

over and over to a second person, who rejects it each time. This way the student learns to hold on to his wish no matter what manipulative techniques the second person comes back with. "You've got to teach people not to be responsive to all the little things people may say to manipulate them," the psychologist says.

A second technique, called "fogging," prevents people from being manipulated by stopping short of the kind of responses they may succumb to. For example, when told "You are a terrible person," the student would deal with the statement by saying, "Yes, I understand why you would say that." Such a response, according to Mr. Beaubien, stops the other person cold.

Eye contact

One of the most powerful tools in assertiveness training involves eye contact — something many non-assertive people have difficulty with. Starting gradually, students are asked to focus on another person's forehead, then his eyes, first for a few seconds and then for longer periods. Being able to establish eye contact can, it appears, bring about a dramatic change in behaviour.

Mr. Beaubien says that increased interest in assertiveness seems to be part of a movement towards establishing a sense of individual worth. Lack of assertiveness is the "common denominator" shared by many people with emotional problems. ♦

Law to fight pop cans

A campaign by the Ontario Environment Ministry to persuade the soft-drink industry to bring back refillable containers has failed and Mr. George Kerr, the Environment Minister, is about to introduce legislation to discourage the use of throwaway cans and bottles.

Although no details were given as to the form the legislation may take, Mr. Kerr told a Press conference that he personally leaned towards a system of mandatory deposits on throwaways, as well as on refillable bottles which carry them now.

No volunteers

This decision follows a year in which the industry was asked to make a change voluntarily, but with very little improvement. It is estimated that last year Ontario residents drank 125 million gallons of pop from 1.3 billion bottles and cans, of which about 60 per cent were throwaways. Soft drink containers ended up as 170,000 tons of waste, more than four per cent of the province's total garbage. ♦

Economic Digest

The budget

Revised federal controls over prices and profits and tougher rules for unemployment insurance benefit payments were announced by the Canadian Finance Minister, Mr. Donald Macdonald, when he presented his first budget in the House of Commons on May 25.

The change in the prices rules for the anti-inflation controls will make all firms subject to a profit margin test, which will hold firms to profit limits of 85 per cent of that earned in either the previous five years or in the last financial year, whichever was more favourable. The rules — effective from July — are aimed at closing loopholes by which companies justified any price rises on the basis of increased costs.

The budget also proposed extending the qualifying period for unemployment benefits from eight weeks to 12 weeks, and linking the number of weeks during which benefits can be drawn to the number of weeks worked.

In other changes, the Minister announced increased profit limits on which private corporations are entitled to pay tax at a reduced rate. The new annual limit is \$150,000 and the new cumulative total is \$750,000. All companies engaged in resource exploration can write off 100 per cent of their exploration costs and the freeze on corporate dividends imposed last October will end on October 15 this year, after which they may be raised by eight per cent.

Tax-free allowances for child care expenses that working women and single-parent fathers may claim is to be doubled to \$30 dollars per week per child and \$1,000 per year per child with a total maximum annual limit of \$4,000.

The Minister also announced a one-year extension for current import tariff cuts on drugs, sugar, some fresh vegetables as well as temporary reductions on fresh pork, ham and macaroni. And imports of compressor and electricity generating sets from Great Britain and Ireland, now dutiable at 2½ per cent British Preferential rate, will be made dutiable at 15 per cent Most Favoured Nation rate.

Unemployment

The national unemployment rate jumped to 7.4 per cent of the labour force during April from 6.9 per cent a month earlier. This was the highest jobless rate this year, Statistics Canada reported.

The number of Canadians without jobs was up by 10,000 from the previous month to 769,000. At 7.4 per cent, the rate was higher than in April 1975, when it was 7 per cent. Put another way, this means that for every 1,000 Canadians holding a job or seeking work this April, 74 were unable to find a job.

Most of the increase in unemployment occurred among men and women aged 25 and over. For men it rose to 4.4 per cent from 3.8 per cent in March; for women, to 7.1 per cent from 6.1 per cent.

While 769,000 were out of work, Statistics Canada information shows that 191,000 Canadians were holding two or more paying jobs.

Skunk delicacy?

Housewives in the Canadian Arctic are being persuaded to be more adventurous and try different types of food — such as skunk. The world's most notoriously smelly animal is, it seems, a highly tasty morsel for the adventurous cook provided she — or he — skins the animal with care.

Skunk is hunted in many parts of Canada during the spring for its pelt of black and white. A nocturnal animal, the skunk is one of the bravest of beasts, being frightened of nobody. When attacked he turns his back on his adversary, raises his bushy tail and sprays a burst of stinking liquid from his scent glands.

The scent is so strong that a skunk can be smelled a mile away and any clothing drenched is virtually impossible to clean. Therefore, according to a cookery expert writing in *The Yellowknifer* of Yellowknife in the Northwest Territories, cooks should be extremely careful when removing the scent glands or risk permanently stinking out their kitchens. Skunk meat, slightly darker than rabbit, is best parboiled and then fried in batter and is regarded as a delicacy. And yet, advises the cooking expert, it might be more prudent to describe the dish to unappreciative guests as 'wild turkey' rather than French Fried Skunk. ♦

No spares in future cars

Within five years Canadian cars will be much smaller with accessories such as spare tyres sacrificed to make room for people, according to W. S. Pickering, president of American Motors (Canada).

Present full-sized cars will have virtually disappeared by 1980, with the current small car becoming the accepted full-sized car. The V8 engine will have to give way to the four-cylinder engine to meet U.S. and Canadian government suggestions of an average of 33 miles to the gallon.

Mr. Pickering reluctantly predicted the disappearance of the standard American station wagon. "How you're going to get six people and a dog up to Muskoka, I don't know." ♦