

MOSAIC

Richard Weber told the CBC camera crew at the Pole: "We are two northern peoples, and if we start getting at each other's throats, then we won't get to Canada. So we have to work together, we have to work as a team, we have to become fairly close."

There was some friction. The Soviets obeyed their leader, but the Canadians were always asking "Why?" — "Why are we doing this this way?"

"The Russians try to fight nature. They don't want the best equipment, the safest gear," said Laroque.

"For them, the expedition is a struggle to overcome Mother Nature. Our guys don't take that attitude. They don't try to fight Mother Nature; they try to live with her".

CAFFEINE LEVEL IN COFFEE VARIES

If that second cup of coffee sets your nerves ajangle but your friend stays steady as a rock after four or five, the difference may not only be between the two of you but between your coffees.

A study by Ottawa researchers of the caffeine content of coffee as brewed in 58 homes showed the levels ranged from 21 milligrams per cup to 148.

The same group tested coffee served at 11 restaurants and found considerable differences from place to place and even sizeable differences from one day to the next at the same restaurant. What's more, the supposedly decaffeinated coffee at some restaurants had substantial amounts of the stimulant. There were also big differences in caffeine concentration among 17



brands of instant coffee prepared under identical conditions in the lab.

The studies were conducted by Bozidar Stavric and his colleagues at Canada's Health Protection Branch.

(Reprinted from The Washington Post.)

VIGNETTES

(The following are excerpts from *Externally Yours*, March 1956):

POST REPORT ON OTTAWA

Section II — Climate

Ottawa is said to have a moderate continental climate. That is to say, the winters are somewhat similar to those of Central Siberia, while the summers,

on the other hand, compare very favourably with the bracing summer weather of Nicaragua. There is a traditional belief that there was a spring season about 1892, but there has been none since; and newcomers to Ottawa must be prepared to abandon normal winter clothing overnight and to appear the next day dressed in summer flannels or in nylon frocks, as may be appropriate. During the winter season, which not infrequently continues from the first of October to the end of April, many residents find comfort in the thought that highly efficient airway systems have fast daily services from this area to Bermuda, and to points in the Caribbean. During the summer months, the city is almost entirely deserted, as for many years the residents have cherished the curious illusion that a temperature of 106-degrees in a flimsily-built cottage up the Gatineau is for some reason cooler than a 70-degree temperature in one of the quaint old mansions of Ottawa, which long since have been subdivided into what are known locally as flats. In view of these observations, newcomers to Ottawa will obviously need clothing appropriate to both Arctic and Congo exploration, and to all gradations between these two extremes.

