

Covers Prince Edward Island Like the Dew... Published every week-day morning at 165 Prince Street...

Trouble Over A Base

As if the United States' Government did not have enough trouble on its hands in its dealings with Latin America—just to mention the latest place of friction—dissatisfaction seems to be building up in the West Indies Federation.

Ever since the various colonies decided to form a federation, pending full independence within the Commonwealth, there has been agitation for the removal of the American naval base at Chaguaramas in Trinidad, in order to make room for a capital for the Federation. The West Indians say it is the most suitable place for a headquarters and that, in any case, if the United States wanted to make a real gesture of goodwill it could easily find a new base in the area.

The site was leased to the United States by Britain for 99 years at the outbreak of World War Two in the bases-for-destroyers deal. Similar bases were granted in Newfoundland. This, no doubt, has contributed to the West Indians' annoyance. They feel that if they are to be independent they ought to have the final say in what happens to or on their property.

For some time the British Government—which still has a measure of control in the West Indies Federation—has been studying the problem. Recently it issued a report which in effect turns down the West Indies' request and supports the United States' position. The report says the base is of "over-riding importance to the defence of the Western Hemisphere, which is also of vital concern to the West Indies." It adds that "any change would be costly and time-consuming."

Butter In Britain

An example of the difficulties facing British imports from Canada is illustrated in a report from London which says that the Government, in response to farmers' complaints, has placed a temporary ban on imports of Belgian butter. The Government acted when it became known that 1000 tons of Belgian butter were being offered to the British market at 1s 6d—about 21 cents—a pound.

Information from Brussels indicated that the difference between this price and the retail price in Belgium (about 77 cents) would be made up to exporters out of an agricultural fund set up by the Belgian Government. The report adds that butter is more plentiful in Britain now than at any time since the war. The home product, while costing more than the Belgian product, is still relatively cheap by Canadian standards. The cheaper quality sells for about 28 cents a pound, while the better grade costs 42 cents.

In face of this kind of competition it is easy to see that it would be very difficult to make extensive sales of Canadian dairy products in Britain—unless, of course, the Federal Government were to dispose of surplus stocks in that market at a considerable financial loss.

Potatoes Not Fattening

There is a common belief that potatoes are fattening, and many people, whether "on a diet" or not, are very sparing in their use of potatoes, or avoid them all together. But Dr. L.B. Pett, chief of the Nutrition Division of the Department of National Health, asserts in "Health", the magazine of the Health League of Canada, that those who avoid the enjoyment of potatoes are making a mistake.

Dr. Pett says that people who sparingly eat potatoes, and also bread, continue to eat rich foods like chocolate pie. He estimates that one chocolate usually has more calories than a fair-sized potato—and they are empty calories—just sugar and fat

calories, not providing other nutritional values. Dr. Pett adds:

"No food is fattening in itself, only when the total diet supplies more calories than the body is using up in activity. In other words, it is not the kind of food that adds weight, but the amount of food eaten, in relation to activity."

He points out that the danger of many foods is that they do not carry enough other nutritional values with their calories. This danger becomes acute as people grow older, because older people need more and more minerals and vitamins, but fewer and fewer calories. Yet the same food habits and cooking habits persist.

Dr. Pett says that potatoes, turnips, and green vegetables like cabbage contain, in the raw state, quite a lot of valuable Vitamin C. However, improper cooking methods will destroy it. Water leaches out the vitamins, and heat gradually destroys them.

"In our Canada's Food Rules, which give an outline of a good diet, we are forced to mention citrus fruits, because people are very careless how they handle vegetables. If potatoes or cabbage are cooked in too much water and for too long,—as they frequently are—then it is probable that the cooking water contains most of the vitamins and minerals. In fact I once calculated that more Vitamin C is lost that way in Canada than is present in all the citrus fruits that we import."

EDITORIAL NOTES

Canada House in New York is evidently an impressive building. The other day it received an award from Mayor Wagner for being "the commercial building which made the greatest contribution this spring to the beautification of New York." The Coat of Arms of each of the Provinces is cast in enameled bronze.

