

IL-MUSBIEH

HARĠA Numru 6

Malta Union of Midwives and Nurses

Diċembru 1998

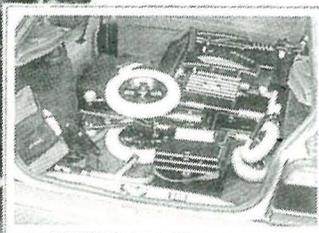
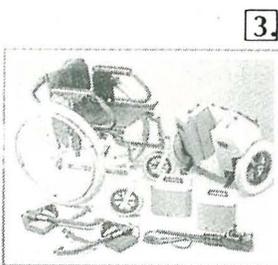
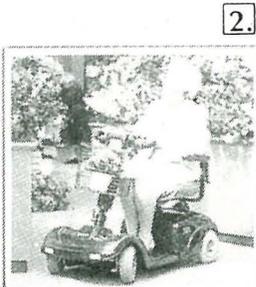


MARY'S DREAM

I HAD A DREAM, JOSEPH. I DON'T UNDERSTAND IT, NOT REALLY, BUT I THINK IT WAS ABOUT A BIRTHDAY CELEBRATION FOR OUR SON. I THINK THAT WAS WHAT IT WAS ALL ABOUT. THE PEOPLE HAD BEEN PREPARING FOR IT FOR ABOUT SIX WEEKS. THEY HAD DECORATED THE HOUSE AND BOUGHT NEW CLOTHES. THEY'D GONE SHOPPING MANY TIMES AND BOUGHT ELABORATE GIFTS. IT WAS PECULIAR, THOUGH, BECAUSE THE PRESENTS WEREN'T FOR OUR SON. THEY WRAPPED THEM IN BEAUTIFUL PAPER AND TIED THEM WITH LOVELY BOWS AND STACKED THEM UNDER A TREE. YES, A TREE, JOSEPH, RIGHT IN THEIR HOUSE. THEY'D DECORATED THE TREE ALSO. THE BRANCHES WERE FULL OF GLOWING BALLS AND SPARKLING ORNAMENTS. THERE WAS A FIGURE ON THE TOP OF THE TREE. IT LOOKED LIKE AN ANGEL MIGHT LOOK OH, IT WAS BEAUTIFUL. EVERYONE WAS LAUGHING AND HAPPY. THEY WERE ALL EXCITED ABOUT THE GIFTS. THEY GAVE THE GIFTS TO EACH OTHER, JOSEPH, NOT TO OUR SON. I DON'T THINK THEY EVEN KNEW HIM. THEY NEVER MENTIONED HIS NAME. DOESN'T IT SEEM ODD FOR PEOPLE TO GO TO ALL THAT TROUBLE TO CELEBRATE SOMEONE'S BIRTHDAY IF THEY DON'T KNOW HIM. I HAD THE STRANGEST FEELING THAT IF OUR SON HAD GONE TO THIS CELEBRATION HE WOULD HAVE BEEN INTRUDING. EVERYTHING WAS SO BEAUTIFUL, JOSEPH AND EVERYONE SO GAY, BUT IT MADE ME WANT TO CRY. HOW SAD FOR JESUS - NOT TO BE WANTED AT HIS OWN BIRTHDAY PARTY. I'M GLAD IT WAS ONLY A DREAM. HOW TERRIBLE. JOSEPH, IF IT HAD BEEN REAL.

AUTHOR UNKNOWN





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Editorjal

Telaq Nurse.... tlifna gojjel....

Il- gurnata ghal John bdiet bhas-soltu. Dahal fis-sala ghax-xoghol, hadem ma' shabu, il-pazjenti, u t-tobba. Ix-xoghol sar bhas-soltu bid-diffikultajiet kollha tieghu, xoghol li ilu jaghmel ghal dawn l-ahhar 35 sena.

Il-gurnata spiccat u John sellem lill shabu, lill-pazjenti u hareg 'l barra ... ghall-ahhar darba. Mexa bil-mod 'l barra mix-xatba ta' l-isptar u waqaf hares lura u quddiem ghajnejh ra il-35 sena servizz li ta. Ftakar kemm drabi minhabba x-xoghol il-familja batiet, kemm il-familja kienet f'periklu minhabba l-mard li kellu jlaqqa' wiċċu mieghu.

Min jaf kemm il-darba l-awtorità ostakolatlu x-xoghol tieghu u dan sar sempliciment ghax l-awtorità ma tafx jew insiet u forsi l-anqas jinteressana kif hu l-ahjar li jsir ix-xoghol.

John ha gost li shabu kollha iċċelebraw din il-gurnata b'festin zghir, imma l-awtorità ftakru biss biex jaqtghu lil John minn fuq il-lista tal-pagi.

Forsi ma kienx utli ghalihom s-servizz li ta' John ghal dawn is-snin kollha?

Forsi ghax John kien nurse.....??.

Dan li tagħtik il-*Karriera Favur il-Hajja*...li John spicca mis-servizz bla ma hadd apprezza x-xoghol, u d-dedikazzjoni mal-pazjent.



Il-kumitat Eżekutiv tal-MUMN
 flimkien mal-
 bord Editorjali tal-Musbieh,
 jixtieq jawgura l-isbaħ xewqat
 lin-nurses u l-midwives kollha,
 speċjalment lilkom imsieħba
 fil-MUMN. Nixtiqulkom
 dak kollu li tixtieq qalbkom.
Il-Milied u s-sena 1999 t-tajba.



Messaġġ mill-President

Il messaġġ tiegħi lill-membri hassejt li jrid ikun ta' informazzjoni dwar ir-riforma kemm fis-servizz pubbliku ġenerali u kif ukoll f' dak setturali, jiġifieri dik li ttrigwarda l-professjonijiet tan-Nursing u l-Midwifery. Ir-riforma tas-servizz pubbliku tkopri ċivil kollu ibbażata fuq il-grad kollha u l-gwadan ewlieni minn aspekk finanzjarju fid-diskussjoni hu li terġa' tiġi r-relattivita ta 1:4 riflessa fis-salarju, jiġifieri d-differenza tal-paga bejn dak li qiegħed fi' skala 20 għal dak li qiegħed fi skala 1 tkun erba'darbiet aktar minn xulxin. Dan iwassal sabiex in-Nurses u l-Midwives igawdu minn żieda ta salarju ta' l fuq min Lm600, skond fl-iema skala jinsabu. Dan pero mhux retroattiv u din id-deċiżjoni kienet ittiehdet qabel ma l-MUMN bdiet tieħu sehem fit-taħdidiet.

Barra minn hekk ir-reviżjoni tal-ftehim se jibda jsir kull tliet snin u mhux kull hamsa. Dan il-ftehim iġib miegħu wkoll tibdil fil-pożittiv fil-kundizzjonijiet tax-xogħol tal-haddiema taċ-ċivil. Huwa proprju wara li ġie ffinaliżat dan il-ftehim, din il-Union ser tkompli bit-taħdidiet fuq ftehim setturali liema talbiet diġa huma magħrufa magħkom. Għalhekk hadd m'għandu jaħseb li daww il-proposti li ressaqna xi darba ser ninsewhom. Dak li nwiegħdu aħna nagħmlu minn kollox sabiex inwettqu dan bis-saħħa tagħkom. Il-koperazzjoni t-tolleranza ta bejnietna huma r-rigali tal-milied li rridu nagħtu lil xulxin.

Nagħlaq billi nawgura lilkom u lil qrabatkom l-isbaħ xewqat tal-Milied s-Sena ġdida mimlija risq u barka.

Rudolph Cini



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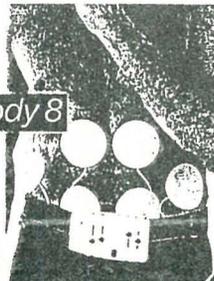


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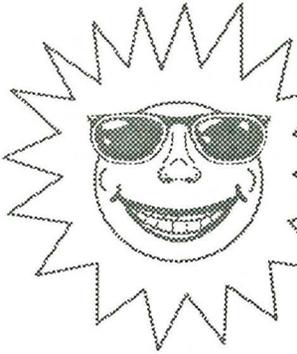
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AS SEEN ON TV





Health hazards from ozone depletion



Sina Bugeja MSc [Wales]; FRSH;

Stratospheric ozone protects the biosphere from potentially damaging doses of ultraviolet - B radiation (UV-B). Its depletion leads to significant increases in UV-B reaching the Earth's surface with dire consequences.

The environment we live in has a direct relationship with our health, therefore this ozone depletion needs to be discussed from the health perspective as well.

Scientists have confirmed that the stratospheric ozone depletion has accelerated markedly in recent years! This is directly related to environmental degradation and climate change.

Ultraviolet radiation, particularly UV-B, has very important consequences for human health. It is being etiologically linked with a number of health issues... but let's first look at some basic facts:

The sun emits rays of various wavelengths including Ultraviolet Lights (UVL). UVLs are divided into (1) UV-A; (2) UV-B; (3) UV-C. UV Lights are known to damage our genes and the most dangerous are the UV-C, followed by UV-B and UV-A. UV Lights can cause changes in body cells and these become cancerous or can even die.

Under normal circumstances our atmosphere prevents the UV-C from reaching the surface of Earth. This is due to filtration by the ozone layer. Some UV-B and UV-A do, however, reach the surface.

Ozone, a gas, is present in significant amounts in the stratosphere and the troposphere. During a particular process UVL especially UV-C and UV-B are

absorbed. It acts as a shield around the earth and has a critical role to play in protecting living organisms. Without this protective layer, the whole ecosystem will be destroyed. Increased flux of UV light reaching the earth surface affects planktons in the ocean reducing the ability of the oceans to absorb carbon dioxide and aggravating the problem of global warming. Furthermore crops may fail, leading to food shortage and mal-nutrition.

Man-made chemicals can and are destroying the ozone layer with consequences for all that is living on Earth.

UV-B has been directly linked to:

- both melanoma and non-melanoma skin cancer (these are estimated to increase in incidence at 1 or 2 times the rate of increase in UV-B, which itself increases at twice the rate of ozone depletion).

- non-malignant (i.e. not cancerous) skin damage;

- effects on the eyes including cataracts (clouding of the lens);

- depression of the immune system. The very system that protects the body from infectious disease and development of malignancies.

The increased incidence of UV Rays is also likely to have adverse effects on marine and terrestrial life, including fish and many crop plants. This will affect food supply and therefore impact human health.

Some individuals may be asking; "What about the body's natural protective reaction of tanning to prevent such complications?"



Tanning is the skin's natural response to UV Lights. It acts as a protection from further injury to the skin by the sun but it does not prevent skin cancer. The link between sunlight and skin cancer has been confirmed by clinical observation, epidemiological studies and experimental data.

There is no doubt that UV-B radiation damages human skin. Acute exposure causes sunburn and chronic exposure results in loss of elasticity and increased aging. Increased absorption of UV-B triggers a thickening of the superficial skin layers and an increase in skin pigmentation which act to protect the skin against future sun burns. This protective mechanism, however, also makes the skin more vulnerable to skin cancer. Strong evidence exists of a dose-response relationship between non-melanoma skin cancer and cumulative exposure to UV-B radiation. Increased risk of malignant melanoma is associated with episodes of acute exposure that result in severe sunburns, especially those that occur during childhood.

