal interview.

Significantly, we found that the elderly believe society views them in a more negative than positive fashion. In answering the question, "How do you think the elderly are viewed in our society?", the number of respondents who replied in negative terms was greater than those who responded positively. There was some overlap, of course, but the number that responded only in negative terms exceeded those who responded in positive terms.

In negative terms, the elderly believe society sees them as "expedient supercargo" — that's the way one of them put it — as a burden and a nuisance, as an obstacle to the ambitions of the young, and as being non-productive and a liability.

The elderly also feel they are not normally respected or that the young don't respect them. They feel they're not truly accepted or honored or tolerated (or merely tolerated). They felt they were seen as unappreciative, unsociable, disliked, or as being unworthy of praise, taken for granted or ignored, and considered stingy.

They also see themselves as presenting the problems of dying to society and perhaps are missed only after death.

There were some positive or favorable evaluations made as well, but not nearly as many as there were negative attitudes expressed.

On the positive side, the elderly felt they were respected by all if they earned respect, or if they respect others, especially in Jewish or Oriental cultures. They felt they were venerated, honored, appreciated, loved and admired.

They are shown kindness and seen in a good light by the family, most people are kind and grandchildren are kinder. Moreover, society is seen as being fond of them, giving them concessions and, generally, liking to help them.

The answers to the questions have allowed us to focus on the needs of the elderly as they see them. We've been able to prepare quite a detailed

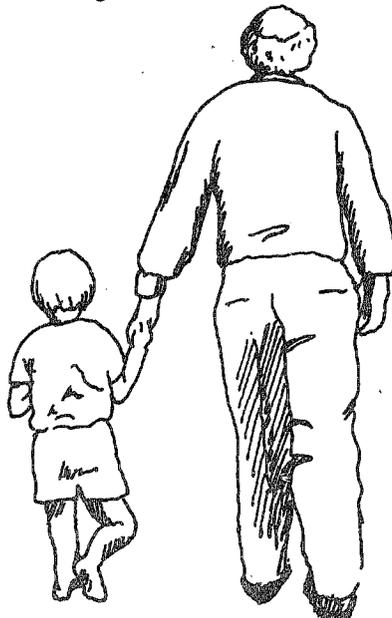


Illustration by Jean Pedlar

Continued on page 14

statement from their responses.

The major theme that emerges in terms of need is for adequate finances. And one of their pet peeves is taxation. Many would like the pressure of taxation removed in all its forms, especially in view of inflation, which is steadily eroding the value of their reduced dollars.

Many express an interest in subsidies so they can phone their families at reduced rates. And many want transportation subsidies to enable them to visit friends or recreational facilities or travel to see their children at reduced cost.

On the question of accommodation, what comes through is the feeling that they shouldn't be packed off to an institution or live in aggregates of senior citizens in their own ghettos.

Rather, our respondents want to continue to live in an appropriate small dwelling as long as they can with the kinds of facilities that will enable them to live independent lives.

They want to live near shopping centres and health services that are easily accessible on foot or by public transportation. Many would like certain services brought to them; such things as home care services for cutting grass and doing minor repairs.

This implies that the community has to be organized in such a way that it provides for the elderly the services they can't manage to provide for themselves, in order to maintain their independence. If those services aren't there, the elderly are a defeated group.

The elderly also place a lot of emphasis on their feelings of loneliness. They want facilities that provide contact with people, although they admit that they often aggravate this problem by making no effort to get out and meet people. They need situations that make contact unavoidable, like a regular visiting service or a public health nurse who would drop by to see how they were getting on.

There are many other topics mentioned by the elderly in the survey: recreational and educational needs; social services; attitude changes; even a growing awareness that they need some political clout through their own organizations. Our data turned up very few references to sexual needs, which is at variance with other reports.

Now I have to put in a couple of cautionary notes here. These data are based on responses from the first 200 respondents, and we can't claim to generalize for the whole population of B.C. We're currently analysing the data from 300 to 400 additional responses to improve on these trends.

One other point: we have no baseline to tell us whether the attitudes we see in the elderly — the negative ones — are any more prevalent in that age



Prof. Edro Signori

group than they are in the middle-aged or the young when they observe themselves. We can't assume that what the elderly are saying is really all that different from the experiences of the younger groups. Eventually, we'd like to get some data on that.

## Elderly face pension dilemma

*Dr. Phelim Boyle, associate professor in the Faculty of Commerce and Business Administration, is an actuary, a person who uses mathematical skills to determine premiums for insurance purposes and pension plans. He describes the dilemma that faces pensioners now and in the future.*

For those reaching retirement age, financial problems don't lie in the future, they're here now. Many who retire today on private pension plans find that their income from these plans is inadequate because of inflation, which is likely to continue. Future pensioners are likely to find that their income will be even more inadequate.

Currently, in Canada, there are about six active people contributing to pension plans for each individual drawing a pension. Down the road about 35 years that ratio will be reduced to four active persons contributing for every individual drawing a pension. This is the inevitable result of a declining birth rate and the fact that the post-war baby boom will have moved through the age structure and reached retirement age. As a consequence, the contribution rate for government pension plans will have to increase even if

current benefit levels are held constant and inflation goes away.

Some civil service retirement plans as well as the old age pension and Canada Pension Plan are indexed to the cost of living because they are financed by taxation. Private plans, on the other hand, are financed by contributions from employee and employer. These funds are invested, of course, but no one has yet found an asset that will give consistent returns in excess of the rate of inflation. Some capital-intensive companies might find it possible to finance a plan indexed to the cost of living, but for most large companies it would be virtually impossible.

In the future, I would expect the welfare state to become even more of a reality because there will be more and more pressure on governments to provide higher benefits. This is because the state can provide universal coverage and portability.

I tell my students that if they go to change jobs, to do it before they're 35. The employee who changes jobs frequently after this age does very badly in terms of his pension because very few plans provide true present value of benefits.

I wouldn't advocate wholesale income-tax relief for those 65 and over because it would have some negative features. Only one in three persons over 65 currently files a tax return in any case, and abolition of income tax for the elderly would simply eliminate the affluent from the tax rolls. Elimination of school and property tax might help, but that only means you are shifting an increased burden on those who are working. So tax devices may not be helpful to those who need it most — the low-income pensioners.

For this group, it seems inevitable that governments will have to increase benefits. Society has already accepted the idea that tax money should be used to provide a minimum income for the elderly — Mincome in B.C. is a good example — but it will be increasingly expensive to do this if inflation isn't brought under control.

I've done some research on a plan that I think is feasible for pensioners to own their own homes. It's a plan that doesn't involve a subsidy from another source. On retirement, the homeowner would sell his house to a financial institution — say an insurance company — which would take possession only on the death of the owner or the last survivor, in the case of a married couple.

Pensioners would get a lump sum payment immediately and would continue to live in their homes free of rent increases they would face if they sold outright and moved to an apartment. It's a way of unlocking capital

it can be used during the pension-lifetime.

It's almost impossible to advise people on what steps to take now to ensure an adequate future income because of the many variables.

Most people are woefully ignorant about the pension plan they belong to because pensions are considered dull stuff. But they should educate themselves about their own plan and know as much as they can about it. Registered Retirement Savings Plans are a good way to supplement private plans, and real estate is also a good investment if you have spare cash. Improving your existing residence is a very good move. For most people it's the most valuable and important asset they have.

## Family physicians to play big role

*Dr. Clyde Slade is director of the Division of Family Practice in the Department of Health Care and Epidemiology in UBC's medical school. The division is about to be constituted as a separate department of the Faculty of Medicine as the result of a grant from the Pacific Command of the Royal Canadian Legion (see box). Dr. Slade comments on this development and describes the importance of the family practitioner in the health care of the elderly.*

In teaching medical students I emphasize that within a decade they'll be seeing more elderly people than they will young people. I urge them to get all the experience they can in problems related to geriatrics if they want to be prepared for the future.

In training medical students we still put too much stress on treating a single disease condition. We assign students to patients with particular diseases, for example, one who's had a heart attack or rheumatoid arthritis or sciatica. They do a full examination and propose a treatment procedure. Big and large, their examinations are touched in the same terms.

Then, all of a sudden, they're out in practice and they've got an elderly patient in their office. He's got arthritic knees, an enlarged prostate, chest pains from a lifetime of smoking, failing eyesight, and he wonders why he can't remember things the way he could in the past. But he may be more interested in talking about his inadequate pension and the fact that his grandchildren are making life miserable for him because he has to live with his daughter.

That's mind-boggling for a lot of

young doctors who've been accustomed to thinking in terms of a single disease condition. They've got to shift their thinking to a new level to take in family and social problems as well as medical ones.

We've been moving in the direction of giving medical students more opportunities to encounter multiple problems of this sort. In the first year of the medical program, students encounter patients, many of them elderly, in community agencies — the Canadian Arthritis and Rheumatism Society, the Children's Aid Society and the Alcohol Foundation are examples. We have arrangements with some 25 community organizations. In the summer before their second year, medical students are assigned to family doctors around the province and have a chance to see the variety of problems that come through the door.

Family physicians, then, are going to have an increasingly important role in the care of the elderly. They'll be the initial point of contact for the delivery of health care for this group, which is increasing rapidly in numbers. And physicians who encounter a range of problems such as I've outlined above shouldn't be pessimistic or discouraged by a situation like that. They ought to see that as an opportunity to help an elderly person lead a richer life.

It's the Department of Family Practice that will expand the opportunities for students to encounter those problems. The new department will also put increased emphasis on training medical students to think in terms of community resources that are available to elderly patients to enable them to lead independent lives. The family physician of the future will have to think clearly about what the issues are

for the patient and how his or her needs can be met.

The new chair in family practice, funded by the Legion, and the creation of a separate Department of Family Practice within the medical school will give a tremendous lift in this area.

## UBC centre plans fall programs

*Marjorie Smith, of the Centre for Continuing Education, participated in the first conference on aging staged by the University in the 1950s and continues to arrange continuing education programs for professionals working with the elderly. She talked to UBC Reports about the development of interest in gerontology at UBC and future directions for continuing education programs in this area.*

UBC staged its first conference on the needs and problems of the aging in 1957. It was the first such conference on the subject ever staged in B.C. It was followed by a second conference in 1960 and a seminar on research on the aging in 1964.

What became more and more apparent as we developed programming in this area was that our clientele was made up mainly of professionals, people who were trying to cope with the day-to-day problems of the elderly in the community and who were desperately looking for knowledge and guidance.

Since the early 1970s, when I took over development of programming in aging, we've concentrated on staging conferences, seminars and workshops for professionals and others who work with seniors. Our early programming

**Continued on page 16**

## Legion grant aids new department

The Royal Canadian Legion is helping to improve the training and increase the number of family doctors in smaller cities and towns in B.C.

An annual \$40,000 donation from the Legion's Pacific Command to the UBC Faculty of Medicine will be used to hire a head for the new Department of Family Practice, which will place greater emphasis on training doctors for family practice, especially in rural areas.

The Legion suggests the new position be called the Royal Canadian Legion Chair in Family Practice.

