Figure 2.19b. SURVEY SAMPLING: Illustrative Newspaper Articles 2

This Figure 2.19b is a continuation of Figure 2.19a but with ten newspaper articles from 1994 and one each from 2000 and 2009.

EM9401: Kitchener-Waterloo Record, January 20, 1994, page A13

Quebecers fool around more than most: poll

MONTREAL (CP) – There are more cheatin' hearts in Quebec than in the rest of Canada, suggests a wide-ranging survey of sexuality in the province.

"It's part of our Latin roots," Jean-Marc Leger, president of the Leger and Leger polling firm, said Wednesday.

"Seventeen per cent of Quebecers say they have cheated on their spouses, but the figure is substantially higher among high-income earners between the ages of 35 and 44," Leger said.

The telephone survey of 1,000 Quebecers also shows that 44 per cent of respondents have been "tempted" by infidelity.

Leger said at a news conference that the true infidelity figure is somewhere between 17 per cent and 44 per cent. He put the rate of fooling around elsewhere in Canada at about 13 per cent.

The findings of the survey – which explores everything from fantasies to the frequency of friskiness – have been published in a 126-page book titled *The Sexual Habits of Quebecers.*

Yet the figures contained in the poll are often at odds with the popular wisdom that Quebec is a distinctly sexual society.

Canada's Gallic lovers make love on average 7.4 times a month, says the survey. That compares with a national average of 7.1 that was reported in a Maclean's-CTV poll published earlier this month.

The Maclean's-CTV survey also reinforced the folklore that the province is more sexually open than its neighbours: Quebecers were more positive about masturbation and registered less discomfort with infidelity.

Much of the Leger and Leger poll, however, suggests that Quebec is not quite the Sweden of North America.

Louise-Andrée Saulnier, a Quebec City sexologist who wrote commentaries for the book, said she was surprised that the poll shows 15 per cent of Quebecers either believe or are unsure whether masturbation leads to deafness.

"There's still an enormous amount of guilt surrounding masturbation," Saulnier said.

Regarding sexual fantasies, only about 50 per cent of those polled said they experience such things.

Asked where they made love most often, about 88 per cent of respondents cited the bedroom, while 2.9 per cent said "everywhere."

Other indicators in the survey commissioned by the Quebec magazine *7 Jours* pointed to a more energetic sex life.

The average period of time spent on foreplay was clocked at nearly 28 minutes. Being in love, though, cut down on the activity: those not in love with their partners reported an average of 35 minutes, as against 26 minutes for love-birds.

And the time duration of sexual relations averaged 46.2 minutes. (Curiously, male respondents reported the encounter lasting three minutes longer than did females.)

About seven per cent reported having sexual activities with more than one partner at the same time.

More than 48 per cent of respondents said they'd tried homosexual sex although only 4.4 per cent said they have been sexually attracted to a member of the same sex.

Romance rated big in the poll, with about three-quarters of Quebecers claiming to be in love.

Yet the province's Romeos and Juliets reported higher incomes and higher levels of education.

"It's not just a matter of the heart, it's also a question of money and education," Saulnier said.

The survey, conducted Sept. 10-19, is considered to be accurate 19 times out of 20 with an error rate of 3.1 per cent.

NOTE: The title *The Sexual Habits of Quebecers* does not currently (February, 1995) appear in the University of Waterloo Library catalogue, or in Whitaker's *Books in Print 1994*, or in *Canadian Books in Print 1994.*

EM9403: The Globe and Mail, April 15, 1994, page A17

Stressful jobs raise men's blood pressure

Difficult work could damage circulatory system, study finds

Associated Press

BOSTON – Men with stressful jobs have higher-than-usual blood pressure even when they sleep, suggesting that such difficult work permanently damages their circulatory systems, a new study indicates.

Working women were less likely than men to show the ill effects of job stress, but their blood pressure is more likely to soar in response to strains at home, especially problems with children, a separate study found.

The studies were among several presented yesterday that strengthen the belief that highly demanding jobs in which people have little control are especially bad for health. But they cautioned that what happens off the job matters too.

"It would be naive to think that job strain explains everything. It's only part of the day," said Dr. Thomas Pickering of New York Hospital.

To delve into these questions, researchers hooked up volunteers to portable monitors and watched how their blood pressure went up or down in response to the day's challenges. They presented their findings at a meeting of the Society of Behavioural Medicine.