UV-B is potent at inducing cataracts, that is clouding of the lens. Exposure to UV-B contributes to severe damage of the cornea, the lens and the retina of the human eye. Acute exposures can result in photokeratitis or as is colloquially known "snow blindness". Lifetime cumulative exposures contribute to the risk of cataracts - worldwide cataracts are the principal cause of sight impairment and loss.

The WHO estimates that a 10% reduction in the ozone layer will result in 2 million new cases of cataracts per year globally.

The immune system in the human body can be likened to the defenses of any country. A weakness identified can have severe effects on the whole system. According to Dr. DeFabo (1991) of the George Washington University Medical Centre, "All people, regardless of skin colour, are vulnerable to the adverse effects of immunosuppression that is UV-B induced".

Excessive ultraviolet-B radiation exposure interferes with the normal

functioning of immune systems in animals and human beings. Relatively low doses of UV-B compromise the immunological defenses of the skin, thus limiting the skin's allergic response to local attacks. Higher doses of UV-B can lower an individual's overall immunological response. Damage to the immune system has several implications for an individual's health increased risk of the incidence and severity of infectious disease, increased risk of malignant melanoma, and diminished efficacy of vaccinations. This latter point can have severe consequences.

The picture presented is rather bleak but all is not lost, nevertheless we need to play our cards well.

The Vienna Convention of 1985, the Montreal Protocol of 1987 and the London Review Conference in 1990 call for the worldwide phasing out of Chlorofluorocarbons (CFCs), halons and carbon tetrachloride by the year 2000 and the phasing out of methyl chloroform by 2005. This will be a laudable achievement but what will our contribution on a personal level be. The solution does not lie with governments' policies only but with individual decisions.

The issue of Stratospheric ozone depletion affects every single individual on earth. It is therefore imperative that everyone plays his/her part in the prevention of further depletion. The avoidance of use of products containing CFCs is one way to achieve this.

People are encouraged to change their lifestyles - to limit exposure to sunlight especially between 11 a.m. and 3 p.m., to cover their skin with clothing, and wear hats, and to use sunblock creams especially during the summer months. It is internationally recommended that sunblock creams are used regularly and should have a Sun Protection Factor (SPF) of at least 15. The negative effects of UV-B on the eyes will be limited by decreasing exposure and using sunglasses that afford protection against UV-B. ●



IL-KUNTATT

1. Fl-ahhar wasal dak iż-żmien li d-direttriċi tan-nursing ikollha r-role verament taghha, li dak li ghandu x'jaqsam man-nurses u l-midwives. Wara dan kollu pero diġa nharġu transfers minghajr id-direttriċi ma taf u bil-firma ta' uffiċjal iehor. Hekk ser jibqa' r-role tad-direttriċi tan-nurses ??

2. X'sar minn dawn il-ftehim li saru :

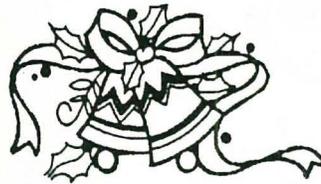
- * "Parking Tickets" ghan-nursing staff bil-lejl.
- * "Runners".
- * L-abbuż mill-hin tal-viżitaturi.
- * "Overcrowding" tal-pazjenti.

3. Nahseb li dalwaqt tinfetah tender ġdida ghal uniformijiet tan-nurses u mhux kulhadd ikun ghadu ha uniformi. Il-maġġorparti tan-nurses ghadhom jahdmu b'ilbies pajżan. Hekk sew... veru li hadt minn l-awtorita' ma jimpurtah!!. Donnu biex tahdem bhala nurse trid tkun ta' statura żghira biss biex forsi jaghtuk uniformi.

4. Qed noqorbu lejn is-sena 2000, imma fid-dinning room ta' SVPR qed immorru lura fis-snin , sa waslu fi stat li tiekol b'idejk ghax frieket u skieken ma jeżistux. Veru li l-idejn mgharef tal-fidda... imma ejja nużaw ftit edukazzjoni. Mhux xi haġa kbira li jipprovdulhom frieket u skieken disposable.

5. Erba' xhur ilu sar ftehim fl-SVPR dwar l-overtime, bejn il-management u l-MUMN. Dan il-ftehim ġie miksur minghajr ebda konsultazzjoni.

6. Fl-SVPR fis-swali tan-nisa ilu jinhas li hemm nuqqas ta' staff immadonnu li hadd ma jrid jew jinteressah!!. dan l-abbuż, ser jibqa sejjer ?? meta ser nibdew niċċaqalqu.



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Nghiduha Kif Inhi.

Nicky Sammut

Hbieb, Il-hajja tal- bniedem qatt ma hija wahda kostanti; Qatt ma huwa possibli li "nidhku" dejjem jew li "nibku" dejjem .L-importanti huwa biss illi nsibu l-bilanċ x'imkien fin-nofs, ovjament

minnha ghandu jaghraf ifassal programm personali kif ghandu jikkontrolla li- "stress", bi tlett aspetti differenti, li kollha jikkontribwixxu ghal dak li nsibuh " HOMEOSTASIS" , jgħfieri stat ta' bilanċ fiziku u psikologiku fil-gisem. Dan jgħolli lis- "STRESS THRESHOLD", jgħfieri dak li i l l u m j i k k a w z a k stress, bi stat mentali u fiziku aktar bilanċjat, l-istess kaġun ta' stress jibda



jekk inxaqilbu lejn ta' l-ewwel, ahjar !. Izjed u izjed ahna , illi fl- ambjent tax-xoghol taghna kif rajna fl-ahhar artiklu, ahna esposti ghal dwejjaq, mard, infezjonijiet, imwiet, biki, xeghir.... - f'kelma wahda, stress fiziku u mentali kontinwu. Minkejja dan kollu, ahna dejjem irridu niehdu l-ahjar deċiżjonijiet għall-gid tal-pazjenti taghna, nafu li dan mhux dejjem faċli.

Ejjew naraw ftit kif; mhux nevitaw li l-istress jiġi fuqna, ċertu avvenimenti tal-hajja huma inevitabli, izda kif ghadna ngibu ruhna meta jahkmuna mumentu diffiċli fil-hajja taghna personali u professjonali.

l-ingredjent biex dan isir huwa wiehed ; kull wiehed u wahda

jaffetwak hafna inqas.

A. L-Eżerċizju

li-"Stress" igieghel il-gisem jiggenera ammont sostanzjal ta' "Toxins". Dan huwa dovut ghad-dwejjaq, ikel żejjed u xorb żejjed, fosthom l-alcohol u tipjip. Li-"stress" jikkawza wkoll ugiġh fil -muskoli u ebusija. Il- benefiċju ta' l-eżerċizju huwa li inti jirnexxielek tohrog il-frustrazjoni tiegħek fl-isport.L- importanti, li meta tfassal dan il- p r o g r a m m personalizzat, per eżempju:- mhux tiddeċiedi li tmur "jogging" biss x'hin ikollok problema, izda

li-tipprogramma 15 il- minuta sa 30 minuta ta' l-anqas tliet darbiet fil-gimgha. Bis- sahha ta' hekk iżzomm lilek innifsek "trim" u ta' toqol ideali, u fi stat mentali aktar frisk u lest ghal dak li jista' jinqala'. L-element ta' "Self Esteem" joghla hafna.

L-eżerċizju li taghmel ghandu jgieghel il-qalb tahdem ahjar, iżid il-flessibilta' tal-gisem u jsahha il- muskoli. Eżerċizzji li jaghmlu dan huma :- Il- ġiri, l-ghawm, ir-rotta, "weight training"u l- "aerobics" (bhal ma huma il-keep fit classes).

Mod iehor kif wiehed jeżerċita lilu nnifsu b'mod aktar legger huwa permess ta' xoghol manwali bhal xoghol fil-ġnien jew fil-garaxx,u xoghol ta'l-injam, fost affarijiet ohra.

B. L-Ikel li tiekol u x-xorb li tixrob.

Dawn jibnu l-gisem b'li fih, b'effett dirett fuq il-fiziku u anke l-psikologiku.Li- "stress" hafna drabi jgieghel lill-individwu :-

- Jiekol jew jixrob anqas jew aktar.
- Jiżvoga f'ikel u f'xorb ,velenu għall- gisem.
- Iżid fit- tipjip u fl-abbuż ta' droga.

Dieta bilanċjata ghandu tkun magħmula kemm jista' jkun minn dak li huwa naturali u





mhux proċessat b'enfasi fuq:

Karboidrati -

eż: hobż , għagin, patata...

Vitamini -

eż: frott frisk u ħaxix...

Proteini -

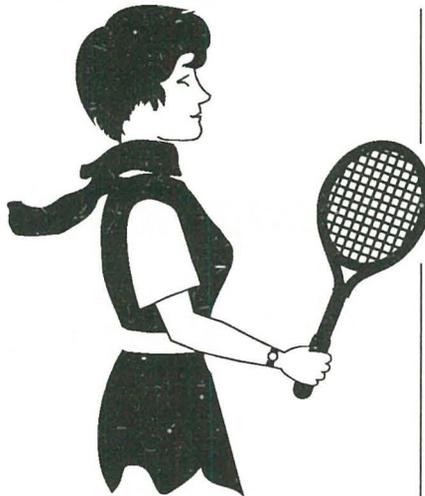
eż: laham abjad aħjar minn laham aħmar.

Tajjeb ukoll li toqgħod lura minn ikollu fih ammont sostanzjali t' xahmijiet. Dan mhux biss iħaxxem il-ġisem li jġieghlek iħossok anqas komdu bik innifsek, iżda wkoll idejjaq il-vini u jikkawża ħafna mard, li jkompli jżid ma' li- "Stress", Eż: ċikkulata, qali, pastu u ammont kbir ta' "preserves".

C. Mistrich u Rilassament.

Probabli dawn huma l-elementi l-anqas li nagħtu każ meta nippjanaw programm personali kontra li- "Stress". Hin għalina nfusna biex nistrieħu u nirrilassaw huwa importanti daqs kemm hu importanti li nieklu tajjeb, nixorbu tajjeb u neżerċitaw. Metodi kif wiehed jirrilassa huma diversi :

□ Ftit hin kuljum ta' mhux aktar minn għaxar minuti fihom iżżomm għajnejk



magħluqa, f'xi rokna kwieta id-dar, u toqgħod timmaġina xena rilassanti bħal per eżempju ; qieghed fuq dgħajsa żgħira fil-hemda tal-lejl.

□ Rilassament aktar fit-tul , bħal meta tippjana " long leave" biex issiefer jew tmur erbat ijiem hdejn il-bahar.

Modijiet ohra ta' rilassament huma dawn:

1. Aqsam il-mumentu ta' "stress" ma' haddiehor. Kif jghid l-Ingliż : " A problem shared, is a problem halved, joy shared is joy doubled".

2. Għaraf il-limitazzjonijiet tiegħek , tghallem aċċetta sitwazzjonijiet li inti ma tistax tibdel.

3. Ipparteċipa f'inizjattivi kulturali u sportivi u f'avvenimenti ta' tema soċjali. Tkun qieghed tagħmel xi haġa għal haddiehor. Dan itik sodisfazzjon qawwi u jnessik f'dak li qieghed jinkwetak u jdejqek.

