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"The Strongest Memory is Weaker Than the Weakest Ink"
SATURDAY, MARCH 30, 1946.

Farm Labor the Big Problem

Labor Minister Mitchell has made his annual appeal to former farm workers who have been logging or doing other lumber work during the winter to return to farms once bush work stops.

Farm labor, says the Ottawa Journal, is the crux of the whole food production problem in Canada this year—that is, next to weather, which is always the dominant factor in farm operations.

Organized agriculture so far has been unable to offer any adequate remedy for the situation. The experts cannot see where farmers can compete in either hours of work or wages under prevailing conditions and fixed prices for most farm products.

In the West, where hog output declined by over a third last year, and a further reduction is predicted, farmers frankly state that inability to obtain help was the chief cause.

It is difficult to see a solution. Men cannot be forced to work where they don't want to work. Most farmers claim that the situation is worse today than during the war years.

B. C. Nutritional Survey

A unique nutritional survey, devised from two years' study of the best features of similar surveys in the United States and Britain has just been completed in the British Columbia centres of Vancouver, Nanaimo, Vernon, Prince George and Abbotsford.

The methods are the brain-children of Dr. L. B. Pett, chief of the Health and Welfare Department's Nutrition Division, and Dr. F. W. Hanley, the division's medical officer.

Designed to help find those sections of the population needing improved nutrition, there will probably be work in the areas covered by it for some years through instruction of individuals examined and through pre-natal, well-baby and child clinics to improve health standards.

Of the 1,800 school children between six and 10 who were examined, the investigating team tried to pick out approximately 100 in each school in order to get a representative cross-section.

Before the six-week intensive campaign began, much preliminary work was done by the B. C. Provincial Board of Health, the Metropolitan Health Unit of Vancouver and the Red Cross.

Workers of these agencies got the co-operation of each child's parents to keep a chart of his menu for a week. The child himself filled out a weekly record of the kinds of food he ate, at mealtime and in snacks, but did not keep track of the quality, since it was felt this might be an unreliable record at best.

Results of the charts were tabulated and measured by the yardstick of Canada's Food Rules. In general there was a shortage of vegetables other than potatoes revealed and whole-grain cereals and cod liver oil were also found to be eaten in insufficient quantities.

After this work was done the Nutrition Division's team arrived to do the main work of the survey on the invitation of the B. C. Health Department. It was headed by Dr. Hanley for the first three weeks and by Dr. Pett for the latter half and also included a nurse, Miss E. M. Perkins, and a laboratory specialist, Miss P. MacPhee, both of Edmonton.

The children got their parent's permission for a medical examination and their height and weight was noted. The investigators paid special attention to the parts of the body most likely to show signs of malnutrition—the skin, tongue, gums, eyes, lips, skeletal system, teeth and posture.

A few drops of blood were taken from the finger tip of each child and this sample was analyzed for iron. Then the blood serum was packed on dry ice and flown to Ottawa where

it was further analyzed for vitamin C and protein content.

EDITORIAL NOTES

Lord Tweedsmuir appointed Governor-General this date 1935.

"A farmer, hearing that ships plough the sea is not likely to take a cartload of seed to his nearest port and set about sowing their watery wakes with wheat. But in less simple situations, theological, for example, people continually commit almost equal follies."

"It would be unkind, at this moment," says London Dispatch, "to remind the Socialist government of its promises of a happier world if only the country voted Socialist. The government is undoubtedly up against difficulties over which it has in many respects no control. These difficulties might inevitably have had to be faced by any government which the country voted into power. But the shock to many voters will be all the greater by reason of the glowing promises that were dangled before them. And not the least unhappy part of this disclosure of a new peacetime privation is the way in which it was departmentally launched. With no apology or explanation other than the fact that we are nationally hard up—which we already knew—the housewife is abruptly told that she can no longer count upon the dried egg. We are not told why the other things we buy with dollars could not have been sacrificed first."

