

Opinion

Making a case for Disney World

Winter is here. In as much as winter comes from some other place, prior to inflicting itself on our happy little land, winter is here.

In true Canadian fashion, most of us will do our level best to not be here for some portion of that fun season. Florida, our likeliest destination, is cheap, accessible, and not too foreign.

Any trip to Florida requires a stop at the theme park to end all theme parks: Disney World, the most Mickey Mouse place in the country. There you can tour various sections of the park, like the Epcot Centre which features the world of today and tomorrow, as presented by the Mickey Mouse mentality of a four-year-old, all to a mindlessly happy little tune.

In the Magic Kingdom you can tour areas like Adventureland, and Wildwestland, or perhaps Amusementland. These areas feature rides, movies and exhibits.

For the real thrill seeker, for the person who thinks Disney World is too antiseptic, too homogenized, too bland for their own personal wild and crazy approach to life, there is a new section to the park. It's called Canadaland.

In Canadaland existence itself is the adventure. Admission is \$1, but with the addition of amusement tax, sin tax, sales tax, fueling-the-bureaucracy tax and the GST, admission soars to \$1,341. But the roads are good and toll free, health care is universal and, while the place is getting more violent, it's only a problem when people congregate.

Park employees dress like Tories. Exhibits are huge distances apart, though all of Canadaland is under a retractable roof. The manufacture of Canadaland souvenirs and knickknacks is all heavily subsidized and the items taxed many times prior to point of purchase.

The gate to Canadaland is guarded by crimson uniformed Royal Canadian Mounted Police who issue you Canadian Tire money to use on your trip through Canadaland. Exhibits include a mountain range, which architects in-



**Reaume
With a View**
with
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sisted be full sized, for effect. It comes complete with snow, and very little else.