4. Evita li toqgħod tiehu medikazzjoni biex taħrab mill-"Stress". Fassal haġtek programm li jinkludi l-isport u kumpanija tajba.

5. Ibki jekk thoss li għandek tibki!

Tkun qieghed tghin lilek innifsek tehles mit-tensjoni li taħmek.

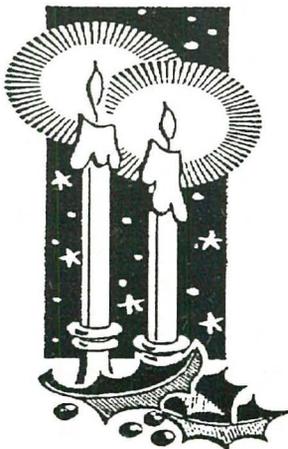
6. Itlob l-għajnuna ta' Alla kull hin u kull mument. niftakruli fejnma nlaħħqux wehidna ma' Alla naslu żgur ; Għal Alla ma hemm xejn li ma jistax isir.

Hbieb , jien garrabt u għadni ngarrab, bħal ma tagħmlu inthom ukoll. jien nemmen li l-hajja faċli jew diffiċli daqs kemm naghmluha aħna. Kun bilanċjat fil-hajja; **Eżerċita lilek innifsek, kul u ixrob tajjeb, strieh kif jixraqlek,..... u hallih ha jħabbat il-mewġ !!!** ●



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from 8.00 p.m. onwards



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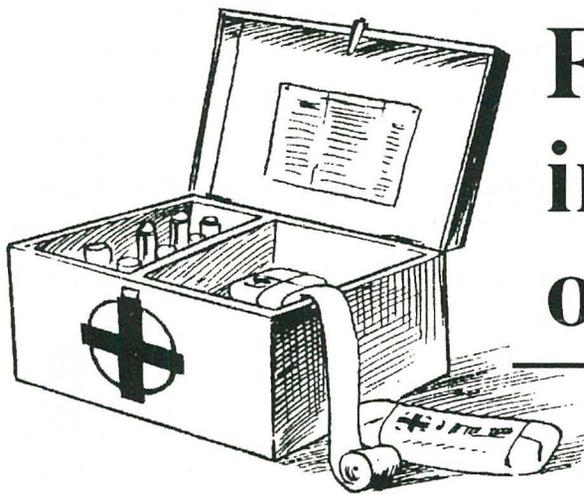


Rapport mis-Segretarju Generali

Colin Galea

Huwa importanti li f' kull ward, theatre, unit jew Health Centre inżommu l-ghaqda bejnietna. Meta jkun hemm "claim" lil Union u n-Nurses u l-Midwives ikunu qaqocċa flimkien, tista tghid, li hemm garanzija li t-talba tintlaqa'. Minn naha l-ohra fejn hemm id-differenzi u l-"claim" tkun ġenerali, l-MUMN ftit tista' taghmel suċċess. Il-Union wara kollox tfisser ghaqda. Ghaldaqstant nappellalkhom biex fuq il-post tax-xoghol inżommu l-ghaqda għall-ġid taghna stess. Wara laqgħa li saret bejn id-Direttriċi tan-Nurses, Ms. Nikolina Farrugia, l-MUMN s-Supplies Section ġie sugġeriet li tinbidel is-sistema ta' kif titqassam l-Uniformi. Din se tkun billi kull Nurse u Midwife tingħata 'voucher' u tmur personalment għand min ikun ha tender, li dan min-naha tiegħu jiehu l-qies individwali. B'hekk insolvu l-problema tal-qisien standard li jkollna naghmlu hafna alterations. Fl-istess laqgħa tkellimna wkoll fuq l-iżballji li saru fl-ewwel ordni halli ma jirrepethux ruhhom fl-ordni li jmiss. F'dawn l-ahhar gimghat l-MUMN għamlet talba uffiċjali lid-Dipartiment biex jinhatar 'task force' biex jiġu fformati Protokoll jew Guidelines fuq l-Operating Theatres kollha. Sfortunatament, fid - Dipartiment, il-postijiet li għandhom protokoll jew policies ta' kif wiehed għandu jahdem huma ftit. Għalhekk dan kien l-ewwel pass sabiex meta nitrassferixxu għall-isptar il-ġdid ikun diġa sar dan ix-xogħol importanti. Il-professjonalita li jgħajjat biha d-Dipartiment għandha tibda minn hawn. Kont sodisfatt hafna bil-Konferenza li saret dan l-ahhar fuq il-feriti "Chronic Wounds" Tpaxxejt nara Nurses shabna jgħamlu t-talks u kategoriji ohra ta' haddiema jisimghu. Prosit u 'Keep it up' anke l-organizzaturi. Irrid niehu ukoll din l-opportunita biex niringrazzja lis-Sur Paul Bezzina tas- servizz tiegħu lil din il-Union. Lil Paul, li issa rtira biz-ż-żmien, dejjem sibtu lest, kollu entusjażmu biex jiddefendi l-shabu l-Infermiera u anke jissuġerixxi affarjiet ġodda. Prosit Pawl u Grazi. Nixtieq li tagħmlu aktar użu mis-Sotto Kumitati li jinsabu fuq il-post tax-xogħol. Jekk xi hadd għadu ma jafx minn huma staqsu lic-Chairperson fis-sezzjoni tagħkom jew ċemplu l-Ufficini tal-Union fuq 802862 u staqsu għas-Sur Joseph Zammit. Dan hu wiehed mill-vantaġġi li għandha din il-Union, li ssib l-Ufficjali tal-Union hdejk jifhmuk għax huma bhalek. Din is-sena l-MUMN, bħal kull Milied iehor se terġa' torganizza Dinner Dance biex flimkien niċċelebraw dawn il-festi sbieħ flimkien. Nappella lil kulhadd biex nattendu bi-ħġarna halli b'hekk, permezz ta l-MUMN jiltaqgħu Nurses u Midwives minn postijiet differenti taht saqaf wiehed. **Nixtieq wkoll minn qalbi nawguralkhom Milied hieni u Sena Ġdida mimlija Risq u Kuntentizza.**





Fracture among institutionalized older persons.

Mobility is crucial to the health and well-being of older people and is one of the detriments of their independence and the need for health care. The elderly suffer a progressive deterioration in their ability to move about as they age and any sudden additional deterioration is of major consequence. It threatens their lifestyle, independence, general health and in some cases their life-expectancy.

Falls are a major source of injury for older people and represent a sizeable problem area for the community. A fracture is the most common injury likely to be sustained from a fall among these people and fractured hips predominate these injuries.

Factors likely to be associated with these injurious events, include health and previous fall history, type and amount of medication, the home environment, mobility and fitness, dizziness, clothing and footwear. Other factors such as environmental hazards, vision and lighting, fear of falling, alcohol and nutrition also seem to have a role in these falls among the older people. The possibility that older people deny their physical limitations imposed by the aging process, place themselves at greater risk of falling.

Although a number of intrinsic and extrinsic characteristics have been found to be associated with the risk of falling, it is generally acknowledged that the aetiology of falls and consequent injuries is complex. Many falls in the elderly are probably multifactorial, resulting from the convergence of several intrinsic, pharmacological, environmental, behavioral, and activity-related factors. However, knowledge regarding the aetiological mechanisms of these risk factors and how they combine to produce falls remains limited. Perhaps even more limited is an understanding of situation and environmental factors that precipitate a fall in persons with predisposing characteristics.

Health care professionals working with older people need to be educated regarding the causes of falls and fall prevention in order to avoid fractures. Institutions should be free of inadequate and poorly positioned lightening, beds, and chairs of improper height, slippery and hard floors whenever possible, i.e. safe environment.

The introduction of Accident or incident forms in S.V.P.R. apart from serving as audit purpose, would highlight some hazard associated with falls if correctly and promptly filled.



Because of the incidence of medical and orthopedic problems associated with fractured hips, and the need for a planned rehabilitation program, and the need for a planned rehabilitation program and need for social assessment and support, a combined care program in a geriatric/orthopedic unit is suggested.

Nurses working in the geriatric field need to understand the processes of musculoskeletal deterioration and to encourage physical exercise and proper nutrition. Diminished bone mass and greater bone porosity are common physiological changes of aging, which make bone more vulnerable to stress and fracture. The challenge to nurses is to provide sufficient activity while avoiding undue stress. Gradually initiated, regular exercise is recommended. Immobility is not only thought to contribute to osteoporosis, but can predispose elderly persons to fractures. Hip, wrist, and vertebrae fractures can occur in aged persons through sudden movements or even just lying in bed. Muscle diminish in mass and in number with aging, and muscle tissue is replaced by fibrous tissue. The resulting loss of contractility and tone can be greatly offset by regular exercise. Osteoporosis has been associated with low Vitamin D and low Calcium. It is the nurse's responsibility to ensure that the residents receive an adequate supply of these nutrients. Also, moderate fat intake is recommended for calcium absorption. Vigorous physical training of the elderly has been shown to decrease body fat and lower blood pressure. Unless contraindicated, residents in institutions like S.V.P.R. should spend as much time as possible out of bed and engaged in activities. The type of activity exercises, walking and dancing are among the options.

In order to succeed in rehabilitation of the older person, the health professionals, relatives and most of all the patient him/herself, must be willing to incur a degree of calculated risk to retain his activities of daily living and to retain independence. As a result the older person would be healthier and more active.



Raymond Chetcuti
Dip. Ger.

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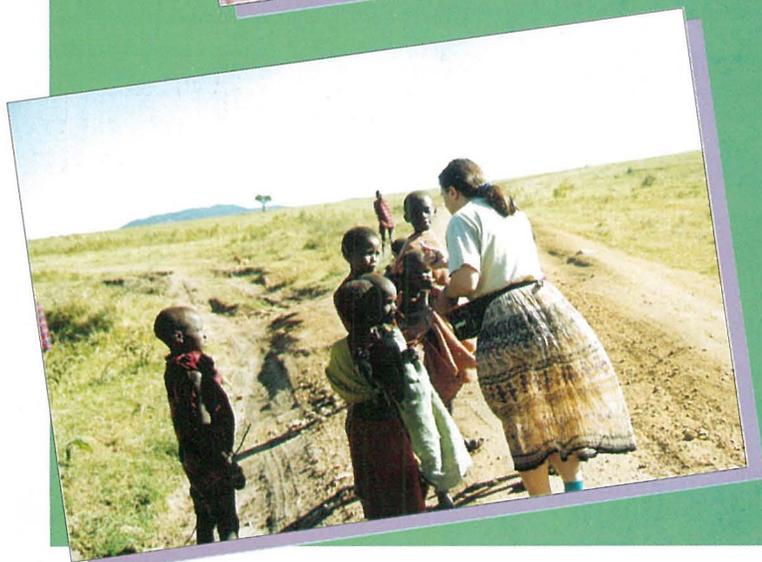
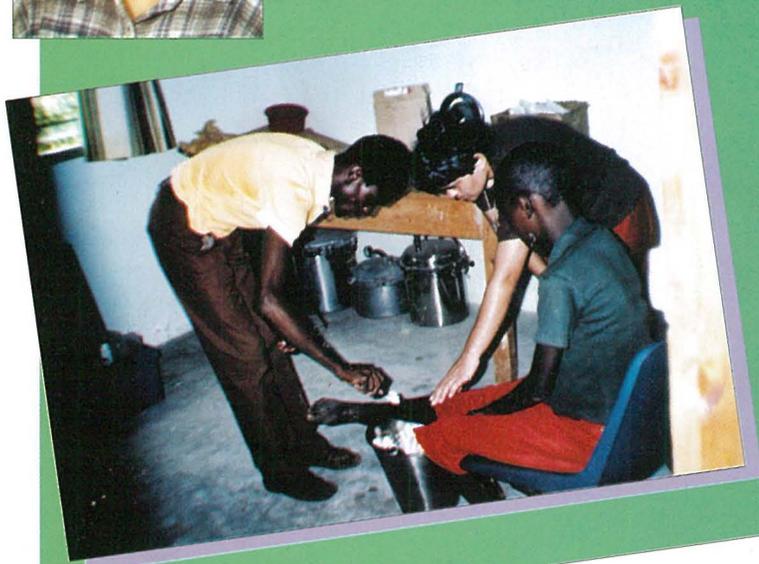
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Il-Milied fil-Kenya



Jiena mort kemm-il darba l-Kenya u hemmhekk qattajt żewġ miliedijiet wiehed fil-bosk, f' Mpekatoni, u iehor fid-desert, f' Wagir . Ghalhekk fil-1988, jien kont f 'Mpekatoni, ngħix f 'dar wahdi mdawra b'nies jgħixu fl-gherejjex tat-tajjn. Ngħid il-verita qatt ma xbajt.

