

## Best prevention is creativity — not guns

Scrooge runs rampant this holiday season. Burglars have managed to raid just about everybody's neighbor in the Townships in the last couple of months, and one family in Hatley Township even lost all their gifts the day before Christmas.

Crimes against people and property are up 23 per cent this year, according to Denis Veilleux at the Coaticook detachment of the Quebec Police Force. Two-thirds of those crimes involve thefts. In 1989 there were 629 such crimes; in 1990, 779.

However unacceptable, the odd theft is generally expected. But the recent string of break-ins, reaching right through the Townships, is certainly exceptional.

In Stanstead a man was arrested last week for the armed robbery of a gas station, while in Deauville a similar criminal got away.

Many of the robberies have involved goods totalling over \$20,000. In Cedarville, a man's 1937 set of Birks silverware was stolen, and in Hatley Township jewelry was one of the main items in a residential theft which netted more than \$23,000 in goods.

A big fear is that physical harm may come out of these thefts. What happens when burglar and owner meet? Some residents have said they will be "ready the next time," suggesting images of a wild frontier where guns are the only law.

But many other property owners are simply installing costly but effective alarm systems which ring at the local police station.

When an alarm system is worth more than all your valuables put together, the best solution is the positive side of burglaries — good neighbors.

Police say that a robber's three worst fears are being seen, heard, or not being able to get out fast enough. When neighbors know you're not home and they help keep an eye on your house, the burglar has reason to fear.

Neighborhood Watch programs such as the one in Lennoxville are the ideal, but more difficult to run in rural areas where people live further apart. In those cases extra contact with neighbors help, and police also suggest leaving a light or two on as well as the television or radio.

Captain Jacques Gagnon of Lennoxville-Ascot police said most robbers are not dangerous and will leave if there seems to be someone at home.

Whatever their responsibilities, police can't be expected to catch all the burglars, especially when thefts are so widespread.

The best prevention is always a little creativity, extra care, and friendly neighbors — not guns.

SCOTT VERITY STEVENSON

## Common cold hits smokers harder

WINNIPEG (CP) — Maybe it's the name that still has people confused — common cold.

In this season of hacking, sniffing and dripping, myths about the cold still abound.

For one thing, being cold does not increase your chances of getting a cold.

Nevertheless, as most Canadians and Dr. Jim Thorsteinson will agree, winter is "cold season."

But the reason is not climate — although the dry air may make people more susceptible to respiratory infections.

Instead, people are more likely to be huddled together, allowing cold viruses greater opportunity to spread.

Another possible explanation for winter's flurry of colds is that people are suffering from sick building syndrome, an ailment caused by inadequate ventilation that some people mistake for a cold, says Thorsteinson.

And some people get more colds than others, says the University of Manitoba professor.

"It's very clear that smokers get more colds, more severe colds and they last longer."

There are lots of viruses that cause the cold, and every cold you get is actually a unique ailment, with slightly different symptoms.

"There are many different things, at least 100 or more, that will produce the same thing. But they're sufficiently different that immunity to one won't produce immunity to another," says Thorsteinson.

Children aged four to seven get six to 10 colds a year because each virus is new to them. Once they get a cold from a particular virus, they won't get that one again.

### GET IMMUNITY

"We build up some degree of immunity as we get older, so we don't catch everything that comes along."

There's no vaccine for the cold because there are so many viruses and the viruses can mutate over time.

"I suppose it may happen yet, but it'll be a fair bit down the line," says Thorsteinson. "There may be something simple to deal with this, but I don't know what it is."

Once you've got a cold, there's not much drugs or doctors can do for you.

In fact, the Journal of Infectious Diseases reports that Australian researchers found taking pain relievers such as Aspirin or acetaminophen makes cold symptoms worse because the production of antibodies that fight the virus appears to be dampened.

Thorsteinson says it is important to maintain the body's ability to fight the virus by eating, drinking and getting plenty of rest.

People should also get enough vitamin A and vitamin C — although the jury is still out on vitamin C's exact role in fighting colds and the effectiveness of mega-dosing.

"A lot of it is looking after yourself before you get a cold rather than after you get it," Thorsteinson says.



## Letters

### At Armageddon sharing the fate of the goats

Dear Sir,

The writer of a recent letter still clings to her confused ideas about going to heaven and going to hell.

