

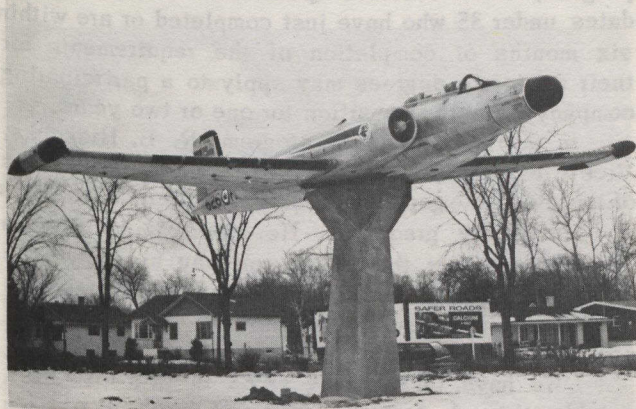
THE OLD GIRL FLIES AGAIN

Poor old No. 626 used to be a picture of dejection squatting on her landing-gear, usually in a puddle of water.

Six years earlier the old *CF-100* had flown for the last time with Flight Lieutenant Len Bart at the controls and Flying Officer Hugh Stickles in the back seat. Then came the majestic retirement parade through the center of North Bay, Ontario on October 17, 1962.

The years, though, had taken their toll. There she sat - lonely, dirty, and blocking a new road. It looked like the end of the line for the old "clunker".

But Manny Guervitch, Chairman of No. 404 Association Royal Canadian Air Force, dreamt of seeing No. 626 flying again. He enlisted the help of many organizations to build a memorial.



CF-100 memorial in North Bay

Colonel E.C.R. Likeness, Base Commander, CFB North Bay, was approached to see if his unit would assist in refurbishing the plane. The answer was yes.

Lieutenant G.R. Knight, Base Aircraft Maintenance Engineering Officer, was given the job of readying the aircraft so it could be mounted on a pedestal that would give the aircraft a slight bank, and present it in a climbing attitude.

Working on their spare time, the men of the Aircraft Maintenance Section completely gutted No. 626, removing all the components except those required to hold her together. They braced her at critical stress points and added ballast so that her center of gravity would be properly positioned. As a finishing touch, they repainted all the markings.

Then, at 5.30 one cold November morning, No. 626 was transported to Lee Park, North Bay, and a giant crane plucked her from a truck, and placed her atop a concrete pedestal.

Now, as you rise over the hump in the North Bay overpass, you can see old No. 626 resplendent in her markings and cutting a natural flying pose.

THIRD ATTACK ON CIGARETTES

In releasing recently the third report of the Federal Government on the tar and nicotine content of Canadian cigarettes, the Minister of National Health and Welfare, Mr. John Munro, drew attention to the generally high levels of tar and nicotine in "premium-size" (100 millimetre) filter cigarettes and "king-size" plain (non-filter) cigarettes. "As groups, these long cigarettes have the highest levels of all," the Minister said. If one does smoke them, he should never try to get his money's worth by consuming them to an average butt length. This way he obtains an 'extra' dose of tar and nicotine. He should make a special effort to throw away an extra long butt."

The Minister also noted that regular-size plain (non-filter) cigarettes tended to have fairly high tar and nicotine levels, only two of 16 brands of this type having tar levels below 20 milligrams and only three having nicotine levels below 1 milligram.

"King-size filter cigarettes showed the widest variations," Mr. Munro commented. "They ranged from the lowest tar levels (10 milligrams) to well over 20 milligrams of tar per cigarette. As a rule, king-size cigarettes have tar and nicotine levels very close to the regular size plain cigarettes of the same name. However, king-size filter cigarettes of one name may have higher levels than regular size plain cigarettes of another name. One can never assume that filter cigarettes are automatically lower than non-filter cigarettes in tar and nicotine levels."

Mr. Munro advised smokers that the tar level of a king-size filter cigarette might be higher than one would expect in comparison to the tar level of the same name. "A low tar level in a regular-size filter cigarette may lead smokers to believe that the king-size filter cigarette of that name would be correspondingly low in tar," he said. "This is not always so, and one should judge each cigarette separately."

The Minister also pointed out that almost all regular-size filter cigarettes and all compact-size filter cigarettes had tar levels below 20 milligrams.

The Government's tar and nicotine studies are carried out at the University of Waterloo by Drs. W.F. Forbes and J.C. Robinson. The recently released study covers 91 different brands of cigarettes on sale during mid-1969.

REDUCING THE POISON?

The report notes:

"...Smokers are reminded not to rely on the brand of cigarette as the only way to reduce the inhalation of cigarette smoke constituents into the lungs. In addition to nicotine and the tar, which contain cancer-producing and irritating chemicals, there are several toxic or irritating gases in cigarette smoke. About 4 per cent of the gases is carbon monoxide. These gases may not be reduced along with tar and nicotine levels. However, the smoker can