The Guardian

Covers Prince Edward Island Like The Dew

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Another Alternative

To some extent at least, the Liberals have themselves to blame if they now find themselves "under fire" from the three other parties in the federal election campaign. They were foremost in pressing for the defeat of the Diefenbaker Government on the floor of Parliament, and now they are claiming to be the only party with a sufficient national following to have any chance of forming a stable government. By "stable" government they mean a majority government which, they say, can alone maintain a sense of order and purpose in the nation's affairs.

The fact is, of course, that stability isn't necessarily synonymous with over-all majority rule, and this Liberal appeal to "elect us, or else . . ." smacks too much of the old arrogance that helped to defeat the St. Laurent Government. Britain, Australia and New Zealand have all survived long periods of minority government; and it is quite possible that, so far from having seen the last of it, we are in for a long period of the same thing in Canada. It is not something to be wished, but we may have to live with it nevertheless.

A MOOT QUESTION—If the Liberals continue their present line of campaigning—insisting that the issue is between voting Liberal or voting for political chaos—then the electors can be excused for asking why this shotgun is being held to their heads. Why can't the Liberals, as a minority party either in or out of power, work to achieve stable government in the way that other parties in other democratic countries have done?

Their record during the past session was one of successive efforts to unseat the Government and bring on another election. Must the voters accept them on their own high-handed terms, or be doomed to a continuance of Liberal guerilla tactics in the next Parliament? Is there no other way out of a stalemate that could go on and on until Mr. Pearson and his followers are finally given what they want?

Surely there is. One way it could be achieved is by putting a curb on irresponsible non-confidence motions in Parliament. Under present procedure, the defeat of the Government on almost any bill or motion it sponsors can force its resignation and precipitate a general election. It has been pointed out that the value of this system has been seriously undermined by abuses in recent months.

RIGHTS RETAINED—No one would propose that the Opposition be deprived of its right to seek the overthrow of the administration on issues of national importance; but that is a different matter. One suggestion which deserves study is that the resignation of a Government be required when it is defeated on certain specific votes, such as the Speech from the Throne, the Budget, and such measures as it makes a matter of principle, or when the Opposition calls for a showdown on a matter of national emergency. But to declare that a Government must resign on trumped-up issues of every kind, simply because the Opposition groups have succeeded in combining for the moment to defeat it, is a stultification of sound parliamentary principles.

During the last Parliament more than a dozen non-confidence motions were debated before the minority government was finally brought down. Those were not all Liberal motions, of course; but the Liberals made no bones about their determination to go to almost any length to insure this effect. Their belief that they, and they alone, must be in power if the country is to survive has been as unwavering as the conviction of the ancient Israelites that they were God's chosen people.

A reform along the lines suggested would put a stop to this nonsense, insofar as the functioning of the next Parliament in concerned. It would do no harm if the candidates pledged themselves to such a measure, in any case. Should the election result in an over-all victory for one party, well and good; if not, the country would have some guarantee of stable government, which it now lacks.

Marathon Prepares

The second invasion of historic Marathon, says an Associated Press correspondent, is being planned for this summer. This time Greece will welcome the invaders—15,000 Boy Scouts. They will come from 84 nations to attend the 11th World Boy Scout Jamboree in August.

The boys, we are informed, will find Marathon little changed from the great day in 490 B.C. when a force of 10,000 Greeks drove the Persian hordes into the sea, saving the Greek republic. According to Greek historians, 192 Greek soldiers were killed, and about 6,500 of the enemy.

For this summer's invasion, Greek Army engineers are at work on Marathon's pine-covered plain laying out an area for a mammoth tent camp. It is almost exactly on the site of the Marathon battle, just two miles from a huge mound of earth marking the common grave of Greece's 192 heroes. The engineers are clearing and filling a 500-acre area and will construct 20 miles of roads along which the Scouts will pitch their tents.

What a thrill for the boys who will make this journey from Canada and other parts of the world! Just a two-minute run from their tent city and they will be on the beach on which the Persians landed. It stretches for miles along a protected gulf; and from there the famed Greek courier ran 26 miles into Athens to announce the famous victory. Legend has it that he covered the route in 2 hours 15 minutes. A latter-day soldier, Abebe Bikila of Ethiopia, ran it in 1961 in 2 hours 23 minutes—but he wasn't carrying such inspiring news!

