

This page compliments

BHL

Banks Holdings Limited

Laws take clear stand on tobacco

Joint statement by Barbados Cancer Society and Heart & Stroke Foundation of Barbados. PERMITTING SPONSORSHIP by the tobacco industry of the Cricket World Cup (CWC) or the use of tobacco at any of the venues associated with the CWC by the International Cricket Council (ICC) would be a colossal blunder.

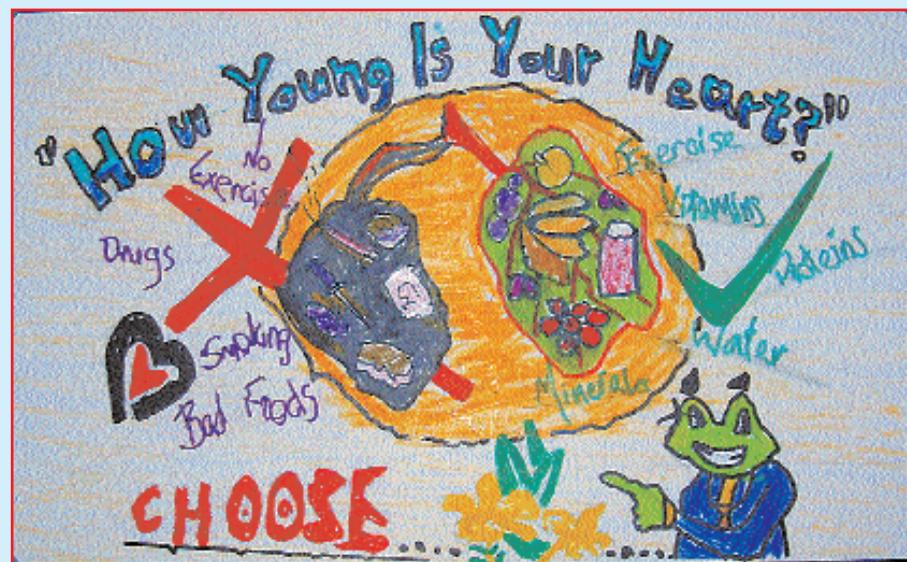
If the ICC were to do so it is likely they could involve themselves in litigation in which they would find it difficult if not impossible to defend themselves. That defence, if unsuccessful, would have catastrophic economic effects, not only on the local organising committees of the CWC and their host countries, but on ICC itself.

This is because consumer protection legislation enacted and proclaimed in Barbados in 2003 has made it unlawful for manufacturers and suppliers of goods and services to produce and distribute tobacco or to expose the public to the air pollution caused by tobacco smoking on the grounds that tobacco has been proved to be harmful when used in the way intended by its manufacturers and suppliers.

The significance of the consumer protection and consumer guarantee legislation is that it sets strict standards for safety and requires manufacturing and suppliers of goods and services to keep consumers informed about the real or potential risks of their products when used as intended. Indeed, if they suspect a defect that might cause harm to consumers, the supplier must notify them or withdraw the products and compensate any consumer who might be harmed by them.

The effects of this legislation will be to make two classes of persons liable to pay large sums of money in financial compensation. Firstly, the manufacturers and suppliers of tobacco products, and secondly, persons and organisations providing employment and services in workplaces and public places who fail to protect their workers, consumers and any other persons from the air pollution caused by tobacco smoking.

Until recently the Achilles heel of tobacco control advocates when they confronted the tobacco industry was that the rules of



engagement in nearly all countries of the world precluded the possibility of banning or ordering the withdrawal of tobacco products. This was a huge disadvantage comparable to public health professionals responsible for eradicating mosquito-borne diseases being deprived of the means of eliminating the breeding grounds of mosquitoes.

This is no longer so in Barbados, because the enactment of the Consumer Protection and Consumer Guarantee Acts in 2003 have effectively changed this situation so radically that all Governmental agencies, all non-governmental agencies committed to Public Health Safety, and all consumers now have a right as well as a duty to demand the banning of tobacco.

This is because, being a lethal product, its use is incompatible with the health and safety of smokers as well as non-smokers exposed to the air pollution created by tobacco smoking. It should also be obvious that because of this legislation consumers also have the right to seek and obtain compensation for the harm caused by their use of tobacco or by their involuntary contribution to the air pollution caused by tobacco smoking.

Hands-on training for BCC students

THIRD YEAR STUDENTS in general nursing at the Barbados Community College (BCC) recently had the opportunity to improve their knowledge and skills through an intensive one-week training session and attachment at the Heart & Stroke Foundation of Barbados (HSFB).

Twelve nurses attended the course from July 17 to 21, and a similar number from July 24 to 28. They received instruction in Emergency Cardiac Care (ECC), as well as participated in the Cardiac Disease Prevention and Rehabilitation (CDP&R) programme.

