

It appears Mayor Mike Savage is concerned about wage increases of HRM employees outstripping inflation ([Nov. 20 story](http://thechronicleherald.ca/metro/1252324-halifax-mayor-councillors-receive-pay-bump))<http://thechronicleherald.ca/metro/1252324-halifax-mayor-councillors-receive-pay-bump>). He might be part of the problem. He just accepted a wage increase of about two per cent over inflation.

If it is good enough for the mayor, it is good enough for all wage earners.

Charles Metcalfe, Halifax

Expand exports

HRM Mayor Mike Savage, in a speech this week, repeated the age-old mantra that was the centrepiece of our local brain trust, the Ivany commission. That is: "We need more immigration to grow our economy."

Ironically, there appeared on the same day [a feature story in your business](http://thechronicleherald.ca/business/1252097-three-degrees-of-frustration-for-jordanian-immigrant) <http://thechronicleherald.ca/business/1252097-three-degrees-of-frustration-for-jordanian-immigrant> section concerning the inability of a highly educated immigrant from Jordan to get a job in her field here over the past four years.

Immigrants who simply arrive here and set up retail outlets of any kind, for example, only diminish the size of the remaining market for other retailers. That does nothing for net job creation.

When will our government leaders and their advisers realize that Nova Scotia needs to produce/manufacture products that can either be exported to other regions and/or substitute for our reliance on imports?

That is the only way Nova Scotia's economy will improve, and as jobs become available from that base, successful immigration will occur, not the other way around.

Richard Blackman, Halifax

Suicide's huge impact

International Survivors of Suicide Loss Day is today (Nov. 22). A survivor of suicide loss is someone who lost a loved one due to suicide. This day brings together survivors of suicide loss and increases awareness of suicide as a devastating problem.

Suicide is a leading cause of death. Every 40 seconds, someone completes suicide, equating to 800,000 people who end their life per year across the world. In Canada, economic costs tied to suicide were \$2.4 billion in 2004.

Intense suffering often accompanies suicide. At least six people are seriously affected for every suicide. Survivors of suicide loss may feel abandoned by their loved one and responsible for her/his death. Confusion, sadness, guilt, anger, stigma, and complicated forms of grief often occur in survivors. These survivors are 3.7 times more likely to attempt suicide.

The global suicide rate decreased by 26 per cent from 2000 and 2012, suggesting some forms of suicide are preventable. Preventative measures include restricting access to means of suicide (e.g. guns), appropriate media coverage (e.g. not sensationalizing celebrity suicides), and treating mental illness. For survivors, support groups can help and psychotherapy may be needed. Public events providing support and raising awareness are important ways for us all to help survivors.

Dr. Simon B. Sherry, associate professor, department of psychology and neuroscience; and Cynthia Ramasubbu, research assistant personality research team, Dalhousie University

Farewell to a mover and shaker

Rick Murphy of West Jeddore passed away suddenly at 54 years of age on Nov. 17. He was the heart and soul of Lobster World in Jeddore that extended to Arisaig Fisheries on the north shore of Nova Scotia and "Wayne's World" in Eastern Passage.

He was a founder of the Cape George "Marsh Road" fire department.

Rick was a businessman — and that's just what he did 24-7. He took great pride in keeping people on their toes — as well as seeing them exc from his mentorship. But he never bragged nor sought public recognition for it.