The boys will be making their own try at it next August, we may depend. Meanwhile, they would do well to read up on Greek history.

Upward Freight Trend

It is encouraging to note that freight volume figures compiled by the Canadian National Railways show that this year the Atlantic region had the second busiest January ever recorded. The total gross ton miles of freight handled by the region in January was 1,100 million. In records kept since 1952 this figure was exceeded only in 1960, when the total was 1,130 million. It surpassed even those of massive shipments during World War II.

In announcing this news, Vice-President Grayston said it showed that the railway's improved schedules and services are beginning to make themselves felt. The CNR has invested two billion dollars in the past decade to improve its plant and speed up train schedules, and this investment is paying off. In the Atlantic region, as elsewhere, thanks to such new developments as diesel locomotives, electronic hump yards and integrated data processing, amounts of traffic can be handled which would have been well-nigh impossible with the same efficiency under the conditions of twenty years ago.

EDITORIAL NOTE

An Argentine physician reports that he has found an amazingly successful way to cure insomnia. He has carefully studied speeches of Argentine politicians and has selected a number in a sort of anthology of boredom. He finds that patients who try to read them after retiring at night inevitably start yawning and drop off to sleep in no time. Any resemblance between these speeches and those with which Canadian airwaves will soon be cluttered is, of course, purely coincidental.

IT'S CAUGHT ON AT OTTAWA TOO

OTTAWA REPORT by Patrick Nicholson

Open Season For Political Prognosticators

The polls have not yet been widely accepted as a measure of the mood of the Canadian voter in this election campaign. Even those political pundits who in past elections have rated the polls as more reliable than a crystal ball, and only slightly less sure than an advance tip from Heaven, are this year tending to sniff the political breeze for themselves.

The latest test of the national electoral temperature by the nationwide poll of the Canadian Institute of Public Opinion was taken in the first week of February. That was just before the Conservative Government was overthrown on two votes of confidence in the House of Commons, and also just before principles, politics and private affairs started the trek out of the Cabinet Chamber.

That poll indicated that, of every 100 voters, 44 would support Liberal candidates, 33 would back Conservatives, 12 would vote for NDP and 11 would back the Social Creditors.

SAME AS IN 1957

That spread of 11 percentage points between the Liberals and the Conservatives is slightly less favourable than the 14 point spread which the Liberals enjoyed, according to that same pollster, three weeks before the 1957 election. Yet in the event, the Conservatives then attracted 5 per cent more votes than suggested by the poll, and the Liberals 6 per cent less. So the Conservatives won the election by 112 seats to 105.

This poll, taken early in February, suggests that the situation may be repeating 1957, with the Conservatives creeping up to pass the Liberals at the finishing line. For over the previous four weeks, the Conservatives had narrowed the gap, from 15 to 11 percentage points.

If we look back over the actual records of votes in past elections, we see that the Liberals won by a record 20.8 per cent advantage in 1940, by 19.8 in 1949, and by 15.3 in 1935. In that latter year, the 15 point spread gave the Liberals 173 seats to the Conservatives 40.

Since a poll came out in October last, showing voting intentions very similar to that 1935 poll, several top Conservatives here perdicted similar results in the coming election.

"We will get fewer seats under Diefenbaker in 1963 than we got under Bennett in 1935," they mourned. And they thought back sadly to that electoral record in 1958, when with a 20 percentage point advantage in the votes cast, they attained the all-time highest majority of seats in the House of Commons: 208 to 49 Liberals.

PLAYING IT BY "HEAR"

But, at least up to now, neither Liberals nor Conservatives are placing much reliance on the polls. Perhaps this is because so many factors have matured after the last poll was taken, and are having results which are still developing. These factors include the anti-American sentiment stirred up by the brash intervention of the U. S. State Department, the emotional nuclear issue, and wave of sympathy extended to the Prime Minister on account of attacks made on him, especially in the U.S. press.

Every pundit is mixing his own brew: two parts wishful thinking to one part rumour from the backwoods, one part Madison Avenue guestimate, and a dash of rye.