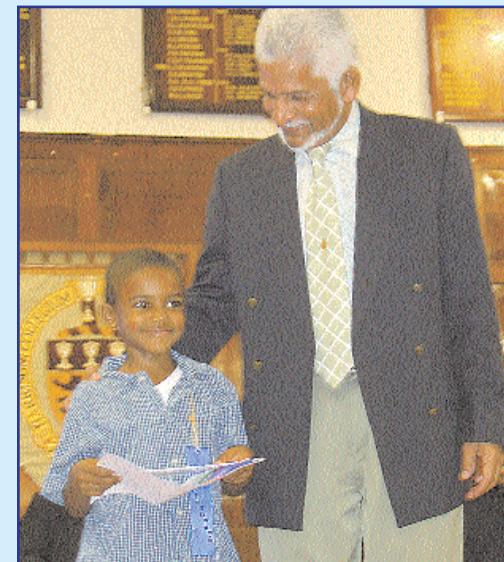
The ECC course included comprehensive training in CPR (cardio pulmonary resuscitation) and First Aid, also Basic Cardiac Life Support (BLS). The BCC group was also instructed in the use of the Automatic External Defibrillator (AED), a simple but

revolutionary device that restarts the dying heart.

In the CDP&R "Gym with a Difference" section, the students were able to participate fully in the prevention and rehabilitation programme and to gain hands-on experience in the treatment of clients. This included conducting pulse and blood pressure checks, and monitoring the clients as they went through their various exercise routines.

The students also attended a number of lecture sessions, including proper nutrition, healthy heart care, dealing with stress, and the importance of and correct methods of exercise.

They expressed their appreciation to the HSFB for providing them with the invaluable training, which they recognised would not only help them in their profession but also in their homes and in their daily lives.



FIRST PRIZE WINNER in the poster competition, six-year-old Jonathan Gittens, receiving his prize from Vice-president, Employee Benefits, Guardian Life of the Caribbean, Deryck Murray.

AT LEFT is the winning poster by Jonathan Gittens.

How Young Is Your Heart?

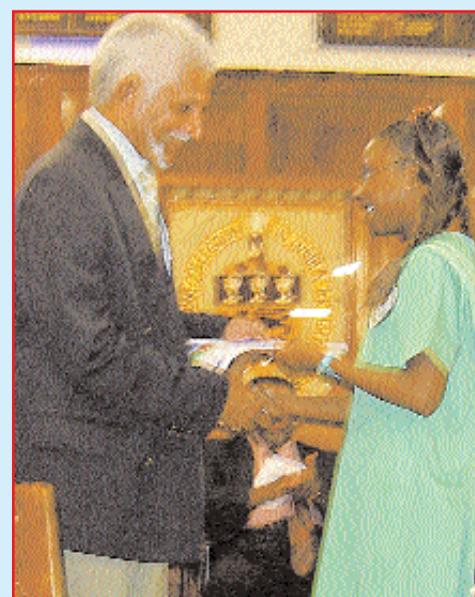
by OLIVIA ALLEYNE
 Christ Church Girls

As I am young, you can expect me to believe that my heart is also young. But unfortunately, it is not as simple as that. I think young in this context means healthy, so I will try to explain how I know that my heart, a most important organ in my body, is very young.

First of all, I am an active, healthy and slim nine-year-old who does not have any stresses in my life. I also enjoy many outdoor activities. Some of my favourite sports are rope skipping, bicycling and athletics. Some weekends I also go for a swim in the sea and a walk on the beach with my mother. Recently, I became an active member of the cheerleading and dance team for my school and the Barbados Cheer and Dance Championship Association.

All of these exercises help me to sleep soundly at bed-time, which is also good for my heart. However, sleep and exercise alone are not enough to keep my heart young. Medical experts and nutritionists also advise people that it is very important to eat healthily if we want to keep our bodies in good condition: especially our precious hearts!

Although I am not yet responsible for what I am served at mealtimes, I can still happily say that I have balanced and nutritious meals with plenty of vegetables, which I am encouraged to eat, even though I do not like the taste of some of them. I also eat lots of fresh fruits daily and these I do



FIRST PRIZE WINNER in the essay competition, ten-year-old Olivia Alleyne, receiving her prize from Deryck Murray of Guardian Life of the Caribbean.

love! I am not allowed to drink many soft drinks or eat many sugary or salty snacks.

I think that all of these practices are needed to maintain a strong and fit body, with a young heart working at its best.

Finally, I believe that my healthy heart, with which I was blessed at birth, will remain young for the rest of my life, as long as I keep up my good habits.

That is how young my heart is!