Five prominent American clergymen will leave next week to visit religious and political leaders in Britain, Czechoslovakia, Poland, Austria, Turkey, Egypt, Israel, Yugoslavia, Rumania, Italy, Switzerland and France. Dr. John Sutherland Bonnell, native Islander and pastor of the Fifth Avenue Presbyterian Church in New York City will go with the group.

Under the Workmen's Compensation Act, dependents of the seven fishermen who lost their lives when their vessel burned off Nova Scotia a few weeks ago will receive about \$50,000. Reports say that the sum might have been as much as \$80,000 but for a clause in the Act which limits compensation covering fishermen. Why fishermen should be discriminated against is not clear. Certainly, their way of making a living is as hazardous as any.

Prime Minister Diefenbaker has announced that provision will be made in the appropriations for operations of Parliament for an Opposition research staff in addition to the secretarial and clerical help already provided. This is a commendable move as it is exceedingly difficult for Opposition members to assemble enough information to give point at all times to their criticisms. Mr. Diefenbaker, evidently, hasn't forgotten his own experience in this connection.

In New Brunswick the Canadian Legion is helping to take some of the guesswork out of physical fitness by assisting the department of education in training and testing youngsters. Commending this move, the Legion News Sheet says: "For many years Canadians have listened with a smug ear to the reports of declining physical fitness in the United States. In actual fact it appears that the only difference in the fitness picture of Canadian and American youngsters is that the latter picture is better documented. At least they know what their situation is. We can only guess."

Liberal Senator Roebuck has come up with what the Ottawa Journal terms "the latest and perhaps the silliest" suggestion for improving the Senate. He wants galleries erected along the East and West walls, presumably because at the ceremonies of the Opening of Parliament the North and South galleries are crowded. Furthermore, he says, erecting the galleries would enable the Senate to get rid of the eight large World War 1 pictures which he dislikes. "When the Senate makes itself a sufficiently interesting and useful body so that the galleries will be crowded on other than a social occasion," says the Journal, "will be time enough to build added galleries. As things stand they are deserted virtually all of the time—which is, some may say, a tribute to public discernment."



FAMOUS EPISODES IN HISTORY

ON PARLIAMENT HILL Pomp And Circumstance

The opening of a new Parliament is always an interesting affair marked by much color and a good deal of pomp and circumstance. The ceremonies reflect some of the basic features of our Canadian constitution and the political structure of our country. Parliament is opened by the Governor General, the viceroy of the sovereign. This demonstrates the monarchical basis of our constitutional structure. The Twenty-Third Parliament was opened last October by Her Majesty the Queen, in person, and we all remember the glittering and thrilling episode which this marked in our history.

But the opening ceremonies reveal much more. The bicameral nature of our Parliament is shown by the roles assigned to the two houses. The Governor General, like the monarch, does not enter the lower Chamber Chamber (King Charles I did this many years ago and the results of the visit were not helpful to the king!). The Governor-General enters the Chamber of the Upper House, the Senate, while the members of the House of Commons stand at the rail to hear his address. Their only spokesman is Mr. Speaker who claims the ancient honors and privileges on behalf of all the Commons.

Interestingly enough the most powerful figures on the scene, the Prime Minister, makes no speeches during the opening ceremonies.

PUBLIC FORUM

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

LIBRARY STILL CLOSED

Sir,—The apparent lack of concern on the part of the authorities about our Public Library is almost tragic. When we realize what an important place the Library fills in our community life, it is difficult to understand such apathy. The Library has been closed since the Market Building (from which the library was heated) was destroyed by fire more than a month ago. During the past few days, Miss Gill and her staff have been on duty intermittently, desperately striving to give service to the many patrons. This with the aid of a small electric heater, plus coats, and we wouldn't be surprised if these are being augmented by hot water bottles and red flannels. They have done remarkably well under "Arctic" conditions and limited hours.

