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PAGE 4 TUESDAY, APRIL 16, 1963

"The First Sixty Days"

When Mr. Pearson, in a campaign speech at Vancouver, mapped out his plan for the "First 60 Days" if he should be elected to power at Ottawa, he was assuming that the Liberals would be able to form a majority government. In this he has been disappointed. But according to an Ottawa correspondent of the Winnipeg Free Press, there is every reason to believe that he will proceed precisely as if his government was assured of support in the House of Commons. The Vancouver plan may, therefore, be regarded as the order of business for the new Parliament.

In the normal course about eight days will be taken up with the debate on the Address. This is not, however, essential. The opposition parties could follow the example of November, 1960, waiving their right to a wide-ranging general discussion in order that the House might deal immediately with legislative matters.

In any case, it is expected that the Liberal government will move at the first opportunity to introduce a series of measures intended to stimulate investment expenditures and expansion of production. Mr. Pearson at Vancouver made specific references to a bill establishing a municipal development and loan fund, another establishing a department of industry and a third setting up a national development corporation. Within this category he included a June budget with fiscal and tax provisions designed to stimulate production and to generate employment.

The Liberal leader also promised a group of measures concerned with planning for a longer term. He mentioned specifically a bill to set up a national economic council, a second bill to strengthen the Atlantic development board by the provision of a capital fund, and a third establishing a federal agency for the development of economically backward areas. He listed a contributory, portable pensions plan among the measures to be introduced at once and also forecast two other lines of action. He proposed to set up immediately a national commission on biculturalism, and to establish an all-party committee on defense policy.

This is Mr. Pearson's program for 60 "days of decision." Even with an overall majority it would be quite a performance, and the electors will wait now to see how much of it will be achieved under the handicap of a near-majority. It promises, at least, to be a busy first session for Canada's 26th Parliament.

Science Advances, But...

Two years ago, an Ottawa scientist discovered a way to remove strontium-90 from milk. His process has been expanded into pilot plant studies in the United States. Now two Lethbridge research station men have come up with a method for removing one of the components of radio fallout from potatoes, making these two foods, as far as is known, the only two for which a decontamination process has been developed.

In the case of potatoes, it is the radioactive isotope caesium-137 which has been removed. The method is said to be practical and

could be used in the home. It removes at least 95 percent of the radioactivity from the tubers, leaving them virtually unchanged as a food product. The only sign of nutritional loss is of Vitamin C, which is normally lost in boiling anyway.

So, after a nuclear war, we can take comfort in reflecting that we'll still have milk and potatoes to subsist on—those of us, that is, who are still around. But if the contamination process did have to be used, baked potatoes would be out. Every potato would have to be peeled and sliced. Following treatment, the potatoes could be steamed, boiled, or prepared in other usual ways.

The potatoes used in this test, says the release from the Canada Department of Agriculture, "were about 5,000,000 times as radioactive as those grown normally and contained roughly the levels of radioactivity expected in the years following an all-out nuclear war." Which gives us an idea of the kind of world we'd be living in if we survived such a war in our nuclear dugouts and tried to rebuild civilization on its ruins.

Even with the prospects of having Spud Island potatoes still on the menu, along with decontaminated milk, it would be a pretty grim existence! We'd feel much more relieved if the scientists paid less attention to making food products edible under such conditions and came up with some way of eliminating nuclear bombs.

Month of Memories

For Canadian veterans of the First World War, this is a month of special memories. Forty-eight years ago—April 22, 1915—those who today are known by the honored name of "Red Chevrons" received their baptism of fire in the Second Battle of Ypres. And forty-six years ago—on Easter Monday, April 9, 1917—the Battle of Vimy Ridge was fought. 100,000 Canadian soldiers took part, four Divisions strong and united for the first time as a single fighting force.

The Legionary, national magazine of the Royal Canadian Legion, devotes a moving editorial to these early engagements. Ypres, it recalls, was not so predominantly a Canadian "show" as Vimy two years later, because the war was only a few months old and only the 1st Division had crossed the Atlantic. Nevertheless it marked an important date in the annals of this country. The repulse of the German gas attack saved the war from being lost before it was won. Vimy was an offensive action—one of the greatest in modern military annals—and gave the Canadian Corps its first sense of unity and comradeship.

To over 12,000 Canadians, says The Legionary, Second Ypres and Vimy were the last battles to be fought. This month the memory of their gallantry and sacrifice is being honored by old comrades throughout the Dominion.