UBC approved formation of a new Department of Family Practice

nearly two years ago, but didn't have the money to set it up. Family practice has been a sub-division of another department in UBC's Faculty of Medicine since 1969. The Legion's financial support will help UBC upgrade this division to a fully-fledged department.

The Division of Family Practice was formed to provide better training in family practice for medical students. The division has opened two family practice teaching units where students are taught under supervision how to deal with the medical problems of 4,500 Vancouver families. A third clinic is planned at the Shaughnessy Hospital in Vancouver.

depended mainly on importing experts from elsewhere, but in recent years we've been able to use more of our own faculty members who have expertise in gerontology.

I've just returned from Los Angeles where I attended a training course in curriculum development in gerontology at the Ethel Percy Andrus Gerontology Centre, one of the world's leading research and training centres in this field.

The people attending were made up mainly of two groups — professionals who will pass on their knowledge through in-service training programs, and people from universities who are looking for models to help them decide in which direction to go in developing geriatric studies.

One possible role for UBC through the Centre for Continuing Education is to concentrate on programs for top administrative and supervisory personnel who would pass on their knowledge through their own training programs. And it will be crucial for the University to maintain and expand its contacts with government, community and volunteer agencies so we're aware of their activities, needs and problems.

This fall, in conjunction with the Vancouver Park Board, the centre has organized courses on recreation, and movement and exercise for the elderly for those working with them, and a second program on fitness, safety and the older adult, which will be staged in New Westminster. We're also looking forward to a three-day visit by Michel Philibert, one of the world's top gerontologists, from Grenoble, France. He'll give a series of workshops and lectures for professionals while he's here.

The University also has an obligation to develop public education programs of a broader nature designed to break down the stereotypes about aging and the aged. Our contribution to this area in the past has been workshops for the families of elderly people to help them cope with the crises that often arise with parents and other relatives.

And finally, there's the whole area of programming for the elderly themselves.

Coming generations of the elderly are likely to be better educated and there's likely to be a greater demand from them for both academic and non-academic programs. Many will want to take courses that fill in a gap in their education, using education in the broadest sense of the word.

This may involve them in teaching and research as well as with the usual educational activities. After all, many have specialized knowledge and skills, and all have a lifetime of experience that young people can profit from.

16/UBC Reports

## UBC programs for retired people — four years old and growing stronger

Retirement. The act of withdrawing, according to the dictionary.

But according to the 2,300 retired people who have taken part in UBC's special summer programs over the last four years, retirement is getting involved, developing new interests, having the time to meet new people.

The enthusiasm, interest and appreciation which senior citizens on campus have displayed toward the four years of summer programs has been really rewarding, says Norm Watt, who originated the idea of special courses for seniors in 1974. It was the first time such a program had been offered in North America. After that first summer he reported, "I can honestly say it was the most satisfying and energizing educational experience I've ever had, which was due solely to the marvellous attitude and enthusiasm of the senior citizens."

This past summer 31 special courses were offered to people over the age of 59. And they were indeed special. For one thing, all courses for seniors are free of charge. Free parking, free library cards and, in some cases, free room and board accompany registration. The courses themselves were designed with the older person in mind. Recognizing that regular credit courses are more than the average senior is interested in, the University made the courses a week or two weeks long and running only half the day.

"For some people, that's enough. They don't want to spend all day here," explains Gail Riddell, who co-ordinates programs for seniors through the Centre for Continuing Education. And for those who do want to spend more time, informal afternoon sessions were held where people could talk about consumer problems, or volunteer opportunities, or creative writing, or anything else that was of interest.

The courses themselves are geared more toward academic areas than to health and gardening. The retired people taking part in the program preferred it that way, Ms. Riddell says. "Gardening and health they can get from a community centre, they told us." In the first years, the interest was more in gardening-type courses. "But they would sit beside someone who

was taking genetics, or world religion. And they'd get to talking."

The program was originally funded by a grant from the provincial government, but interest in it was high that the summer senior courses are now built into the regular UBC budget.

Ms. Riddell is now working on developing some courses for retired people for the winter months which would likely be held in the community. Like all Continuing Education programs, the courses would have to be self-supporting.

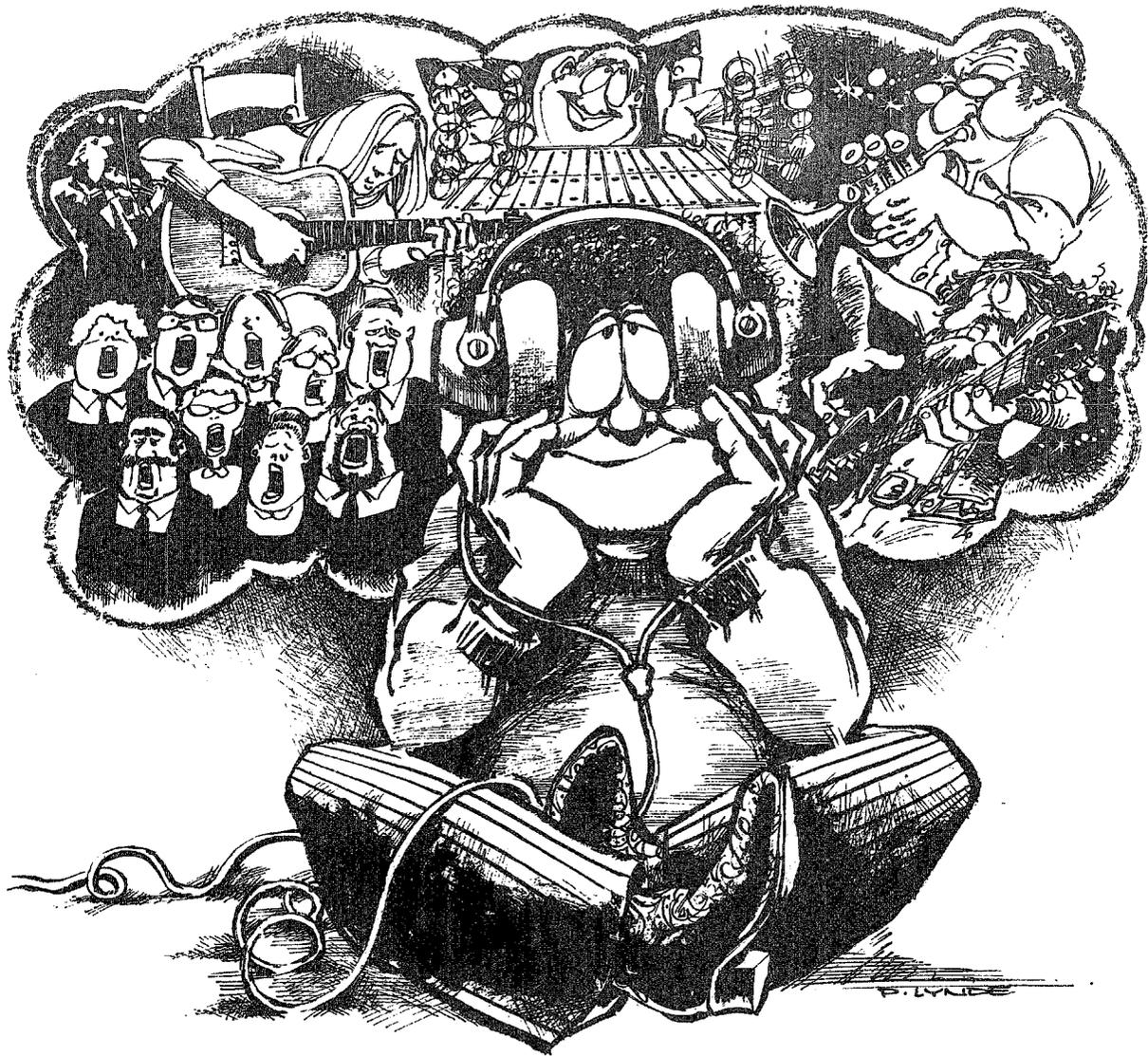
"With the extended life span education has to be part of the picture," says Dr. Watt, director of Extra-Sessional Studies. "But education at any level, it's not everybody."

Another area toward which the University is heading is retirement planning education. "Many people have the attitude — 'I'm really looking forward to retirement. I'm going to work in the garden and go to Europe. But they don't realize that there's a lot of time in between,'" Gail Riddell explains. So the Centre for Continuing Education is offering to train personnel officers and others so that they can give retirement education programs to their staff.

For small firms, the University will give the courses to employees directly. There are many areas to be considered, Ms. Riddell says. The myths about aging need to be corrected. Relationships within the family can change when someone retires. There's a lot more leisure time and that takes an adjustment. Housing options are different; family budgets will change.

"Retirement planning is now a top priority for many companies. They feel there is no profit in it. But there's a growing feeling that if you catch people at the age of 55 and give them pre-retirement programs, then they'll enjoy their last 10 years of work. In the end the company actually benefits."

Although these aren't traditional areas in which universities have been involved, the people behind the programs at UBC are convinced these are directions in which we should be moving. "It simply boils down to improving the quality of life," says Dr. Watt.



# Music to Learn by

... And enjoy

Murray McMillan

"We had between 4,000 and 5,000 worn-out 78s when I took over in 1958, and about 300 very beat-up LPs, and I don't think 10 of those were worth playing. So we had to start from scratch."

Doug Kaye's voice suddenly pauses and a grimace flashes over his face. Then he chuckles: "Scratch: that's a terrible word to use when you're talking about records."

In those days his charge was simply called the "record loan service," a division of what was then the UBC extension department. It was housed in the south wing of the main library and consisted of a couple of big cupboards' full of records, which were locked at night and an old Seabreeze portable record player — "it was used to check the qual-

ity of the records, but I'm sure it did them more harm than good," Kaye recalls.

Today he is head of the Wilson Recordings Collection and its fortunes have improved somewhat: now there are between 25,000 and 26,000 recordings (a better than 80-fold increase over 1958) comprising what is traditionally considered "classical" music, jazz, experimental music, poetry readings, plays, folk music of native peoples from all corners of the globe, and a host of other items. It also has a comfortable home (the Wilson Listening Room) on the main floor of the underground Sedgewick Library, and 84 listening carrels (eight of them equipped with playback decks for cassette tapes, the

others with sturdy turntables) for the use and enjoyment of anyone who wants to stroll through the door.

And in they stroll. The listening room no longer keeps statistics on use of the collection, but two years ago when staff members were still reshelving all records used (the practice was discontinued because of the labor costs involved — users now do it themselves) there were about 250,000 reshelving in a year.

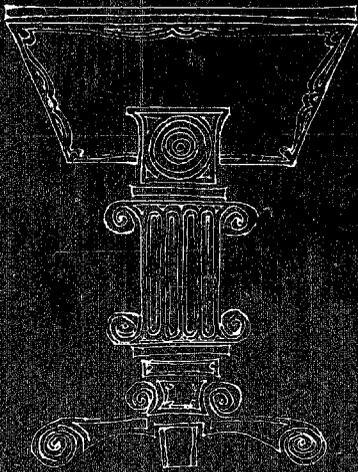
Most of the users are students listening to music or recorded literature in connection with course work (Ah, the enlightenment of being able to LISTEN to a fine production of Hamlet while reading along), or getting the feel of the music which was contemporary with a

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certain period of art or literature, or just expanding their knowledge through private research in a specific area of interest (jazz and experimental music are two sections which have a tremendous drawing). But there are faculty and staff users as well, and many members of the general public (it is one way to hear a recording before going out and purchasing it).