Iż-żmien kien dejjem għaddej, inqum fil-ghodu nisma l-quddies u naħrab għal-klinika u nibqa' nara jew ngħallem in-nies sa kemm kulhadd ikun kuntent, u nerġa lura id-dar ghajjiena u mejta biex nitrejjaq b'xi haġa tal-ikel. Fil-foresta kelli frott kemm trid, banana minn kull kwalita , mangos, laring, passion fruit anke gigantesk u papajja, dawn kont niehu gost naqta' mis-siġra tal-ġnien tiegħi.

It-temperatura ġo Mpeketoni kienet titla' sa anke 96 F , allura tista taħseb li donnu jahrablek li dalwaqt jasal il-Milied. Fil-fatt kien qorob sewwa, ghaliex kienet sa tibda n-novena. Kemm għamilt dwejjajq , mingħajr ma kont naf ghaliex, waqt li kont hemm fid-dlam qgħadt naħseb bejni u bejn ruhi;

Fejnhom it-toroq imzejnin bil-bozoz ikkuluriti jixegħlu u jitfu?

Fejnhom is-siġar imzejna tal-milied?

Fejnu il-Bambin fil-ħoġor tat-twieqi bid-dawl ma dwaru?

Fejnhom il-ħwienet imzejna li minnhom hiereg id-daqq u l-ghana ferriehi tal-Milied?.

Fejnhom in-nies bil-basktijiet fidejhom mimlijien rigali, deħlin u herġin minn hanut għall-iehor mgħagġlin b



ie x jilhq u max-xiri u mal-preparazzjonijiet tad-dar.

Jien ma kontx wahdi imma kelli l-mużika naturali tal-insetti li offrewli simfonija mill-isbaħ. Il-cassette "This is Christmas" ma kienetx f'posta, u kull meta kont indoqqa kienet iġġiebli dwejjaj kbar.

Il-Milied wasalm kienet ġurnata varjata ferm b'attivitajiet minn kull kwalita`, preparazzjoni tal-knisja, dawl barra l-knisja għaliex kellhom joqogħdu jiżfnu, u jirrextaw u preparamenti għal party jiġifieri xiri tal-hobż u te`. Dik il-ġurnata kelli mmur fuq il-gżira żghira Lamu, li aħna l-missjunarji insibuha Għawdex, biex l-habiba tiegħi tmur Nairobi. X'hin gejt biex indur lura f'nofs inhar kollox inqala'. Kien il-Milied propju dik il-ġurnata għażel il-mulej biex idewwaqni ftit tal-ġuħ, bard, incertezza u biża', Imma Huwa ha hsiebi sewwa matul il-vjaġġ li fejn is-soltu jiehu ftit iktar minn sgħtejn ha iżjed minn tmintax il-siegha. Kien lej

mħux tas-soltu, fiil-karozza tal-linja mara wahdi ma tlettax il-ragel. Wahdi... fejn sejra b'rasi, kont nisma' hsejjes ta' xi animali, għajta ta' ljun ma naqsitx u x-xadini ma waqfu xejn milli jaqbzu fuq il-karozza minn siġra għall-oħra, kienu l-'bush babies' li x'hin jaqbzu jibdeu iċapċu u fl-istess hin iwerżqu. Wahdi, veru kont!!

Hekk kien għadda l-Milied, stramb mħux ftit, imma l-iktar li baqgħet tidwi f'widnejja kienet il-frazi ta' dak it-tifel li qal "Ġesu` għandu d-dawl u sodda, jien m'għandix hliet biċċa nifrixxa fl-art".

L-esperjenza l-oħra kienet go Wajir, kienet fer differenti hemmhekk, desert, hliet ramel u siġar bix-xewk ma tarax, hliet xi kultant tara s-sempliċita` u l-kburija tal-ġiraffi li tant huma sbieħ. Nghid għalija kont niehu gost nigri bhat-tfal warrajhom.

Il-Milied hemmhekk huwa festa kbira kemm għall-kattoliċi u kemm għall-musulmani.

Fr. Krispin kien ta' xi haġa żghira tal-flus lin-nisa musulmani kollha li jahdmu magħna biex setghu jixtru xi haġa tal-ikel żejda.

F'jum il-Milied qomt kmieni, u beda xogħol kbir kemm għalija u għall-missjunarji l-oħra, Ghajjejt u tfarrakt, għaliex?... Konna qtilna gemel u qattajnieh biċċiet żghar u sajjarna iktar minn zewġt ix-xkejjer ross, s'intendi fuq il-hatab u dan l-ikel kollu ttiekel minn nies u tfal l-iktar fqar.

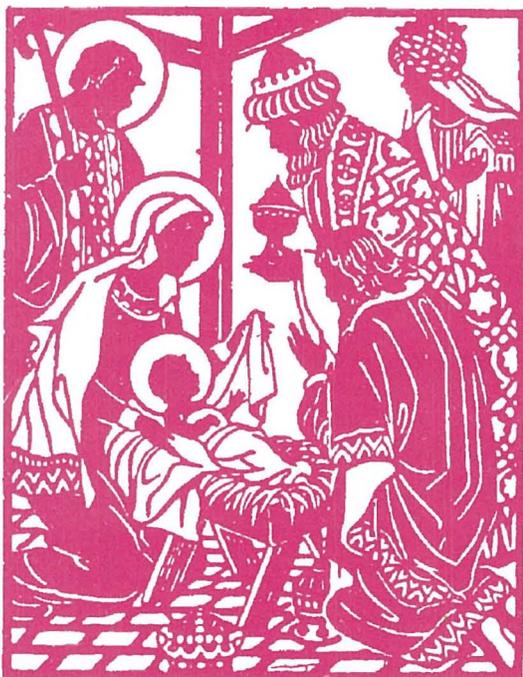


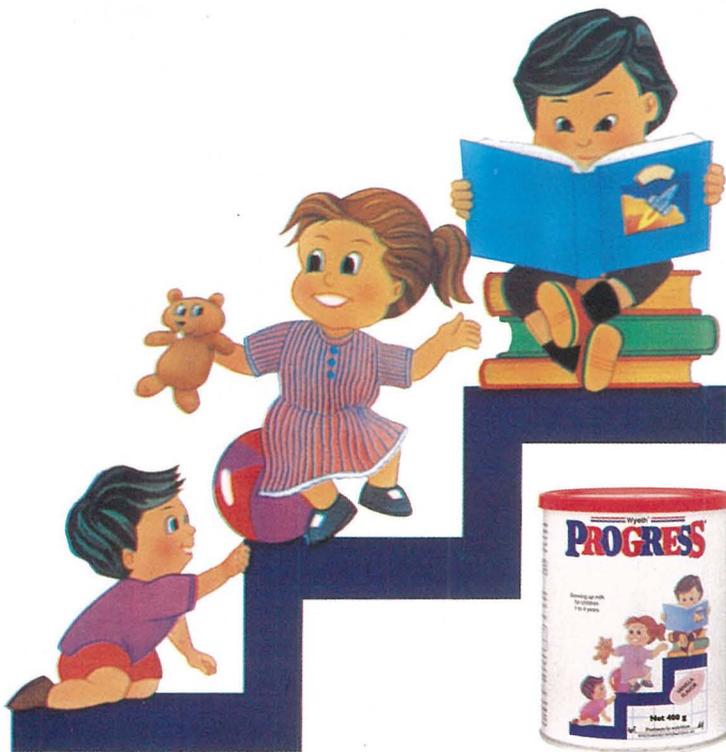
Kemm hađu gost. Kemm xegħel wiċċhom x'hin raw f'idejhom platt bir-rossu biċċa laham; Kemm kielu bil-mod biex ma jispiċċax, kif laqtuh il-platt b'ilsienhom.

Ghejja... x'ghejja, meta tara il-ferħ ta' dawn l-innoċenti bil-ġuħ! Kemm għadna għaliex niringrazzjaw l-Mulej. Kont hemm bil-qieghda niehu pjaċir narahom jieklu, x'hin nilmah tifel jaqbeż go tank li konna sajjarna fih, u mbagħad iehor u iehor u x'ma tithaqx. Iva, niżlu biex ilaqqtu r-ross li kien baqa' maċ-ċirku tat-tank. Kermm thaqt, f'daqqa wahda anke jien hadt sehem inlaqqat ukoll u naghtihulhom biex jikluh. X'ferħ kbir, kont għajjiena u bil-ġuħ. X'ferħ, x'kontentizza hassejt, meta rajthom hekk ferhanin.

Tghid min hu l-eqreb lejn dik il-ġrajja li ġrat elfejn sena ilu f'Betlehem, in-nies il-fqar jew aħna li tant niċcelebraw din il-festa b'tant sollenita`, lussu, pompi, hela, pika u negozju?

