

Human Rights Officer - continued

Mr. Cavion's community functions will include "close co-operation with the Kenora Concerned Citizens Committee and the Kenora Social Planning Council," said Mr. R.W. McPhee, Director of the Commission. As the Commission's representative, Mr. Cavion will be particularly concerned with some of the recommendations of the Social Planning Council to the Government regarding violent deaths among Indians, notably improving white attitudes to Indians through educational efforts.

ADELAIDE DANIELS



SAYS

VIEW ON CHEWING

We eat not only to appease hunger, but for satisfaction and pleasure. However, most of the time we miss the pleasure. Most of us eat absent-mindedly without knowing what we are eating, without enjoying the pleasure of eating and tasting. We're always trying to satisfy that psychological appetite.

One must remember that our teeth, jaws and facial muscles all were made for chewing, and they benefit from chewing. So does digestion. When you chew twice as long, you taste your food twice as long. Most people eat too fast and don't take enough time to appreciate their food.

Here are seven steps to Smart Chewing as suggested by Gayelord Hauser, author of *Mirror, Mirror on the Wall*.

1. Chew, slowly, pleasantly. The longer you chew, the less you will eat.
2. Enjoy and appreciate every bite consciously.
3. See what you eat.
4. Taste what you eat. Satisfy your need for pleasure in eating.
5. Refuse to eat anything that does not satisfy your body's needs.
6. Take time to eat. Satisfy your psychological need for unhurried pleasure in food.
7. Eat only for eating's sake. Find other remedies for boredom, tenseness and emotions.

Mr. Hauser's philosophy is: chew twice as long, have twice the pleasure and eat half the quantity. The Canadian Family Meal Plan has been designed to give maximum nutrition, minimum calories and good tasting food. Why not try the two together? Re-educate your stomach, eat all the good foods and chew twice as long.

Slimness, good nutrition and health go hand in hand. It is not an accident — it is an achievement and a very worthwhile one. If by chewing our food longer, eating becomes more pleasurable, our aims and objectives will be that much simpler!

Adelaide Daniels is the creator of the Canadian Family Meal Plan and author of the best seller, Adelaide Daniels Weight Watching Cookery.

MINING AND LANDS COMMISSIONER APPOINTED

Natural Resources Minister Leo Bernier today announced the appointment of Grant H. Gerguson Q.C. as Mining and Lands Commissioner. The appointment becomes effective November 1.

The position which includes all the responsibilities and the authority previously held by the Mining Commissioner in relation to mining matters has been expanded to cover the Public Lands Field as well.

In this role Mr. Ferguson will conduct the hearing procedure in appeals against administrative decisions reached by government officials. His role is presently set out in the Natural Resources Act.

In announcing his appointment Mr. Bernier said, "Mr. Ferguson comes to this position with excellent qualifications. After graduating from the University of Toronto Law School and Osgoode Hall he was called to the Bar in 1953. Ten years later he became a Queen's Counsel. His whole career in the practice of law has been in the service of the Ontario Government engaged in the legal aspects of resource management."

Mr. Ferguson joined the staff of the Attorney-General's department in 1953 and a year later he transferred to the Department of Lands and Forests as an assistant solicitor. He became Chief of the Division of Law in that department in 1958. Until today's appointment he has been Director of the Legal Services Branch in the Ministry of Natural Resources.

During his service with the former Department of Lands and Forests, Mr. Ferguson provided legal services to the old Department of Mines which did not itself retain the services of permanent legal staff. During the last year he has provided legal counsel to the advisory committee to the Ministry of Natural Resources on the revision of the Mining Act.

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