That open-door policy is not without its headaches, though. For a modest fee, both members of the university community and the general public can acquire borrowing privileges for the collection. Last year there were 2,036 users from on campus and another 396 non-university borrowers — all of which means any of the 26,000 recordings in Kaye's charge could be played on any one of 2,000 or more record players besides the carefully-maintained ones in the listening room. Recordings being delicate, does that worry the library?

Well there are, apparently, two philosophies on the management of records libraries. One, which Kaye calls the "English" system, demands a regimen of inspections on each borrowing, every scratch and nick being carefully marked on an appropriate card and users fined for any damage they are deemed to have inflicted. The other is the system which the UBC library espouses: damage is obviously going to occur, so why not cope with it in a rational manner?

"We're a circulating collection — everything we have is available to our users," says Kaye. "We know that records are going to be damaged and we try to replace them as soon as the damage is discovered. Some of the popular records have to be replaced two or three times a year." He cites as an example the first recording of Leonard Bernstein's Requiem. When it was issued in the early 1970s, the collection had three copies and had to replace each of them twice a year. Now the library has but one copy, which Kaye says receives "normal" use.

When the university's recordings collection was established in the early 1930s by a gift of 1,000 discs from the Carnegie Collection, its holdings were used only for classroom instruction, broadcasts and concerts. It was in 1941 that individuals and music study groups were granted borrowing privileges — one dollar per year registration, three-day loan period — and in that year 1,094 records were loaned.

The collection, with no listening facilities, was shunted about through several locations over the next 20 or so years. Finally, in 1965, it was decided that it should be transferred to the library from the extension department and was given its first proper home — the ground floor of the main library's northwest corner. It was there that the

name "Wilson" was added. Dr. Wall Wilson was a prominent Vancouver physician, the first president of Friends of the Library, and a one-time president of the Canadian Medical Association. His wife Ethel was a novelist and short-story writer. Through various endeavors they had made a large contribution to the university, particularly the library, and so it was decided to name the collection in their honor.

The first Wilson Listening Room had 12 turntables and later added another dozen. It was in January 1973, when the new quarters in Sedgewick Library became available, that the large leap in facilities was made.

Today, with an acquisitions budget of about \$10,000 per year, the collection can purchase approximately 2,000 recordings — some of them new titles in its holdings, but many of them replacements for worn-out discs. The problem with attempts to replace, though, is that two-thirds of the library's holdings are out-of-print material, so in many cases it must suffer through with what it has. Although the task is all but impossible, Kaye attempts to keep up with new issues through the many periodicals produced for record buffs and those in the business. Most of the out-of-print acquisitions come through a Seattle agent, but occasionally he makes a serendipitous discovery when a local collection is put up for sale.

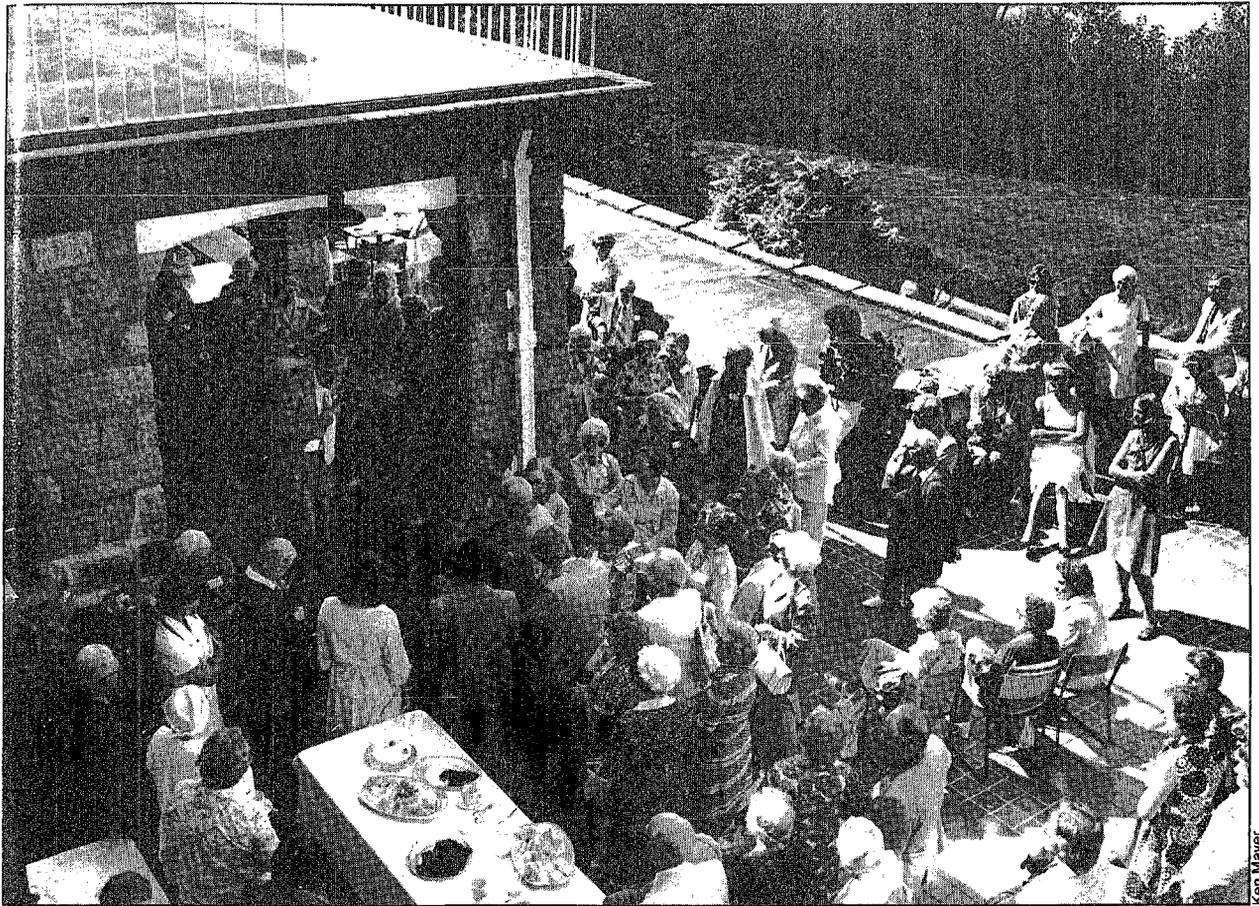
"We occasionally find collections for sale which have material we want to replace — one collection three years ago had about 20 unique recordings. When people call offering collections for sale I always go and have a look at them, but they seldom have things we want," says Kaye.

Once in a while valuable donations come the collection's way. Recently it received, via the Swiss consulate, a set of 50 first-class recordings of works by Swiss composers and musicians which had been issued by the government of Switzerland. The collection is also the beneficiary of one Robert Hoe, an American who owns a string of bowling alleys and has a great love of military band music. He has privately produced the Heritage of the March series (under the name U.S. Coast Guard Productions) containing much previously unrecorded music, which is distributed free of charge, complete with chatty cover notes written by Hoe himself.

"What we've tried to do is follow the same acquisitions policy as the main library," explains Kaye. "We don't acquire ephemera, we try to acquire materials of a quality to be of interest to the academic community and anything that is related to course work."

For all who are interested, the material is there. And the door is open. □

*Murray McMillan, is a UBC law student and part-time writer for the Sun.*



*"Please come to tea." Over 200 participants in the UBC retired citizens summer program accepted the invitation of the alumni association and summer session to enjoy an afternoon at Cecil Green Park and meet UBC president Doug Kenny (with microphone), alumni president Charlotte Warren and senior members of the UBC community.*

## Vancouver Institute: Season 62

In 1916 the Vancouver Institute opened its doors and welcomed the people of Vancouver to a feast of ideas. This fall, the beginning of the institute's 62nd season, promises to be in the same tradition.

The series opens September 17 with Nobel laureate, **Sir George Porter**, director of the Royal Institute of Great Britain, looking at "life under the sun, the past and future of solar energy." On succeeding Saturday evenings the institute's audiences will hear: Sept. 24, the young British historian from Cambridge, **John Dunn** discuss "fear and interdependence: the third world and the West;" Oct. 1, **Geoffrey Scudder**, head of the

UBC zoology department on "evolution or special creation;" Oct. 8, one of the newest members of the UBC political science department and former commissioner of official languages, **Keith Spicer** will contribute his view of bilingualism; Oct. 15, **Norm Hacking**, BA '34, long-time marine editor of the *Vancouver Province* and co-author with Kaye Lamb, BA '27, MA '30, of the *Marine History of B.C.* and *The Princess Story*, gives us a bit of the romance of Vancouver's harbor; Oct. 22, to be announced; Oct. 29, the 1969 Nobel prize winner in chemistry, **Sir Derek Barton**, of the Imperial College, London, looks at some of the major problems of today.

"Geology is a Scottish science," and on Nov. 5, **Gordon Craig**, from the University of Edinburgh will tell us why; Nov. 12, "the prevention of blindness" — **Stephen Drance**, head of UBC's ophthalmology department will outline some recent advances; Nov. 19, art historian **Kathleen Morand**, from Queen's University, Kingston, discusses artists in medieval workshops; Nov. 26, will Picasso's *Guernica* return to Spain? **Robert Rosenblum** of New York University may have some views in his talk on Picasso and that painting.

The visits to the campus by **Sir Derek Barton**, **Sir George Porter** and professors **Craig**, **Rosenblum** and **Dunn** are made possible by the Cecil H. and Ida Green Visiting Professorship program.

There is an open invitation for you to attend these lectures and to become a member of the Vancouver Institute. The fee is modest — \$6 per person, (\$2 for students) and is used to defray the costs of publicity and printing. Everyone involved with the institute's programs, from the organizing committee to the speakers themselves, is a volunteer. For a brochure outlining the fall season and a membership application contact the UBC information office, 2075 Wesbrook Place, Vancouver V6T 1W5 (228-3131). All lectures begin at 8:15 pm in the campus instructional resources centre.

## Plants grow on you — If you let them

And how is your garden growing?

If it needs a little brightening — and you're on the campus sometime between 11 am and 4 pm, September 22 - 24, you might call in at the headquarters of the UBC Botanical Garden, 6501 NW Marine Drive (the old president's house), where the Friends of the Garden, a group of volunteers who assist with activities of the garden will be having a plant sale with a difference.

