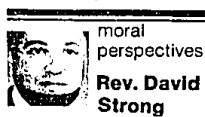


World travel can bring unity

THE PHRASE caught my attention: "Travel is the ultimate freedom." For months I have thought about this idea. Americans, with their dollars, restlessness and strong traditions to travel, would be very upset if they were denied this opportunity.



moral perspectives
Rev. David Strong

My understanding of life is that for every freedom there is a matching responsibility. Long ago I determined that when I traveled to another country I would do everything in my power to avoid being an "ogly American."

I have run into some of these Americans who, when traveling, act in such a way that I would like either to disown them or pretend I am Canadian. This ugliness runs all the way from expecting things to be just like they are at home, complaining about dirt, etc., to putting down the people who are hosting them.

THERE ARE other responsibilities that go along with the freedom to travel. Above all these are connected with the idea that you are a guest.

I have often apologized for the fact that we are seldom taught languages in our education. Throughout our travel in other countries we have been treated with respect and care.

There is a deeper level of responsibility for the travelers that connects with the spiritual. I have had a high regard for those who travel with a purpose: to bridge the boundaries of life. Especially is it important that this be done between the American and Soviet peoples.

The Fellowship of Reconciliation and People to People, which specialize in such contacts. More people of both worlds need to participate in such contacts.

A friend who took such a tour to Russia carried many photos with him, which he left with his hosts. He encouraged the families in the Soviet Union to write to these people and so begin a correspondence.

There is a responsibility for spiritually oriented people to bridge the gap between rich and poor, white and non-white. I find it difficult to relate to people in a country such as Haiti where there is much poverty. I can only say, "We are here not because we are rich and many here are poor, but because we are Christians. Your acceptance of us, and your hospitality to us is a great gift to us."

The biblical phrase "God so loved the world" can take on a new meaning when we have gone out and made friends with people quite different from us. Teilhard de Chardin believes that the universe is moving toward greater unity. He states that this is the central will of God, a movement toward unity of spirit.

If we agree with him, we can be an exciting part of this movement of all the universe.

THERE ARE GROUPS, such as

Dogs protect sick owners

Dear Jo:

As a community health nurse, I am finding that the number of my patients over age 65 is increasing. Many of those I care for read your column, and I use it to support much of my health teaching.

I read and appreciated your column on the value of pets to older persons. Something you did not discuss was the change that can come over a pet when its owner becomes ill. Dogs, in particular, become very protective and can be extremely defensive when an outsider comes into the home.

Many of our nurses (myself included) have been attacked and bitten while providing professional care in the home. We take every possible means to avoid this unpleasant situation, including telephoning ahead, but we're not always successful.

My reason for writing is to request that your readers (our patients) be aware of the potential danger to us and other visitors to the home and routinely confine their dogs prior to our visits.



gerontology
A. Jolayne Farrell

leaves me with an upset stomach. Is there anything I can do?
Mr. K. B. Peterboro Reader

Dear Mr. B.:

There are several things you can do. Since aspirin (acetylsalicylic) is an acid, it acts as an irritant to the stomach, causing your stomach to feel upset.

You should avoid taking aspirin on an empty stomach. The best time to take aspirin is right in the middle of a meal. Aspirin when mixed with food is less irritating and just as effective.

Other tips to reduce stomach irritation are: Avoid cheap, old or uncoated aspirin.

Smell the opened bottle of aspirin. If the odor is vinegary, discard it as this means that the acetyl group has dissociated, leaving free salicylic acid, which is extremely irritating to the stomach. Try not to take your aspirin with liquids such as coffee or tea. These are also stomach irritants.

If the problem still exists after trying these remedies, speak to your doctor. He or she may want to change your medication or recommend an antacid.

Dear Mrs. M.:

I appreciate your situation and hope that you will see some changes as a result of your letter.

Dear Jo:

I take aspirin for my arthritis. It helps with the pain and stiffness but

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