

His Eighty-Eighth

What was our esteemed friend— we had almost said our "guide, philosopher and friend" for many years—Dr. A.A. MacDonald, of Souris—doing yesterday on the occasion of his 88th birthday anniversary? "Working hard," as he cheerfully told an inquisitive reporter. And since that's been normal practice for "Doctor Gus" ever since he was able to fend for himself, we would have spared that reporter a telephone call and answered the question ourselves.

Dr. MacDonald commenced his medical career sixty years ago this summer, and he has become so much an institution in Eastern Kings County that everyone takes his hard work for granted. His skill and devotion are proverbial, but over and above these qualifications so necessary to a family doctor, there is the personality of the man himself—genial, kindly, courteous, witty, erudite and lovable; a talented musician and a master storyteller; solid as a rock in integrity, but warm and tender in his sympathy for the distressed, and with a capacity for friendship that a good fairy must have endowed him with, for he has had it all his life.

It was as a member of the Legislature, and later as Mr. Speaker, that we came to know Dr. MacDonald personally. We missed much by not being privileged to rank among his patients; but his political career, too, was a memorable one, in which his sterling qualities were acclaimed by political friend and foe alike. "Foe" is indeed too strong a term to apply to any person who came within reach of Dr. MacDonald's handshake. At worst he had opponents who lamented his Toryism, and prayed for his conversion. But when he donned the Speaker's robes and silk hat, and ruled like Neptune over the troubled waves of legislative debate, he lost even this stigma, and became, for every member, the embodiment of all that is best in our parliamentary tradition.

We had set out merely to congratulate Dr. MacDonald on his anniversary, and got carried away. Now we've gone too far. We wouldn't put it past him, now, to charge us with trying to write his obituary, and laughing heartily at our premature zeal in getting the job over. That would be like the old days, when he used to drop in for a joke at The Guardian office as often as his duties permitted. We don't see him now as much as we'd like; but it's cheering to know that he's in good health, still working hard at his profession and enjoying life as only those can who have lived it worthily. A full-gun salute to him on this occasion, and may his shadow never grow less!

Britain And The U.N.

The defeat of a labor vote of censure on Foreign Secretary Lord Home in the British House of Commons on Monday evening was a triumph for Prime Minister Macmillan, who defended his colleague for his recent outspoken criticism of the United Nations. Mr. Macmillan added some sharp criticism of his own, stating that the whole foundation of the U.N. was being undermined, and that the best hope for international relations is through East-West negotiations outside the world body. This did not mean, however, that Britain has any intention of withdrawing from U.N. membership. It would continue its support despite the impotency of the Security Council, the "power without responsibility" exercised in the Gen-

eral Assembly, and the dangers of early bankruptcy. Too much was at stake to do otherwise.

There is hope for the United Nations only while the big powers continue to argue their differences within the organization. At its worst, this keeps them talking when they might otherwise be reaching for their weapons. At best it creates peaceful adjustments which are the alternatives to forcible adjustments in a world of rapid change. Nations cannot be forced to behave as U.N. members should at all times, from the cold war point of view; but would the situation be better if every unruly land had to be occupied by force?

Lastly, there is a basic misunderstanding about the role of the United Nations which Mr. Macmillan did not deal with but which is discussed in a recent issue of The Christian Science Monitor. This misunderstanding is inherent in the question, often voiced: "How can the U.N. hold the line against Communism, now that the neutrals control it?" The answer is that it is no business of the U.N. to hold the line against any political aggregation.

The Western powers, standing in their own strength, are the guardians of their own safety. This is the ultimate right of self defense recognized in the U.N. Charter. On this cornerstone rests the NATO alliance, where Western arms and policies are co-ordinated. As for the young and irresponsible nations, where else but in the U.N.—with all its weaknesses—can they learn to overcome irresponsibility which often is found when minor children come to age and leave their guardians, ready or unready, to live in the established world?

Milk For Pakistan

Of interest to our dairy farmers is the success which has been achieved in Pakistan in providing milk for undernourished people. This has been done by improving the herds of the country through artificial insemination—an old technique elsewhere but introduced to Pakistan only six years ago. The progress made in these intervening years has been truly remarkable.