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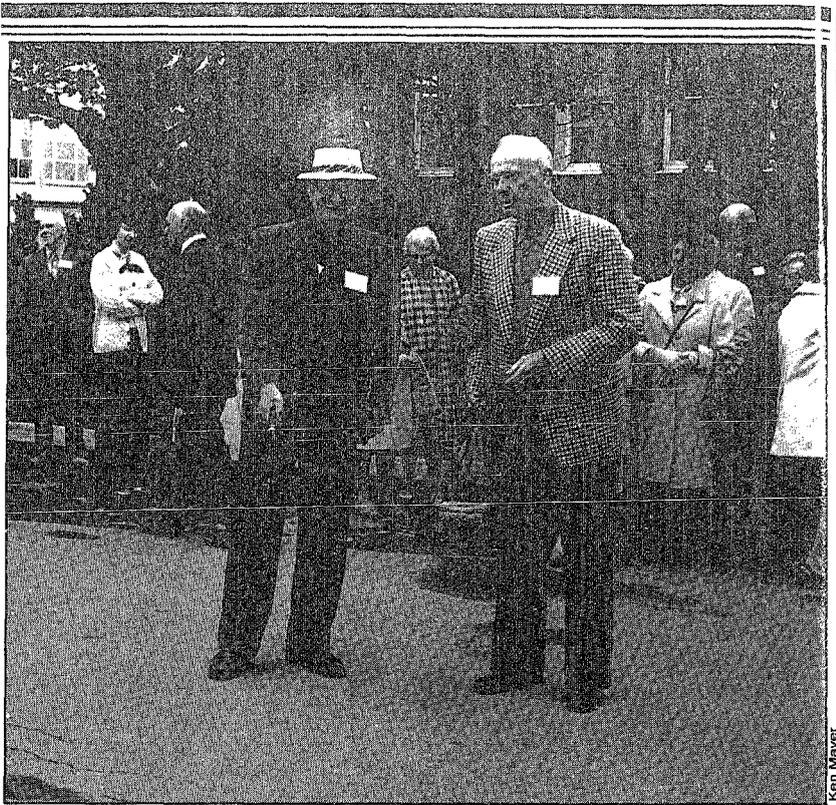
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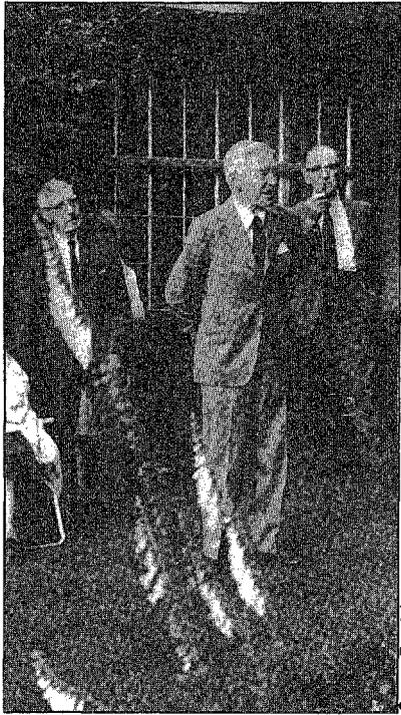
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Ken Mayer



George Fountain

Two summer reunions: (Above) During a campus tour the members of the Class of '27 searched for a time capsule buried on their graduation 50 years ago. Asphalt and tree roots prevented its recovery from the spot that Syd Bowman (right), who chaired the class reunion, and Les Mallory, who collected the capsule's contents, are standing on. Over 80 class members and guests attended a faculty club reception and dinner. (Right) The home of Blythe and Violet Eagles was the site of the Class of '22 reunion in July. Members of the Class of '21 were invited to join in the sumptuous buffet and the UBC memories. Ab Richards (centre), one of the leaders of the Great Trek, shares some reminiscences with the group while Mr. Watson, an unidentified lady and Bert Imlah, with the pipe, editor of the Ubyssy in 1921-22, listen intently.

necessary — are welcomed as members. For further information contact Roy Taylor, director of the botanical garden, 228-4186.

And while we're on the subject of gardens... Cecil Green Park now has an old-fashioned rose garden within its bounds — and what it needs is an old-fashioned sundial. If there's one in the potting shed at the bottom of your garden and you'd like to have it see the light of day, contact the alumni association, 6251 Cecil Green Park Road, Vancouver V6T 1X8, 228-3313. We'll give it a good home.

**One gift, or many —  
A lasting memorial**

Changing times and changing needs often mean new answers for old questions.

The question: how to pay tribute to the

memory of a teacher, family members or a friend? The answer: the university's new Memorial Scholarship and Bursary Fund.

The fund was created to encourage memorial donations, smaller bequests and lifetime donations, which individually would not provide sufficient investment income to grant a meaningful award but combined will be a significant and continuing source of student aid.

The "lifetime gifts" aspect of the fund is of special interest to individuals or small groups of donors who are not in a position to make major gifts at the time of the death of a friend or relative but who hope to make donations to the fund during their own lifetime and/or to include a provision in their wills. By using the facilities of the new fund the deceased person will be memorialized regularly from the time the original gift is made.

All students receiving an award from the Memorial Fund will be given a brochure listing the names of those who have been remembered by gifts to the fund.

For further information contact Byron Hender, director of student awards, UBC, 228-5111 or I.C. Malcolm, director of the alumni fund, 6251 Cecil Green Park Road, Vancouver V6T 1X8, 228-3313. Gifts to the UBC Memorial Scholarship and Bursary Fund can, of course, be directed through the UBC Alumni Fund.

## Alumni Miscellany

### Kenny to visit Japan

Some special events for the branches: UBC president Douglas Kenny will be in Japan in October speaking at several educational institutions and he plans to meet with alumni during his visit. Invitations to all alumni in Japan will be mailed as soon as details are confirmed.... Alumni in New Brunswick will be guests at the unveiling of a bust of UBC president emeritus Norman MacKenzie at

## Alumni program Director appointed

The UBC Alumni Association has appointed a new program director who will, eventually, also have responsibility for the UBC Alumni Fund.

Dale T. Alexander, formerly director of alumni affairs at the University of Calgary joins the UBC alumni staff on September 15. He will direct the wide range of alumni program activities, including reunions and divisions that the association offers its members. In April 1978 he will assume direction of the alumni fund, upon the retirement of I.C. (Scotty) Malcolm, fund director since 1966.

"We are delighted that Dale Alexander will be joining our alumni administration," said Harry J. Franklin, executive director. "He has had an extensive background in Canada and the U.S., in all aspects of alumni activities — programs, publications and fund raising, which will serve to enhance our present and future programs."

Alexander, who was born in Alberta, attended the University of Alberta for two years before completing his academic work

at the University of New Brunswick. This is the third of the sculptures to be unveiled and marks another milestone in the MacKenzie career. He served as president of UNB before coming to UBC in 1944. The original sculpture, by North Vancouver artist Jack Harman, is in the plaza of the MacKenzie Centre for Fine Arts on the UBC campus and a second was unveiled earlier this year at Dalhousie University, where he began his academic career. Anonymous alumni donors, through the UBC Alumni Fund, have provided the financing for the sculptures, and in the case of UNB, a grant (matched by the UNB alumni association) to provide a perpetual MacKenzie scholarship for a UNB student. The ceremony is scheduled for Wednesday, October 12 at 4 pm at UNB in Fredericton.... Alberni Valley



at Montana State University, where he graduated with a BSc in commerce. Between 1966 and 1971 he was assistant to the executive director of Delta Sigma Phi Fraternity in Denver, Colorado. He spent two years in private business before joining the Calgary Alumni Association.

An amateur historian and genealogist, Alexander is a past president of the Historical Society of Alberta and the Alberta Genealogical Society.

alumni are invited to a workshop on nutrition and fitness — part of B.C. Nutrition Week — Saturday, October 22 at the Alberni District Secondary School. A \$5 fee includes lunch; more information from Gail Van Sacker, 723-6251.

### Division programs expand

In the divisions: nursing alumni have planned an evening called "Strategies for Survival" — hints for the practise of nursing, September 27, 7:30 pm at Cecil Green Park. Special guests are the members of the nursing classes of '76 and '77.... Two new groups have started alumni programs — or restarted in the case of librarianship. The librarians published their first newsletter in seven years

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UBC



Bill Cunningham

*Ted Hunt puts out on the 18th green in the first annual Frank Gnuip Golf Classic. The event raised \$3,000 for the Gnuip memorial scholarship fund, which has given its inaugural award to Chris Thompson, a first year UBC student, who plans to study architecture – and try out for the Thunderbirds.*

this summer and have plans for future programs. Graduates of the health services planning program, the other new division, have scheduled their annual meeting for Wednesday, October 12, 6:30 pm at Cecil Green Park. Guest speaker will be Robert McClelland, B.C. minister of health.... Home Economics alumni held a garden party in August, with lunch at the faculty club, followed by David Tarrent, educational coordinator of the botanical garden, speaking on the year-round garden and tours of the Nitobe and native gardens.

### Focus on the fund

In alumni fund news: John Banfield, BCom '56, has joined the fund executive as deputy to Roland Pierrot, who has chaired the alumni fund for the past two years. Banfield will succeed Pierrot next spring.

The first two UBC Alumni Association national scholarship winners have been announced: Rennie Jane Keates, of Alix, Alberta, daughter of Keith John Keates, BA '58, and Julie Ann McLeod from Saskatoon, Saskatchewan, daughter of Dorothy Ann Cameron McLeod, BA '54 and Charles

Gordon McLeod, BCom '55. Both women, who have outstanding academic records, will be registered in the arts faculty, McLeod in first year and Keates in second. The awards of \$1,250, were provided by donations to the alumni fund.

### More music

Alumni Concerts returns for a fourth season under a new name — MUSIC/UBC. But the purpose is the same: to provide a showcase for some of the outstanding students in the school of music. The new series will begin in mid-January with a faculty recital tentatively scheduled as the first event to be followed by four evenings of music by the students. The student participants each receive an honorarium provided by the alumni fund. Tickets, \$8 for the series, \$2 for individual concerts, are available from the alumni office.

### A return to Elphinstone

Memories of Camp Elphinstone beckon and the student leadership conference is revived. The student affairs committee has been working all summer planning this three-day conference, for student leaders, faculty, administrators and alumni, that drifted into limbo in 1967. Plans are to return to Elphinstone on the weekend of September 30 where approximately 120 participants will discuss all manner of weighty subjects pertaining to university life. □

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## Paul Joslin

The endangered species of the world — "rare to begin with, then pushed to the brink of extinction by man" — have taken Paul Joslin BSc'63, a wildlife protection specialist, to remote Iranian villages, the jungles of India, the forests of northern Ontario and the deserts of the southern U.S.

After 12 years he is now back in B.C., suffering a kind of "cultural shock," and determined to do something positive to replenish the stock of these endangered species. His isolation on some assignments was so great that he recalls referring to visitors to the villages as foreigners. One factor that brought him home and to the Tynehead Zoological Society of B.C., where he is development manager, is the ability of some endangered animals to breed prolifically in captivity thus raising hopes of eventual repopulation. Canada rates high in conservation — and Joslin, through Tynehead, intends to raise that credit even further.