A halt should be called to all big expenditures of an engineering nature, according to a letter by Mr. Allan Arthur, M. I. C. E., M. I. E. E., to Glasgow Chamber of Commerce. He said that should atomic energy develop, as anticipated, within a reasonable time, the vast undertakings contemplated under the Hydro-Electric Development (Scotland) Act would be of little value. Mr. Arthur said about £200,000,000 would probably be spent before all the many projected schemes were completed, the bulk of the labour on which would be Irish, or German prisoners. He was of opinion that the whole of Scottish needs could be met by moderate schemes at a much reduced cost. The works contemplated would have an adverse effect on Highland scenery, which would affect the tourist traffic. Mr. Arthur attended a meeting of the Home Affairs Committee and amplified the statements in his letter. The Chamber decided on Monday to place the matter before the Central Committee of Scottish Chambers.

The Federal Government has decided to return to peacetime procedure and have all expenditures covered by estimates. During the war military expenditures were provided for by war appropriation bills and the estimates were confined to civil expenditures. The main estimates for next year, to be brought down in the Commons, as soon as the debate on the Throne Speech is concluded, therefore are likely to be the largest of their kind in Canadian history. They will include what was covered last session by both the estimates and the war and demobilization appropriation bill. The main estimates last session totalled \$1,023,621,597 and the appropriation bill, less mutual aid expenditures, were \$2,860,683,000. This made a grand total of \$3,884,304,597. The estimates for 1946-47 are expected to be somewhat lower than that total, but they likely will not be great. There will be no mutual aid, but instead loans to United Kingdom and other countries will be made legal by separate bills.

Britain's post-war industry is being helped considerably by the development of the science of Motion Study which made great progress during World War II. When Sir Stafford Cripps became Britain's Minister of Aircraft Production during the war, he set up a Production Efficiency Board and opened a training centre for the pursuit of this branch of Science. Sir Stafford has explained recently that Motion Study is the "application of scientific methods to human movement, and its objective is to lighten the work of an operative in doing a particular job by finding out how that job can be done with the greatest convenience and the least fatigue." Watching operatives at work, a Motion Study engineer has photographs taken at regular intervals to measure the increase of the workers' skill after they have been shown how to do jobs the right way. In one industrial operation, output has been raised 300 per cent by the use of the new methods. Motion Study is making the production of world-famous British goods steeper, qualify more precise and delivery dates more reliable.

"You all know, of course, that fishes have no eyelids. . . . Not being able to close their eyes, do they ever sleep?" That poser was put, the other day, by Mr. Henry Maurice, President of the London Zoo, to young listeners to "Radio Roundabout", a BBC magazine programme for English-speaking children in India. Some fish, he told his hearers, are more active by night than by day, and can see where humans could not see at all. As to those which are fully active by day, whether they fall at night into some state of unconsciousness which, if it is not sleep, is something very like it, cannot be said for certain. But Mr. Maurice thought that some experiments carried out in the Zoo Aquarium suggest that fish do sleep. The observer went into the Aquarium in pitch darkness. Suddenly he flashed a strong torch into each tank and made a rapid note of what the fishes in it were doing. Some kinds were perfectly still in mid-water, others just below the water surface, and yet others resting with their bodies on the ground. In most cases they were more or less grouped together. With one queer exception. Mulletts, which swim about actively by day keeping close together, were lying near the bottom of the tank, all separate from one another and all looking in different directions.

Notes By The Way

The jackpot was introduced in poker during the 1870's, says The Louisville Times. The purpose was to force cautious players to consider whether they had strong hands or not.

Science note says that the earth travels 1,589,000 miles a day, or 583,670,000 miles a year, in its journey around the sun. This must be very discouraging to the aviators who have only been able to hit 600-odd miles per hour. —Stratford Beacon-Herald.

Folks can't eat money, or wear it. Crops is what they eat and clothes is what they wear and automobiles they ride in. Dollars are the most useless things in the world unless they represent something — and that something is the result of a lot of straight thinking and hard work. —Detroit Free Press.

For a man with an income of over \$5,000 a year, the United Kingdom income tax department has a simple four-part solution to offer its prospective victim. The United States has an encouraging single page. But the Canadian National government confronts the dismayed taxpayer with six solid pages of the most diabolically contrived series of cross-examinations that the mind of a bureaucrat ever conceived. Why? —Ottawa Citizen.