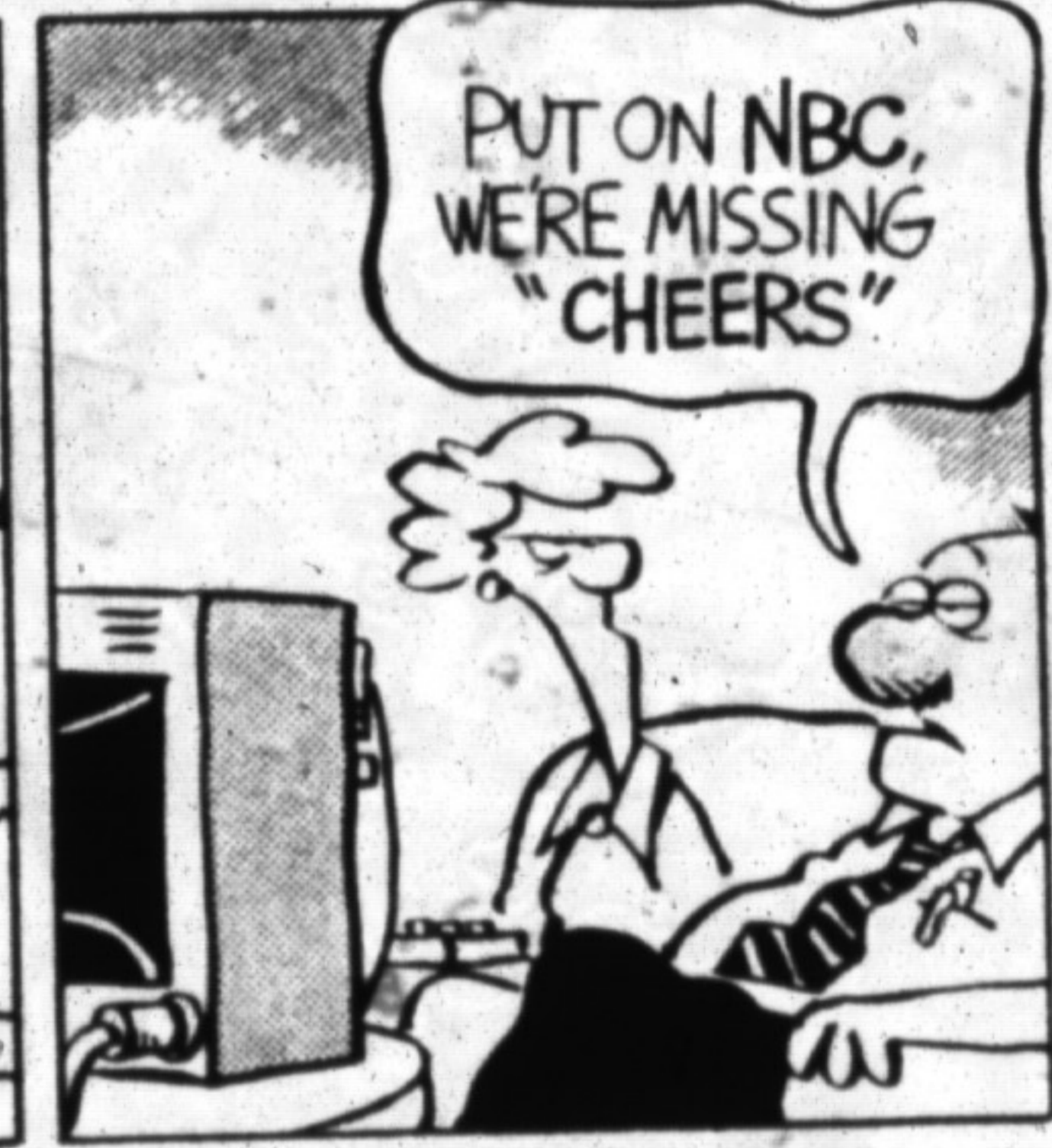
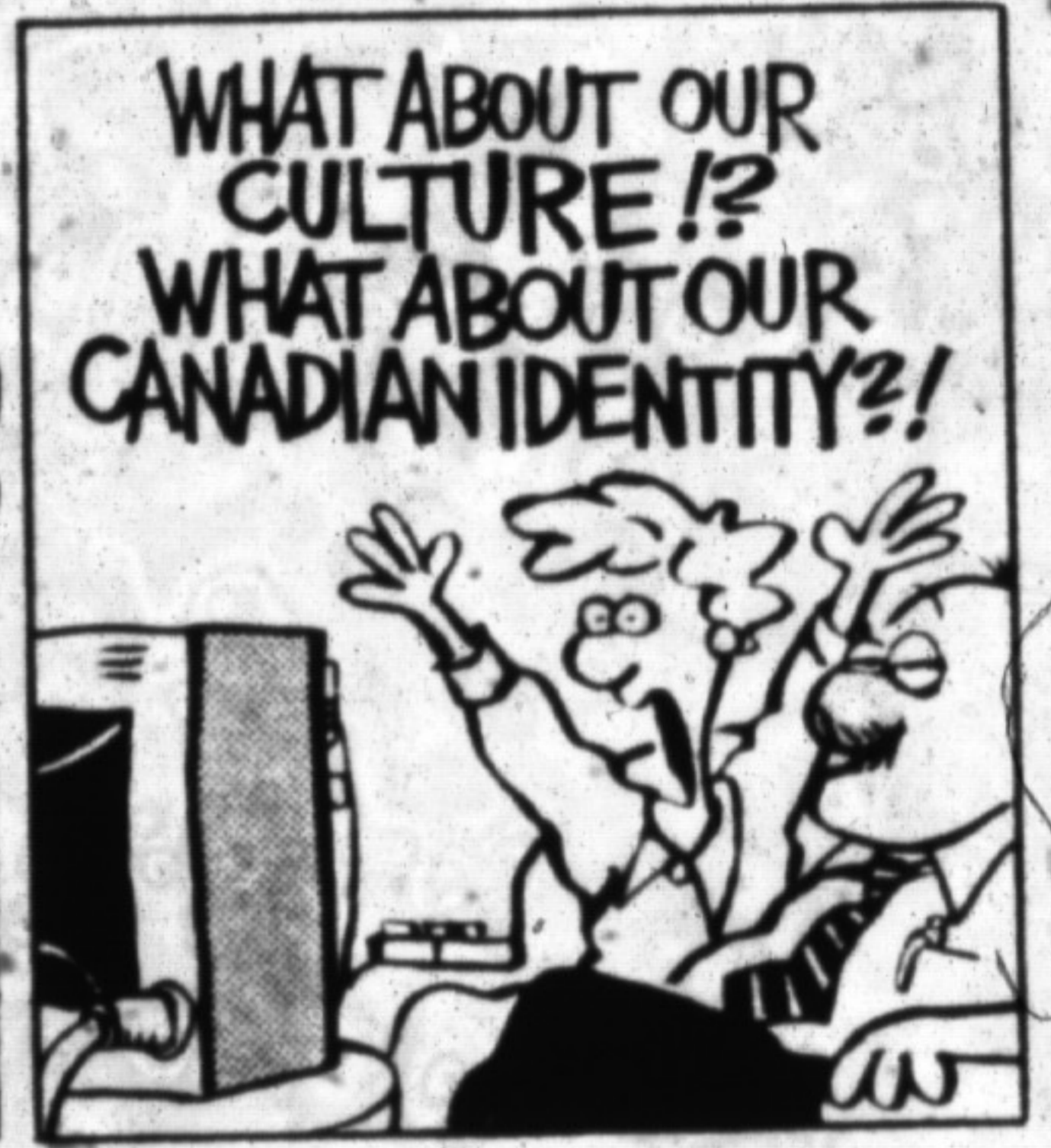
A big crowd pleaser is a reconstruction of a quaint French town. You can walk among the chateaus and marvel in the old world charm and very backward provincialism of the place. The reconstruction, like the original, is off the beaten track and bears an uncanny resemblance to modern Montreal.