Joslin is well-qualified for his task of coordinating the development of the 640-acre, cageless zoo that Tynehead is planning to construct in Surrey. After UBC, and before doctoral studies at the University of Edinburgh, he completed two masters degrees, zoology at Toronto and ecology at Aberdeen. He participated in planning a zoo complex to serve the five million inhabitants of Tehran and has studied a wide range of European zoological gardens. "There is so much that one can explain about the animal world if you go about it right," he says, "and getting it right does not mean giving a whole bunch of 'postage-stamp' looks at animals, but taking a few examples and trying to explain them within their environment".

Although Tynehead is still a plan — one that began in 1973, with completion in 1982, at the earliest — Joslin is confident that by breeding replacement animals, significant numbers of endangered

species can be returned to their natural environment in their country of origin. "The conservation story hasn't yet gone the full way," says Joslin who aims to change zoos from consumers to conservers.

Tynehead will be a "natural" zoo except that prey will be separated from predator and each allowed to establish the hierarchical structures often observed in wild herds. Interference with the natural habitat will be only to ensure proper nutrition and health precautions. Two "wild" areas are planned: one Canadian, where mountain sheep, moose, deer, bear and buffalo will roam; and the other, African, complete with elephants, rhino, ostrich and zebra. In a central "core zoo," visitors will be able to walk through exhibits housed in cages and pavilions. Surrounding a restaurant, which will have a panoramic view of the rest of the park, will be botanical displays and a children's zoo.

Joslin is seldom away from the world of animals — nor does he want to be. "My work is also my play — it's fascinating," he says. Part of Joslin's "play" is the camera. "It is an extra pleasure of my own." His superb photographs belie his description of play and show nocturnal animals as well as colorful orangutans, crocodiles, hippos and lions. He feels that a wildlife biologist must also be a good photographer, "an inseparable hobby."

The future for Joslin and Tynehead's growing list of members is hopeful. Statistics show that more people visited North American zoos in one year than all the spectators combined at all the professional sporting events. But the society has a long way to go before the family car can turn into the parking lot, and Mom, Dad and the kids can take the unique look at the animal world that Tynehead will offer. It will certainly top an afternoon of T.V. and may even start some young visitors on a path similar to that taken by Paul Joslin.

## 20s

Former Vancouver city councillor, **William Orson Banfield**, B.A.Sc.'22, M.A.Sc.'23, was recently awarded freedom of the city of Vancouver. In making the announcement, mayor **Jack Volrich**, B.A.'50, LL.B.'51, said, "Mr. Banfield has a long and impressive record of service to the city, and is well deserving of the award." Banfield has been a park commissioner and a member of the board of variance and is still a member of the civic theatre board....**Davitl B. Charlton**, B.A.'25, (M.A., Cornell; Ph.D., Iowa State), continues his dedication to upgrading the environment in Oregon, site of many previous successes in Charlton's life-long battle to integrate conservation and the increasing heavy demands of society. He currently devotes most of his energies to the continuing battle over the Bull Run watershed (supplier of Portland's water), and how to allow logging without sacrificing water quality....**May Christison Beatlie**, B.A.'29, made Vancouver one of the stops on her North American speaking tour earlier this year. With several books to her credit, she lectured on her research and knowledge of Oriental carpets.

## 30s

Brock University recently conferred an honorary degree upon **James Lawrence McKeever**, B.A.Sc.'30. The LLD recognizes the naturalist's outstanding work with owls and other birds of prey....**Gordon G. Strong**, B.Com.'33, B.A.'34, a director of the worldwide Associated Press, is the new publisher of the *Oakland Tribune*. Since 1968, Strong has been president and publisher of the Thomson-Brush-Moore division of Thomson Newspapers....B.C.'s new agent-general in London is **Lawrence (Lawrie) J. Wallace**, B.A.'38, (M.Ed., Wash.), deputy provincial secretary since 1959. Wallace is known as the founding father of the Barker-

## UBC ALUMNI ASSOCIATION BOARD OF MANAGEMENT 1977-78

**Honorary President:** Dr. Douglas T. Kenny, BA'45, MA'47

### Executive

**President:** Charlotte L.V. Warren, BCom'58; **Past President:** James L. Denholme, BASc'56; **Vice-president:** Paul L. Hazell, BCom'60; **Treasurer:** George E. Plant, BASc'50; **Officers:** J.D. (Jack) Hetherington, BASc'45; Oscar Sziklai, MF'61, PhD'64. (One additional officer will be elected from the members-at-large following the first meeting of the Board of Management).

### Members-at-large (1976-78)

M. Joy Ward Fera, BRE'72; Joan Thompson Gish, BA'58; J.D. (Jack) Hetherington, BASc'45; Brenton D. Kenny, LLB'56; George E. Plant, BASc'50; John F. Schuss, BASc'66; Oscar Sziklai, MF'61, PhD'64; Robert E. Tulk, BCom'60; Kenneth W. Turnbull, BASc'60, MD'67; Barbara Mitchell Vitols, BA'61.

### Members-at-large (1977-79)

Joan Godsell Ablett, BA'66; Grant D. Burnyeat, LLB'73; Michael W. Hunter, BA'63, LLB'67; Thomas McCusker, BA'47; Valerie Manning Meredith, LLB'49; Richard H. Murray, BASc'76; E. Roland Pierrot, BCom'63, LLB'64; David C. Smith, BCom'73; W.A. (Art) Stevenson, BASc'66; Doreen Ryan Walker, BA'43, MA'69.

### Committee Chairs

Most of the positions as committee chairs are to be decided following the first meeting of the Board of Management.

### Division Representatives

**Commerce:** (to be announced); **Dental Hygiene:** Jill Baarsden, DDHY'76; **Health Services Planning:** Helen Colls, BA'47, MSc'76; **Home Economics:** Louise Smith, BHE'65; **Nursing:** Ruth Robinson, BSN'70.

### Alma Mater Society

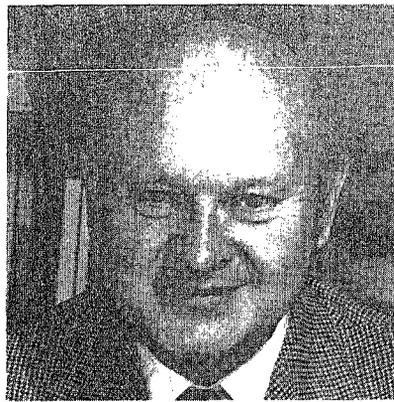
John De Marco, *President*; Arnold Hedstrom, *Secretary*; *Treasurer*.

### Faculty Association Representatives

Dr. Richard Roydhouse, *President*; Dr. David Elkins, *Treasurer*.

### Executive Director

Harry J. Franklin, BA'49.



Lawrence Wallace

ville Historic Park and was largely responsible for the establishment of Fort Steele Historic Park. B.C.'s numerous centennial celebrations of recent years have felt his guiding hand as well.

## 40s

**Victor C. Moore**, BA'40, writes to inform us that he is now stationed in Lusaka, Zambia, in the triple capacity of Canadian high commissioner in Zambia and Malawi and Canadian ambassador to Mozambique.... **Alistair McLean**, BSA'44, (MSc, Utah State; PhD, Wash. State), was named a fellow of the Agricultural Institute of Canada for his outstanding accomplishments in the field. He is research scientist at the Agriculture Canada research station at Kamloops.

As one of several stops in B.C., **Rev. Peter R. Amy**, BA'47, and his wife were in Kamloops earlier this year with a talk and slide show at the North Kamloops Baptist Church. They have spent many years in South America as missionaries.... **Alfred W.R. Carrothers**, BA'47, LLB'48, former president of the University of Calgary and founding president of the Institute for Research on Public Policy, has resigned from the institute. An authority on labor law, Carrothers said he will probably work as a labor relations consultant in Vancouver.... **W. Randolph Clerihue**, BCom'47, has been elected a member of the board of directors of Celanese Corporation, New York. An executive vice-president, he is a former president and chief executive officer of Celanese Canada.... Former director general of the Canadian Wildlife Service, **John S. Tener**, BA'48, MA'52, PhD'60, has been appointed executive director of the Arctic Institute of North America.... **Rev. Gordon Bonney**, BA'49, celebrated his 25th anniversary as a pastor in the Baptist Federation. He is currently leading two congregations in Ontario — in Marchmont where he now resides, and in West Oro.

Winner of the Alberta Culture non-fiction award is **Clifford V. Faulknor**, BSA'49, for his book *Pen and Plow*. Reproductions of farm magazine advertisements and old photographs assist *Pen and Plow* to describe the many dramatic events which, even today, have some impact on rural society. Faulknor spent 21 years as western field editor for *Country Guide* and in 1964 was the



Alfred Carrothers

first western Canadian to win the Little Brown Award for juvenile literature.... The two-week long "Chamber Music and All That Jazz" festival has been a fixture of Fredericton, N.B. summers for 11 years. **Arleae Nimmons Pach**, BA'49, co-creator of the festival, performs as a pianist in the Brunswick String Quartet as well as participating in festival workshops.... **William P. Paterson**, BA'49, BSW'50, MSc'53, is project manager of the master plan for metropolitan Lagos. He assumed his post in Nigeria in May after serving with the United Nations in the Philippines.... **William M. Winterton**, LLB'49, has been appointed vice-president of Gulf Oil Canada. He joined the company's legal department in Calgary in 1956 and in 1976 transferred to Toronto to be general counsel and secretary.

## 50s

In his fifth year as school trustee in North Vancouver, **Clifford R. Adkins**, BASc'50, has been elected 1977-78 president of the B.C. School Trustees' Association.... **William O. Codrington**, BASc'50, has been named president of Alcan Commercial. With the Alcan group for 25 years, he is currently responsible for the Montreal area.... The Forest Products Research Society elected **F. Alan Tayelor**, BASc'50, as vice-president at its annual meeting held in Colorado. Tayelor was previously head of the liaison and research development section, a position he held since 1976.

**Joan Cecilia Wallace**, BA'50, was recently appointed general manager for the B.C. division of the Retail Merchants' Association of Canada. The association serves as the collective voice of over 10,000 independent retailers across Canada.... As the newly appointed director of community relations for the McMaster University faculty of business, **David Walter Buckley**, BA'51, is exploring ways to strengthen the relationship between the business community and students.... Outgoing president for the Manitoba Society for Criminology, **Lloyd W. Dewar**, BA'51, BSW'52, MSW'59, has been named director of a new office under the Manitoba health and social development department. He will act as liaison with agencies providing 24-hour care.

Public opinion has been an integral part of the research that has gone into the expansion

of the Royal Ontario Museum in Toronto. One of those individuals behind the project is Gene Kinoshita, BArch'51, a partner in one of the two architectural firms involved in the venture.... With more than 25 years of Canadian and international experience in engineering, Richard C. Hermann, BAsc'52, has been appointed executive vice-president of Quinette Coal. He was formerly president of Manalta Coal. Clifford Hugh Frame, BAsc'56, becomes president of Quinette Coal. Frame is also executive vice-president, mining operations, for Denison Mines.... Formerly general manager, exploration with Shell Canada, David W. Smith, BAsc'52, was recently appointed vice-president, exploration.... Gertrude E. Sweatman, BA'53, has been named special representative in Victoria for World Vision of Canada. Over the past three years, during which she was an associate in the organization, the Victoria group has succeeded in raising about \$12,000 annually for child care and emergency needs overseas.... Ruth Jean Gorwill, BPE'54, recently received her master's degree in education from Niagara University in New York.

