

cies of government concerned with Arctic research have been invited to participate so that the maximum value may be obtained from this voyage.

PUBLIC HARBOUR AT SEPT-ILES

The continuing growth of marine traffic at Seven Islands, Quebec, and the increasing need for control of shipping in the harbour have made it necessary to proclaim it a public harbour under the Canada Shipping Act, it was announced recently by Mr. Léon Balcer, Minister of Transport.

Figures compiled by the Dominion Bureau of Statistics for 1960 show more than 1,800 vessel arrivals, of a total of 4.7 million registered tons. Cargo loadings and unloadings for the period were nearly 12 million tons, making the harbour one of the busiest on the St. Lawrence River. Though much of the cargo tonnage was connected with the handling of iron ore produced in the region, a large percentage of the traffic was made up of smaller coastal and ferry vessels calling at the public wharves.

To take care of this expansion of traffic the necessary steps have been taken to define the limits of the public harbour for administrative purposes. The limits will include the entire navigable waters of Seven Islands Bay but will exclude the islands, and the channels between them.

Following proclamation of the harbour, all shipping activities become subject to the provisions of the Canada Shipping Act and Public Harbour Regulations.

NEW DIETARY FORMULA

The Canadian Council on Nutrition has now approved a new formulation of "Canada's Food Rules" and has, in the process, changed the heading to "Canada's Food Guide". For nearly 20 years the terse phraseology of "Canada's Food Rules" has provided a rule-of-thumb guidance for the appropriate selection of Canadian foods to maintain health. A generation of school-children has memorized the rules and applied them in classroom projects.

As scientific knowledge of nutrition has extended, slight amendments in the "Rules" have been necessary from time to time. The Canadian Council on Nutrition felt that the research achievements of recent years required a re-appraisal of the entire statement, and a revision not only to incorporate these advances but also to recognize changes in the foods commonly available and changes in educational methods. At the same time it desired to maintain the style of the text which has proven effective through years of use. The new formulation, approved by the Canadian Council on Nutrition, is as follows:

CANADA'S FOOD GUIDE

These foods are good to eat.
Eat them every day for health.
Have three meals each day.

Milk

- Children (up to about 11 years) 2½ cups (20 fl. oz.)
- Adolescents 4 cups (32 fl. oz.)
- Adults 1½ cups (12 fl. oz.)
- Expectant and nursing mothers 4 cups (32 fl. oz.)

Fruit

- Two servings of fruit or juice
- Include oranges, grapefruit or tomatoes three times a week.

Vegetables

- One serving of potatoes.
- Two servings of other vegetables, preferably yellow or green and often raw.

Bread and Cereals

- Bread (with butter or fortified margarine).
- One serving of whole grain cereal.

Meat and Fish

- One serving of meat, fish or poultry.
- Eat liver occasionally.
- Eggs, cheese, dried beans or peas, may be used in place of meat.
- In addition, eggs and cheese each at least three times a week.

Vitamin D

400 International Units for all growing persons and expectant and nursing mothers.

Approved by the Canadian Council on Nutrition, 1961.

Nutrition Division

Department of National Health and Welfare.

Commenting on the new formulation, the Chairmen of the Canadian Council on Nutrition Dr. J.E. Monagle, Chief, of the Nutrition Division, of the Department of National Health and Welfare, said:

"Obviously, 'Canada's Food Guide' is in principle only a restatement of 'Canada's Food Rules'. Intended as an aid to appropriate food selection for health, the original version was often applied as a dictum. In the revised text the Council on Nutrition makes greater allowance for the flexibility of selection permitted by the variety of foods available in Canadian markets. There has been no change in underlying philosophies, and the basic grouping remains. More precise definition of requirements for certain nutrients has brought about slight changes in recommendations for some groups of foods. We wish to particularly stress that 'Canada's Food Guide' is applicable for all age groups, and that dietary selection on this basis is conducive to health without any vitamin or mineral supplementation or resort to other panaceas. Moreover, it is a practical guide for even the most limited food budget"

A printed version of "Canada's Food Guide" will be available to nutritionists, health educators and the general public in the near future.