One exhibit is a hockey game, complete with teams, officials, and fights on and off the ice. Adventurous tourists can join the game for a few thrilling shifts on the ice. A waiver is required in lieu of a substantial insurance premium for those interested.

Films give the visitor a feel for Canada, its geographic majesty, its traditions, its cultural diversity and its multicultural masked regional xenophobia. The tapestry of festivals and events show the way of life. In addition, non-traditional, government subsidized multicultural affairs enhance the fiction of cultural diversity and tolerance.

Getting around Canadaland isn't that tough. Wide paths take visitors from one end of the area to the other. Only around popular exhibits are there any signs of congestion. Visitors are advised to pack a lunch. Lines can be long as all exhibits are treated equally with regard to facilities notwithstanding their popularity.

After a tour through Canadaland you will realize that Disney World isn't bland at all, it's really a vibrant, wild, carefree, crazy place even for those with oodles of sophistication.



The secret to successful weight loss is mind over matter

You've all seen the ads and testimonials — "I lost 6,000 pounds in three minutes, using the new, scientifically proven fatmet method"; "Lose weight in your sleep, without exercise, and eat anything you want".

The fact is, there is no scientifically proven method for losing weight.

Rather, research shows that those who come to treatment the most motivated are the ones with the best chance of losing weight; those who are reluctant, ambivalent, referred by a physician or family members, just curious or psyched-up for the moment, are often headed for failure.