I once heard a German say that the English word "hell" comes from the German verb *heller*, which means to cover. This agrees with the scriptural meaning of Sheol. Those who are in the graves are covered over, whether they were good or bad.

She seems to use the little sketch about Lazarus the blind beggar and the rich man (Luke 16:19-31) as her idea of hell as a place of torture.

However this cannot be taken too literally. It shows Lazarus as having a resurrection in Paradise, which will be ruled from heaven by the King of the New World, Christ Jesus. The rich man in the Gehenna garbage dump would be completely destroyed, so that he obviously would be out of existence and unable to communicate with anyone.

There is nothing virtuous about being a blind beggar covered with sores or evil about being prosperous. It may be given as a warning to those who are covetous or too greedy for dishonest gain.

It can also reassure those who like Lazarus have had a miserable existence in the present system of things so that they can look forward to perfect health and physical perfection in the New World (Paradise) if they serve Jehovah as best they can and continue to endure blamelessly to the end (Matthew 10:22).

Satan, the false god and the ruler of the present world system of things, uses his great many sects and religions which collectively the Bible calls Babylon the Great to compete with pure religion and spread false interpretations of the scriptures to create confusion and misunderstanding.

The lady quotes Matthew 7:13,14.

"Enter ye in at the strait gate: for wide is the gate, and broad is the way that leadeth to destruction, and many there be which go in thereat: Because strait is the gate and narrow is the way which leadeth unto life, and few there be that find it".

It is not easy to be a real Christian now in the time of the end, but the reward, eternal life on a Paradise earth, is very great. There is much more to it than just professing to believe in Jesus Christ or being a member of some worldly sect or religion.

The last book of the Bible begins with the words, "The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants things which must shortly come to pass; and he sent and signified it by his angel unto his servant John". Among the things revealed is what lies ahead for worldly religion, Babylon the Great (Revelation, chapters 14-18).

She seems much concerned about dying and going to heaven. What does she think she would do there? Heaven is Jehovah's throne and the earth is His footstool (Isaiah 66:1).

The only ones who will ever be resurrected to heaven are Jesus Christ and the 144,000 who will make up his government which will rule his Kingdom, the New World, from heaven.

There will be a great many very enjoyable things to do for anyone alive in the earthly Paradise.

Could it be that those who profess to be Christians, yet continue to be part of Babylon the Great, will actually end up at Armageddon sharing the fate of the goats? (Matthew 25:31-46.)

Yours truly,  
GEORGE HALL  
Dunham

### Lewis King Elementary School

Former students and staff at Lewis King Elementary School in Mascouche Heights (Terrebonne Heights), Quebec, are invited to join the celebrations marking the school's 40th anniversary this year.

This small, English language school, northeast of Montreal, opened its doors in Sept. 1950, and has continued to thrive. Present enrollment is a healthy 119 students.

The Lewis King School Committee is presently finalizing plans for the events to be held this June, which will give former students and teachers a chance to get together to reminisce, compare waistlines and hairlines, and return to the little red brick schoolhouse tucked in among the pines.

In order to properly plan for a wine and cheese and a dinner and dance scheduled for Friday and Saturday, June 14 and 15, 1991, the committee needs to have some idea of how many people might attend.

If you or someone you know has an affiliation with Lewis King Elementary School, and if you would like to attend the anniversary celebrations, kindly contact:

Marie Ashton — (514) 492-1918  
Karen Chabot Alexander — (514) 477-0948

We thank you in advance for making this announcement possible.

THE LEWIS KING SCHOOL COMMITTEE  
1728, rue Thacker  
Mascouche Heights  
Que. J7L 2G8

### Unfortunate statement

Re: Article by Rita Legault

Mr. Bury,

We wish to correct a statement made by Rita Legault in her article "Others: The commission also heard..." on page 3 of the Record (Friday, Dec. 7, 1990).

We never said that French be the sole language of work, culture, justice, social life, the economy and the National Assembly.

This unfortunate statement slipped into the preliminary brief that was submitted to the commission in the rush to get it to Quebec in time. It was however corrected in the final brief we sent the commission the week before we were heard. This is the only official brief and the proposition concerning language reads like this:

"Le REMDUS recommande que le rapport de la Commission propose le français comme seule langue officielle du Québec, notamment la langue de travail, de la justice, de l'économie et de la législation tout en reconnaissant les droits des Anglo-québécois."