Dr. G. M. Weir, British Columbia Minister of Education, has expressed the fear that sex education in the schools might do more harm than good. He is troubled by those with "sensational or sensual tendencies." Maybe so. But what gives Dr. Weir the idea that sex education is a good thing? And in any case, the children are getting "sex education" now—mostly through the wrong kind and the wrong way. —Brandon Expositor.

The British Civil Service has been looking for a way to offer itself. A government publication recently carried the story that the civil service employee who offered his spare time to a farmer. Pleased to get the help, the farmer put the man to work on his farm. He returned later to find the civil servant getting on very slowly, and in obvious difficulty. The man had been told to dig a hole. "I'll dig as many fields as you like, but this making decisions is killing me," Cornwall Standard-Freeholder.

United Kingdom manufacturers and their export of aircraft parts from ordinary paper, reports the technical journal, Aeronautics. They include undecorated raincoats, pointed jackets, not all heating ducts, instrument covers and numerous accessories. The parts are being used extensively by the Royal Air Force and are especially milled paper which, in conjunction with certain adhesives, is packed on layers of fabric or paper or plaster. After drying, the component which is known as Pyram, is sanded to a smooth finish and covered with fabric.

Newcomers surprise us by the way they get ahead of us in the way they live. In the countries where we lazily assume do not offer opportunities. Many many immigrants have made their money in the States here because they not alone recognized opportunities, but seized them and worked on. They are not here to be helped, but to help others. They are not here to be helped, but to help others. They are not here to be helped, but to help others.

In my boyhood days on a Minnesota farm, a neighbor used to claim that his hay was better because he never cut it in the afternoon. He said that the sun dried the hay in the morning. This likely explains why many of the plants in a garden flourish in the morning. "Yeah," grunted the student. "I dreamed," he choked. "I dreamed that the British had given us India." —The Nation.

When a mother has achieved what should be years of discretion, but nevertheless persists in conduct which brings shame and contempt upon her grown-up children, some means of correction must be found, and spanking is usually the first recourse. A mother persists in temper, tantrums, or in asking interminable and seemingly pointless questions, or in interfering between her child and its married partner, a good spanking is indicated. In most cases, however, the grown-up child, threatening it with her displeasure if it stays up late, or marries against her wish, or does anything else, or course—the mother must be spanked, even though it hurts the child more than it hurts the mother. —Petersborough Examiner.

There is no practical purpose in cultivating waist-long locks. They belong to a leisurely age when women gave endless wasted hours in tending a process that necessitated an armory of hairpins, combs and slides. Long tresses will not return. They are out of tempo with the pace of this age. When woman took the first brave step to shorten her hair it must have taken quite a load off her mind. Nevertheless, long hair has advantages. Lady Godiva during an historical occasion in Coventry demonstrated that a wealth of tresses can be put to good use in an emergency. A modern hair-do bunched on top of the head might have been more fashionable, but hardly so practical—under the circumstances. —Winnipeg Free Press.

PUBLIC FORUM

This column is open to the discussion by correspondents of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinion of correspondents.

A PROSPECTIVE INDUSTRY FOR PRINCE EDWARD ISLAND

Sir,—Sometime since I obtained from a P. E. I. farmer a sample of a red-colored shale which I have since analysed and inspected very thoroughly. It works admirably and takes extra form and is quite hard however, whether the amount of the deposit on my friend's farm would be sufficient to warrant the preliminary expenses connected with the formation of a company, the purchase of machinery, etc. My object, therefore, in writing you is to discuss the matter with you as a general ideal. They are concerned solely and intensely with how to keep themselves sober. A year ago, nearly all of the 60 were uncontrollable alcoholics. To-day they are still alcoholics, for no day they become a victim to that disease which makes them a danger to themselves and to others. The combination of mental obsession and physical allergy ever becomes a habit, and now they are cured. I discovered how to control their dipsomania.

