

Good news — and bad news — for cigarette smokers

Tar and nicotine levels in some brands of cigarettes have been reduced substantially over the past two or three years. On the other hand, in some heavily-promoted or well-known products there has been little progress in cutting down the tar content.

These comments were made in connection with the latest tar and nicotine tests carried out by Dr. W.F. Forbes and Dr. J.C. Robinson at the University of Waterloo, Ontario, the results of which were announced last month by National Health and Welfare Minister Marc Lalonde.

ranges and that levels of widely-known and available high-tar products be reduced as rapidly as possible.

Mr. Lalonde asked manufacturers to help bring the tar and nicotine content of cigarettes to public attention by stating the figures on packages, cartons and vending machines. In this way, he said, smokers could have the information at the time of sale or from their friends, and not be dependent upon periodic press releases, brand popularity or whether or not sales of a brand were promoted.

Lung cancer, one of the major

The Department of National Health and Welfare advises that a smoker can reduce the intake of cigarette-smoke constituents, gases as well as tar and nicotine, by reducing the amount of smoke inhaled. This can be accomplished by:

Lengthening the period between cigarettes.

Lengthening the period between puffs.

Not inhaling.

Removing the cigarette from the mouth after each puff.

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.)

Giving up smoking [ed.]

The Minister commended the manufacturers for their efforts to bring down levels and for the voluntary establishment of maximums for these substances in their most recent Cigarette Advertising Code. The feasibility of reducing tar and nicotine content had been amply demonstrated he said, adding: "I hope that maximums will be progressively decreased."

While confirming the Department's position that it was safer not to smoke at all, the Minister called on manufacturers to decrease their promotion of higher tar brands. He also requested that new brands avoid the higher tar

smoking diseases, was the leading cause of cancer deaths for men, and for men and women combined. It was second only to heart attacks for men in the 45-to-64 age group and was responsible for the deaths of almost 5,400 Canadians in 1971.

Of 75 types of cigarette tested, *Viscount* king-size filter contained the smallest amount of tar and nicotine in each cigarette — 4 milligrams and 0.3 milligrams respectively — while *Embassy* king-size filter menthol contained the largest amounts in each cigarette — 23 milligrams of tar and 1.3 milligrams of nicotine.

A particular focus is upon supporting research designed to benefit the rural peoples of the developing countries. For instance, more than \$3 million has been approved for projects in Africa, mostly in agriculture, forestry and fisheries.

Besides the 31 projects developed by the Agriculture, Food and Nutrition Sciences Division, another 23 have come through the Population and Health Sciences Division, and range from research in human reproduction through demographic studies to the training of health auxiliaries. Among the 21 projects of the Social Sciences and Human Resources Division are several studies of migration and regional development (mainly in Asia). The nine projects supported through the Information Sciences Division range from assistance for industrial extension services in Southeast Asia to the establishment of a cassava information centre in Latin America, where thousands of documents dealing with this tropical root-crop will be collected and indexed with abstracts.

Only a handful of external consultants are working on these projects on long-term contracts from the Centre, since the IDRC is concerned to help build up through experience and training the capabilities of research workers in the developing countries, and to keep outside technical assistance to the essential minimum.

Ocean science task force

The Prime Minister has announced the appointment of Dr. A.E. Collin of Ottawa as chairman of the task force on ocean science and technology that was recently established to examine and recommend guide-lines for a national program of research and development in marine science and technology.

The potential of Canada's coastal seas includes the activities of its major fisheries, as well as the hitherto unrealized resources of the sea-floor. The continental shelf itself is equal in size to 40 per cent of the Canadian land mass. Although in the past this marine domain has been largely inaccessible, the growth of technology is now imposing on Canada the responsibility to explore, develop and manage these offshore regions.

IDRC work grows

Up to December 31, 1972, the International Development Research Centre (IDRC) had approved for funding 84 projects for a total commitment of \$11.1 million. Many projects, such as research on cassava, sorghum and other crops, are linked in a network of research spanning Latin America, Africa and Asia.

In the nine months after the period covered by the IDRC annual report, funds approved for research projects in developing countries have trebled. Dr. W. David Hopper, IDRC President, said recently: "The first months after the Centre was launched in late 1970 were spent in setting the directions it should face in its work. Now, in these last several months, we have really been picking up momentum."