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LIFE

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Latent TB germ should be treated

BRUCE DEACMAN
Pseumdia News

Dear Doctor: My son had blood work done for employment at a hospital. He tested positive for latent TB, so now he has to take medication for nine months. Is this a normal treatment for this kind of infection? What is the prognosis once he is done?

He is working with the Centers for Disease Control and Prevention on this, so we hope they know what they are doing.

We question the testing method. It was a blood test, not the usual sputum test. He has no idea when he was infected. He may have caught it at college. If it's that easy to catch, why isn't there a TB epidemic going on? — J.E.

Latent TB indicates that a TB germ resides in the body, usually the lungs, and that it has gone into hibernation. Later in life, it can waken from its sleep, penetrate new TB germs and set off an active case of tuberculosis. Close to 10 per cent of adults in the U.S. are estimated to have TB germs, but only one per cent of them will ever become active.

DR. PAUL DONOHUE
Your health does need treatment to eliminate the possibility that the germ will spread to other parts of the body. The chances of that happening range from one per cent to 10 per cent — not extremely high, but high enough to pose a serious risk to you and to others. An epidemic isn't going to happen as long as effective treatments for TB exist and latent.

The TB blood test is a new test that is better at detecting infection, both active and latent, given quicker results and doesn't require the usual process of returning to the doctor to interpret the test. Standard treatment for latent TB is nine months of isoniazid treatment. In December 2011, the CDC introduced an alternate regimen for latent TB consisting of three months of weekly treatment of isoniazid with rifampin. Your son will do fine.

Dear Doctor: I am a 73-year-old woman who had a scope exam of my stomach and esophagus done a few weeks ago. The next morning I woke and felt a hard lump in my stomach and my left test. I took my blood pressure and it was in the 100s, so I made an appointment with the family doctor for that day. He did not seem overly concerned but put me on another BP medicine. The sound in my ear is not quite so loud, but it still there. Do you have any idea what to do about this noise? — L.C.

That whoosh-whoosh noise has a name: polycystic ovary syndrome. It's in your blood rushing through arteries with each heartbeat. It often results from aging, but it can have serious implications that need exploring. Blood vessel malformations near the neck, narrowing of neck arteries and high blood pressure are a few of the causes. I can't explain why it came on after the scope exam. Since the blood pressure medicine hasn't eliminated it, I'd go back to the doctor and ask if other tests might be appropriate.

Dear Doctor: I have a habit of talking to myself when I am alone. I've done this for some time. Last Christmas, my sister said she was concerned about this. Now she has me concerned. Am I in the beginning stages of Alzheimer's? I live alone and take care of myself and the house without outside help. I drive, do all my shopping and cooking. I have many hobbies. — L.M.

Talking to oneself isn't a sign of Alzheimer's disease. It's not usually a sign of mental illness, unless there are other signs that the brain isn't functioning normally. Your brain is working well. You take care of yourself and your house. You keep occupied with hobbies. It all sounds normal to me.

Dr. Donohue regrets that he is unable to answer individual letters, but he will recognize them in his column whenever possible. Readers may write him or request an order form of health newsletters at P.O. Box 536475, Orlando, Fla. 32853-6475. Readers may also order health newsletters from www.drdonohue.com.

'Magic lantern' keeps history alive

BRUCE DEACMAN
Pseumdia News

In academia, the phrase "publish or perish" commonly refers to the pressure university professors feel themselves under to continually publish research papers or risk professional jeopardy.

According to Lindsay Lambert, however, that's not the original meaning of the saying. "It meant you publish your findings or the information pertains — it dies with you," he says.

With his interest in communication history, theater and lighting, among other fields, Lambert has amassed a treasure of historical artifacts — old lamps, ancient telephones, vintage cameras and even cylinder phonographs. Among the cabinets, drawers and cupboards of his Ottawa home, one can find a section of the first transatlantic telegraph cable, laid in 1906. Nearby is a piece of the inaugural transatlantic telephone cable from 1906.

At a recent Vintage Antique Fair he managed a "What Is It?" table, where visitors try to guess the provenance or purpose of numerous obscure objects.

And, in his basement, opposite the work table he repairs radios, glass and antiques, are numerous index cards and drawers filled with large glass slides — some hand-painted, some mechanical, some depicting just others faces that he projects onto a screen via his magic lanterns — essentially the first slide projector, invented more than 150 years ago and at the peak of its popularity a little more than a century ago.

"A friend once told me that I also think that an old and dead and make them live again in new and interesting ways," he says.

He has changed into the morning and he typically wears when he gives shows on his magic lanterns. The first show he ever did was at the Billings Estate in 1984. Last year, he performed at the Museum of Science and Technology, the School of Photographic Arts of Ottawa, Upper Canada Village and for the Historic Lighting Society of Canada. His act — Professor Lambert's Magic Lantern Shows — was also part of the Carnival Habbo World of Windsor show in Carleton Place near Ottawa last summer. Some years, though, he might not perform at all.

His wife, Nancy, puts down the pen-



Lindsay Lambert has amassed a treasure trove of historical artifacts.



"It's all junk," says Lindsay Lambert. "What's important is the stories."

jector screen and runs out the lights, while Lambert inserts the first slide. He was born on Christmas Day in 1906 in Swift Current, Sask., an uneducated boy that the train his parents were on made when his mother, just seven months pregnant with him, went into labor.