Emily Muscat





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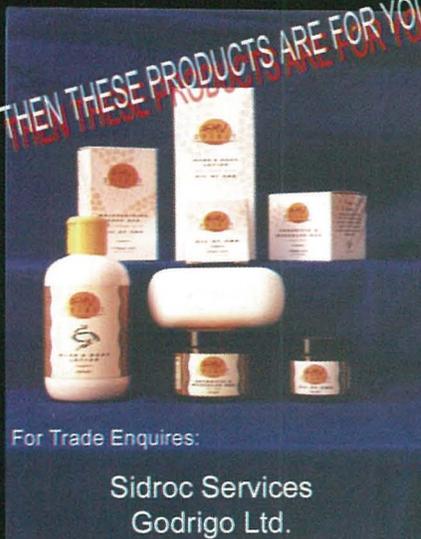
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St. John Ambulance

Is-St John hija organizazzjoni volontarja, li giet stabbilita hawn Malta fl-1909. L-għan tagħha huwa li tghallem lill-organizzazzjonijiet oħra u lill-pubbliku ingenerali. Dan it-tagħlim jittejjera minn staff ittrennjat, u minn nurses u First Aiders' kwalifikati. Barra minn hekk, dawn jipprovdu għajjnuna u assistenza waqt attivitajiet pubbliċi, bħal insemmu aħna, attivitajiet sportivi, festi u f'postijiet fejn tiegħu schem il-massa tal-poplu. Jeżisti wkoll servizz ta' trasportazzjoni, bħal ngħidu aħna Ambulanzi moderni. Dawn joffru wkoll kull għajjnuna meħtieġa lill-Gvern f'każ ta' xi traġedja nazzjonali, eżempju bħat-traġedja tat-Tarzna.

Din l-għaqda giet imwaqqa għall-ewwel darba fl-1887, mir-Reġina Victoria, ġewwa r-Renju Unit, u 32 sena wara, twaqqfet dik ta' Malta ġewwa l-Belt Valletta. Tul iż-żmien, is-St John kibret, u nafu li lum dawn jokkupaw hames diviżjonijiet, li nsibuhom f'Birżebbuġa, Paola/Tarxien, Valletta, Birgu u Ghawdex. Barra dawn id-diviżjonijiet, insibu is-St John Rescue Corps u l-Care in the Community Group. Dawn il-hames diviżjonijiet jikkonsistu f'membri bl-uniformi u ID Cards approvati mill-Kummissarju, Mrs G. Siroll. Kull diviżjoni, hi maqsuma fi tliet kategoriji :

1. Il-Badgers: Dawn huma tfal ta' etajiet li jvarjaw bejn 7 u 11 il-sena, li jiġu mgħallma affarijiet prattiċi fi bżonn ta' għajjnuna.

2. Il-Kadett: Dawn huma tfal ikbar bejn 11 u 17-il sena, li jiġu mgħallma l-First Aid, u kif jassistu għajnuniet speċjali.

3. Membru Adult: Dawn jibdeu mill-età ta' 18-il sena 'l fuq, li l-obbligu tagħhom hu dak li jattendu f'postijiet bi crew kwalifikat, u bi trasport speċjali, (ambulanza), eżempju waqt xi maratona, kuncerti, Trade Fairs, air shows ecc.

Ġie kkalkulat li f'sena waħda biss, jinhadmu l-fuq minn 1800 siegħa, u li minnhom jinkludu xogħol ta' trasportazzjoni lejn sptar, jew Polikliniċi għall-kura meħtieġa. Li rridu nżommu f'moħħna wkoll huwa, li dan huwa xogħol volontarju. Minn naħa l-oħra, s-St John, tircievi xi donazzjonijiet żgħar minn organizzazzjonijiet, li dawn imorru għall-fuel u l-equipment.

Is-St John Rescue Corp, hija l-akbar diviżjoni b'aktar minn 700 membru. Dawn xogħolhom huwa, li jaraw li jkun l-estri għal-kull tip ta' disgrazzja kbira, u anke kif ġara dan l-aħħar b'dik l-għarqa ta' dawk iż-żgħażaġh ġewwa Selmun. F'din it-traġedja hadu schem scuba divers, li 40 minnhom huma kkwalifikati minn barra l-pajjiż.

Għal dawk il-familji, li jinteressaw irwiehom f'First Aid courses, jew li jithajru jidhlu membri, għandhom iċemplu fuq 245740 kull nhar ta' Tlieta bejn is-6 pm u 8 pm, jew jikteb lill-St John HQ, 5 Pjazza Indipendenza, Valletta.



Alex Lautier



SOTTO KUMITATI

☐ Sptar San Luqa

1. L-Elezzjoni ġenerali għaddiet. L-MUMN kellha diskussjonijiet mall-A/CGMO Dr.J.Cachia biex fl-isptar San Luqa tinbidel s-sistema ta' kif l-pazjenti jivvutaw. Mhux sew li pazjenti jkollhom jagħzlu bejn il-vot u r-riskju ta' hajjithom. Id-diskussjonijiet għadhom fi stadju inizjali. L-appell tal-MUMN huwa sempliċi u ndirizzat lejn il-kummissjoni elettorali, l-partiti politiċi, it-tradeunions, il-managememts eċċ. Ejjew niġbdu habel wiehed għall-ġid tal-pazjent. Fuq dan is-sugġett hemm bżonn li naslu.

2. Il-"Gynae Ward" hi ta' eżempju lil kulhadd. Bis-saħħa tal-MUMN - bid-determinazzjoni u direzzjoni ċara żdied in-nursing staff bi tnax (12) il-nurse. Ma kienitx faċli u lanqas xi passiġġata, pero wassalna. Baqa xi ssir, anke ġewwa l-Gynae Ward stess aħseb u ara fl-isptar. L-importanti li naħdmu b'mod kollettiv.

3. Nifraħ lill-MUMN f'isem dawk in-nurses li għadhom 'Casuals', li wassal lehinhom għand il-Prim Ministru, fejn talbitu jeżerċita l-pressjoni tiegħu sabiex iffittxu jiġu ppubblikati r-rizultati ta' l-intervisti fil-gradi ta' dawn in-nurses u midwives msemmija. Ma nibqax hemm biss, dan dritt osolut !

Tommy Dimech
Chairman SLH.

☐ Ċentri tas-Saħħa.

Fil-laqgħa li saret fil-bidu t'Ottubru mas-Sur.C.Vella (MNS - Primary Health Care), mas-Sinjura D.Debono u mas-Sur A.Pace ġew diskussi xi problemi li hemm fiċ-Ċentri tas-Saħħa fejn fosthom gie diskuss is-sitwazzjoni prezenti ġewwa l-Paola Health Centre. Peress li ċ-Centru tas-Saħħa ta' Bormla bil-lejl jkun magħluq ix-xogħol kollu waqgħa fuq dak ta' Raħal Gdid. Għalhekk saret talba biex l-istaff jiżdid għal żewġ nurses matul il-lejl.

Is-Sur Vella qal li se jara l-istatistiċi ta' dawk l-aħħar xahrejn biex ikun jista jqies hux possibli li jiżdied l-istaff.

Sadanitant l-MUMN talbet lil Mr.C.Chase biex l-ispejjeż li jsiru għal ivvjaġġar minn nurses tal-bereg jkun ugwali bħal kull staff ieħor.

Rigward l-uniformijiet saret laqgħa bejn l-uffiċjali tad-Dipartiment u l-union fejn ġew diskussi l-aħħar irtokki biex jkollna uniformi denja u xierqa.

Doris Debono
Chairperson Ċentri tas-Saħħa.

☐ SVPR

1. Il-problema ta' nuqqas ta' Staff tibqa l-akbar ferita ġewwa r-residenza San Vincenz. Din l-aktar tinħass fuq in-naħa tan-nisa fejn anke hemm sitwazzjonijiet allarmanti. Minn qed ibati?

2. Jekk tabda titkellem dwar l-OVERTIME, żgur li ma tiqafx. Jidher fiċ-ċar li ma hemm l-ebda qbil dwar il-ftehim li kienu saru. Fil-fatt l-overtime mhux qed jingħata b'gustizzjail-management żgur jiftakkruha din...." OVERTIME TRASPERANZA għal min irid izzekkzèkk !", hux hekk. Dan il-kliem kien miktub fuq il-faċċata tal-ktieb li jigi ppubblikat dwar it-tqassim ta' l-overtime. Is-sotto kumitat f'isem l-MUMN ilha titlob ġustizzja biex issir ġustizzja vera kif titlob it-trasperanza, lejn dawk li jaħdmu l-anqas !

3. Ta' min jistaqsi u jgħid ...In-Nurses ta' San Vincenz, jaqaw mhumieq kapaċi jew tajba biex jaħdmu OVERTIME nhar ta' Hadd. Mhuhiewx ġust li fil-Hdud qed jiġu nurses oħra minn bnadi u setturi oħra jaħdmu l-overtime! Din ingustizzja oħra tafux.

4. Dwar il-Leave, Time-in-lieu u l-EDPs, ninsabu bla kontroll. Hadd ma jaf fejn hu. Il-Personel dejjem bl-istess skuza.....Nuqqas ta' staff !

5. San Vincenz sar STAT għalih waħdu għax hawn għad ma waslux l-UNIFORMIJIET il-ġodda.

6. Dinning Room ma teżistiex. Bħalissa "Mess" għandna u li hi vera mess. La furketta, la kikkra u lanqas sink fejn wiehed jaħsel idu. Is -servizz qisu tal-qżieqez, kollox fi platt wiehed b'palatt li jimbuttak. Suppost li se jkollna, kif qalu, DINING ROOM Moderna. Fejn? Kif ? Bl-għageb u teftif !

Nikonkludi billi nispera li jkun hemm aktar koperazzjoni bejn il-management, is-sotto kumitat u l-union. Fuq kollox il-management huma NURSES bħalna u nappella lill-Eżekuttiv tal-MUMN biex iħares u jieħu l-miżuri kollha meħtieġa biex dawn l-affarijiet jittranġaw għal ġid ta' kulhadd.

G. Mallia
Chairman SVPR

☐ M.C.H.

Ġie maħtur 'Chairman' ġdid wara li Paul Bezzina irtira minn din il-kariga mħabba li spiċċa bil-penzjoni.

Is-Sotto kumitat jixtieq jirringrazzja minn qalbu lil sehibna għax-xogħol siewi li ta' bħala infermier kif ukoll bħala trejdunjonista f'dan l-isptar.

Is-Sotto Kumitat hatar "Chairman" ġdid li dan huwa Nicholas Cassar, bil-membri l-oħra jibqgħu żżommu l-istess karigi.

Intlaħaq ftehim ma l-awtoritajiet ta' l-isptar dwar it-tqassim ta' l-"overtime" u dak tal-"relievers".

Andrew Sciberras
Segretarju, Sotto Kumitat M.C.H.



HIDDEN ORIGINAL

Are We Doing Anything about it ?

In the introduction to my thesis, I highlighted that mental illness is considered as one of the most stigmatizing disorders. This stigma is one of the most difficult aspects which known mentally ill and their families have to face, because they often find that public reaction towards them is stereotyped and negative.

Films and literature often depict the mentally ill as homicidal maniacs or zoo specimens, thus making the stigma of madness the most damaging in our society.

Despite all this, Scott(1997) in her account of her postnatal psychosis experience writes:

There was nothing wrong with me. If I just carried on as before, no one would notice. My reflection in the mirror hadn't changed... The doctor did not notice it ...

Most of us depict mentally ill people as mad, unpredictable, incomprehensible, dangerous. We laugh at them; consider them different; do our best to distance ourselves from them; try to suppress the thought that we , too, can some day become mentally sick ourselves.

We don't acknowledge that these people are suffering. Not only because of their illness, not only because of the physical discomfort caused by medication, but worse still, due to our negative attitude towards them.

Mental illness is not something which shows. It is not like having a headache, people notice it, and do their best to help you feel better. But it is real suffering which the person experience on his own; rarely knowing that there is something wrong, he feels scared to talk about it, unless he is labeled crazy. Without understanding, these people are lead to live in desperate isolation and to meander through life without support.