Dr. Joseph Schwartz and others from the State University of New York at Stony Brook followed 373 men and women who worked in nine different places in New York City.

They found that people in highly demanding jobs with little autonomy had significantly higher blood pressures than did those in less taxing situations, including people with stress-taxing situations, including people with stressful jobs who could make their own decisions and those in easy-going positions who had little opportunity to think for themselves.

(*continued overleaf*)

EM9403: (cont.) Those in high-stress, low-freedom jobs had blood pressures that averaged 137 over 85, versus about 129 over 83 for the other people. The difference grows progressively greater as people get older. Normal blood pressure is 120 over 80.

Ordinarily, blood pressure fluctuates over the course of the day, depending on a person's activity, and this may be harmless. However, for those in the high-strain positions, blood pressure tended to stay high. Their readings were above those of other people's while at home in the evening and even as they slept.

"No one can say which came first, the job stress or the high blood pressure," Dr. Schwartz said.

For instance, it's possible that people with type A personalities already have a tendency to high blood pressure and are attracted to punishing jobs.

However, he said his data suggest that the "cumulative effect of the exposure to stress over time" permanently raises blood pressure.

Dr. Kathleen Light of the University of North Carolina conducted similar studies on white-collar professionals in their 30s and found that job strain was generally related to blood pressure in men but not in women.

REFERENCE: Dolan, C.A., Sherwood, A. and K.C. Light: Cognitive coping strategies and blood pressure responses to real-life stress in healthy young men. *Health Psychology* **11**(#4): 233-240 (1992). [Arts Library call number: PER R726.5.H44X]

NOTE: The investigations by Drs. Pickering and Schwartz, referred to in the middle and right-hand columns overleaf on page 2.151 of the article EM9403 reprinted above, do not appear (as of February, 1995) to have been abstracted by *Medline* or to have been published in *Health Psychology*, in *Behavioural Medicine* [Arts Library call number: PER RB152.J67] or in the *Journal of Behavioural Medicine.* [Arts Library call number: PER R726.5.J6X]

EM9407: The Globe and Mail, July 13, 1994, page A7

Child-abuse incidence ripe for further study

42% of allegations unfounded, report says

BY DAN HAWALESHKA
The Globe and Mail

TORONTO – A study released yesterday by the Institute for the Prevention of Child Abuse took a few shaky, subjective, but much-needed steps toward understanding just how often child abuse occurs in Ontario.

Nico Trocmé, an assistant professor in the University of Toronto's faculty of social work, headed the study, titled *Ontario Incidence Study of Reported Child Abuse and Neglect.* He characterized the report as a "reflection of how much further we have to go" toward understanding the incidence of child abuse in Canada.

In an attempt to paint a comprehensive picture of just how many reports of child abuse actually turn out to be founded, 15 of Ontario's 54 Children's Aid Societies were randomly selected for the study; 2,447 children were investigated.

Based on these findings, Mr. Trocmé estimated that almost 47,000 child-maltreatment investigations were undertaken in Ontario in 1993. This represents, he said, an estimated incidence of 21 abuse investigations per 1,000 children in the province. He said that 42 per cent of the investigations found that the allegations of abuse were unfounded, 30 per 30 per cent were classified as suspected cases of abuse, and 27 per cent were substantiated.

Speaking to reporters yesterday at a news conference in Toronto, Mr. Trocmé said it was up to the individual aid worker's discretion to decide what constituted a substantiated case of abuse.

He said it was a "fairly subjective judgement."

Cases were designated as "suspected" if there was not enough evidence to substantiate maltreatment, but also not enough evidence to rule out the possibility.

As to whether the results from 15 aid societies could reliably be applied to the entire province, Mr. Trocmé said: "We just hoped that randomization turned out to be accurate."

The director of prevention and information services for the institute, Anne Telford, said just because more than two out of every five investigations turn out to be unfounded, social workers are not wasting their time.

"'Unfounded' sounds like these may be whimsical referrals but they're much more than that," she said, adding that a social worker's duty and obligation is to investigate reported cases.

Despite some of the handicaps, the study is seen as ground-breaking.

Robert Glossop, program and research director at the Ottawa-based Vanier Institute of the Family, said any study that tries to present a provincial overview is long overdue.