Newly elected member of the American Neurological Association, Margaret Maier Hoehn, MD'54, (BA, Sask), has been promoted to associate clinical professor of neurology at the University of Colorado medical school.... George H. Collin, BSA'55, (PhD, Cornell), was named to head the Ontario Farm Products Marketing Board in February. Previously, he was director of the Alberta Horticultural Centre in Brooks.

New Osgoode Hall law school dean, Stanley M. Beck, BA'57, LLB'58, (LLM, Yale), is determined to further not only the international but also the national reputation of the school. A member of Osgoode's faculty since 1967, Beck hopes to turn out better graduates by attracting more "leading scholars" to the faculty and to enrol more students from across Canada.... Edmund A. Hunt, BPE'57, MPE'61, EDD'76, (MA, Wash), is a secondary school administrator in Vancouver.... One of 20 chosen from high school teachers throughout Canada, Elaine A. Murphy, BSA'58, BHE'59, was awarded a Shell Canada merit fellowship in chemistry. Along with the other recipients, she attended a four-week course at McMaster University in July to learn of modern developments in chemistry and chemical education and to study the implications on teaching methods.... Robert P. Smith, BA'58, has been appointed director of the support services branch, fisheries management service, in the federal ministry of fisheries and the environment.

## 60s

Ann-Shirley Gordon Goodell, BSN'60, was elected to Sigma Theta Tau, a national honor society in the U.S., prior to the June convocation of the Ohio State University when she received her master of science degree. She is now at Ohio Wesleyan University as an assistant professor in the school of nurs-

ing.... Vancouver's newest institution of confinement looks more like a private house than what it is — the city dogpound. Poundkeeper, Victor Warren, BA'60, who refers to it as the "doggie Hilton", finds the building in the False Creek area, with its roomy kennels, airy spaces and heated floors, a great improvement over the old establishment.... Robert Bill Fisher, BSF'61, chairs the board of the Council of Forest Industries — and he's optimistic about the future of B.C.'s biggest industry, despite its current problems.

Former music director of the UBC orchestra, Willem Bertsch, BMus'63, was guest conductor at the Regina Symphony's annual Conductor's Choice Easter concert. Currently conductor of the Kingsport (Tennessee) Symphony Orchestra, Bertsch has wide international playing and conducting experience.... "Most consumers don't know how low the profit is in the food industry," says director of communications for Super-Valu Stores, Shirley Anne Brown, BHE'63, who makes it her task to spread the word about economics of the business and the complexity of the marketing system. "The grocery business is so competitive that I think it is reflected in the prices contrary to what appears in the press."... Two UBC alumni were on the dean's honor list when they graduated in the MBA program at the University of Western Ontario. John S. Haywood-Farmer, BSc'63, MSc'65, PhD'68 and Donald R. Steele, BSc'69, were members of the select group of 28 students.

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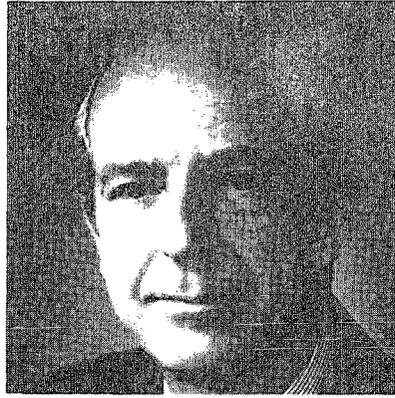


Anne Shirley Goodell

and don't quite know how to get where it is you're not quite sure where you are going, David Macaree, MA'60, (PhD, Wash), and his wife, Mary Watson Macaree, BLS'63, (MA, Aberdeen), are the people to guide you. They are the joint authors of *103 Hikes in Southwestern British Columbia* and *109 Walks in B.C.'s Lower Mainland*....A member of the Bucknell University faculty since 1970, John Tonzetich, BSc'63, is now associate professor of biology. A specialist in genetics and evolution, he will be on sabbatical during the coming year at the University of California at Davis....Ross D. McKinnon, BA'64, now heads the department of geography at the State University of New York at Buffalo. He joined the faculty in January, 1977 after teaching for nine years at the University of Toronto.

Richard Gerald Landon, BA'65, BLS'67, has been appointed head of the rare books and special collection department of the University of Toronto library. Interested in the research of the historical aspects of book production and collecting, Landon was awarded a Council of Library Resources fellowship to study administration of rare books in several large European universities....Editor for the Okanagan Historical Society is Duncan Duane Thomson, BA'65, instructor of history and economics at Okanagan College, Penticton campus. The society produces annual reports which contain many interesting stories of pioneer days in the Okanagan....Donna C. Willard, BA'65, was recently elected to the board of governors of the Alaska Bar Association for a three-year term. Willard is a partner in an Anchorage law firm....Two new faces on the roster of B.C. district school superintendents: Dorothy E. Newman Glass, BED'66, MED'75, who previously served on the BCTF executive committee and is currently on a one-year leave of absence from the Campbell River school district where she is a vice-principal of Campbell River Secondary School; and Susan Granger, BED'69, a supervisor of instruction for the Cariboo-Chilcotin district....Dickson L.S. Liu, MSc'66, PhD'71, is a research microbiologist with the lakes research division of the Canada Centre for Inland Waters.

The old saying that acting is believing is indeed the case for Judith A. Anderson, BA'67, who has been selling the Ontario Progressive Conservative party to television viewers. Anderson, who describes herself as a "rabid Tory", conducts the on-the-street



W. Randolph Clerihue

interviews that are seen as T.V. commercials....Alistair J. Borthwick, BSc'67, general science teacher at Dr. Charles Best Junior Secondary School, Coquitlam, president of the B.C. Science Teachers Association for the past year and Bruce F. Gurney, BSc'75, earth science and junior science teacher at Windsor Secondary School, North Vancouver, attended the Shell Canada earth sciences workshop at the University of Western Ontario. Gurney has written and published a field trip guide for geology teachers in the Nanaimo area....Robert Irwin Barton, BASc'68, has been appointed smelter superintendent of Inco Metals at Thompson, Manitoba. Barton joined Inco in 1962 and prior to his recent appointment, was assistant refinery superintendent.

After five years of teaching music, Melville J.D. Bowker, MMus'68, is now involved with duo-piano work with his younger brother in concerts and on T.V. They have recently released their second album....Robert Steven Dumont, BASc'68, (MSc, PhD, Sask), is lecturing in mechanical engineering at Saskatoon and will be concentrating his research on solar energy and energy conservation....Fitness is only one reason Kurt V. Nielson, MD'68, continues fencing while practising medicine in Cumberland on Vancouver Island. Captain of the UBC fencing team while a student, Nielson attended the Montreal Olympiad as a physician for Canada's fencing team....Kendall R. Rumsby, BED'68, will be visiting audio-visual centres in New Zealand, Australia and the United Kingdom over the next year. He is on leave from Malaspina College where he is coordinator of the audio-visual department in the learning resources centre....Robert J. Smith, BCom'68, MBA'71, a member of the commerce division executive, is executive director of the B.C. division, Canadian Arthritis and Rheumatism Society. The first man to hold the post in the division's 30-year history, Smith was appointed assistant executive director in 1975. Prior to joining CARS, Smith was manager of the UBC Bookstore....Sandra D. Sutherland, BCom'68, LLB'69, is the new public governor for the Vancouver Stock Exchange. She has been a director of Vancouver City Savings Credit Union for the past four years and has been on the board of the B.C. Credit Union for two years....D. Joyce Johnson Volker, BSc'68, BLS'69, MLS'67, is now assistant undergraduate services librarian at the Chifley Library, Australian National Uni-



Donna Willard

versity in Canberra. Nanaimo is working to attract new business, and Joseph S. Elkin, BCom'69, is handling inquiries and coordinating the needs of the city and the private sector. As planning officer, Elkin hopes to assist in developing an industrial park as well as renovating the downtown core....The brainchild of Ming Liu, MAsc'69, PhD'74, may well soon provide B.C. with another power source. Liu's 'waste gassifier', developed in a shed behind B.C. Research laboratory, is a reactor tank that converts waste wood into combustible gas, a pollution-free source of energy. Given the abundance of waste wood in B.C., Liu is hopeful that his gassifier will eventually be an inexpensive energy source in the forest industry....David G.M. Smith, BSc'69, is now plant manager of Delta Foods Processors in Richmond....New head of a new corporation is John R. Pitcher, BCom'69. The British Columbia Buildings Corporation will be taking over the duties of the public works ministry. Pitcher was previously with Polaris Realty as Western Canada regional manager....Louise R. Howard Ritchie, BED'69, and husband John C.W. Ritchie, BASc'69, MAsc'71, are living in Bangkok, Thailand. Louise has 'retired' after six and a half years of teaching to raise Michael, 2, and a child expected this September. John is a project engineer for Acres Consulting Services, studying water resources of the Chao Phraya Water Basin.

## 70s

Former member of the UBC alumni board of management (1973-1975), Charles A. Hulton, BSc'70, writes to tell us that he has called Yellowknife home since 1975 and is finance manager of the Canadian Arctic Co-operative Federation. He invites any alumnus who happens to be passing through to drop in and see him....An instant city of 80,000 is scheduled to become a reality next year. One of the two individuals responsible for the development of the new community north of Toronto is W.J. Terrence Kelly, BArch'70. It is estimated that construction will take 25 years to complete....William H. Wood, MA'70, is now a superintendent of schools in the St. John, N.B. area....Mary E. Bishop, MA'71, was the guest speaker at the annual meeting of the Nanaimo branch of the Planned Parenthood Association of B.C.



Kendall Rumsby

With twelve years experience in the organization, she is a director of the Planned Parenthood Federation of Canada... **Charles Campbell**, BA'71, past president of the alumni board of management (1974-75), has returned to Nairobi for another year as technical and training manager for East Africa with Deloitte, Haskins & Sells. He is also teaching a British certification program in professional accounting at a private college.

Winner of the Lillian May Westcott prize for outstanding work in the area of textile design at UBC, **Anna C. France**, BHE'71, recently had her work displayed at Perth, Ontario. During the display, sponsored by the Gateway Guild of Weavers and Spinners in conjunction with the Art Gallery of Ontario's Artists With Their Work program she conducted a three-day workshop... **Roger D. Chan**, MBA'72, was recently appointed to the federal trade commission service as second secretary and vice-consul. Both he and his wife, **Donna McLeod Chan**, BEd'72, can be reached through the Canadian Embassy in Caracas, Venezuela... Treading the boards for the first time at this summer's Stratford Festival in Ontario, **Rodger Barton**, BA'73, appeared in four of Shakespeare's works. After UBC, Barton entered a two-year acting course at the Bristol Old Vic Theatre School in England.