On achieving independence, Pakistan faced a number of problems, none more serious than the fact that it had only 5,500,000 cows and buffaloes, and needed at least 2,700,000 more if nutritional needs were to be met. There was a large annual deficit of milk. To increase the herds, however, would have required huge quantities of fodder, and fodder is difficult to get in a country that has to import food just to feed its people.

At Pakistan's request, the United States in 1954 agreed to start a selective breeding program. The College of Animal Husbandry in Lahore and the West Pakistan Department of Animal Husbandry soon became interested in the project. Villagers, who had shown an initial resistance, were surprised at the results. In 1955 only seven buffaloes and three cows were artificially inseminated. In 1960, the program was used for 2,621 buffaloes and 1,697 cows.

Today there are 22 selective breeding centres in 10 areas of West Pakistan, operating seven days a week, their facilities available without cost to the peasant who brings his cows and buffaloes to the centres. Local training also is given under the project to veterinary graduates, both civilian and military, as well as to village boys. By the end of 1960, 20 veterinary graduates and 41 non-veterinary technicians had completed their training.

This is how modern techniques are helping to solve food problems in underdeveloped countries. The possibilities are endless, and are being exploited successfully in more ways than we realize. World tensions keep monopolizing the news reports from day to day, but in the background are these great movements for human betterment, less spectacular but more truly noteworthy.

EDITORIAL NOTES

In Los Angeles, helicopters patrol the freeways. Flying over the network of superhighways, police officers may spot a traffic tieup and summon help on the ground so that the obstruction may be quickly cleared away. And now Detroit has gone Los Angeles one better. Recently installed in the motor capital is a television room lined with monitors.



GEORGE AND THE CHERRY TREE

OTTAWA REPORT by Patrick Nicholson

Liberal Political Rally Disappointing

The National Council of the Liberal Party met to plan its election campaign in Ottawa's Chateau Laurier Hotel last week.

It was one of the most disappointing and disappointed political rallies held here since the war. Four hundred delegates gathered in the Convention Hall. At the closing meeting, they chanted harmoniously: "We are little black sheep who have gone astray, Baa, Baa, Baa; Gentleman scholars out on a spree, doomed from here to eternity, Baa, Baa, Baa." Then they heard the banner speech by their leader, Hon. Lester Pearson. And, alas for the gentlemen scholars who had advised him in its composition, so did many Canadians sitting in front of their boxes.

MAJOR ISSUES SHUNNED For, of all the speeches which should have persuaded voters into a supporting mood, this was the most "far out." Instead of outlining a Liberal platform, instead of explaining what a Liberal Government would attempt to achieve if elected, that speech merely taunted the present government in unsubstantiated generalities and, in even less substantial generalities, asserted that "Liberals are the party of economic progress."

That speech, broadcast from coast to coast, was not good enough for a country which is today poised dangerously at the top of a very slippery and too little mentioned slope: poised there not because of government actions this year or last, but because of long-term worldwide developments beyond Canada's control, and against which government precautions should have been planned five, ten and even fifteen years ago.

"The election will be fought on the record of the government," declared Mr. Pearson. But that record shows that more new jobs have been created in Canada during the past four years than in any previous peacetime four-year period in our history; and that last year Canadians earned more than ever before. Those are solid praiseworthy achievements by the Diefenbaker Government.

The only specific proposal made by Mr. Pearson was that "a new Liberal Government will start a comprehensive system of health care." Yet the former Liberal Prime Minister, Mackenzie King, promised Canadians exactly that at a Liberal rally in Ottawa no less than 43 years ago.

GRITS SPRAWLED CRISES "Get Canada moving," urged Mr. Pearson. But he still ignores urgent factors which the Liberals failed to notice, or at least to act upon, between 1945 and 1957.

Canada, undamaged by war and with an economy artificially enriched by the demands of our allies, enjoyed a post-war prestige and power which could only be temporary—unless we built up our strength by massive post-war immigration. This the Liberals failed to do; so now the war-ravaged "middle powers" have rebuilt themselves, and resumed their status superior to us.

Canada increasingly lived beyond her means in the post-war years. Now we have to repay the capital, plus interest, for those years "out on a spree." But the Diefenbaker Government has taken steps to reverse that national impoverishment. Machines are progressively replacing man in industrial production. Ever since the war Liberal governments failed to prepare against this obvious technological crisis of unemployment. But the Diefenbaker Government has launched a huge

vocational training program to correct this. The terms of trade have been swinging against raw materials yet the Liberals refused to heed the repeated demands of the Conservative Opposition that Canadian raw materials should increasingly be processed in Canada by Canadians.