For more than two years I worked at Mount Carmel Hospital. This experience helped me to gain more insight into what mental illness is all about. Now, since I have been working in a general hospital, I realized how often we nurses come in contact with mentally ill people.



We encounter people suffering from neurotic symptoms. This means that despite their true suffering , they are still in contact with reality; hoping that through their physical ailment somebody will be able to reach their wounded mind.

However, there are also the psychotic people - who are not in contact with reality and may exhibit unusual and bizarre behaviour. Strange and fixed thoughts are often experienced by these persons, as well. These may be perceived by many as indicating true insanity, and so are disregarded or ridiculed. But for the sick person they are real even though they may appear unexplainable.

No matter what illness they suffer from, it is very important for us health care professionals to assume a positive attitude towards sufferers of mental illness. Mentally ill people need care, understanding and most important of all, love. Despite of their illness, they have their own families, skills, talents, and abilities. They look up to us for help, for support, for a kind word which eases and soothes their hurt mind. Only if we stop labeling these people as mental cases or 'imgienen' can we start seeing them as fellow human beings, silently screaming for help; can we start holding their hand which is unable to reach out for that tiny straw which enables them not to drown.



Josanne Bason B.Sc (Hons) Nursing.



Recurrent Abdominal Pain And Lactose Maldigestion in School-Aged Children

"Teacher I have a tummy ache". Abdominal pain is one of the most common childhood complaints and strikes one in every nine school-aged child. Recurrent abdominal pain affects 10 to 15% of school aged children and can be severe enough to disrupt their daily activities. Although there is a frequent association between recurrent abdominal pain as a psychosomatic illness and children who do not want to go to school, paediatricians warn that, for the most part, any implication that the abdominal pain is in the head, made up or put on must be carefully avoided; the pain is real.

Nonspecific, recurrent abdominal pain without disease can leave children extremely uncomfortable and parents frustrated, wondering what could be bringing on these tummy aches. The answer could be right under our noses or, more specifically, in our fridges: milk products. Most of us encourage our children to drink milk, lactose-containing foods and dairy products. The recommended dietary allowance for calcium in school aged children should be greatly increased during childhood. Children aged 1 to 10 years need 800mgs and ages 11 to 24 need 1,200mgs (NIH, 1994, p 3). But what if a child has trouble digesting dairy products? This may be from lactose intolerance, and recurrent abdominal pain is one of the key symptoms.

Lactose is the predominant sugar in milk and other dairy products. After food-containing lactose is digested, it is broken down in the body by the enzyme lactase, which is produced in the small intestine. There are rare cases in which a child is born unable to produce this enzyme, but more commonly, the body naturally produces less enzymes after 2 years of age.

Symptoms of lactose intolerance include, nausea, cramps, bloating, gas, and diarrhoea, which begin about 30mins to 2 hours after eating or drinking food containing lactose. Many tests are available to detect this problem, although the golden rule rests on the duodenal biopsy through an upper endoscopy. It is very important that a child is tested for lactose intolerance before any decision to remove milk products from the diet is made. Calcium is too important to body chemistry to be excluded from a child's diet. Apart from milk and dairy products, these products also contain lactose in abundance:

Bread and other baked goods. Processed breakfast cereals, instant potatoes, soups, and breakfast drinks. Margarine, lunch meats, salad dressing, biscuits, cookies and mixes for pancakes.

On the other hand these are foods that provide Calcium while restricting lactose:

Broccoli, Turnips, Chinese cabbage.



Oysters, salmon, sardine, shrimps.

This comprehensive article demonstrates the need for careful assessment of abdominal pain in children. Although a common condition, it is often dismissed as malingering by parents and professionals even though there may be a valid cause attributed to lactose intolerance. In an effort to promote healthy eating habits, reinforced by decades of public dietary education, parents may exacerbate the condition by feeding children milk products. Dietary alterations can safely be made without compromising the child's need for adequate calcium intake.

Such proficient counselling and care, grant nurses the professional status much sought for, while giving different perspectives.



Joseph Garzia Stafrace



DRITTJIET U DMIRIJET

kitba ta'
ALFRED VELLA

Id-drittijiet u d-dmirijiet huma huma komplementari ghal xulxin. Ghal kull dritt irid ikun hemm dmir. Ma jeżistix dritt jekk ma jkunx hemm dmir. Dan l-istess bhat-tlajja u l-inżul. Il-bniedem huwa krejatura soċjali u ghalhekk f'kull ċirkostanza ghandu drittijiet u dmirijiet. Is-soċjeta ma timxix jekk ma jkunx hemm rispett reċipruku lejn id-drittijiet u d-dmirijiet ta' xulxin.

Kull tant żmien hawn Malta naqraw li l-ekonomija tal-pajjiż u l-ażjendi ma jistghux jaghmlu progress minhabba li l-haddiema jridu d-drittijiet imma ma jaċċettawx id-dmirijiet. L-ghaqdiet tal-haddiema spiss jiġu akkużati li huma ma jaghmlux u ma jurux x'inhuma id-dmirijiet tal-haddiema. Dawn it-tejoriji falaċi xi kultant ikollhom l-iskop li jwaqqfu l-kisbiet li jkunu sejrin jakkwistaw il-haddiema.

Il-“unions” huma konxji li l-haddiema jridu jgħaqqdu d-dmirijiet tagħhom fuq il-post tax-xogħol. Prova ta' dan narawh fil-ftehim kollettiv. Hekk naraw li biex il-haddiem jakwista d-dritt tal-hlas u benefiċċi oħra jkun hemm lista shiha ta' dmirijiet. Dawn jinkludu kemm il-ġurnata irid jahdem il-haddiem, fi xhin u jasal u jitlaq mix-xogħol, il-

blex il-haddiem jakwista d-dritt tal-hlas u benefiċċi oħra jkun hemm lista shiha ta' dmirijiet.

post tax-xogħol u xi jrid jahdem. Jekk wiehed jifli kull ftehim kollettiv wiehed isib li l-“unions” ikunu qablu li jiġi llistjati hafna aktar dmirijiet milli drittijiet.

Il-haddiem huwa konxju li mix-xogħol tiegħu jrid jaqla l-ghajxien tiegħu. Jekk l-ambjent ikun kif ghandu jkun normalment ma jinholqux problemi. L-inkwiet dwar id-dmirijiet tal-haddiema jqumu ma

minn ihaddem meta dan jippretendi hafna aktar mill-haddiema taht ċirkostanzi hżiena. Nghidu ahna meta l-haddiem ma jkunx imhallas tajjeb, meta l-haddiem ma jiġix provdut b'ghoddod neċessarji, meta l-haddiema ikun mistenni li jissogra li twegġa' fuq xogħlu, dawn u raġunijiet oħra jwaslu għall-inkwiet industrijali. Meta l-haddiem iqum biex jakwista d-dmirijiet tiegħu bi protesti u azzjoni ndustrijali dan m'ghandux jiġi nterpretat li l-haddiema ma jridux jgħaqqdu dmirhom.

Huwa veru li xi haddiema ma jgħaqqdux dmirijiet sewwa fuq ix-xogħol. Huwa veru li xi haddiema kultant jiskartaw, huwa veru li xi haddiema ma jahdmux ix-xogħol tajjeb biżżejjed. Huwa veru wkoll li xi haddiem jisraq minn fuq ix-xogħol. F'kull grupp ta' persuni trid isib minn jagħmel xi nuqqasijiet. Imma ghax isiru xi żbalji dan ma jfissirx li l-haddiema kollettivament ma humiex jaqdu dmirhom.

Minn ihaddem huwa f'pożizzjoni aktar b'sahhita minn min jahdem. L-“employers” huma aktar hatja mill-haddiema li jinjoraw dmirijiethom u jinjoraw d-drittijiet tal-haddiema. Kulhadd jaf li jridu jkunu l-haddiema li jridu jithabtu biex jagġornaw kull ftehim kollettiv. Hafna drabi l-“employers” jahlu hafna hin sakemm isir il-ftehim. Qatt ma nisimghu l-“employers” jiġru huma wara l-haddiema biex jagħtuom iż-żieda xierqa u li tkun tiflah l-ażjenda. Dawn huma indikazzjoni ċari li l-“employers” mohhhom biss fid-drittijiet tagħhom u jobogħdu l-fatt li jkunu kostretti jagħtu l-haddiema d-drittijiet tagħhom.

L-MUMN bhala “union” serja qatt ma hija sejra taċċetta li xi haddiem jabbuża mid-drittijiet tiegħu. Hadd ma jrid li jsir skartar, li haddiem tapparsi jkun ma jiflahx, tlajjar jew diżubbidjenza. Imma min naha l-oħra hija d-dover ta' kull

“union” li tara r-raġunijiet għaliex isiru dawn l-affarijiet.

Il-MUMN ma tridx skartar imma min-naha l-oħra ma tistax ma tissimpattizzax mal-haddiema li jkollhom jiskartaw minhabba l-hinijiet twal li jahdmu, il-

**l-“employers”
mohhhom biss fid-
drittijiet tagħhom u ...**

kundizzjonijiet xierqa tax-xogħol li ghandu d-dipartiment tas-Sahha, in-nuqqas serju ta' “staff”. Dawn u fatturi oħra jwaqqghu l-moral tal-haddiem u ma jkunx jista' jissaporti u jittolerhom aktar. B'hekk jibda l-iskartar, jiżdied in-numru tal-ġranet tal-mard, xogħol mhux ta' “standard” mixtieq, u elf nuqqas iehor. L-ghaqdiet tal-haddiema meta jaraw xi jkun jiġri jaqbzu għal haddiem halli ma jkomplux jiġu esplotjati. Meta l-“unions” jaqdu dmiru u jaqbzu għal haddiema jiġu kkritikati li qeghdin ixewxu l-haddiema biex ma jaqdux dmiru. Il-fatt huwa li l-“unions” ikunu biss qeghdin juru n-nuqqasijiet ta' minn ihaddem u kif dan ghandu huwa jaqdi dmiru u ma jzeblax id-drittijiet tal-haddiema.

Dan huwa sugġett vast wisq biex jiġi mfisser fi ftit kliem. Imma ma nistghux ma nsemmux li għall-“midwives” u n-“nurses” hemm dmirijiet li taht kull ċirkostanza jridu jaqdu. Dawn huma d-drittijiet professjonali tagħhom lejn il-pazjenti. Hija hasra li l-pazjenti japprezzaw hafna kemm dawn ibatu biex jaqdu dmirhom meta jkunu taht kura imma jinjoraw u jinsew wara li jfiqu. Bir-raġun l-MUMN għanha tippretendi li l-Gvern bhala “employer” ghandu jistma lill-midwives u n-nurses bhal professjonisti oħra. Il-Gvern ghandu jara li jirranġa l-ambjent tax-xogħol ta' dawn il-haddiema. ●



22 ta' Ottubru 1998

Sur President u l-Eżekuttiv Kollu,

L-ewwel nett nixtieq li f'ismi u f'isem il-familja tiegħi niringrazzjakom ta din il-laqgħa sabiħa li għoġbokom tagħmluli u li biha tonorawni, kif ukoll grazzi tar-rigal li għoġbokom tagħtuni. Jien żgur li se nibqa'ngħożż dawn it-tifkiriet sbieħ ta' llum, kif ukoll anke x-xogħol li għamilna flimkien. Jiena kif ktibtuli inthom fl-inviti, fejn urejtuni l-apprezzament tagħkom lejja, għax-xogħol li għamilt bhala rappreżentant tan-Nurses fil-G.W.U. u li dan għamiltu b'hilti kollha fejn dejjem ħarist l-interessi ta' l-infermiera. Peress li t-tradejunjonizmu dejjem kien parti minni wara li nqalaw ċirkostanzi li żgurma kinux tort tiegħi, kelli nitlaq mill-karigi kollha li kont nokkupa fil-G.W.U. u hawn nixtieq niringrazzja wkoll lil SHABI : Frans Agius u Nicholas Cassar li wkoll ibbekjawni dwar din l-istorja u għamlu r-rizenja tagħhom ukoll.