Included here is the official brief that we submitted. We would gladly sent one to your newspaper had the request been made. We would appreciate you making the correction in the next issue of the Record.

Sincerely yours,  
PIERRE BENARD  
V.P. aux affaires internes  
Regroupement des étudiants en maîtrise et au doctorant de l'Université de Sherbrooke

## Give full support to promoters of Sentier Massawippi Trail

An open letter and an invitation to The Massawippi Lake East Side Cottage Owners

Dear Friends,

Well, at least some of you are my friends and probably most of you are people with whom I could be friends, as we certainly share at least one thing in common: a love of a quiet, natural setting removed from the noise and confusion of town and city.

You are presently in a dilemma with which Sentier Massawippi Trail promoters can easily empathize.

You summer, or live all year round in cottages built on peaceful and naturally beautiful sites. No wonder you are excited at the prospect of owning the land right down to the lakeshore, and of finally being able to fix it up to your own liking. If you can just manage to procure that land and close it forever to public access, your peace, privacy, and security will be wonderfully increased.

And yet wouldn't it be wonderful to be able to walk or bike into North Hatley or Ayer's Cliff right along where the old tracks were?

To do this would further enhance that simplicity of life style which you are always seeking. You could go into town quietly (no cars, no pollution) to do your messages while enjoying the changing vista of the lake and hills,

perhaps stopping along the way to chat with other cottage owners whom you'd never have had a chance to meet if going by car.

But you're afraid the proposed trail would attract the rough, tough kind of people who would litter, invade your privacy with a lot of noise, and vandalize your cottages. After all, that sort of thing has been increasing over the past years, and you're certain the trail will just exacerbate that problem.

So you've been thinking it would be safer to forego the pleasures of a trail that so many could enjoy, get each property all fenced and hedged in by individual owners, and erase all trace of that corridor so that at least each owner can enjoy his/her own narrow view across the lake.

However there are some neighbors who will not be able to buy the property they've been renting from the CPR for so many years.

And you don't really feel all that comfortable with the idea that the Massawippi Cottage Owners Association, once having bought the full corridor, will be willing to sell your neighbor's long-rented land to someone else.

Also, it's been bothering you, thinking of all your friends who are not fortunate enough to be cottage owners who would so much enjoy strolling, riding, biking, or skiing along that

corridor.

It really doesn't seem fair that some two hundred cottage owners should have the whole length of one side of Lake Massawippi so closed in that no one else can enjoy it, especially since a ready-made corridor is already right there — so perfect for being converted into a trail. You think of the pleasure you or your friends have had walking ancient footpaths in England, through both public and privately owned property.

And you must admit that many of you are only there for a couple of months each year, while local skiers, walkers, bikers could enjoy it all year around.

It is a dilemma. The days are already long gone since you could go off and leave your cottage for ten months or even a few weeks and expect to return and find it intact. If your cottage hasn't been vandalized and/or burglarized, you certainly know someone nearby who has experienced this.

Are you willing to settle for a society that holds you hostage? Does it seem as though there are more and more polluters/vandals/robbers? Is the best solution really to insulate/isolate/withdraw yourselves more and more behind your hedges and fences?

Where does that leave all those good

people who would respect your property and privacy while enjoying the use of the trail?

Couldn't cottage-owners, trail users, municipal and provincial governments work together to control the use of the trail? Together couldn't we furnish enough money to hire reliable people to patrol the trail? Together couldn't we furnish enough responsible volunteers to ensure a clean, safe, quiet trail?

Neighborhood Watch programs are working wonderfully well in towns. Couldn't we all together form a Trail/Cottage Watch that would actually improve the situation over the status quo?

This would take more effort, but in the long term wouldn't it be worth it? Wouldn't it be a great feeling to join together in a co-operative effort with good people who care about improving our society.

So, friends and cottage owners, I invite you to give your full support to the promoters of Sentier Massawippi Trail. Work with them in such a way that your own personal peace and security will be enhanced while sharing with them the use of that long and beautiful corridor.

Yours sincerely,  
JOYCE BOOTH  
Elementary Teacher  
Member Sentier Massawippi Trail  
Lennoxville