His dad ran in the Shop on Lambert grew up everywhere, including Plymouth, England, Victoria, Winnipeg, Ottawa and Halifax.

His father, raised in High River, Alta., was interested in Prairie history, and took his son with him on his regular rounds of old bookstores and junk shops. Lambert recalls being "born silly" for the most, but every now and then, something — a shelf of stuffed giraffes, say — would catch his attention.

One thing turned to another. A carbon filament light bulb he discovered he'd fascinated with lighting

in general, which served him well when he studied theater at University of Victoria. His interest in lighting led him to the magic lanterns, which were kept burning in the 1800s by the brightly burning cabinet, called lanterns.

The lanterns were extremely popular in their day. "They were the first technological mass medium communication tool," says Lambert. Home and showmen traveled from town to town with their lanterns and slides, charging the public to see. "It was a new and mysterious invention, so it just itself to spooky subject matter — images of ghosts and skeletons and whatnot were sometimes projected onto slides for a frightening, extended effect."

"If it were an important lecture or was, or something, they'd just slide that of that, too," says Lambert. "It would be like traveling today. Magic lanterns also lent themselves to recovery themes, science, education and propaganda: churches and temperance groups often did them, while scenes depicting a rosy life still sent tired immigrants to the New World."

Lambert bought his first lantern, which he found in poor condition, in a now-defunct antique shop, in 1982. He repaired it, found new lantern slides and adapted it for electric light.

"Then I started picking up slides when they came my way. It's a great scavenging tool," he adds, "and it still is."

Nearly opened an antique shop in 1978, and Lambert worked with her there from the time they met, in 1979, until she died in 2008.

"When we closed it," he says, "I asked myself 'What have I learned from this? There are my lessons.' And I've boiled it down to a couple of things: One, you can't ever, anything, unless you consume it. If it's something that has come down from the past to you, it will travel on. It'll go to you to look after it, to give it a temporary custodian."

"The other lesson is that it's all about what's important in the stories. Those things are communications across time and space. They keep history alive and show us something about ourselves."

"This stuff," he adds, "is meant to be performed. It's not meant to sit on shelves. I have this wonderful resource that still works and I'm keeping some stories alive still."

Studio puts new spin on dance for boys



Richard Zimich, left, Glen Curtis and Richard Zimich at work at Youth Ballet & Contemporary Dance of Saskatchewan.

Artistic director's dance program for guys is big hit

BARBARA HOLSEY
Pseumdia News

As a little kid, Richard Zimich went to soccer practice with not just his sneakers, but ballet slippers. After the game, he couldn't hang out — he would always say he had to go "out the gate."

"I'm sure my teammates thought, 'Wow, that guy is cutting the grass an awful lot,'" laughed Zimich, who is now the artistic director of Youth Ballet & Contemporary Dance of Saskatchewan. "But it's because I was actually on my way to dance class."

Sometimes young male dancers are shy about their person, said Zimich, but that is something YBCDC is trying to change.

The studio now employs four male dance teachers — Zimich, Glen Curtis, Chance Perry and William Sigurd — which is the most it's ever had. When Zimich came to Regina four years ago, there hadn't been one in two decades.

A growing number of boys are also taking lessons. Right now they total about 17 of 400 total students, he said. In bigger cities, a better ratio of guys to girls is more commonplace, which makes it easier.

So in September, Zimich had the idea of starting a program just for the boys. It's been a huge hit.

"It's not easy being in a dance room, when you're the only guy," he says. "When the girls are getting instruction, sometimes the guys control like they are an aisle. They're role in dance is really different. So this program brings them to grow and train together."

"I was definitely Billy Elliot of Saskatchewan," laughed Curtis. YBCDC's newest male teacher. "I really liked dance. I was just the only boy in the school. If I had had even a boy's program, I wouldn't have kept my mouth shut."

In class, the guys do all types of movement, from hip hop and jazz to martial arts. It's great exercise and builds endurance, balance and physical strength.

"The parents are so happy to see their kids going to dancing and getting pumped before they even go," he said. "The boys are so motivated to come. They're giving me high fives in the hallway and I can see they're really proud of what they're doing."

Lessons are twice a week, but Zimich said that next season this year. A lot of boys are bringing their friends to come check out the class — and the friends end up staying.

"They love that support. If you get tagged or teased at school, it doesn't even really matter, because you're around people who know better," said Zimich.

"There's still a pressure, but it's starting to get better."

Android users more liberal on sex

DEREK ARMA
Pseumdia News

Match.com, found 62 per cent of singles asked who use Android devices, have had sex on a first date compared with 57 per cent of iPhone users and 48 per cent of BlackBerry users.

At 55 per cent, Android users also were the most likely to have one-night stands. They also were the most active visitors of dating websites, at 72 per cent. That compared to 58 per cent of those with iPhones and 50 per cent of people who have BlackBerry.

Those with an iPhone were most likely to date a co-worker, with nearly a quarter of such singles saying they've had a workplace romance within the last five years.

BlackBerry users — at 73 per cent — were the most likely to drink alcohol on a first date.

The survey found 75 per cent of all of these singles indicate that email and texting had "significantly" improved their dating life.

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