Però bi pjaċir ngħid ukoll li bil-providenza t'Alla eżatt kif spiċċajt minn hemm fegġet il-MALTA UNION OF MIDWIVES AND NURSES, fejn moħħi mill-ewwel reġa'beda'jahseb dwar x'nista naghmel u ngħati għal din l-għaqda għax fhimt li b'din l-MUMN iżjed jista' jsir ġid lill-qwiebel u l-infermiera fejn hawn, ma naqasx l-anqas sieħbi France li kompli hegġgħni, u ddeċidejt li nagħti l-kontribut tiegħi u li nħoss li għamilt mili stajt u mill-aħjar sabiex insaħħu din l-għaqda speċjalment fl-MCH.

Fil-waqt li niringrazzjakom mill-ġdid, inhegġgħkom sabiex tibqgħu magħqudin u ma ċ-ċedu xejn mill-isforzi tagħkom għax illum din l-union fl-opinjoni tiegħi tgawdi stima, għax jien kont inhossni kburi, li fis-sens li jibgħat xi hadd mill-amministrazzjoni tal-isptar, kemm għalija bhala chairman kif ukoll għall xi hadd minn shabi tas-sotto kumitat u jgħidulek l-ewwelnett sabiex ċertu affarijiet niddiskutuhom u speċjalment meta ġieli jibgħatu għalija anke għal xi parir sabiex jiġu evitati ċertu ċirkostanzili allura dan kien sinjal li ngawdu stima bhala Union. Il-pazjenti dejjem irridu ngibuhom quddiem għajnejna.

Nixtieq nippreżenta din ix-"shield" l-ewwel nett bhala apprezzament u t-tieni sabiex isservi ta' inċentiv għas-Sotto Kumitati li dawn

jagħmlu l-almu tagħhom.

Issa jien għalkemm spiċċajt mix-xogħol però nibqa' lest li bl-umilta kollha meta jkun hemm bżonni speċjalment għal xi parir dejjem lest li ngħin mill-ftit esperjenzi li għandi.

Grazzi.

Paul Bezzina





The Nurses' Association of Malta

- A brief review

by the President Mary Borg

The Nurses' Association of Malta is a small association when compared with the fairly large population of Maltese and Gozitan Nurses. However the association is recognized to be the professional National Nurses Association of Malta by the International Council of Nursing (Geneva) by the World Health Organization and other affiliated world wide Nursing Association.

Unfortunately our association is not likewise recognized in Malta neither by certain authorities nor worst still by qualified nurses. There are various reasons why this has happened in the history of the Maltese Nurses' Association. The one reason that probably is the cause of the viscous cycle is that the Maltese nurses have not yet understood the importance of belonging to a professional association and therefore the reason for the lack of interest and commitment towards one's association. Some may pass the blame to the past and present council members for not having worked enough to come forward with more positive results. A good number of Maltese Nurses and Nursing students have experienced the March '98 Malta Conference which witnessed the role of the Malta Association vis a vis international affiliation to other established nursing organizations. Time outside of work, effort and hard work need to be dedicated in order to achieve success and satisfaction of the members.

Members of the Executive Council of the Association have not dispensed themselves to work

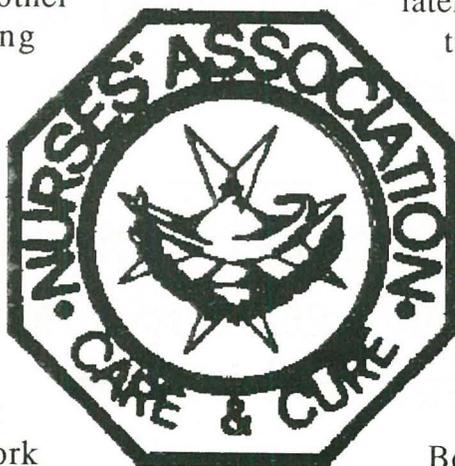
closely with the foreign Nurses Association to make the above mentioned Conference a success.

Indeed a professional association will flourish and prosper only if members are committed and have the time to dedicate to the hard work that there is to be done e.g. Correspondence, organizing of educational and social activities -personal contact with members- financial issues etc. To add insult to injury the association Committee has already been wandering from one place to another for its monthly meeting. Therefore the responsibility to uphold the well-being of the National Association does not belong just to the executive Council Members but it rests with every qualified nurse and nursing student. All of us need to show interest and contribute in all ways possible to prevent a natural death of our professional association that is vital for our international recognition and contacts.

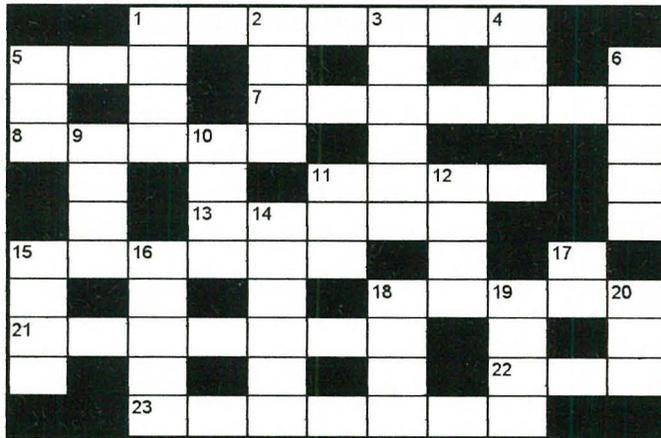
Our profession as we all know cannot be caged to our shores only, we need to move out and tap on the experience, and knowledge of our nursing colleagues abroad. The Maltese Association will help you only if you show interest and promote it by your membership and commitment to also work from within the Association. The Nurses' Association of Malta and the Malta Union of Midwives and Nurses lately have been having a meeting to reflect on how two organizations can work together to enhance the professional status of the nurses in Malta and Gozo.

The membership cost only Lm5 and can be forwarded in cheque form or other to the Nurses' Association of Malta, P.O.

Box 63, Hamrun. ●



X-Word # 1



ACROSS

- 1. Thoracic bone. (7)
- 5. Rodent responsible for epidemic spread. (3)
- 7. Mental awareness. (7)
- 8. ECG waves. (5)
- 11. Just a guess! (4)
- 13. Sudden or severe. (5)
- 15. Quite firm and steady in a horse shed. (6)
- 18. Condition of a person and/or thing at a certain time. (5)
- 21. A pale patient. (7)
- 22. The most essential breathable mixture of gas. (3)
- 23. Plug one of these with BIPP. (7)

DOWN

- 1. Twinkle in the sky. (4)
- 2. Way out! (4)
- 3. Evans ~ a hospital bed. (6)
- 4. What's a coffee break without it! (3)
- 5. Rest after death (abb.) (3)
- 6. To improve knowledge. (5)
- 9. Give up or lose faith. (4)
- 10. Back plaster !?? (4)
- 11. Colour! (3)
- 12. of kin. (4)
- 14. Metal sharpless surgical instruments, mostly used in thoracic procedures. (6)
- 15. Advanced radiography. (4)
- 16. Once more. (5)
- 17. Cardiac arrhythmia. (abb.) (2)
- 18. Mark of a healed wound. (4)
- 19. Canal pertaining to the anus. (4)
- 20. Sedimentation rate of all RBC's. (abb.) (3)

Ibghatu r-risposta hekk: **X-word, Malta Union of Midwives & Nurses, Vjal Kottoner, FGURA.** *L-ewwel risposta tajba tirbah ir-rigal sabih, grazzi ghas-Sur I. Vassallo f'isem it-Technoline Ltd.*

Did you know . . .

HAND WASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION.

US Centre for Disease Control

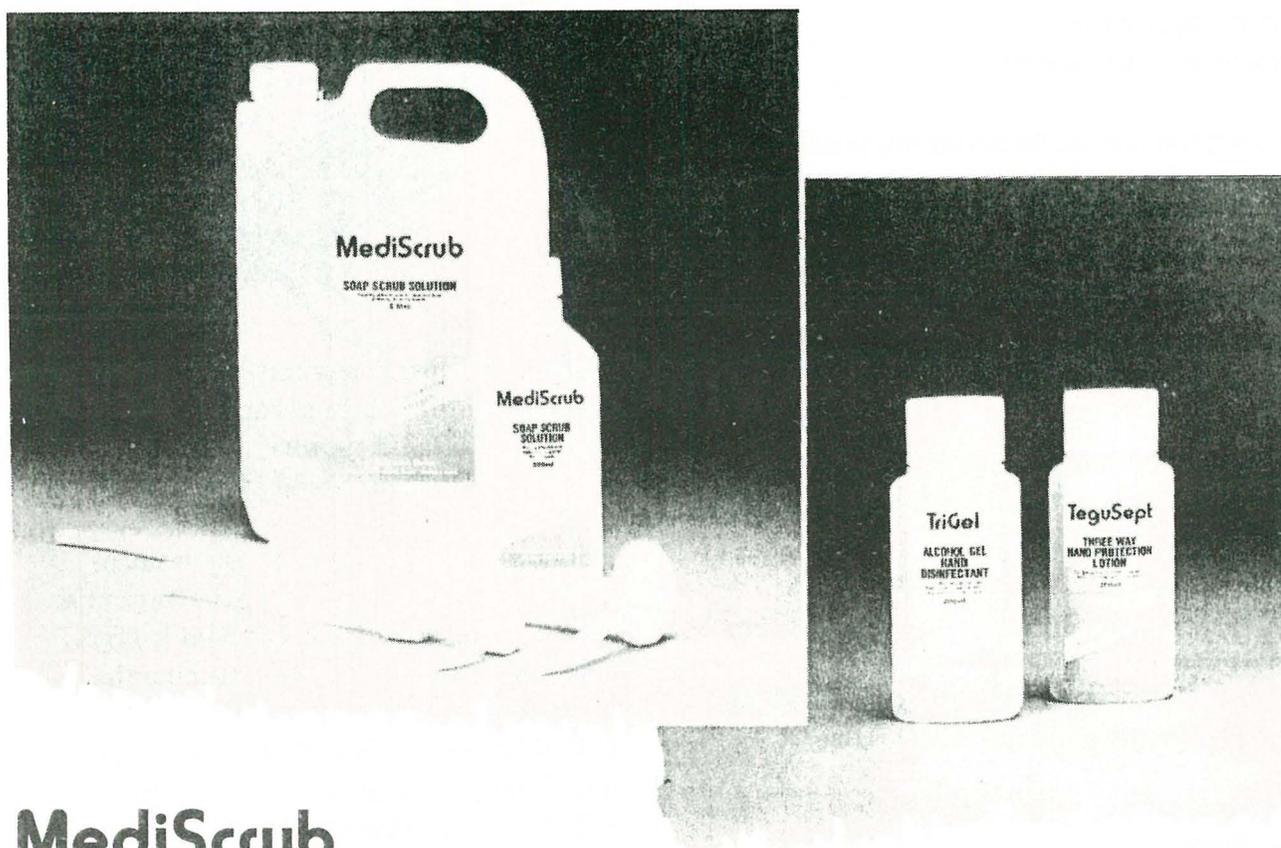
MORE AMERICANS die from HOSPITAL INFECTIONS EVERY YEAR THAN FROM CAR WRECKS AND HOMICIDES, COMBINED TOGETHER....