The Conservatives have eliminated the ruinous premium from our dollar. But the Liberals permitted dollar crises, so that one winter we even could not afford to import fresh salad. The Liberal policy? "Let them eat turnips," proclaimed the Liberal Finance Minister.

If Man Could Hibernate

National Geographic Society

If man emulates the woodchuck and hibernates, he may live 1,400 years. But humans first must solve the mystery of true hibernation. It is not merely a deep sleep but a state of suspended animation that is, in effect, a vacation from life.

Scientists see only a dim possibility of inducing true hibernation in man, but its potential value is so promising that many are studying the process. Research with bats indicates, for example, that a hibernating mammal might live 20 normal lifetimes, or 1,400 years. Hibernating bats apparently live 20 times longer than mammals of the same weight that remain active throughout the year.

TRIPS WHILE DORMANT Dormant humans could live through the centuries needed to make space voyages to fantastically distant constellations. Their food and oxygen requirements would be about 1/100th that of active persons.

Patients someday may be held in suspended animation for medical treatment. Surgeons already have created a kind of artificial hibernation by cooling and drugs, but this lethargy is less deep than natural hibernation.

True hibernation profoundly slows every measurable process in animals. Body temperature drops dramatically, the heart beats slowly, and breathing is reduced and irregular.

In hibernation, a ground squirrel's heart throbs weakly—three times a minute, compared to a normal 360 beats a minute; a marmot takes only one shallow breath every five minutes; a bat's temperature may approach freezing.

The flame of life burns so low that a dormant hedgehog survived a 22-minute immersion in water. Hibernating animals can

endure tremendous doses of radiation without effect at the time, but on returning to activity, they show most of the usual signs of radiation injury. Curled into a furry ball and cold to the touch, the animals seem lifeless. A European dormouse was placed in a small wool-lined box and shipped 140 miles through the mail without waking. One dormouse slept continuously for six months and 23 days.

But hibernators do not necessarily remain in a continuous torpor. Some store food in their burrows and wake periodically to eat. Others live on inactive body fat and remain inactive for longer periods.

BEARS DON'T HIBERNATE A small group of northern mammals are true hibernators, but, contrary to hundreds of cartoons, bears do not hibernate. They sleep deeply in the winter but without a drop in temperature or metabolic rate.

Cold-blooded animals, such as frogs and snakes, automatically become somnolent in cold weather because the surrounding environment controls their temperature. Warm-blooded animals must become, in effect, cold-blooded in order to hibernate. Their body heat drops as the air gets colder.

But cold alone does not trigger hibernation, nor does increasing warmth in spring arouse animals. Zoologists believe hibernation is closely linked to the endocrine glands and nervous systems, but the exact cause is unknown.

Hibernation enables animals to survive long periods of cold weather and food scarcity while safe from predators. One naturalist asked, "What greater boon could such creatures have than this sleep of insensibility, free from all cravings of hunger and all danger of perishing with cold?"

Prison Walls And Prisoners

Ottawa Journal

The figures on the number of escapes from federal penitentiaries in the last decade show a startling increase from one in 1951 to 7 in last year. On the very day Justice Minister Fulton put the latest statistics before the Commons three prisoners escaped from Joyceville, near Kingston, as if to dramatize the problem.

Do these escapes mean that recent reforms in penal care have failed? The prison population in Canada has increased by more than 50 per cent in the last 12 years. There were 4,300 inmates in penitentiaries in 1949; last year there were 6,900. There are more prisoners to escape a and more prisoners to escape from.

MODEL PRISONERS Until two years ago all penitentiaries in Canada were of the maximum security kind. Model prisoners were kept in the same institutions as hardened, dangerous undergenerates. The new system established two other classes of institution, the medium and minimum security prisons.

Undoubtedly some prisoners who should have stayed under maximum security guard have been sent to places like Joyceville. Penitentiary staffs have not had enough experience or perhaps have not been well

enough trained in selecting inmates for the lesser security institutions. It is also true that Joyceville—from which there have now been 15 escapes since early last Summer—was not as well protected as it should have been. A fence is now being completed around the prison's 880 acres.