This intoxicating brew leaves a hangover of fear of "an unstable Parliament," which is nothing but a bogey. The election will enable the voters of Canada to select 265 representatives to govern the country. If they would go back to basic common sense, and shun "performing seal" party rigidity, surely some coalition of men and policies could be achieved which would command majority support. Fifty million Frenchmen can't be wrong nor can like numbers of Germans and Italians; they all manage to live with multi - party parliaments.

Burma's Gentle Pleasures

National Geographic Society

Burma, a gentle Buddhist nation, lies strategically between Communist pressure points in Southeast Asia.

To the northwest, there is a long-simmering border dispute between India and Communist China. To the east, Thailand anxiously watches the precarious neutrality of Laos and South Viet Nam's war to wipe out Red guerillas.

Burma itself is quietly working on its own national and economic problems, reports W. Robert Moore, foreign editorial staff chief of the National Geographic Magazine. His photographs and article on Burma are featured in the February issue.

United States aid helps to modernize river transportation, improve water supplies, survey roads, and reclaim flooded and war - abandoned rice lands in the Irrawaddy Delta.

LIVE FOR PLEASURE

Yet life in Burma is not all work. It seems curiously isolated from the struggle in Southeast Asia.

"We Burmese live for our pleasure, for feasting, and for the festivals," a friend told Mr. Moore. "We work only because we must."

It takes the Burmese four days to ring in the Buddhist New Year in April. On the fourth, they ceremonially bathe images of Buddha and feed the monks.

Buddhism, the religion of 85 percent of the population, dominates daily life.

Buddhist astrologers chose the most auspicious moment for Burma to raise its six-starred flag signaling independence from Britain — January 4, 1948, at 4:20 a.m. The federal republic retains no Commonwealth ties with the United Kingdom.

Thousands of golden - domed temples add glitter to Burma's cities and countryside. Some Burmese say their ancient capital, Pagan, had more than four million pagodas, many capped in gold and silver.

The Shwe Dagon Pagoda dominates Rangoon, the present-day capital. The 326 - foot, bell-shaped spire is covered in gold leaf. A crown on top is studded with $150,000 worth of gold, rubies, emeralds, and diamonds. The pagoda was built as a repository for eight sacred hairs of Gautama Buddha.

"GIRAFFE - NECKED" WOMEN

Few countries contain as many diverse minorities as does Texas - sized Burma, says Mr. Moore. Among the 21.5 million people, barely three-fourths are Burmese. There are 125 other racial and tribal groups.

When tribesmen come to the capital as guests of the government, they make a spectacular procession. The near - nude Naga wear tiger teeth and hair-tuft ornaments. The "giraffe-necked" Padaung women use neck collars and leg bands of brass coils which may weigh 50 pounds. Bre tribal women carry so many cane loops on their legs they can hardly walk.

Four out of five Burmese work the land. Rice, the main crop, grows lushly in the hot, moist river valleys and on the plains. Sugar, tobacco, and rubber are also important crops.

PUBLIC FORUM

LIQUOR LEGISLATION

Sir,—Some years ago, a Minister on our pastoral charge, when praying for our youth, would frequently say: "May we make it easier for them to do right and harder for them to do wrong." This simple prayer should be the prayer of every Christian in our land, including the members of our Legislature. Since the purpose of prayer is not to get God to do things for us, but to enable God to do things through us, we must do something to make it easier for the youth of our land to do right. Is easier access to alcolic beverages going to do this?.

Do our tourists want looser liquor laws? Those who have the opportunities of meeting thousands of tourists throughout the summer know that the majority of them do not, and let us hope that the celebrations of Centennial Year will not be characterized and marred by such a dishonorable act as amending the Liquor Law as has been suggested.

Government officials, this is your responsibility. Think about it, and count the cost.

I am, Sir, etc.,
MRS. WILFRED PICKERING
Clinton, P.E.I.

WHY MORE LIQUOR?

Sir,—Would it be to the advantage of us Islanders if we sold more liquor and beer? If so we should have more outlets. Why not advertise it? I am of the opinion there is far too much spirit or liquor now. More liquor sold means more accidents (many fatal) more police, more social service.