"It's what the statisticians would call more reliable and more robust information than we've had in the past," Mr. Glossop said in a telephone interview.

In the past, aid workers and policy makers had to content themselves with anecdotal evidence and studies of smaller populations, he added.

Among other findings:

- In 75 per cent of cases the alleged perpetrator of the abuse was either both parents, the mother, the father or the step-father.
- Police were involved in 23 per cent of the investigations and criminal charges were laid in at least 6 per cent of cases.
- Investigations involving older children were more likely to be substantiated.
- In the United States, the incidence of abuse investigations was estimated at 43 per 1,000 children, double the estimate for Ontario.

EM9408: The Globe and Mail, July 16, 1994, page D8

FAT GIRLS AND SHORT BOYS

A study of more than 12,500 Britons has found that girls who were fat at age 16 wound up with poorer paying jobs at age 23 – even if they subsequently lost weight. The same was not true for fat boys. However, the study found that boys who were short at age 16 wound up making less than their taller counterparts by the time they turned 23. The Dartmouth College study was published in the July issue of the *Archives of Pediatrics and Adolescent Medicine.* The study's findings are consistent with the belief that physical appearance can influence the transition from school to work.

(*continued*)

Figure 2.19b. SURVEY SAMPLING: Illustrative Newspaper Articles 2 (continued 1)

REFERENCE: Sargent, J.D. and D.G. Blanchflower: Obesity and stature in adolescence and earnings in young adulthood. *Arch. Pediatrics Adolescent Med.* **148**(#7): 681-687 (1994). [DC Library call number: PER RJ1.A5]

EM9410: The Record, Kitchener, Ontario, July 19, 1994, page A2

42% of Ontario trucks found unfit in spot check

OTTAWA – Ontario's trucks are becoming more dangerous, according to a spot check inspection of tractor-trailers and semi-trailers by the Transportation Ministry.

Of the 2,650 trucks pulled over at random in June by inspectors, 1,103 were considered mechanically unfit to be driven and were ordered off the road. The 42-per-cent failure rate is an increase from 34 per cent found in a similar spot check last year.

"The safety record is only getting worse, rather than better. We're not sitting very comfortably at all with the failure rate", said Heather Rex, a government affairs co-ordinator with the Canadian Automobile Club. "It's just unacceptable."

Ministry spokesperson Anne McLaughlin said the results of the Ontario-wide inspection, known as Roadcheck '94, were disappointing.

"Those vehicles that were surveyed were in poorer condition than we've seen in any year before", said McLaughlin.

In 1992, however, the most recent year for such statistics, she said only 2.6 per cent of truck accidents were caused by the vehicles being defective.

"Vehicle defects are not what are causing the accidents. It's what the drivers are doing."

SouthamStar Network.

EM9413: The Globe and Mail, September 17, 1994, page D8

Foresters bring light to bear on sickly seedlings

Forestry researchers in British Columbia and Ontario have devised ways of ensuring the health of new forests by measuring the vitality of seedlings. Light detectors developed by Simon Fraser University at Burnaby and a series of diagnostic tests developed by the Ontario government are meant to remedy the ongoing problem of seedlings that look healthy before they are planted but are actually diseased.

"The auto companies don't want to ship faulty cars. We don't want to ship defective trees", says Stephen Colombo, lead scientist for the Ontario Forest Research Institute's stock quality-assessment program. The institute is run by the Ontario Ministry of Natural Resources.

You can't always tell a seedling by its appearance, Mr. Colombo says. Nurseries have found that frozen seedlings are less prone to damage in storage and shipment so they typically remain frigid until planting.

But much as a head of lettuce looks fine when frozen but will rapidly deteriorate when thawed, so tree seedlings that are green when frozen might later prove to be badly damaged or dead, Unfortunately, their condition may not be revealed until weeks after they are planted.

Hundreds of millions of pines and spruces are planted in Canada each year. If more than 10 per cent of seedlings die in each plot, large gaps will result and replacement can cost more than the original planting.

Ontario's quality-assessment program has developed sophisticated equipment to measure tree energy and growth potential to head off problems. The program's equipment and diagnostic tests were presented by scientists from the Ontario Forest Research Institute at a conference in Sault Ste. Marie this week.