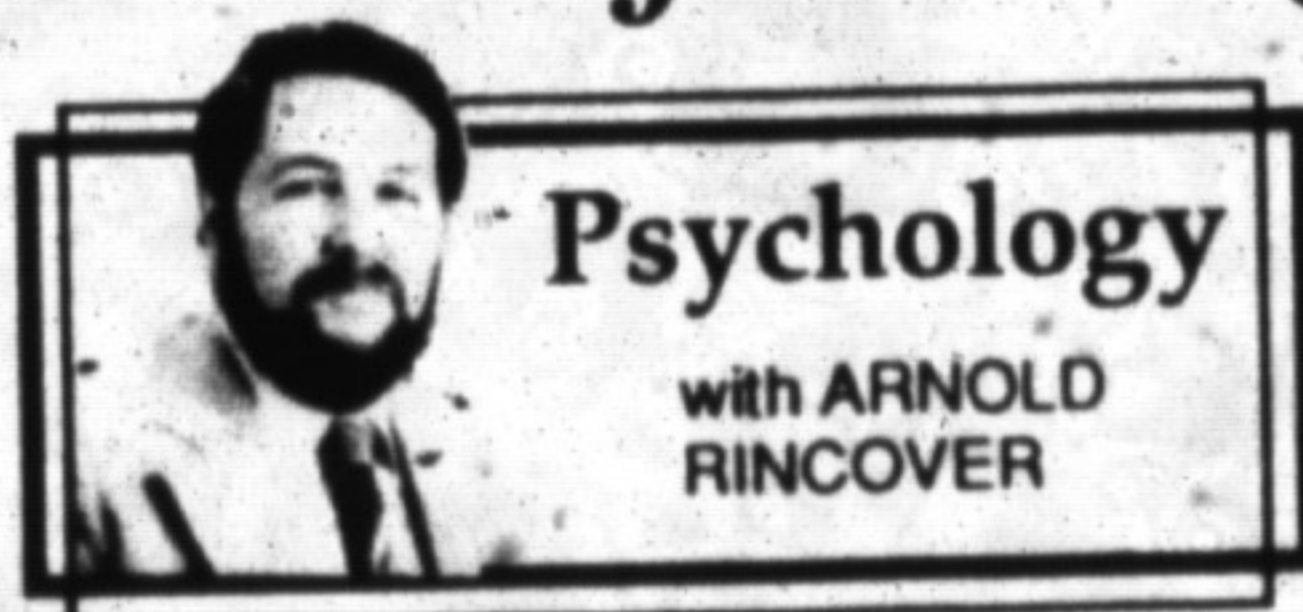
People who are really motivated can be helped by any number of treatments — they need some guidance and support through the rough times, but they supply the most important ingredient: will-power.

No (cognitive, psychological, behavioral, dietary, or exercise) programs can as yet supply that will-power, so they usually don't work unless you bring in your own supply.

That may soon change, however. There is new research in the area of motivation that offers some exciting new directions. In fact, if the results of preliminary research is replicable on a large scale, we may eventually see "scientifically proven methods for losing weight FAST!"

Nori Geary, a professor of psychology at Columbia University, has been trying to understand what it is (chemically) that produces a feeling of satiety (fullness). Geary has been experimenting with a peptide, pancreatic glucagon (PG), which is found in many tissues throughout the body, including the brain and gut.

He claims that eating triggers the natural release of PG into the bloodstream, and injec-



Psychology
with ARNOLD
RINCOVER

tions of PG will either speed up or strengthen these signals of fullness to the brain.

In one study, people were given PG injections before meals and it was found they felt sated more quickly and ate 15-20 per cent less.

In studies with rats, it has reduced food intake as much as 35-50 per cent. Moreover, PG injections have had no noticeable side effects.

In a second study, 12 men of normal weight

were sometimes given PG 5 minutes before a meal, at other times a placebo (saline solution). The result? They ate less when PG was used, yet they reported equal decreases in hunger and equal increases in fullness.

The lack of side effects is particularly important, not only for health reasons but also because it suggests that the peptide does reduce hunger rather than causing illness, sleepiness or depression (which might have caused the lack of appetite).

Geary hopes to eventually produce a drug from the peptide to suppress appetite. It might be a form of peptide (PG) itself, or a different chemical that attaches itself to the same brain receptors as the peptide.

But don't hold your breath... we're still a long way from "the pill".