Nova Scotians since they have been selling intoxicants by the glass have a big increase of juvenile deliquency and car accidents, and have consumed 3.6 million dollars worth. Is that something to be proud off?

But our Premier has given his word there will be no charge without an investigation. It will be interesting to know what happens in N.B. with their new liquor laws. Intoxicants by the glass can't help but create a lot of new youthful customers who would never invest in a bottle, and a lot of old timers won't be satisfied with a glass but will want a bottle. The more drinkers we have the more alcoholics we will have. Tourists are not interested in our liquor outlets but in trout fishing (90 per cent have said so) in parking lots by our cool shady streams where they can get trout. Our streams are crying out for improvement and nothing much is being done.

Intoxicants can be blamed for a lot of empty pews in our churches, which is serious especially among the younger generation. I am sure there is a lot more pleasure and satisfaction in life here and hereafter in Christian Fellowship than in anything else.

I am, Sir, etc.,
ELDON DRUMMOND
Freetown, P.E.I.

BUFF'S STORY

Sir,—This story tells about the terrible treatment handed out to some of my dumb creatures by cruel masters. Personally, I have no cause to complain as I am fortunate to have one of the kindest masters any dog could hope to be with. He even takes me on automobile rides all over the country. So you see, in this way, I am able to get a first-hand picture of what goes on in many places in the Island. And what awful pictures turn up every few days!

(Continued on page 11)

Nibble Away Excess Weight

By Dr. Theodore R. Van Dellen

ALL obese individuals are overweight but only a small percentage of overweight persons are obese. Anyone who is more than 20 per cent over the desirable weight is said to be obese.

Overeating is responsible for excess poundage, but there are numerous reasons why these men and women eat too much. The personality, way of living, and eating habits all play important roles.

What about calories? Studies at Micheal Reese hospital in Chicago have demonstrated that eating habits are most important. Dr. Clarence Cohn and Dr. M. David Allweiss fed two groups of laboratory animals identical diets containing the same number of calories.

One group was given all the food at one time; in another, it was doled out gradually, so that the animals were nibbling throughout the day. The nibblers did not gain weight whereas those given one large meal a day gained considerably. These investigators may have something and early studies on man show weight loss is possible with this method of eating. In addition, the cholesterol in the blood tends to be lower via this method of eating.

The national aspects of eating play a greater role in the obese. Some gorge because of tension; others, to obtain solace from intolerable life situations. The added flesh provides the portly person with the ammuntion to deal with his personal conflicts, including the rejection of certain individuals or situations.

The psychological conflicts may be so deep-seated, the man or woman becomes unhappy when losing weight. Some develop serious psychiatric problems.

For this reason, the wise physician goes into the emotional background of the truly obese before recommending a diet. He avoids rigid, uncompromising reduction program. In addition, the obese person may be disillusioned when his basic difficulties persist after losing 50 pounds, especially if stoutness was blamed for social ostracism or discrimination.

It has been suggested that the feeling of well-being produced by weight-reducing pills is responsible for their effectiveness. This is in contrast to the belief that these amphetamine products suppress appetite. Mr. Fatso turns his thinking from the table to more productive pursuits

FOOD OR DRUGS?

J.C. writes: Are vitamin and mineral formulas considered supplemental foods or drugs?

REPLY

Food supplements, when taken daily or used to supplement a lopsided diet. Some vitamins are used as remedies and can be considered drugs; an example is the use of large doses of niacin to lower the cholesterol level or for dizziness, associated with Meniere's syndrome.

REDUCING PILLS

B.A. writes: What do reducing drugs contain?

REPLY

The majority contain an amphetamine that lessens appetite. These drugs also have a stimulating effect and make some persons jittery. The appetite suppressing effects usually disappear after a few weeks.

BURNING SCALP

R.L. writes: I had a permanent wave two weeks ago and ever since, my scalp burns and itches. Please tell me why?

REPLY

You may be allergic to one of the chemicals used in giving the wave.

POUNDING TEMPLES

A.F. writes: What could cause a pounding pressure in both temples?

REPLY

Tension headache is a good possibility.

TODAY'S HEALTH HINT—

Practice the hygiene of a quiet mind.