An Ontario study found that testing a random sample of as few as 150 seedlings from a batch of 350,000 gives a representative indication of the health of the entire group.

The most impressive of the tests on seedlings used an ultra-sensitive meter developed at Simon Fraser to measure an effect called chlorophyll fluorescence. When light is absorbed by the pigment of a tree, not all of it can be used by the chlorophyll during photosynthesis and as much as 5 per cent of it is released from the needles as a fluorescent glow not visible to the eye.

In the B.C. system, built by a now-inactive company called Pacific Fluorotec, a seedling is placed in a globe about 20 centimetres in diameter in a dark room and an ordinary light bulb is turned on and off. An array of miniature sensors around the sphere measures the light emitted by the needles, in patterns that Mr. Colombo likens to lines on an electrocardiogram. A high spike of light from the young tree represents vigour and a flat line means a dead or failing tree.

One of the simplest warnings of trouble is a high number of dead cells in a seedling. The Ontario institute found it can easily measure this by putting a tree shoot in water for 24 hours and testing the water's electrical conductivity. A pencil-sized meter passes a small current through the water. A higher conductivity shows there are more dead cells in a tree, perhaps from heat stress or freezing. Another simple diagnostic trick developed at the centre involves pot- ting seedlings in a climate-and-light-controlled room. After a week, the number of new roots is counted. One seedling may only have 10 new roots, while another has 100. The researchers are now trying to determine how much of that difference is genetic and how much is due to fertilizers.

– BY WALLACE IMMEN
THE GLOBE AND MAIL

EM9414: The Record, Kitchener, Ontario, September 21, 1994, pages A1, A2

Exercise may reduce breast cancer risks

LOS ANGELES (AP) – Young women who exercise four hours a week can cut their risk of breast cancer 50 to 60 per cent, according to a U.S. study.

"Four hours of exercise per week is not difficult", said Leslie Bernstein, a professor of preventive medicine at the University of Southern California School of Medicine and the study's chief author. "Even one to three hours of physical exercise per week reduces a woman's risk of breast cancer by about 30 per cent."

The findings appear in today's issue of the *Journal of the National Cancer Institute.*

They were drawn from surveys of 1,090

(*continued overleaf*)

EM9414: (cont.) Los Angeles County women 40 and younger – 545 with newly diagnosed breast cancer and 545 without the disease. The study analyzed the women's exercise habits since they began menstruating.

The study did not prescribe any particular sport or type of exercise. But among the activities reported by the women were individual or team sports, dance or exercise classes, swimming, jogging and working out at a gym.

Dr. Susan Love, director of the University of California at the Los Angeles Breast Center, pointed out that promoting exercise in young women "will not only prevent breast cancer, but osteoporosis and heart disease."

The researchers speculated that exercise may protect by altering the production of the ovarian hormones estrogen and progesterone. Other research has shown that vigorous athletics can delay the onset of menstruation and halt ovulation in some women. A woman's cumulative exposure to the hormones is believed to be linked with breast cancer risk.

Love suggested other mechanisms may be at work. "It may be that (exercise) decreases body fat ..... We know women with a higher percentage of body fat have a higher incidence of breast cancer."

But Bernstein said she observed no association between breast cancer risk and the body mass and body fat of her study subjects."

Bernstein said the results intensified her concerns about how sedentary girls have become. A U.S. study in 1990 showed fewer than 40 per cent of high school girls took physical education; only 20 per cent of that group participated in vigorous activity three or more times weekly.

REFERENCE: Bernstein, L., Henderson, B.E., Hanisch, R., Sullivan-Halley, J. and R.K. Ross: Physical exercise and reduced risk of breast cancer in young women. *J. Natl. Cancer Inst.* **86**(#18): 1,403-1,408 (1994). [DC Library call number: PER RC261.U47]

EM9415: The Record, Kitchener, Ontario, Friday, October 7, 1994, pages A1 and A2

Study debunks image, finds sex partners faithful

By Thomas Maugh

The media may portray American culture as a cauldron of steaming sexuality, but the private lives of Americans are more like a comforting bowl of warm oatmeal.

A long-awaited landmark study of adult sexuality in the U.S. has found the sexual practices of Americans are surprisingly conservative. It is a portrait of a land of faithful partners who have sex conventionally, about once a week.