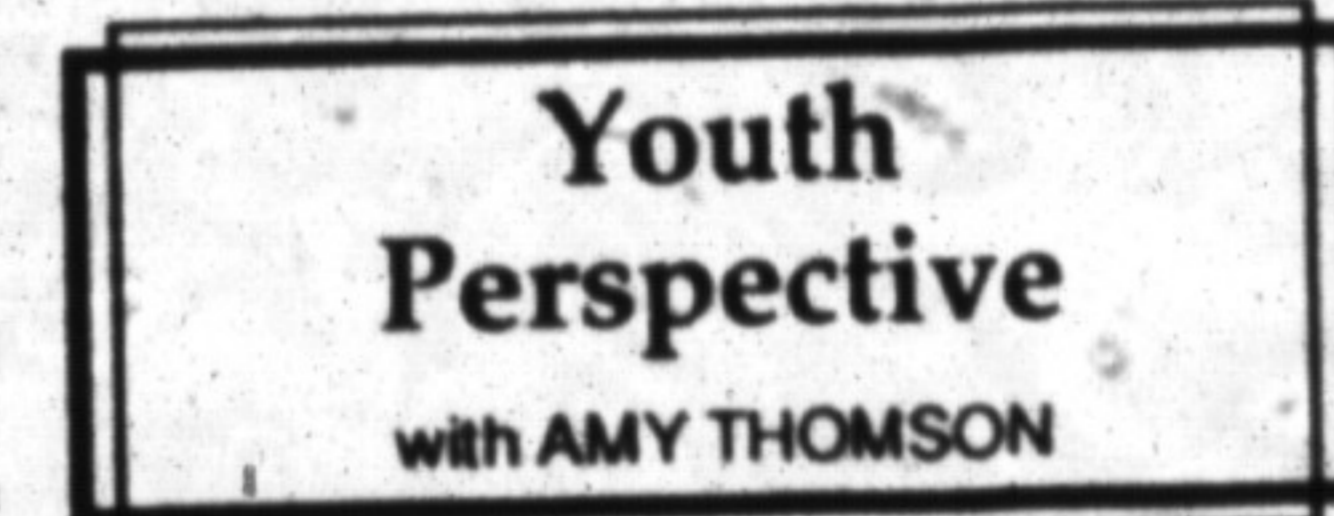
The consistency of PG is unclear, as different people may respond to it differently at different times.

In its current form it is not long-lasting and we don't know if people compensate by eating more after the effects have worn off; In rats, its effects have varied with diet, time of day and level of hunger.

Finally, it won't be easy for a pill to overcome all the psychological aspects of eating — the potency of "taste", the many social and environmental cues to eat, circadian rhythms, watching while other people eat your favourite foods, the drawing power of certain sections of the supermarket.

So, for now, the only effective prescription remains one dose of treatment, taken with a large dose of motivation.

No one has to excuse her French (immersion)



**Youth
Perspective**
with AMY THOMSON

French is the language of love and romance, an early way of communication, and a part of our Canadian culture. I must ask then, why is the issue of early French immersion now being looked upon as a negative issue in our society?

I am an early French Immersion student. I started in Grade 1, and am continuing now through high school, with French instruction half the day.

I have always enjoyed being bilingual, being able to communicate with foreign people, and being able to confuse my friends who don't speak French.

But now, all of a sudden, they are telling us, and our families and future French immersion students, that it's bad for you, and will hinder your education. I tend to think otherwise.

French Immersion students must have per-

sistence and stamina, to overcome the new challenges that will face them. They will have to learn thousands of words, multiple verb tenses, and know when to use them. Because of all this their willingness to learn and expand their mind increases at a younger age. When they get to high school, they are ready for new horizons, instead of counting down their final years.

Over the years we have had almost every subject, at one point or another, taught in French, so we have a grasp of everything from the human body, to mathematical equations, to the systems of government.

As bilingual adults, we will be able to work in French speaking countries, with ease, which will open many doors. We will have opportunities that unilingual people won't have.

If you have young children, and you want to give them a better future, give them the gift of communication, the gift of bilingualism. I'll always be grateful to my parents for giving it to me.

To think is wonderful, to speak is magnificent, but to communicate c'est formidable.

□ Amy Thomson is a Grade 10 student at Milton District High School.



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