REFORMS OVERDUE The mistakes and the escapes should not endanger the reforms which had been long overdue in Canadian prisons. "Escape" is hardly the word of the time. Hearing disturbing news from home, men will simply "walk away" from a prison farm. The great majority are quickly recaptured. Of last year's 71 escapes, only seven are still at large. Last year, it should be noted, there were far fewer escapes from minimum security than from medium security institutions. Only six of 480 men kept under minimum guard ran off.

The Age Old Story Men ought always to pray, and not to faint. AIRBORNE WATER Water was dropped from aircraft of the Ontario department of lands and forests on 104 forest fires in 1961.

Drinkers Come In Varied Types; Topers To Drunks

By Dr. Theodore R. Van Dellen ALL alcoholics rely upon liquor to meet their inadequate and daily problems. They develop a psychological dependency on the drug because it relieves their anxieties and tensions. They cannot get along without liquor.

The harmful effects are not limited to the psychic reactions; many develop physical complications that shorten life. The majority become a burden to the family and many are ostracized by society.

Drinking customs vary in different societies, communities, and countries. As a result, there are various species ranging from topers to drunks. Some are undisciplined individuals who drink so much their relationship to society is strained. But they are able to abstain, so there is no loss of control; they prefer drinking because it relieves their problems.

In time, this creates a drain on the family budget and leads to absenteeism from work, decreased productivity, and often to a nutritional deficiency. This form of alcoholism may go on for 20 to 30 years unless they lose control and develop a physical dependence, with behavior problems. The majority of alcoholics remain in circulation, as only three per cent reach skid row.

Those who become physically dependent on alcohol develop a greater tolerance for the drug as well as a craving, especially when liquor is withdrawn. They lose control, which impairs their interpersonal relations to the highest degree. This form of alcoholism is common in the United States and Canada.

Other alcoholics specialize in periodic drinking that follows a cultural pattern. The explosive drinker often spends his pay check in a bar over the weekend. The family goes without food and the victim gets into trouble because of rowdiness or absenteeism from work. The fiesta drinker is another variety; his occasional drinking bout may end up in a serious accident.

(Dr. Van Dellen will answer questions on medical topics if stamped, self-addressed envelope accompanies request.)

PATIENCE NEEDED

W. S. writes: I can't seem to make my invalid mother see that both exercise and will-power are needed after a stroke that paralyzed her left arm. She insists that eating garlic is the best way to bring recovery. Have you any suggestions?

REPLY It is difficult to motivate some people. Perhaps she has confidence in a reliable physician who will help settle the argument. Garlic is not the remedy but since she is the invalid, why not go along with the understanding that she will try your method if the paralyzed arm does not improve?

INTESTINAL CANCER

R. G. writes: What are the symptoms of colon cancer? BLOOD IN THE STOOL and changes in bowel habits, such as diarrhea. Loss of weight, abdominal pain, and anemia are later symptoms.

ASIAN FLU

F. K. M. writes: Are the antibodies of any value in Asian flu? REPLY No, unless complications develop that are caused by bacteria rather than viruses.

CHRONIC BURPER

R. L. writes: I know a woman who belches constantly. She says she just burps or will blow up. Is it possible to get this feeling so often or is belching a bad habit? REPLY A bad, nervous habit. Involving air swallowing. TODAY'S HEALTH HINT—Don't trust your luck on a patch of ice unless you are surefooted as a goat.

OUR YESTERDAYS

From the Guardian Files

TWENTY-FIVE YEARS AGO

(Feb. 7, 1937) Mrs. H. S. Henderson entertained at a luncheon party at the Canadian National Hotel, the guest of honor was Miss Nancy Reed, of Vancouver, B.C., a brilliant Canadian pianist who gave a delightful recital on Saturday, sponsored by the Women's Music Club. Miss Reed was the weekend guest of Mr. and Mrs. G. Elliot Full.

One of the gayest of the pre-Lenten dances was held last night in the IOOF Hall, under the auspices of the "Ever Ready" Club. The chaperons were Mrs. Louis Stewart, Mrs. W. E. Scantlebury and Mrs. P. Ready.