60 Alcoholics

By Guy S. Cunliffe in Montreal
In a quiet room on the fringes of the midtown theatre and night club district, some 40 men and women meet regularly every week to discuss the fine points of sobriety. But they are not the slightest bit interested in the sobriety of other people, or in temperance as a general ideal. They are concerned solely and intensely with how to keep themselves sober.

This week marks the completion of the already first year since it gained sufficient size and organized momentum to begin meeting in downtown quarters. The interest in the convenience of a growing membership from various parts of the city. Prior to that the group had met in a hall, which was not a member's house. The quarters are small, but the facilities for preparing refreshments (nothing stronger than coffee), were put at their disposal through the interest and generosity of a leading community organization.

The founding member of the group, who has broken the grip of alcohol in the hard way—by correspondence with New York headquarters of the movement, and by some capitalistic and subsequent members have benefited from the experience and constant drive to become completely and permanently "dry." It has been the experience of the movement on this continent—there are now over 20,000 members in the United States and Canada—that the Alcoholics Anonymous plan is not infallible.

Every member of the Montreal A. A. group is, of course, an alcoholic since chronic and excessive drinking is a prime requisite for admission and A. A. exists solely to help alcoholics to become abstainers. Membership includes both men and women, ranging in age from the early 20's to late middle age. There are English-speaking members, and some completely and supporters of all shades of religious belief, and disbelief.

As the membership has been built up gradually, some of the members are comparatively new and have not yet entirely made the drink of any kind for anywhere permanently "dry." It has been the experience of the movement on this continent—there are now over 20,000 members in the United States and Canada—that the Alcoholics Anonymous plan is not infallible.

The record of the Montreal group conforms very closely to the general experience. Close to 30 members of about 50 per cent of the group have not had an alcoholic drink of any kind for anywhere from six to 18 months. Another 10 to 15 have "slipped" several times in the last year, or have been in the group less than six months. The remainder have "fallen off the wagon" so frequently as to cause doubt of their continuance in A. A. or have joined too recently for the group to be able to tell whether they will stick to it or not.

The key to the success of A. A. is the ability of one alcoholic to talk to another in his own language, with first-hand knowledge of what he is going and has gone through, and to convince him that he can get his allergy under control if he wants to. The group is not a prohibitionist or temperance organization, but in fact, looks with pronounced aversion on doctrines of that sort. It is the confirmed belief of A. A. that some people can go through life as moderate or controlled drinkers, while others are so constituted or are so influenced that they sooner or later become chronic drunkards. The only profit anyone gets out of it is the satisfaction of established members in helping other alcoholics to break that irresistible urge to drink, and of new members in getting their lives straightened out. Expenses in connection with meetings for stationery, postage and telephone service, are met by voluntary contribution of members. The only stipulation for admission is that the newly interested alcoholic shall sincerely want to manage his own life, instead of letting liquor manage it.

Not long ago a number of leading Montreal psychiatrists were invited to attend a special open meeting of the local A. A. group. After they had listened to the proceedings and an exposition of what the group was achieving, the gist of their reaction was: "What have you people got that we haven't? Where have we failed?" All too often, they said they thought they had an alcoholic cured after psychiatric treatment only to have him start in all over again once the treatment ceased.

"We work at keeping sober all the time—every day, at our regular weekly meetings, at our group social meetings. We help each other—call it group therapy, if you like. We are not alcoholics, we are fully understand and trust in another alcoholic. And at the bottom of it all, we put our simple faith in a power higher than ourselves as each of us conceives it. We have to, because we found that we could not depend upon our own strength to keep our lives sane and happy and productive."

The speaker had especially good reason to know what he was talking about. Starting to drink at the age of 15, he had become progressively less controllable—unable to keep his job, breaking up his home and landing periodically in mental hospitals, city jails and police courts. He would do anything from whisky to flavoring extracts. Through Alcoholics Anonymous, he has been able to stay "on the wagon" for nearly a year and a half, and to be reunited with his family and to get and hold a good job.

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DR. HAMILTON'S PILLS

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DR. HAMILTON'S PILLS

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