The research – billed as the most comprehensive look at the subject ever – disputes many widespread myths about sexual practices in the U.S., researchers at the University of Chicago said. They added that the results will help Americans deal with issues related to the spread of AIDS, increasing numbers of abortions, teenage sexuality and the future of marriage.

Among the findings: Though Americans have sex once a week, on average, a full third have it only a few times a year or not at all. More than 80 per cent had only one sexual partner or no partner at all in the past year and just three per cent had five or more partners in that period. Only 2.8 per cent of men and 1.5 per cent of women said they were homosexual or bisexual, well below some previous estimates.

Fully 72 per cent of women who have undergone abortions have had only one. This disputes the idea, the researchers say, that abortion is routinely used as a form of birth control.

The researchers also conclude the high degree of monogamy, linked with observed patterns for selection of sex partners, make it unlikely that AIDS will spread through the heterosexual population in the epidemic fashion that some experts have predicted.

The findings are contained in two new books, one for scientists to be published Monday and one for the lay public to be published the following Monday.

The new study is "light-years better than Kinsey," the prototype sex study published in 1953 by pioneer sex researcher Alfred Kinsey, said Dr. Joseph Catania of the University of California, San Francisco. "It is a great leap forward," he said, because it provides the first look at a cross-section of Americans rather than at the limited, self-selected populations explored by Kinsey and others.

Sociologist Edward Laumann, a leader of the study, predicted the results will be "empowering information" to the vast majority of people who may feel sexually inferior after being exposed to the hypercharged eroticism of television, movies and advertizing. "These images of hot sex have people saying, 'What am I missing?' This will bring the temperature down a bit."

The study involved 90-minute, face-to-face interviews with 3,432 randomly selected Americans aged 18 to 59.

Some of the results should be very encouraging to anyone who honours family values, according to Laumann and co-leader Robert Michael. Almost all Americans marry, and 75 per cent of married men and 85 per cent of married women say they have remained faithful. The people who have the most sex and are happiest with their sex lives are monogamous couples, whether married or not.

The median number of sexual partners American men have over a lifetime is six. For women, the median is two.

Of all the items on a long list of sexual practices, only three were appealing to more than a tiny fraction of heterosexual Americans, and only one of those stood out. Heterosexuals universally find vaginal intercourse appealing and they include it in almost every sexual encounter. Watching a partner undress is a distant second in appeal, followed by oral sex.

The researchers found marked differences in sexual behaviour and attitudes between men and women, but perhaps the most dramatic involved coerced sex. Fully 22 per cent of women said they had been coerced in a sexual encounter, while only three per cent of men admitted they had ever coerced a woman. "That represents a dramatic difference in the character of how men and women are interpreting events," Laumann said.

The conservatism explicit in the study is good news for researchers hoping to block the spread of AIDS. People tend to mate only within groups of people who are like themselves, Laumann said, and there are relatively few opportunities for sexual diseases to pass from one such group to another.

Los Angeles Times

REFERENCE: Laumann, E.O. and R.T. Michael: *The Social Organization of Sexuality: Sexual Practices in the United States.* The University of Chicago Press, 1994. ISBN: 0-226-46957-3 (cloth), 0-226-47020-2 (paperback). [Arts Library call number: RC261.U47]

(*continued*)

Figure 2.19b. SURVEY SAMPLING: Illustrative Newspaper Articles 2 (continued 2)

EM9416: The Record, Kitchener, Onratio, Friday, October 7, 1994, page A2

Major study confirms moderate drinking helps you live longer

LONDON (Reuter) – British doctors released results today of one of the longest studies into the effects of alcohol on health, and concluded people who have on average one or two drinks a day live longer than those who do not drink at all.

But more is not better – those who have three to four drinks a day or more are likely to die sooner than light drinkers.

The report, published in the *British Medical Journal*, confirms various studies that have found light drinking – defined as 21 units a week for men and 14 units for women – has a beneficial effect.

Dozens of studies have been published in recent years linking moderate alcohol consumption with better health. The most famous ones show that the French, despite high fat intake and a relatively inactive lifestyle, die of heart disease less often than other Westerners.

This has been linked to special qualities in red wine, of which the French are inordinately fond.

"I don't think the mechanisms are known," said Sir Richard Doll, author of the study. "There is no evidence for this apparent French paradox."