Our Yesterday's

(From the Guardian Files)

TWENTY-FIVE YEARS AGO
March 5, 1938

Three Rivers, Que. Mar 4 - The Government icebreaker Lady Grey started spring operations today in the St. Lawrence River, opposite here. The ship opened a channel three miles west of the town.

The Mount Allison Alumni of Charlottetown and the Music Club held an afternoon reception yesterday at the Canadian National Hotel in honor of professors Harold Hamer and A. W. Trueman of Mt. Allison University who gave a recital of organ and vocal selections in St. Paul's Church, Saturday.

TEN YEARS AGO
March 5, 1953

The Co - Ed series continued on Tuesday at the YMCA, with another bang-up crowd in attendance. Miss Isabel MacDonald of Isabel's Beauty Salon spoke on new hair styles from the recent showing in Montreal.

Ottawa, (CP) — E. F. Pineau of Ottawa has been elected president of the Canadian council on 4-H Clubs, succeeding S. C. Wright of Charlottetown.

WINS LATIN CONTEST

OTTAWA (CP) — Andre Bluteau, a student in rhetoric at the College de Jonquiere, Que., placed first in this year's national Latin-translation contest, the University of Ottawa announced Monday. Caro Leman, a student in rhetoric at College Marie-de-France, Montreal, was second and Pierre Houde, a student in belles-lettres at Externat Classique St-Jean-Eudes, Montreal, placed third.

NOTES BY THE WAY

It's a cruel world, where parking meters get our spare small change and tax collectors grab our spare dollars. — Chatham News.

A large number of persons are behind the eight-ball because of the natural affinity between it and their heads. — Woodstock Sentinel - Review.

It is easier to understand people by bearing in mind that some 98.5 per cent of them consider themselves exceptions to virtually all rules. — Woodstock Sentinel-Review.

Those 1963 model cars can do almost everything except go home alone. There are times when it might be better if they could do that, too. — Chatham News.

Gallery and amphitheatre patrons of the Royal Opera House, Convent Garden, were refused admittance because part of the roof of the building had started to fall in. We've often heard about a performance bringing the house down, but this is taking matters too literally by far. — Brantford Expositor.

The unhappy motorist became more and more exasperated as, mile after mile, the truck continued to block his efforts to pass it. Each time he attempted to go by, the truck driver either increased his speed or moved to the middle of the road. At last the driver manage to pull up alongside the truck. "Well?" growled the husky driver, obviously well prepared for verbal, or other warfare. "Just curious," smiled the driver of the car, "I know what you are. I merely wanted to see what one looks like." — Hamilton Spectator.

Agriculture as defined by one writer is something like farming, only farming is doing it.— Galt Evening Reporter.

Today's lesson in mathematics. The number of horn blasts in a traffic jam is equal to the sum of the squares at the wheels. — Sarnia Observer.

They laughed at his red flannel unmentionables, but in his day Great Grandpa hardly knew when it was zero.— Windsor Star.

One of the joys of being an executive is that you can dictate letters to your secretary and use words you can't spell. —Hamilton Spectator.

People are funny. They want the front of the bus, the back of the church, and the middle of the road. — Calgary Herald.

Kentucky is considering putting a tax on baloney. What are they trying to do? Do they want to fix things so that only a billionaire can run for office in that state? — Memphis Commercial Journal.

Old timer: One who remembers when you could promise a child the moon without having to buy him a space suit. — Toronto Star.

Politicians going out to the wars might pin in their hats this quotation from Abraham Lincoln: "If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong ten angels swearing I was right would make no difference." —Ottawa Journal.

Walking For A Crash

Christian Science Monitor

The Kennedy administration appears to agree mith Mark Twain's dictum that golf is a good walk spoiled. So the backyard putting made fashionable by the last tenant of the White House now has been forsaken for walking. And something new is afoot in the nation.

The only trouble is that the kind of walking Mr. Kennedy is espousing is itself a good walk spoiled.

Naturally Teddy Roosevelt's formula of 50 miles in 20 hours must have sounded like a fine challenge to an exercise-minded President. (After all, look at TR's footwork when it came to Cuba. The two might be connected). Indeed, the test is a good one for modern Athenians who fear they have beaten their Spartan adversary to the paunch.

