

# MOSAIC

## COSICS: Canadian On-Line Secure Information Communications System

This high speed communications, office automation and information management system, will link External Affairs' offices in Ottawa to its more than 110 offices abroad through a network of 4,000 to 5,000 computer work stations.

COSICS takes advantage of existing technology and adapts it to the unique requirements of the Department. When completed, COSICS will be the largest, Canadian-developed, secure, automated communications system in Canada, and among the largest in the world. It will be implemented over the next seven years, linking the department's offices at home and abroad.

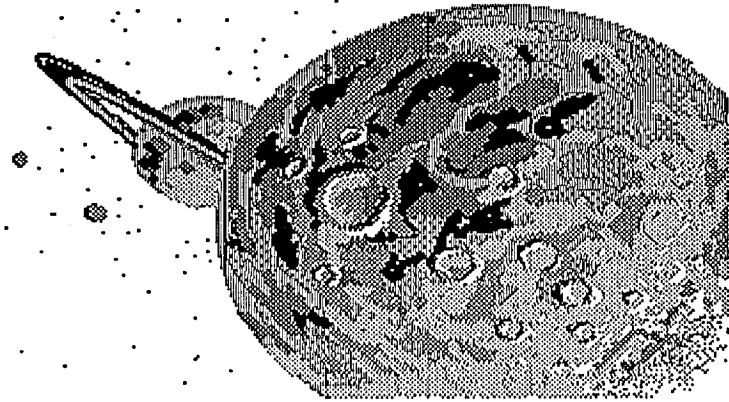
The new Canadian Embassy in Washington will be the COSICS flagship. Linking of other offices in the USA, then Europe, Asia, Latin America and the Caribbean, and Africa and the Middle East, will follow. Fenco Engineers Inc. of North York, a subsidiary of Lavalin Inc. of Montreal, won the contract worth more than \$100 million.

## CANADARM

One of our two replicas of the Canadarm will be at the Cariboo College, Kamloops, B.C. November 4 to December 26, 1988. From December 1988 to the end of February 1989, it will be at the Manitoba Children's Museum in Winnipeg, Manitoba.

## The Most Popular Toys of 1987-88

According to the statistics in the specialized magazine, *Toys and Games*, the toys most sold in Canada's department stores during the first half of 1988 were those in the Fisher-Price "Fun With Food" series, Kenner's "Real Ghost-Busters," Mattel's "Barbie" and Hasbro's "G.I. Joe."



In the specialized shops, the top seller was "Playmobil." The "Barbie" and "G.I. Joe" series have been among the top ten since 1986. The statistics are roughly the same as the American market. Quebec does not keep these kinds of statistics, but all indications are that there is probably a difference, especially because of the market share held by European toys.

*Protégez-Vous*, Nov. 88

## BRAIN FOOD

If your brain shuts down after a breakfast of bacon, sausage, buttered English muffins, and eggs scramble in cream, blame it on what you've eaten. Carbohydrate and fat tend to make you feel drowsy, according to studies at the Massachusetts Institute of Technology (MIT). Protein, such as red meat, when eaten alone, produces chemicals which keep your brain alert and ready for problem-solving.

Eating a little protein at each meal is important for alertness. Carbohydrates by themselves - muffins, bread, pasta, etc... - have a calming effect. The MIT studies conclude that food can profoundly affect your ability to think faster and feel motivated. Remember that when exams roll around.

*Canada And The World*, Nov. 88

