

Last Gasp

- Rank of doctors among professions with most bacteria in their work environments: 5
 Rank of accountants: 2
 (*Gerba C. Germs in the workplace. Study by Clorox Co., released Feb. 2006*)
- No. of spoons an office lunch room will have to buy in a year to ensure always having 70 on hand: 250
 (*BMJ 2005;331:1498*)
- No. of vacation days taken by the average Canadian worker in 2006: 19
 No. of vacation days taken by the average French worker in 2006: 39
 (*www.vacationdeprivation.com/*)
- Estimated number of hours the Canadian economy loses annually due to insomnia: 48 000 000
 (*Statistics Canada. Study: Insomnia. Health Reports, Nov. 16, 2005*)
- Percentage increase in 10-pin bowling scores attained by subjects exposed to the scent of jasmine: 27
 (*Hirsch A. Smell & Taste Treatment and Research Foundation, Chicago. Paper presented to Annual Meeting for Chemoreception Sciences, Apr. 20, 2006*)
- No. of percentage points by which each daughter in a family raises the likelihood of parents voting for a left-leaning political party: 2
 (*www2.warwick.ac.uk/newsandevents/pressreleases/NE1000001385/daughters.pdf*)
- Percentage of liberal women who say they dream about same-sex encounters: 14
 Percentage of conservative women who say so: 4
 (*Bulkeley K. Sleep and dream patterns of political liberals and conservatives. Paper presented at the 22nd Annual Conference of the International Association for the Study of Dreams, Berkeley, Calif., Jun. 25, 2005*)
- No. of seconds it takes a university-age man to become sexually aroused when exposed to pornography: 30
 No. of seconds it takes a university-age woman: 30
 (*Kukkonen T. Paper presented at the Canadian Sex Research Forum, Ottawa, Sept. 28–30, 2006*)
- Proportion of Canadian women who say, in a first encounter with a man, that they prize wit over looks: 3/4
 Proportion of Canadian men who say, in a first encounter with a woman, that they prize looks over intelligence: 3/5
 (*www.icrsurvey.com/Study.aspx?f=Harlequin%201_26_06.htm*)
- Percentage by which the human head and face have shrunk over the past 10 000 years: 30
 (*Quaternary International 2006;150:12-26*)
- No. of years younger an affluent, 40-something married woman who has avoided excessive sun exposure will appear compared to a single, jobless woman who has devoted too much time to tanning: 7.2
 No. of years younger an affluent, 40-something married man with no more than 3 children will appear as compared with a single, jobless man who has reduced his body mass index by 2 points: 10
 (*Age and Ageing, 2006;35[2]:110-5*)
- Average number of years it would take a person eating a raw egg a day to fall ill with salmonella poisoning: 55
 (*Ottawa Citizen, Apr. 12, 2006. Eade R. Halt! Who cooks there?*)
- No. of excess cancer deaths per 100 000 people who eat farmed salmon: 24
 Reduction in number of deaths from heart disease per 100 000 people among those who regularly eat any kind of salmon: 7125
 (*JAMA 2006;296:1885-99*)
- Gallons of water it takes to produce 250 g of beef: 8000
 (*Goodall J. Harvest for hope. New York: Time Warner Books; 2005*)
- No. of grams of salt in a Big Mac served in Canada: 2.55
 No. of grams of salt in a Big Mac served in Portugal: 0.50
 (*World Action on Salt and Health [WASH], Oct. 2006*)
- Percentage of Canadians, given current sodium intake, who will develop hypertension: 95
 (*WASH member, Norman Campbell, University of Calgary, quoted by Sharon Kirkey, CanWest News Services, Oct. 4, 2006*)
- Average weight of an American woman, age 20–29, in 1960, in kg: 64
 Average weight of an American woman, age 20–29, today, in kg: 77
 (*US Centers for Disease Control and Prevention, National health and nutrition examination survey, July 2004*)

- Average weight of a Montreal Canadiens hockey player in 1917, in kg: 75
 Average weight of a Montreal Canadiens hockey player in 2003, in kg: 92
 (*Applied Physiology, Nutrition, and Metabolism* 2006;31:181-5)
- Percentage of American Baptists who are considered obese: 30
 (*Cline KMC, Ferraro K. Does religion increase the prevalence and incidence of obesity in adulthood? Journal for the Scientific Study of Religion*, 2006;45. In press.)
- Percentage of Canadian Baby Boomers who are considered obese: 30
 (*Canadian Heart and Stroke Foundation. Is 60 the new 70? Feb. 13, 2006*)
- Percentage of Americans with no religious affiliation who are considered obese: 6
 (*Cline KMC, Ferraro K. Does religion increase the prevalence and incidence of obesity in adulthood? Journal for the Scientific Study of Religion*, 2006;45. In press.)
- Percentage increase in hip and knee replacement surgeries 1995–2005: 87
 Percentage of patients receiving artificial knees who were overweight or obese: 87
 (*Canadian Institute for Health Information. Canadian Joint Replacement Registry [CJRR] 2006 Annual Report on Hip and Knee Replacements in Canada. Oct. 2006*)
- Percentage of Canadians who believe their weight has little or no effect on their heart health: 58
 (*Canadian Heart and Stroke Foundation. Is 60 the new 70? Feb. 13, 2006*)
- Percentage increase in positive health outcomes of heart-bypass surgery patients being prayed for by others: 0
 (*American Heart Journal* 2006;151:763-4)
- Percentage of Canadians who listen to a weather report before leaving home: 93
 (*Phillips D, climatologist, Environment Canada, public lecture, Carleton University, Ottawa, Feb. 27, 2006*)
- Percentage increase in heart attacks for every 10-degree drop in temperature: 13
 (*Amouyel P. Paper presented at the annual meeting of the European Society of Cardiology, Aug. 28, 2006*)
- No. of polar bears resident in the Greater Toronto Area who succumbed to West Nile virus in 2006: 1
 (*Globe & Mail, Oct. 24, 2006. Toronto Zoo polar bear died of West Nile?*)

Compiled by David McDonald, an Ottawa filmmaker and writer.