The French paradox was debunked in a 21-nation World Health Organization study last month that showed many more French people died from heart disease than official statistics seemed to show.

But Doll said his group's findings seemed to apply to any sort of alcohol. "We don't find any measurable difference between one type of drink or another," he said.

An American Medical Association study last month found that if the entire U.S. population stopped drinking alcohol, there would be an additional 81,000 deaths from heart disease every year.

That study, written by Paul Ridker of the Brigham and Women's Hospital and Harvard Medical School in Boston, found that moderate alcohol consumption increased the levels of a key enzyme in the bloodstream that unclogs blood clots.

REFERENCES: Doll, R., Peto, R., Hall, E., Wheatley, K. and R. Gray: Mortality in relation to consumption of alcohol: 13 years' observations on British male doctors. *British Med. J.* **309**(#6959): 911-918 (1994). [DC Library call number: PER R31.B93]

Ridker, P. M., Vaughan, D.E., Stampfer, M.J., Glynn, R.J. and C.H. Hennekens: Association of moderate alcohol consumption and plasma concentration of endogenous tissue-type plasminogen activator. *JAMA* **273**(#12): 929-933 (1994); see also the editorial on pages 967-968: Pearson, T. A. and P. Terry: What to advise patients about drinking alcohol: The clinician's conundrum. [DC Library call number: PER R15.A48]

EM9421: The Record, Kitchener, Ontario, December 1, 1994, page E4

Breast milk best for infant brain development

A Dutch study provides further evidence that breast milk is better than formula for brain development.

In a study of 526 children traced for nine years, scientists found that those who were breast-fed for at least three weeks were half as likely to suffer from neurologic abnormalities, such as coordination problems, compared with those who got formula.

"The findings suggest that the type of feeding during the first weeks of life may have a role in the later neurobehavioural condition," said Dr. Caren Lanting, one of the investigators at the University of Groningen.

The research, to be published in *The Lancet* medical journal, is the latest in a series of studies suggesting that something in breast milk is good for the brain. Previous studies have linked breast milk to intelligence. This study focuses on neurological development, including reflexes and basic movement abilities.

Skeptics wondered if some of the benefits attributed to breast milk were in fact due to the mother's motivation, education or bonding during feedings. In the new study, investigators accounted for these variables.

ASSOCIATED PRESS

REFERENCE: Lanting, C.I., Fidler, V., Huisman, M., Touwen, B.C.L. and E.R. Boersma: Neurological differences between 9-year-old children fed breast-milk or formula-milk as babies. *The Lancet* **344**(#8933): 1,319-1,322 (1994). [DC Library call number: PER R31.L3]

EM0006: The Globe and Mail, September 19, 2000, pages A1 and A6

When it comes to hygiene, Canadians win handily

Canada awash in clean hands

BY EGLE PROCUTA, TORONTO

Canadians appear to be beating Americans hands down, at least when it comes to basic personal hygiene.

Only six in 10 Americans wash their hands after using the bathroom, even though nine out of 10 say they do, according to a U.S. study presented yesterday at a conference on infectious diseases.

And the fact that they're not keeping their hands clean means they're spreading germs.

The American Society of Microbiology sponsored researchers to watch 7,800 Americans in public restrooms in five cities.

"The dirtiest hands are in New York," the ASM said in a statement. "Only 49 per cent of the 2,283 people observed washed their

(*continued overleaf*)

EM0006: (cont.) hands after using a restroom in Grand Central and Penn stations."

Canadians fared much better, at least in an informal study by a reporter and an assistant at Toronto's Union Station during the afternoon rush hour yesterday. About 90 per cent of more than 50 people observed in the public restrooms at the station washed their hands after using the facilities. And many were turned off by those with less-than-perfect hygiene.

"It's disgusting about people not washing their hands", advertising employee Brad Fridman said as he left the restroom, washed hands still dripping.

"We live in such a personal society, where everybody's shaking hands and touching food, like mints in restaurants. And there are some substances you just don't want to come in contact with."

The potential dangers of bacteria – brought to public attention recently by deaths from contaminated water in Walkerton, Ont. – was an added incentive to pay extra attention to good hygiene, some Canadians said.

"With all the talk about Walkerton and E. coli these days, I tend to take a lot more care", Karim Savji of North York said.