TEN YEARS AGO

(Feb. 7, 1952) A \$1,000.00 bursary from the Imperial Order Daughters of the Empire is available this year to some student in Prince Edward Island, who will have passed his high school matriculation examinations in September and who is a son or daughter of a deceased or permanently disabled veteran.

T. Alexis Wood, son of Mr. and Mrs. W. T. Wood of Georgetown, formerly of Tyne Valley, was successful in passing the final examinations held by the Institute of Chartered Accountants of Ontario. Mr. Wood who is a graduate of Prince of Wales College has accepted a position in Ottawa.

NOTES BY THE WAY

Women will not be men's equal until they can have a large bald spot on top of their heads and still think they are handsome. — Galt Reporter. "In driving a nail, a person exerts a ton pressure with each blow of the hammer," says a physicist. This explains why hitting your thumb with a hammer is rather unpleasant. — Nanaimo Free Press. United States Department of Agriculture reports that about \$2 of every \$20 spent for groceries goes out for the packaging. Sometimes the package cost is as much as the food itself. These figures call for some serious study and thinking. We seem to be reaching a ridiculous situation. — Farmer's Advocate. David — Has your wife learned to drive the car yet? Fred — Yes, in an advisory capacity. — Hamilton Spectator. Seas I can never bridge or cross. In dreams turn sailboat size. Until the moment I increase. The world with opened eyes. Reports say that the average Japanese family spends most of the money it earns. East is East and West is West and nowhere do both ends meet. — Calgary Herald. Father, visiting college: "But, son, why must you have a new car? Look at all the old cars here. Freshman: I know, but they belong to the faculty. — Galt Reporter.

PUBLIC FORUM

JAIL CONDITIONS

Sir,—We feel in the interests of the Older Boys' Parliament and our own integrity, it is our duty to reply to a letter in Monday's Public Forum by Mr. Frank Myers, MLA from Crazeau. Mr. Myers informed the public that the accusations made in the Boys Parliament regarding the conditions of the Queens County Jail were unfair. However, the conclusions of the Boys Parliament were based on facts—not hearsay—which were gathered by their delegation. Did Mr. Myers actually ask the prisoners if they had any complaints? Or did he simply ask those prisoners, for whom even the deplorable conditions of the jail were more scrumptious than anything they were used to outside the jail.

We certainly agree that this is an old building—too old. "We hope that the dark dreary condition of this jail is not the committee's idea of an institution for correction." Is there any valid reason for the building to be unclean? It would seem sensible to us that the interior should be painted in bright clean-looking colors, rather than the dark shades that in themselves give the impression of dirtiness. Mr. Myers said that the jail was "reasonably clean" at all times. How clean does he consider "reasonably clean"? It would also be interesting to have Mr. Myers inform us of the capital expenditures paid by the committee for improvements and repair on the jail in the last several years.

Mr. Myers said that he had the "privilege" of visiting two Western Canadian jails. We consider this irrelevant. Besides, it appears to us that this insufficient evidence to prove that our county jail is adequately equipped.

As for the toilet bowls, whether they are soiled, that they are permanently stained or whether they are dirty, they are still disgraceful. The argument that the prisoners broke the toilets is also irrelevant. Our assertion about the parasitic insects remains.

The cells of Queens County Jail which have no lights, according to Mr. Myers are set aside for "drunks." It appears then that the Public Bldg. Committee makes an unauthorized distinction between "drunks" and other prisoners. It is obvious that many of the "drunks" are chronic alcoholics; are they required to remain in these dungeon-like cells for the duration of their term or does the jail provide any type of rehabilitation program?

Do the "drunks" get psychiatric or remedial treatment? In fact, should they even be sent to an institution of this kind? Should there not be a rehabilitation centre within the community itself? In any event, it appears that the "treatment" offered to the "drunk" prisoners is even less humane than the inhumane conditions already existing for prisoners in general.

Mr. Myers said that "these cells are not totally dark as light can show in from the corridor." It is questionable just how much light can enter through a solid door with a barred window approximately one foot square.

It seems that there is some disagreement between the Attorney-General and Mr. Myers over the need for improvements at the jail. The Hon. Mr. McQuaid was willing to admit that the conditions at the jail were not satisfactory; Mr. Myers, on the other hand, does not agree even though he states that he is not qualified to comment on the

Thank you, Sir, we are, inmates of Queen's County Jail. (25 Inmates)

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