SKIN CARE AND HAND HYGIENE

MediScrub

TriGel

TeguSept



MediScrub

MediScrub Hand Scrub

MediScrub is a skin pH (5.5) Soap Scrub Solution with anionic and amphoteric surfactants and 1% Triclosan skin disinfectant.

- Highly effective against Gram-positive and Gram-negative bacteria as well as yeasts, fungal, viral, mycobacterial and sporal micro-organisms.
- Contains skin humectants to counter the skin drying experienced with ordinary surgical scrubs.
- Long lasting remanent quality ensures progressive build-up of protection when hands are washed frequently.
- Ideal as a medical scrub and for pre-examination, or pre-procedural cleansing.
- Ideal for all hand hygiene applications requiring the highest level of cross infection control.
- Available in 500ml dispenser bottles and 5 litre economy packs.

TriGel

TriGel Alcohol Gel

For long lasting rapid action skin disinfection, TriGel is extremely effective on previously scrubbed hands to maintain peak anti-microbial protection.

- Fast effective treatment by 70% Ethyl Alcohol.
- Long lasting remanent effect.
- Gel formulation inhibits evaporation to prolong disinfectant quality.
- Easy to use and ideal for "on the move" applications where soap and water may not be readily available.
- Ideal for swift hand disinfection between patients.
- Available in easy to use 200ml dispenser packs

TeguSept

TeguSept Bactericidal Skin Barrier and Moisturising Lotion

TeguSept is a bactericidal skin, moisturising and barrier lotion containing silicones, lanolin and antiseptics.

- Forms an "invisible glove" keeping skin protected from invasive micro-organisms.
- Easy, non-greasy, swift drying application.
- Protects hands against glove induced skin conditions.
- Ideal as a bactericidal barrier moisturiser in cases of incontinence.
- Pleasingly fragranced with gentle but powerful antiseptic qualities.
- Available in easy to use 200ml



EJJEW NIEQFU FTIT. . . .

There is an old Christian tradition that God sends each person into this world with a special message to deliver with a special song to sing for others, with a special act of love to bestow. No one else can speak my message, or sing my song, or offer my act of love. These are entrusted only to me.

According to this tradition, the message may be spoken, the song sung, the act of love delivered only to a few, or to all the folk in a small town, or to all the people in a large city, or even to all the people in the whole world. It all depends on God's unique plan for each person.

At this holy time of Christmas, when we are recalling the fact that God so loved the world that He sent his Son into the world for us, I want to say this to you: Your message has been heard in my heart, Your song has warmed my world, And your love has brightened my darkness. Thank you, thank you for your message, your song, your love. you will always be in my own grateful heart and prayers.

(A Christmas Message to his friends)
John Powell s.j.



IL-MILIED



Holmuh il-ġnus, irsiera tar-Rumani,
li tiegħmu qrus il-ħakma barranija;
il-fqar holmuh, l-imġewha, minn id l-ghani
bid-dmugh jittallbu l-hobż w inqas mohqrija.

Holmuh tfajliet minn ġot triqat stramani
fejn ruhhom ġiet fit-tajn moqzież mormija;
holmuh b'missier l-imsejkan wild il-htija,
l-imġid dem minsi, il-ħabsi wil-muqrani.

U fl-ahhar ġie: il-Kbir Missier tal-Hlejjaq,
u fl-ahhar ġie: ha jghakkes il-hruxija,
u fl-ahhar ġie: sabiex kull hemm ifejjaq.

Xterdet mad-dinja l-lehha habbarija,
u t-tama ġarrab kull min kien imdejjaq,
u saħnu l-qlub bl-imħabba nisranija.

Ruzar Briffa

smajtha din?

* WAQT EŻAMI

Qabel il-festi tal-Milied, student kien konfuż u kiteb hekk: "Alla jaf kollox, Jien ma naf xejn. Grazi u l-Milied it-Tajjeb. Sir."
Ir-rizultat hariglu hekk: "Alla 100 punt, Int xejn. Is-sena t-tajba."

* IL-GUNDELLA

Omm : "X' gundalla għandek! Dik biex?"

Iben: Bit-tadam, Ma.

Omm: Mela t-tadam iwegġa' daqshekk?

Iben: U żgur! Mela ma tafx li kien ġol-bott!

* F'RISTORANT

– Wejter, taf li ilni siegħa shiħa nipprova naqta' din il-bičča laħam!'

– Thabbel rasek xejn sinjur, hawnhekk wara l-hdax naghlu!."



Joseph Sammut
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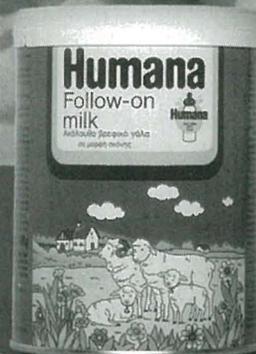
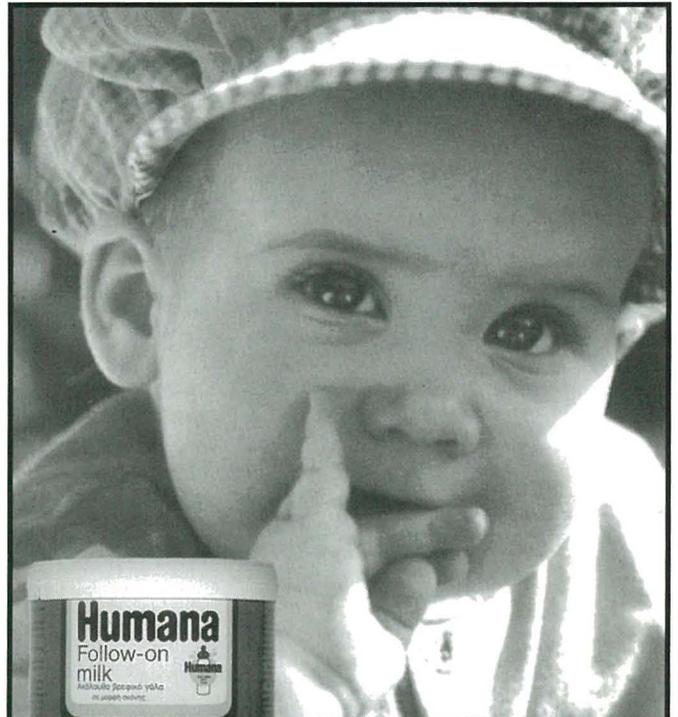
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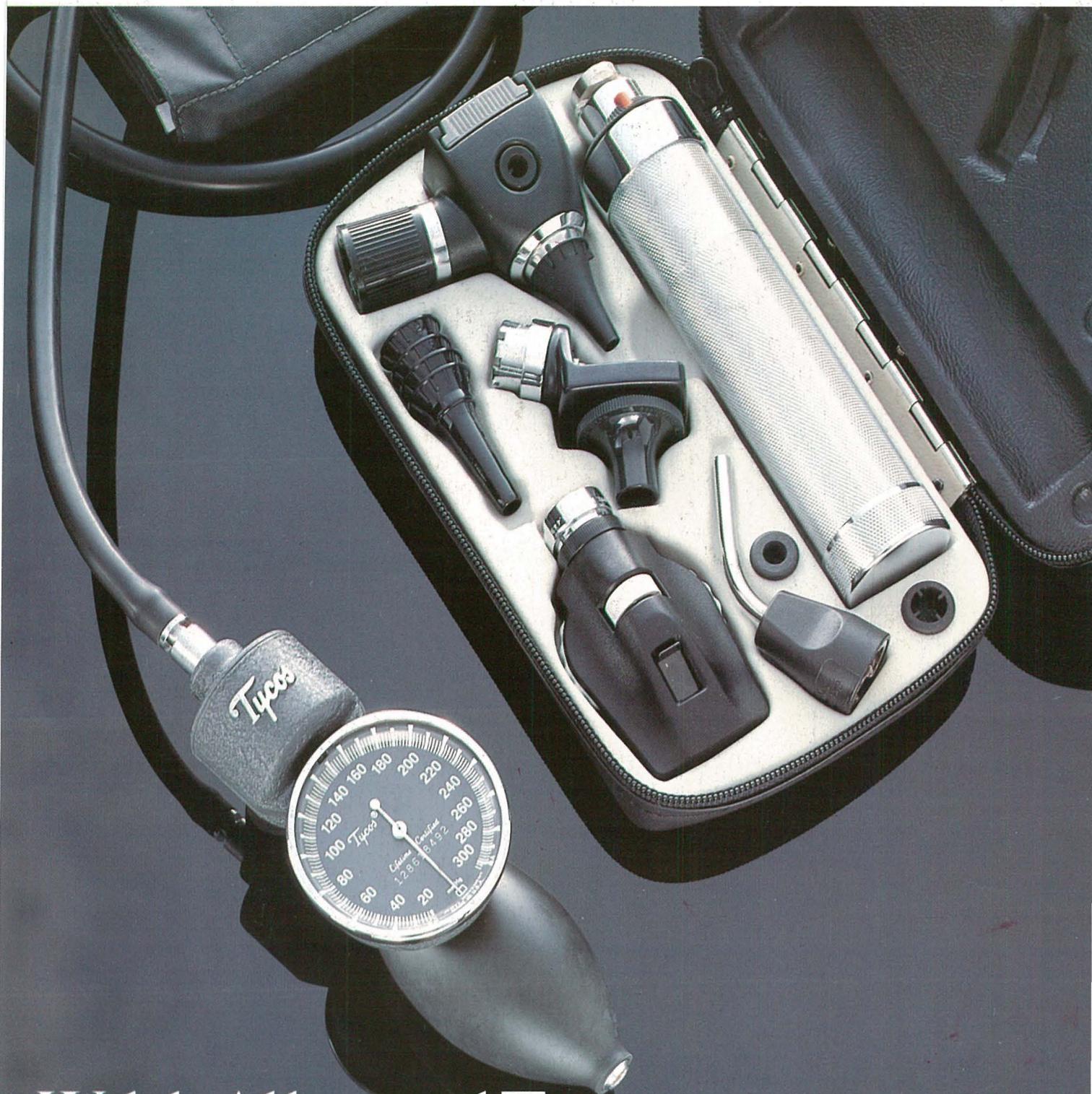
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