However, Canadians have room to improve. About half the people who washed their hands at Union Station did not use soap. The American researchers said using soap is a key to killing germs that cause colds, influenza and diarrhea.

"A lot of people believe that colds are transmitted magically through the air when people cough or sneeze", Julie Gerberding of the U.S. Centers for Disease Control and Prevention said at a news conference about the study.

But studies show most of the viruses that cause colds are spread through physical contact. People touch their noses or mouths and then touch someone or something else. Bacteria that cause diarrhea are commonly found in bathrooms.

"Hand washing is cheap, it's easy to do and it works, "Dr. Gerberding said. "I think if we were really compulsive about washing our hands we could drastically reduce our risks of colds."

Some Canadians bend over backward to avoid germs in public restrooms, but ignore the basics of soap and water.

"I always use my foot to flush the toilet", bank employee Claudia Seguin said yesterday. She admitted she didn't use soap because it made her hands feel sticky, but added that she planned to use an antibacterial gel later.

Dr. Gerberding said, however, that special antibacterial agents don't add anything. Soap and water more than does the job.

"I don't always use soap", law student Lisa Brooks, who had a cold, admitted at Union Station. "It could be a function of how much time I have."

With a report from Reuters

EM0901: Waterloo Region Record, February 25, 2009, page A7

Research links alcohol use and cancer

Thomas H. Maugh II

For women, the potential benefits from one alcoholic drink perhaps should be reconsidered.

As little as one drink a day increases a woman's risk of several types of cancer by 13 per cent, according to a British study of more than one million women.

The risk in not statistically large, and scientisits already knew that alcohol consumption was associated with an increased risk for these cancers in women, including tumours of the breast, esophagus, larynx, rectum and liver.

"What is novel about the study is that even low-to-moderate amounts of alcohol increase the risk", said epidemiologist Naomi E. Allen of the University of Oxford, who led the study published today in the Journal of the National Cancer Institute.

She estimated that about five per cent of U.S. cancers in women, about 30,000 cases per year, are due to such low levels of consumption.

"From the standpoinr of cancer risk, the message of this report could not be clearer. There is no level of alcolol consumption that can be considfered safe" for women, wrote Dr. Michael S. Lauer and Paul Sorlie of the National Heart, Lung and Blood Institute in an editorial accompanying the study.

Previous stidies have indicated that there is a cardiovascular benefit for both men and women from havig a single drink every day, but the new findings in women suggest that the risk of cancer outweighs that potential benefit

Allen thinks it's too soon to draw that conclusion

She is now conducting a study of potential cardiovasculat benefits in the same group of women.

"Only then will we be in a position to comment on the overall benefit", she said.

Allen and her colleagues studied 1,280,296 women between the ages of 45 and 75 who attended breast screening clinics between 1996 and 2001 – one in every four U.K. women in their age group.

They were followied for an average of more than seven years, with cancer data collected from a national registry. During this period, 68,775 women were diagnosed with cancer.

Having a daily drink was associated with 11 additional breast cancers per year per 1,000 women, one additional cancer of the oral cavity and pharynx, one additional cancer of the rectum and 0.7 additional cases each for esophageal, laryngeal and liver cancers.

That totalled 15 additional cancer cases beyond the background rate of 118 cancers per 1,000 women.

Taking a second drink every day brought the number to 30 cases and a third brought it to 45 cases.

Among the women studied, fewer than two per cent took more than three drinks per day.

The increased risk was independent of the type of alcohoi consumed.

The chief limitations of the study were that it relied on the women's recall of their alcohol consumption and that it had no data on overall mortality, Lauer and Sorlie said. But these problems are largely offset, they concluded, by the very large number of women in the study.

Los Angeles Times

REFERENCE: Allen, Naomi E., Beral, Valerie, Casabonne, Delphine, Sau Wan Kan, Reeves, G.K., Brown, Anna and Jane Green. Moderate Alcohol Intake and Cancer Incidence in Women, *Journal of the National Cancer Institute* **101**(#5): 296-305 (2009). [DC Library call number: PER RC261.U47]

☐ The article EM0901 reprinted above concludes with the statement: ..... *these problems are largely offset ..... by the very large number of women in the study.*

- Identify the error categories involved.
- Identify the clear Question being answered.
- Comment critically, from a *statistical* perspective, on the last statement in the article.