

ACCLIMATIZED ATHLETES

A physical educator at the University of British Columbia is using a unique machine to prove that athletes can be acclimatized to high-altitude conditions without leaving sea-level.

Dr. Eric W. Banister, Assistant Professor of Physical Education at UBC, has been using a respirometer, the only one of its kind in Canada, to simulate high-altitude conditions by altering the oxygen level inside the machine.

Preliminary tests, carried out on himself and seven members of UBC's grass-hockey team, show that athletes can be pre-trained at sea-level in preparation for performing at high altitudes.

"One of the unanswered questions about acclimatization is just how long an athlete needs to adjust to an alien environment," Dr. Banister says.

In the attempt to answer this and related questions, Dr. Banister selected a group of students and measured their physical performance both inside and outside the respirometer, a chamber measuring four feet by eight feet by eight feet.

Inside the machine the students pedalled a stationary bicycle once a week for eight weeks. Altitudes of 8,000 and 12,000 feet were simulated by reducing the oxygen content of the closed chamber.

IMPROVED PERFORMANCE

The end result of the tests and measurements carried out by Dr. Banister was a measurable improvement of performance by the students at both sea-level and high altitude.

"The results obtained so far indicate a trend but are by no means conclusive," Dr. Banister said. During the coming year he will expand the research programme by applying more sophisticated tests designed to measure a wider range of altitude reactions.

A TEST OF HONEY

A three-member Canadian trade mission is investigating means of enlarging Canada's exports of honey to Britain. The mission, sponsored by the Department of Trade and Commerce, was organized

in co-operation with the Canadian Beekeepers Council.

Seven years ago, Canada sold very little honey to Britain. Yearly sales today, total about seven million pounds by weight, a quarter of the total British consumption. There has recently been a trend away from the export of bulk honey in favour of packaged, branded varieties that lend themselves more readily to market development and promotion.

The members of the mission are visiting London, Dublin, Liverpool and Glasgow, meeting buyers of honey and importers of the Canadian product. They will explore alternative methods of developing the British market and study various approaches in merchandising that the Canadian honey industry might use.

THE CONCEPTION OF A FRENCH-SPEAKING COMMUNITY

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INTERNATIONAL ORGANIZATION NEEDED

Up to now, these various initiatives have developed spontaneously. If we want to make sure that "La Francophonie" develops in an effective and coherent manner, it seems to me essential that such initiatives should be carried out in future in a more systematic way; they should be encouraged, and co-ordinated. I think that the most suitable instrument for this purpose would be an international organization of an essentially private nature, based on national association of the same character, which would be independent from one another and from their governments, but would work closely with the latter and would enjoy their support. Such an international organization would permit co-operation in this field on the basis of complete equality among the various countries concerned, and would supplement the activities of governments by mobilizing the resources and initiatives of individuals and private organizations. The Canadian Government is convinced of the value of this idea, and has undertaken to submit it to French-speaking governments. If their opinion is favourable, we shall be ready to call a meeting of their representatives to discuss the question....