**Charles C. Hamilton**, BA'73, recently celebrated the first anniversary of his 40-store shopping centre, Sahali Centre, in Kamloops, B.C. Hamilton heads the centre's nine-member management team... **Ian M. Thom**, BA'74, is registrar of the Vancouver Art Gallery... **Peter H. Graviin**, BMus'76, is principal bassoonist with the Saskatoon Symphony Orchestra. After UBC, he played with the National Youth Orchestra and has played with the Canadian Chamber Orchestra at Banff.

Two graduates were heavily involved in the preparation of "The Return of the Vikings—The Scandinavians in Canada"—the last study of the very successful *Canadian Culture Series*, begun in 1969 and coordinated by UBC's Centre for Continuing Education. **Angela Ng**, BA'76, was responsible for much of the research for another issue of the series: "From an Antique Land"; and **Laine Gisela M. Ruus**, BA'65, BLS'70, a member of the social sciences division of the UBC library... Like storefront lawyers or doctors, Carleton University's school of architecture, in conjunction with the Ottawa Society of Architecture, is offering free con-

sulting services one day a week in that city. Coordinated by **Ronald Sandrin-Litt**, BArch'76, who gained his experience with a similar service at UBC, assistance is offered to individuals or small businesses on projects ranging from renovating your den to expanding a warehouse... **James B. Hardwick**, BA'77, has proved that perseverance pays off. At age 73, he has graduated with a BA in Slavonic studies and adds this credit to his diploma in recreational leadership from Vancouver Community College. This summer, he was one of 50 Canadians who took a three-week course in Moscow, under the auspices of the National Institute of Physical Education and Sports. There, he studied the system of physical education in the U.S.S.R. and the role of sports in a socialist society.

## Weddings

**Clarke-McGonigle**. Bill Clarke, MP to Shelagh McGonigle, BA'69, July 16, 1977 in Ottawa... **Priebe-Scott**. Michael W. Priebe to Jo-Anne D. Scott, BHE'73, August, 1977 in Ann Arbor, Michigan... **Beley-Lothrop**. Bruce P. Beley, BSc'75, to Marcia Lothrop, BSc'75, May 21, 1977 in Vernon, B.C.

## Births

**Mr. and Mrs. Charles Campbell**, BA'71, a son, Paul Alexander (Sandy), March 29, 1977 in Nairobi, Kenya... **Mr. and Mrs. John E. Carter**, BA'69, a son, Matthew Jeremy, July 25, 1977, in Kamloops, B.C.... **Mr. and Mrs. Morley Cofman**, (Mindi Stanisloff, BA'73), a son, Alan Sean, April 20, 1977 in Vancouver... **Mr. and Mrs. James W. Crellin**, BSc'72, (Alison Laing, BSc'71), a daughter, Fiona Sandra, April 18, 1977 in Quesnel, B.C.... **Mr. and Mrs. Arthur A. Hadland**, BSc'70, (Laurel Turner, BSc'70), a daughter, Amanda Laurel, April 28, 1977 in Fort St. John, B.C.... **Mr. and Mrs. Robert M. Hlatky**, BSc'69, MA'73, a son, Vladimir Robert Michael, May 20, 1977 in Vanderhoof, B.C.... **Mr. and Mrs. R. Donald O. Jones**, BSc'74, (Patricia G. Wright, BEd'74), a son, Aaron Christopher, July 7, 1977, in Ladysmith, B.C.... **Mr. and Mrs. Peter Gerald Marra**, BSc'63, (Eileen E. Sowerby, BMus'66), a daughter, Amber Eileen, July 6, 1977, in Bellevue, Washington... **Mr. and Mrs. Stuart H. Noble**, BSF'65, a daughter, Catherine Marguerite, May 8, 1977 in Powell River, B.C.... **Dr. and Mrs. Maheswar Sahoo**, PhD'71, a son, Debashish, April 8, 1977 in Kingston, Ontario.

## Deaths

**Aaro E. Aho**, BA'49, BSc'49, (PhD, Calif.), accidentally May, 1977 in Ladysmith, B.C. One of Canada's outstanding geologists he dedicated 25 years to the study of the geology of the Yukon. After teaching briefly at the University of Oregon, in 1953 he joined the Geological Survey of Canada. In 1964 he founded Dynasty Explorations and was re-



## Thunderbird Play-by-play Fall 77

At home or away — a UBC team needs your cheers...

### Football

All home games start at 2 pm, Thunderbird Stadium

Sept.	17	UBC at Saskatchewan
	24	East. Oregon State at UBC
Oct.	1	Calgary at UBC
	4	UBC at Calgary
	8	UBC at Manitoba
	15	Alberta at UBC
	22	Saskatchewan at UBC
	29	UBC at Puget Sound
Nov.	5-18	Playoffs

### Ice Hockey

All home games start at 7:30 pm, UBC Winter Sports Centre

Oct.	14-15	UBC at Port Alberni
	21-22	UBC at North Dakota
	23	UBC at Winnipeg
	29	Alumni game at UBC
Nov.	4-5	UBC at Alberta
	11-12	Calgary at UBC
	18-19	Saskatchewan at UBC
	25-26	UBC at Alberta

### Basketball

All home games start at 9 pm, War Memorial Gym

Oct.	28	Grad Reunion game at UBC
Nov.	4-5	Dogwood at UBC
	11-12	Victoria at UBC
	18-19	UBC at Alberta
	25-26	Lethbridge at UBC
Dec.	2-4	UBC at Victoria
	20-21	Dogwood at UBC
	29-30	UBC at Oregon Tech.

For tickets and further information on the above events or on any UBC athletic events contact the athletics office, 228-2295 (women) or 228-2531 (men). It is suggested that you inquire locally for location and time of "away" games.

responsible for the discovery, a year later, of the 65-million ton zinc-lead-silver orebody in the Yukon that became the Cyprus Anvil Mine. He also discovered a natural gas field in Ontario, a copper molybdenum deposit in northern Chile and a second lead-zinc deposit in the Yukon. He headed the UBC geological science centre fund which raised \$2 million for the teaching and research facility and he served as a member of the UBC senate from 1969 to 1975. Survived by his wife.

**Frank W. Barry, BAsc'45, (MAsc, PhD, M.I.T.),** July, 1977 as the result of an accident in Windsor, Connecticut. He was an employee of Hamilton Standard Division of United Technologies Corp. for 23 years and was a senior analyst at the time of his death. He was president of the Toastmasters Club of Manchester, Conn. for two terms and was an active member of the Episcopal Church. Survived by his wife, son and daughter.

**Ronald Clifton Bray, BA'50, BCom'50, LLB'56,** June, 1977 in Vancouver. Active in student politics, he served as president of the Alma Mater Society (1955-56) and was treasurer (1954-55). A partner in a Vancouver law firm, he was a past president of the B.C. branch of the Canadian Bar Association, and a member of the national and provincial councils for eight years. He was a member of the B.C. Law Reform Commission and its *pro tem* chairman from October, 1973 to July, 1974. Survived by his wife, a son and a daughter.

**Albert A. Docksteader, BSP'49,** June, 1977 in Los Angeles, California. He was a member of UBC's first class of pharmacy graduates. Before moving to California in 1967, he operated four drugstores in the Vancouver area. Survived by his wife, several stepchildren, mother, and two sisters.

**Jessie MacCarthy, BAsc'50, (MA, Calif.),** April, 1977 in Burnaby, B.C. An associate professor of health care and epidemiology in the UBC faculty of medicine, she had been conducting, on a federal grant, research studies on air pollution in two B.C. centres, Prince George and Trail. She was the first nurse, and the first woman, to be named to the management committee of the Canadian Tuberculosis and Respiratory Disease Association. She was active on several UBC committees, among them the president's committee on the status of women. Survived by her mother, two brothers and a sister.

**Katherine MacKay, MA'23, (BA, Queen's),** April, 1977 in Toronto, Ontario. After graduating from UBC, she taught English at Wells College, Aurora, New York from 1927 until her retirement in 1958. Survived by a sister and a brother.

**Eric Hugh Quainton, BA'23,** April, 1977 in Victoria, B.C. After several years of teaching in the public school system, in 1942 he returned to St. Michael's Preparatory School, where he had begun his career, and taught until his retirement in 1973. Survived by his wife and two daughters.

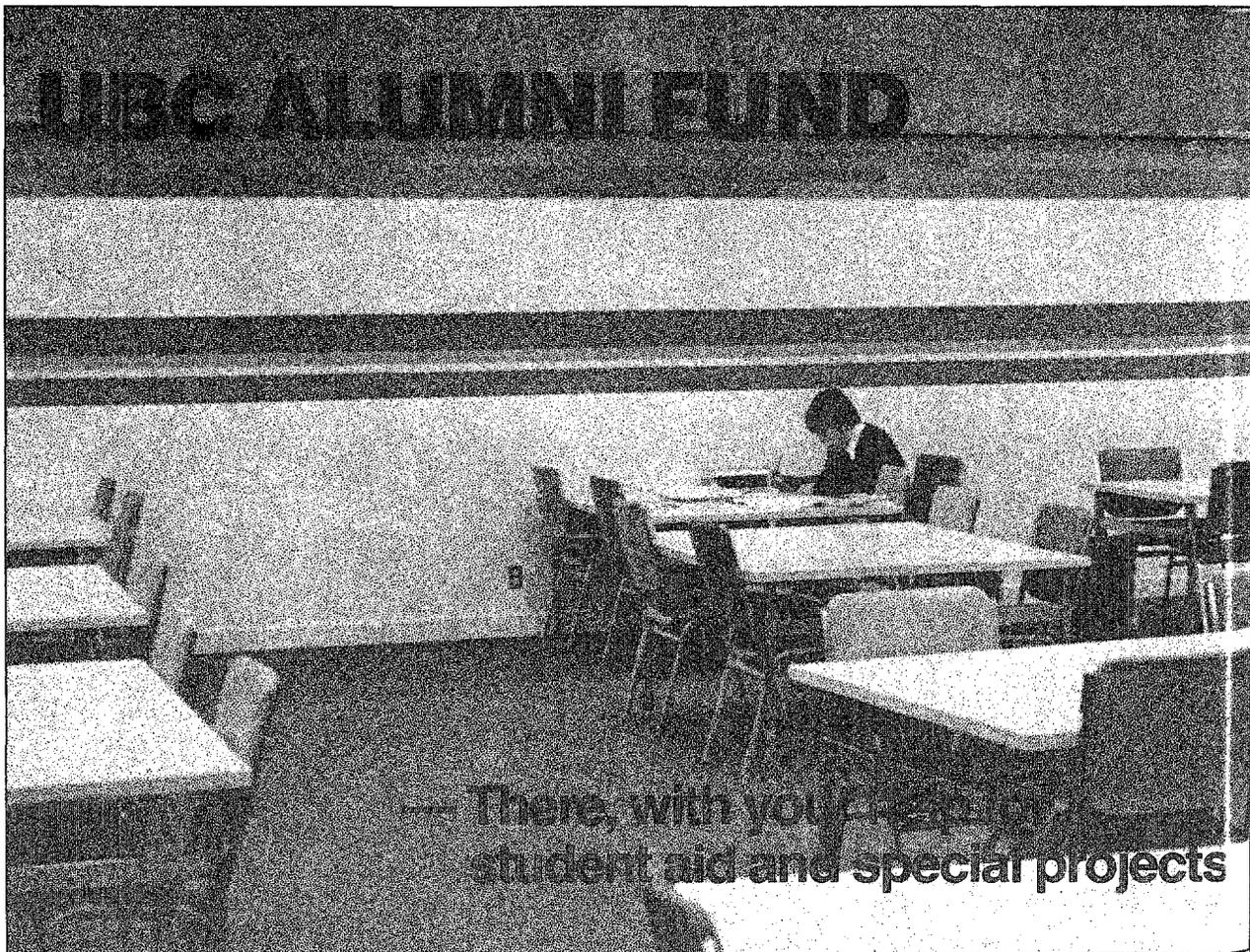
**Harcharan S. Sehdev, MA'58, MD'63,** July,

1977 in Colorado. Director of the children's division and a member of the central management committee of the Menninger Foundation, he began his career in private practice in Toronto and was medical advisor to Malawi, Africa until 1967 when he entered the psychiatric residency program of the Menninger School of Psychiatry. In 1969 he joined the foundation as a staff psychiatrist. Survived by his wife, (Joan McClatchie Sehdev, MD'63), two daughters and one son.