As it is well known, in our climate, we are very likely to have spells of cold weather all through the summer, so why not use some initiative and provide some adequate if only temporary heating? Aside from the service to the public it is economically important to preserve the thousands of valuable books. The situation, however, is not without its humorous vein and so we are promoted to submit the following lines, with apologies to a writer of the "gay nineties" which in this case seem most appropriate:

Wait 'til the sun shines Nellie, And the clouds go drifting by, Then will the Library open, don't you sigh. It's too cold to handle books, dear, so you mustn't fret. For who could expect the Library open— When it's cold and wet. We have a splendid Library, With its shelves of books so rare. Some tell of love and romance, and child care. Others delve in ancient history... and how to make a pie— But if you wish to read them, Nellie— Wait... until July. I am, Sir, etc., "BOOKWORM"

the calm and seasoned tones of Mr. Low and his followers, some of whom were considerably less calm and reasonable than their leader. MANY NEW FACES But while many of the once-familiar faces were not seen at this Parliament's opening, a great many new ones were in view. In the last Parliament there were one hundred and twelve Progressive Conservative members; in the Twenty-Fourth there are two hundred and eight. Nearly one hundred members sit in the House of Commons for the first time. Never before in the history of Canada has a government at Ottawa been supported by so large a majority. All the seats to the right of Mr. Speaker are occupied by Mr. Diefenbaker's followers and over half the desks across the aisle are manned by government supporters as well. It has been said that no democratic leader in the world has such a strong following in the national legislature as has Prime Minister Diefenbaker.

On the day of opening the galleries were filled as many hundreds of Canadians saw Parliament in action. An interesting event in Ottawa was the annual visit of Rotary Club Adventurers—a group of high school students who participated in a citizenship program which included visits to Parliament and talks by leading Canadians. It was my pleasure to attend a dinner at which Professor Adamson of Toronto addressed an audience of nearly two hundred high school students and ninety-nine Members of Parliament, including four Cabinet Ministers. The Charlottetown Rotary Club sponsored Ronald Storey who made a splendid contribution to the event and was a worthy representative of our capital city.

When one reflects upon the parliamentary scene and its brilliant opening he must recall that its success depends upon the people whom the Parliamentarians represent. If body politic is strong and the citizens alert and interested all will be well. If we become indifferent, careless and leave politics to the other fellow not even our system will work well. It was encouraging to have in the national capital a group of alert young people from all over the country. In the hands of such young citizens our democratic structure will be secure.

OTTAWA REPORT

Parliamentary Assistants

By Patrick Nicholson Special Correspondent for The Guardian

Ottawa: When our 23rd Parliament was dissolved on February 1st this year, thirteen Conservative M.P.s were serving as Parliamentary Assistants to Cabinet Ministers. "Parliamentary Assistant to the Minister of So-and-So" is a cumbersome title, which seems to imply a lesser importance than the appointment carries. M.P.s are named to these posts by the Governor in Council, which in fact means by the Prime Minister. So to achieve this rank, an M.P. must have demonstrated to the Prime Minister that he has considerable parliamentary and political skill, for this role is normally a stepping stone to Cabinet rank.

The group of Parliamentary Assistants are in fact junior ministers, outside the Cabinet, although their cumbersome title ill describes their function and status. When Parliament was dissolved in February 1st, the \$4,000 per year pay of these Parliamentary Assistants was at once cut off; not at the end of that day, but at the very minute when Prime Minister Diefenbaker announced dissolution. Since that fractional day's pay, these junior ministers have received no pay at all for that work, although many of them have been working as before on the instructions of their Ministers. NO RE-APPOINTMENT These junior ministers have not been officially re-appointed since the general election, up to the time of writing. But neither have Cabinet Ministers, continuing in

Heart Attacks And Their Cause

BY Herman N. Buedesen, M.D. EACH summer you read of persons suffering heart attacks while cutting the grass. And I doubt that a winter goes by without several men being stricken with a fatal attack while shoveling snow. Yet—and you may find this difficult to believe—heart attacks strike more frequently when a person is resting than when he is working.

SURVEY FINDINGS As a matter of fact, about 30 per cent of all coronary heart attacks occur when the victims are resting, according to a recent survey. Only two per cent occur when they are running, lifting or moving a load, or are engaged in some sports activity. Moreover, several studies indicate that more men employed in sedentary jobs die of heart attacks than in all other job classifications combined.

TREMENDOUS LOAD Naturally, your heart performs more work when you are engaged in some strenuous activity. But even during the course of a normal day, the average human heart carries a tremendous work load. For example, it beats about 75 times each minute. That amounts to more than 100,000 beats during a single day.

