

# MOSAIC

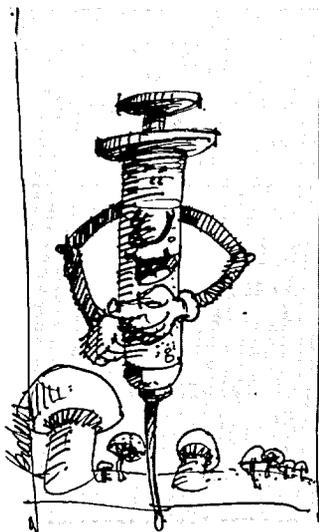
health," reported Vera Hull, the head nurse at Toronto's East General Hospital, where the triplets were born.

The triplets were born in the 35th week, five days before the mother's 36th birthday.

Jessica tipped the scales at four lbs, 14 ounces at birth, while the two boys weighed in at four lbs, two ounces and five lbs, five ounces.

## HEALTH

### Existing Vaccines Could be Used More Extensively.



With the new vaccines being developed by genetic engineering, it is expected that one day most illnesses, be they malaria, leprosy or tooth decay, will one day be extinct.

But even the existing vaccines could do wonders if

they were more widely used in the Third World, according to scientists. At a seminar on vaccine technology, researchers pointed out that 60 000 children die every two days in the developing countries from illnesses that could be prevented by simple immunization. This figure is higher than the total number of AIDS deaths in the world.

As for the more advanced vaccines obtained from genetic engineering, the researchers claimed that the development of a product to combat hepatitis B is in fact the first cancer vaccine. Cancer of the liver, a major cause of death, stems from this form of hepatitis.

Work is also well under way on a leprosy vaccine. Genetic engineering will soon provide combination vaccines against 20 or so illnesses in a single inoculation.

Even AIDS might be conquered, although it presents some special difficulties. Genetic engineering is being used on AIDS in many laboratories, but this illness is caused by a group of viruses known as the retroviruses, against which there is as yet no vaccine.

Many deaths could be prevented by the introduction of new vaccines and more widespread use of existing ones. "General

immunization with the existing vaccines could prevent five million deaths per year at a cost that any motivated country could bear," declared Australian Gustav Nossal at the World Health Organization seminar in Geneva. "This figure will double with new vaccines that might well be discovered within the next ten years."

### Midday Meal Said to be the Most Important.



For years we have been told that breakfast is the most important meal of the day. It now appears that what was thought to be a sound dietetic principle may have been nothing more than an advertising trick staged by the cereal companies!

According to French neurobiologist Jean-Didier Vincent, the midday meal is the most important. Dr. Vincent believes that the importance of a meal should be determined by the period that follows it

rather than the period preceding it. Breakfast can be light because the morning is relatively short, but the midday meal must give the body the sustenance it needs for the rest of the day.

The insulin rate of the rat, which is mainly a nocturnal feeder, drops during the day, signifying that the animal is living off the reserves accumulated during the night.

## MISCELLANEOUS

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### Nocturnal Creatures.

Roger Beaudoin of Hull was surprised to find not one but two butterflies of the *Saturnia Cecropia* variety, the largest in Quebec, in his yard. The female has a wing span of up to 17 centimetres. This insect has eye markings on its wings to frighten predators. The colouring of the *Saturnia Cecropia* is exceptional for a night butterfly.