**Margaret Marion Mitchell Spector, BA'66, (MA, Clark; PhD, Columbia),** July, 1977 in Seattle, Washington. A professor of history at the University of Washington, she devoted much of her time to the American Association of University Women, serving as president of the Seattle branch, as national vice-president and as head of many national committees. She served on the governor's committee on the status of women. The author of two historical texts, she was listed in *Who's Who Among American Women, One Thousand Women of Distinction* and the recent *Women of Washington*. Survived by her husband.

**Laura Pim Swadell, BA'17,** February, 1977 in Modesto, California. She was the first elected secretary of the UBC Alumni Association and in 1917 assisted in drawing up the association's first constitution. Since that time she had remained in close contact with her former classmates and attended numerous reunions. Survived by a daughter, and three sons.

# UBC ALUMNI FUND



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# Letters

prevented the race with Washington but the Vancouver Rowing Club made up an "eight" and a race was arranged either in 1925 or 1926. We won easily as they did not train and we did. J.C. Oliver should be given major credit for this first eight-oared crew.

George W.H. Norman, BAsc '26,  
West Vancouver

## An ounce of prevention

Yesterday I received the Summer '77 issue of the UBC Alumni Chronicle and discovered there a story that leaves me somewhat annoyed. The article about Winona Rowat gives one the impression that preventive medicine is a new and generally untrodden area of endeavor. This will come as quite a surprise to the nurses, doctors, engineers, sanitarians, virologists, epidemiologists, laboratory technicians and clerical staff who are presently involved in preventive medicine in this province and who have been for many years. I am referring to the community health programs section of the B.C. Ministry of Health.

This group of dedicated people is doing much to prevent sickness and to educate the public in preventive medicine in all parts of the province.

David G. Levang, BAsc '67  
Regional Health Engineer, Kootenays  
B.C. Ministry of Health

*We noted that preventive medicine "is a very old science". And it does have many dedicated practitioners. This new version is aimed at individuals in that large section of the population whose awareness of what will keep them ticking is, in general, minimal - Editor.*

## Carving a heritage

I thoroughly enjoyed the article by Eleanor Wachtel "An Accessible Heritage" (Summer '77). What worries me is that I believe it is still far more "accessible" than comes out in the space available.

To go back in history as I learned it, the first carved posts were certainly the lodge corner posts. *But* the first group who saw beyond this strictly utilitarian function and erected high monumental carved poles related to birth, marriage, death etc., were the Nishgas who dwelt on the Nass River. Others may also have followed this change at about the same time.

In any case, many may not know that the period of real carving, as we know it now, was comparatively brief. Before the Russians arrived with steel and iron tools, very little fine workmanship was possible. Then the missionaries arrived and the totem culture was banned by law. I'm not sure how long this period of activity actually was.

About 1910, my father took a position at the north of the Nass and came to know all the Indians. We spent six months up there every year. One day an old chief brought, as a gift to my mother, the most beautiful piece of Indian carving and polishing. It had been a war club and he swore it was over 100 years old. The shaft, all but the carved handle he had shaved down to make a walking stick. It is an absolute work of art!

Not much later the last known living man

who had carved poles as a lad, made a short pole for Dad. It is also beautiful and as the last effort of the last survivor has a lot of sentiment attached to it.

This old carver lived for quite a spell after he carved Dad's pole but he gradually went blind. One day, tapping with his stick, he came into the store there. He spoke no English but I spoke Nishga and he ordered me to go down to the Indian village. When I got there, there was quite a ceremony. I was made a member of the clan and he presented me with a small totem. It's not like the one he carved for Dad but he did it while blind and at over 100 years of age. It was to be the last totem carved by one of those who carved before the banning — at least 120 years ago now.

It was interesting to grow up, hunt and be a part of the life of the people to whom that land belonged. I hope this may be of some interest to you as you go about developing this marvellous project (the UBC Museum of Anthropology).

W.F. Sydney Walker, BCom '37,  
Pointe-Claire, Quebec.

## Teaching:

### A co-operative endeavor

*The following is in response to comments on teachers and teaching in an interview with four graduating students that appeared in the UBC Reports insert carried in the Summer '77 issue of the Chronicle.*

An open letter to Meg Miller, Nigel Kennell, Konrad Mauch, and Peter van der Gracht, concerning comments on teaching in the UBC Reports insert in UBC Alumni Chronicle, Summer '77.

I am one of the university professors that consistently receive low evaluations year after year, and I should like to make a few comments on your remarks.

Surely you can't be very surprised that these teaching evaluation forms produce no change in poorly rated teachers. After all, what do these pieces of paper tell me? They tell me that my teaching effectiveness is poor, that I do a poor job of answering questions, that I do not explain concepts very well, that my lectures are badly organized and other such meaningless generalities. There is a double standard operating here. You people demand concrete examples from me, but I receive back from the students virtually nothing in the way of a down-to-earth, concrete example in return — either on evaluation forms or in any other manner. I am charged, in effect, with refusing to admit that I am a poor teacher. I'd like to see one well-documented case of something that I am doing wrong in the classroom and then we can take it from there. If I am wrong I can then proceed to make the necessary corrections. If you want to apply pressure to me, go ahead, but at least find something more meaningful than these silly forms to tell me what I am doing wrong.

Okay, you want lots of classroom discussion. Then let's have it. I seem to get classes filled with wooden Indians who prefer to clam up completely; most of those who do ask questions, at least in first year classes, do so in such a disrespectful manner that I should prefer that they keep quiet. But if you

## A note of thanks

We wish to convey to the members of the 1977 graduating class sincerest thanks and appreciation for their gift of \$4,000 and for the confidence it implies in the work of the Crane Library and in their fellow students who are blind.

The gift will be used for the purchase of a prefabricated, soundproof recording studio for the recording of talking books. The demand for these books is increasing dramatically as Crane Library serves increasing numbers of non-print readers both on campus and around the province. Our present recording locations are poorly insulated, and increasing noise levels in our library and in Brock Hall cause many recordings to be spoiled by background noise and interference. The new recording studio will eliminate these problems and enable us to produce talking books without compromise. We are very fortunate to have received similar grants from three other organizations, allowing us to install a total of four new studios.

On behalf of all of us, I would like to wish the members of the class the very best in their future plans and offer congratulations on their graduation. We hope that many will come out to UBC and visit our new recording studio.

Paul E. Thiele, BA '65  
Librarian and Head  
Crane Library, UBC

## Rowing into history

I would like to point out that John Craig Oliver, BA '26, BA '27, stroked the first eight-oared rowing crew for UBC and probably was very largely responsible for getting it started.

There was an arrangement to row against a crew from the University of Washington and the UBC eight-oared shell was obtained from it: rowing club. Unfortunately the selection of a cox was dubious. His right eye may have been defective. After we had rowed a quarter-mile he steered the shell a few feet to the left of massive pilings sticking out of the water with the result of tearing off the outrigger for three oars on bowside. I was rowing bow. Why UBC's first "eight" didn't sink immediately with only a half inch free-board I don't know.

Johnny's skillful work at stroke saved the d.y and the crippled shell returned to the Vancouver Rowing Club wharf. The accident

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## Lifestyles

**UBC's Women's Resources Centre:** drop-in counselling, referral and life-style planning, Ste. 1, 1144 Robson St. Vancouver, BC (685-3934).

## Art

**Toni Onley, Survivor's Island:** a Georgian Bay watercolor in facsimile reproduction on 20" x 24" Carlyle Japan, \$20. Color illustration and order form on request. Artcore Publishing, 3506 West 28 Ave, Vancouver BC V6S 1S2.

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want a lot of give and take in the classroom, then co-operate with me. Ask some questions from time to time, in a tone of voice that indicates that you really want to learn something and are not just trying to vent your frustration.

You want to feel that I am a real person, not just a machine. Okay, then you have to meet me halfway. Maybe there are 100 things that I am doing in the classroom which you don't like. But don't expect me to go more than halfway. If I take care of 50 of the items, you should try to adjust to the other 50. Otherwise, you are forcing me to be someone other than who I am, and this is hardly the way for me to come across as a real person. The surest way to turn me into a mere TV machine is to remake me completely into your idea of what a professor would be.

Or let's put it this way. The teaching situation is an encounter between myself, as the professor, and you, as the student. This is a co-operative endeavor, and each one should give ground to meet the other. The best teaching in the world is completely wasted on the student who refuses to make any effort whatsoever to come over to where his (or her) professor is.

I'm sorry if, from time to time, I tell you things that you already know. In studying myself I go over things that I already know, to over-learn them, so to speak. I don't apologize for this. If in doing so I put you to sleep, I'm sorry, but it is impossible for every sentence that I utter in class to be completely new to you. Once in a while, I will utter sentences that are not new to you. So if you must, then sleep away.

As for there being something wrong with students today, yes, I think that students are worse, in some ways, than they used to be. There has been a very slow decline in academic excellence over the years. But attitudes are much worse. There has been a definite change. Okay, so your hackles go up. But I am only reporting what I see and of course I do not refer to all students.

If I skip over main points, then tell me. You people can ask questions in class and also after class. Wooden Indians who clam up have no special rights to have any points clarified, main or otherwise.

I get very excited about some things that I do in the classroom, only to look upon a sea of students who are completely dead, intellectually speaking. Most of them just want to know what's going to be on the next test.

I have put in considerable effort in many ways with my classes, just to have my face kicked in on these teaching evaluation forms. I have given of my time generously in my office and invited feedback from students, but to little avail. Far from motivating me to do a better job, these evaluations make me want to give up.

Let's end this silly double standard. I am expected to draw you out, but you, in turn, can help draw me out. Let's have a co-operative endeavor; don't ask me to completely surrender my identity by being a robot programmed to meet every one of your demands.

Naturally, I speak only for myself in this epistle.

Jay Delkin, MA'61,  
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