STRENUOUS SCHEDULE Even though your heart is the strongest and toughest organ in your body, this is a pretty strenuous day in day out schedule. And your heart may decide to act up a bit at any time.

Yet the vast majority of persons temporarily disabled by heart disease recover from attacks, resume work and live for many more years. Statistics say that less than one per cent of all heart disease victims need complete rest. More than 30 per cent require no restrictions in activities and another 40 per cent must avoid only severe exertion.

IMPROVES ITSELF Even without proper care the heart is strong enough to improve its own condition in about two per cent of patients with heart disease.

Proper care, however, is definitely a necessity for anyone suffering heart disease. This is emphasized by statistics which show that deaths from cardiovascular disease are rising rapidly. The proportion of deaths due to this disease has increased from 20 per cent in 1900 to almost 55 per cent in 1956. Today, cardiovascular disease claims one of two American lives.

Men are victims far more often than women. QUESTIONS AND ANSWER N.M.: I am taking care of my mother, who is bedridden. How can I prevent her getting bed sores?

Answer: Bed sores are caused by prolonged pressure on the skin. They can be prevented by moving the person to different positions often during the day, and by keeping the skin dry. A special type of mattress to change the pressure to different areas of the body has been devised.

The Age Old Story

Be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

The Poet's Corner

MAY TRIUMPHANT What I remember is the heavy-sweet, The sudden perfumed solitude of May, Spring's flawless, self-sufficient prototype, Smiling each gusty April to retreat; Her opened parasol, her step discreet Under an idling sun and lengthening day. And I remember how I walked her way, Young in discouragement and in defeat What I remember now returns each year With such nostalgic import that I lose The interval of decades. How I long For ay triumphant... How I tsk to hear The plea of Youth I could so gladly use, To lift this meditation into song. —Catherine H. Jacobs in the New York Herald-Tribune

Conservative practice, most have been working full time in their Departments, even during parliamentary recess, handling routine work, meeting delegations, and in many ways deputizing for their Minister. For those Parliamentary Assistants who have been living in Ottawa, continuing their departmental work, and in general "assisting" their Minister in the manner and extent that the Minister determines, the ruling of the Department of Justice seems to be ununiform and inequitable, and should be corrected. For regardless of whether or not Parliament is sitting, or has even been dissolved, the government of the country must proceed. So it is patently unjust that Hon. Thomas Jones, Minister of This-and-That, should continue to be paid for his Departmental employment, while his Parliamentary Assistant, Henry Williams, ex-M.P., working beside him at his request, should have his pay terminated.

NOTES BY THE WAY

A Russian newspaper complains that tipping has not yet been stamped out in the Soviet Union. If they succeed, that would be the first attractive feature of life under Communism. —Edmonton Journal.

An official report tells us that "the overwhelming reason married women — especially those with children — work outside the home is to raise the family standard of living." In the old days they just raised the family. —Brantford Expositor.

Among the schoolboy "boners" destined to illuminate the humorous records of history, is this, recently produced in Owen Sound's public school. Teacher was testing the class on genders and asked for the opposite of "hero." Answer was "chicken." —Owen Sound Sun-Times.

An Ontario farmer who has already lost one horse to hunters this season suggests that farmers paint "HORSE," "COW" on the side of their farm animals for the education of city visitors. The hunters could only help this safety campaign by painting "MAN" on the back of their jackets. —Montreal Gazette.

The old County Jail is a relic of a bygone century, the sort of institution that Charles Dickens blasted off the face of England by the power of his written words — by stories that aroused the nation's conscience even as they touched the hearts of people around the world. O, that there might be a Nova Scotia Dickens. —Cape Breton Post.

Brooklyn sells more to Canada than Canada buys from Argentina. Louisville sells more to the Dominion than does New Zealand. Detroit more than Brazil. Chicago sales to Canada just about equal everything the Dominion buys from Brazil. U.S. sales to Canada are several times larger than U.S. sales to the United Kingdom. Leaving out the United Kingdom, U.S. exports to Canada equal all U.S. sales to Western Europe. —Winnipeg Tribune.

MAXIMS

He who decides a case without hearing the other side, though he decide justly, cannot be considered just.

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