But that is all it is — a test. Perish the thought that it might be confused with the pleasant art of walking.

How unfortunate it would be to find the Spring countryside filled with flabby Americans — heads bent, heels digging in, elbows thrusting — gritting their way across country determined to get in shape quickly so they can go home and enjoy themselves again; puffing obviously by fields of asters, panting past a playful group of chipmunks, staring fixedly at the tarmac 12 feet ahead and missing the graceful are of an indigo bunting's flight.

There are times when a crash program of exercise is necessary. Calisthenics is the deprived man's exercise.

There are also times when the human spirit needs to test endurance; when obstacles must be tackled, records challenged.

For these times we admire TR's vigor, and Bobby Kennedy's vigah.

But a life can hardly be said to be rich in pushups. And knee-bends should remain only the shorthand of exercise.

A Hairdo Does It

Toronto Telegram

Who started the new-fangled business of styling men's hair? Certainly not Mr. Khrushchev who, although taking to capitalist ways lately, lacks the raw material to inspire fashions.

It may well have been the present incumbent of the White House; his bushy locks, swept across the forehead, have made feminine hearts flutter and other males, not so richly endowed self-conscious.

Things are getting out of hand. Londoner Ivan Anderson, in town the other day for a convention of men's hair stylists, envisions a time when the salon will displace the barber shop and men will be getting permanents and facials as women do today.

May that time be long delayed. Hair may be a woman's crowning glory; but a man should never forget Samuel Hoffenstein's correct evaluation:

Babies haven't any hair;
Old men's heads are just as bare—
Between the cradle and the grave
Lies a haircut and a shave.

History shows what can happen to a chap when he pays too much attention to his hair. Samson came a cropper because of it. The French nobleman's periwig landed in a guillotine basket. And the North American Indian's hair-piece ended up as a status symbol on his enemy's belt.

If, as Mr. Anderson says, the way a man combs his hair determines his personality, why not give it natural expression? "Can you picture Khrushchev in a hair-piece or Prime Minister Diefenbaker without his curls?" asks Anderson.

Exactly. Imagination balks at what could happen to these men after a visit to a hair stylist.

All in all, hair styling for men would appear to be a harebrained idea.

Still Part Of Life

Montreal Gazette

"Older people are much better off when they are in contact with the young."

This is the conviction of Dr. C.A. Roberts, superintendent of the Verdun Protestant Hospital. He was speaking of the benefit elderly patients have had from the organized visits of young people to the hospital. But his words have a still broader application.

One of the curious developments of the last few decades is the widening separation between the old and the young. Formerly, the different generations often lived together under the same roof.

The big houses that prevailed in Victorian times, and even well into this century, made it quite possible for older peoplt, two generations beyond the children, to have comfortable quarters of their own, while being present also at tht family gatherings, and at the dinner table.

GOOD FOR THEM

Seeing the young people daily was good for them. And it was good for the young people; for the young saw something of the dignity and presence of the aged and learntd something of family tradition and continuity. This was very different from the wandering rootlessntss of so many modern families.

But this pattern of living is gone. The old would have no space in the modern family dwelling, even if their presence were welcome. And the tendency is to consider the elderly in trms of segregation.

President Kennedy recently warned against singling out the aged, so as "to segregate them from other citizens." The danger in many plans for the care of the elderly is that they tend to represent them as a class of incompetents.

SERIOUS DANGER

The seriousness of this danger is seen by Dr. Leonard Breen, of the department of Sociology of Purdue University. He believes that elderly people, as far as possible and as long as possible, even if not living with their children and grandchildren, should still be living in the community.

They should remain part of the world about them. They should live where they are able to go shopping, visit the local theatre or library. For among other advantages they would see people younger than themseves, and would not be confined to an artificial world where everyone seems as aged as they are.

The FLYING DUTCHMAN RESTAURANT
"Where Cooking Is A Work of Art"

How to get a Job 7 easy steps

It's easy to get the job you want, if you know how to "sell" your abilities. In March Reader's Digest, a top job-counselor outlines "Seven Steps Toward Getting a Job".