reduce his intake of all cigarette smoke constituents, gases, as well as tar and nicotine, by reducing the amount of smoke he inhales. This can be accomplished by: (1) lengthening the period between cigarettes; (2) lengthening the period between puffs; (3) not inhaling; (4) removing the cigarette from the mouth after each puff; (5) throwing away a very long butt. Tar and nicotine collect in the tobacco as the cigarette is smoked and the shorter the cigarette is puffed the more concentrated the tar and nicotine in the smoke become."

MÉTIS MARINERS

When the 6,320-ton ice-breaker CCGS Norman McLeod Rogers slipped away from a Quebec City pier recently, and headed north on a buoy-laying voyage, her powerful diesel engines were being tended by two young men who, only a few years ago, would not have dreamt of leaving their homes in the heart of the Northwest Territories for a life on the sea.

Charles Blondin, 26, and Andrew Mandeville, 27, from Fort Resolution and Fort Franklin, NWT, are believed to be the first Métis (Canadians of mixed Indian and white parentage) to sail as junior engineers on an ocean-going vessel. When they boarded the Norman McLeod Rogers, they joined the increasing number of technicians from Canada's North who are contributing to the economic development of the region. Within five years both Blondin and Mandeville will be qualified as chief engineers.

The first steps of the two trainees away from their distant homes near Great Slave Lake began in schools run by the Department of Indian Affairs and Northern Development. After elementary education at Fort Franklin, Blondin continued his studies at the Sir John Franklin Vocational High School in Yellow-knife, as did Mandeville, where both youths graduated with senior matriculation diplomas.

EARLY TALENT NOTICED

Placement officers of the Department of Indian Affairs and Northern Development and guidance councillors at the Sir John Franklin Vocational High School noticed that both young men showed exceptional aptitude for mechanics and engineering, as a result of which they were chosen to receive training as marine engineers, an occupation of growing importance as the wealth along the rivers of the territories and Arctic shores is being uncovered.

In 1964, Indian Affairs personnel arranged with the Department of Transport to train northern residents as marine engineers for Coast Guard vessels. That year both Mandeville and Blondin got their sea legs aboard auxiliary vessels of the Royal Canadian Navy in Nova Scotia waters.

Subsequently, they attended the Fleet Engineering School at HMCS Stadacona, Halifax, N.S., joining a naval class in engine-room mechanics. Both Métis

placed in the first ten of a class of 24. In May 1965, they were assigned as oilers to Coast Guard ships sailing out of Quebec City. During the summer of 1969 Mandeville and Blondin, after gaining enough experience, wrote and passed their examinations in Quebec City to become 4th Class Marine Engineers and became rated as Technicians No. 1, or Junior Marine Engineers.

INDUSTRIAL FELLOWSHIP PROGRAM

A program designed to encourage highly qualified science and engineering students in graduate schools to make careers in Canadian industry has been established by the National Research Council of Canada. Some 30 Canadian companies will participate in a newly-created Industrial Postdoctorate Fellowship program, which becomes operational in 1970. Candidates under 35 who have just completed or are within six months of completion of the requirements for their doctorate degrees may apply to a participating company for a staff position for one or two years.

In outlining the new program, R. B. Hiscocks, Vice-President (Scientific), described it as a means of narrowing the gap in outlook between industrialists and university graduates. He said: "Industrialists question whether the Ph. D. can pay his way in a particular organization. The young graduate questions the ability of industry to provide an intellectual challenge."

"We have taken some steps in this direction, notably through existing programs such as our Industrial Research Assistance Program, which has assisted in creating many new posts for Ph.D. graduates in industrial research and development. We intend to strengthen such programs, but additional measures are required and so we are introducing the Industrial Research Fellowships."

OBJECT OF PROGRAM

Mr. Hiscocks said the object of awarding fellowships was to create in the universities a greater interest in careers in industry and to reduce the cost to industry of the relatively high starting salaries of graduates with doctorates.

The competition is open to Canadian citizens and landed immigrants having or anticipating a doctorate degree from a Canadian university, who have shown high scholastic achievement and demonstrated an interest in a career in industry.

Fellowships are awarded on a 12-month basis and there is provision for a renewal for a second 12 months. Salaries will be established in direct negotiation between the company and the candidate, but will not be less than a basic grant of \$7,200 provided by the NRC.

There will be two competitions annually for these awards.