

### Bravery awards

Canada's second highest decoration for bravery, the Star of Courage, has been awarded to three persons for acts of heroism. One of the awards is posthumous.

Patrick Harrington, aged 77, of South Porcupine, Ontario, was asphyxiated after rousing tenants during a fire which levelled a three-storey rooming house in the town in the early hours of March 6, 1976. The rescuer persisted despite heat and smoke and alerted others by activating a manual fire alarm; but in the process he was trapped and could not himself escape.

Chris Ann Bishop, aged 15, of South Hazelton, British Columbia, rescued three younger brothers from a fire which destroyed their house in the early hours of September 16, 1976. With fire all around her, Chris Ann was finally forced to jump from a second-floor window but continued in vain in her efforts to save two others.

On March 4, 1976, Gail Flynn of Nitinat Camp, British Columbia, saved three children, all aged three, who had fallen through the ice at Kissinger Lake near her home. By breaking the ice with her arms, Mrs. Flynn managed to reach and revive all three.

These three persons are among a group of ten who will be awarded decorations for acts of heroism. The other seven will receive the Medal of Bravery. There are three awards: The Cross of Valour, the highest decoration, The Star of Courage and the Medal of Bravery. Since the decorations were first created in 1972, 269 Canadians have received them.

### International sport exchanges

Joint training camps, exchanges of coaches and other specialists, and sports competitions are some of the results of an understanding signed recently between Canada and Poland.

Similar arrangements were discussed with Hungary, the Federal Republic of Germany and the German Democratic Republic. All four countries showed interest in receiving specific proposals later in the year for consideration of exchanges in 1978.

National, regional and club teams are expected to compete against Canadian teams in the coming year as a result of the discussions held in Europe by Iona Campagnolo, Minister of State, Fitness and Amateur Sport. Joint seminars and conferences will be held with a view to improving the performance of athletes and the qualifications of coaches and other technical personnel.

#### Canada and Poland

In addition to the joint training camps, the understanding with Poland covers the participation of teams and individuals in bilateral and multilateral competitions in Canada and Poland, the exchange of people in the field of physical recreation and sport, and the exchange, when possible, of technical documentation.

Teams from both Canada and Poland are expected to be involved in exchanges within the next year. According to the understanding reached with Polish officials, delegations from both countries will meet alternately in Canada and Poland in December of each year or at international sports events to summarize

the current year's sport exchange.

Dr. Sandor Beckl, Under-Secretary of State and President of the OTSH (Hungarian National Office for Fitness and Sport), accepted the invitation extended by Mrs. Campagnolo to pay an official visit to Canada, when further negotiations will take place.

### Does meditation really work?

The International Meditation Society, an organization based in Switzerland founded by the Maharishi Mahesh Yogi, has awarded \$85,000 to a Montreal psychologist for research on the perceptual and cognitive effects of transcendental meditation (TM).

Dr. Stephen Milstein, an associate professor with the Quebec government's Health Research Institute and a meditator himself, states that he plans to investigate claims that "the practice of TM improves perception, sensory function, the ability to think clearly and the ability to deal with stressful situations". The two-year study will be conducted both in Switzerland and in Canada with groups of experienced and novice meditators and non-meditators. The subjects will be compared on standard tests of sensation, problem-solving, eye-hand co-ordination and creativity.

Milstein, who obtained his Ph.D. in experimental psychology from the University of Manitoba, has conducted previous experiments on the psychological effects of marijuana. His research demonstrated that contrary to the belief of users, smoking marijuana impairs creativity.

### Exports to Iran

*More than 45,000 feet of Cantrough Cabletray manufactured by Electrovert Ltd., Montreal, are being used at the Gilan Forest Products complex being built in Iran for the Industrial Development and Renovation Organization of Iran (IDRO).*

*Electrovert has exported its products to over 55 countries.*

*(Right) a 100-ton consignment of Electrovert aluminum heavy duty cable tray and cantruss steel supporting system loading at Montreal docks for shipment to Iran.*