EDITORIAL NOTES

Social Credit partisans are fighting among themselves as to the support they should give the incoming Liberal administration at Ottawa. Mr. Pearson would be foolish to bank on them in any case. As one prominent Liberal newspaper defines it, he won the election on a definite set of principles. He has no right to surrender those principles to secure the guaranteed support of the splinter parties. If he were to enter into a bargain with either or both of them now and accept policies which he has already condemned as unsound, the whole Liberal program would be dismantled.

It is cheering to note that Governor-General Vanier is continuing to recover satisfactorily from the mild heart attack he suffered last week, and that is likely he will be able to perform any duty required of him in connection with the outcome of the federal general election. Widespread concern is being felt over His Excellency's illness, however, and it is to be hoped that in his zeal for duty he will not overstep the bounds prescribed for him by his medical advisers. His fellow Canadians are much more concerned about his state of health than about who discharges his official duties during the next few weeks.



SPRING BREAK-UP

OTTAWA REPORT by Patrick Nicholson

Exciting Drama On Election Night

The see-saw battle between the Liberals and Conservatives added unusual drama to five exciting hours during the counting of the ballots on Election Night. Several readers have asked me to re-visit this for the record, adding explanatory notes. My own scribbled notes of that evening record this drama hour by hour and minute by minute, as reported in our Capital. Polls normally closed at 7 p.m. in each local time zone across Canada. This at the first closing in Newfoundland, came at 5:30 p.m. Ottawa Time. Half an hour later, polls closed in the three Maritime Provinces. Then at 7 p.m. the polls in the two big provinces closed, also permitting a first report from four Atlantic Provinces to be broadcast here. At 7:05 p.m. we heard that vote counts from the first 16 ridings showed the Liberals leading 7-9—presumably Newfoundland and Saskatchewan and four presumably Maritime—while a minutes later came reports from 9 more ridings, in 8 of which the Liberals were surprisingly leading. At 7:20 we heard the first report of a candidate of another Party: Liberals leading in 17, Tories in 16, NDP in 1. Half an hour later then the first reports from ridings in the central provinces and adjoining ridings of Ontario and Saskatchewan. At 8:08 p.m. we heard that of ridings already won, or in which party results were available, showed 23 in the Liberal column, 22 in the Tory Column, 18 for the Tories and 1 for the NDP. More and more ridings in the central provinces began to be heard from, and the figures heated by electricity and 100,000 is being used in seven years. Coal is rapidly becoming a large source of fuel there too. In one plant they will soon be using 200 tons an hour. What is the Public Utilities Board doing with respect to the local situation? An increase of rates of 40 and 50 per cent is surely needed. I am, Sir, etc. ALEX SCOTT, P. Eng. Charlottetown.

NEW COUP IN SYRIA

Political coups have often toppled Syrian governments since the Near East nation gained full independence from France nearly 20 years ago. Syria's strategic location as a crossroads has been the cause of downfalls, but a blessing and a curse. Syria is a land bridge linking Asia, Africa, and Europe. Its area of more than 72,000 square miles makes Syria slightly larger than North Dakota, but its population of about 9,000,000 is many times greater. The Mediterranean Sea forms part of Syria's eastern boundary and provides a water route to the west. SKEPDED FROM U.A.R. Syria joined the United Arab Republic of President Gamal A. Abdel Nasser on Feb. 1, 1958, with Yemen an associated member. On September 30, 1961, Syria was invaded by the United Arab Republic. At the time, Syrians claimed they were to be free to join the United Arab Republic. Syria's religious situation many times larger a d more populous. Syria has always been a land of change. Immigrants have a long followed caravan routes into Syria, bringing new ideas, cultures and religions. Syria is rich in resources, mostly agricultural, have repeatedly tempted other powers. Conquerors have occupied the land almost continuously. One historian called Syria "a kingdom that has been ruled by Greeks, Romans, Mongols, and Christian Crusaders. There are the ruins of the Crusaders' fortress." In 1916, Salim the Grim conquered Syria for the Ottomans. In 1918, British and Arabs occupied the country. Syria was united in 1943. Syria was independent in 1944, although French troops did not leave until 1946. INURED TO CUSTOM Though Syrians have been a narrow streets of Syria's cities and edicts of many rulers, they have managed to preserve the roots of their own mandate between every nation which passes over it, but remember me in your heart. Syria's religious leader told his followers. Crowded bazaars color the narrow streets of Syria's cities. Modern commercial banks have not displaced the sarafs, traditional money-lenders in the markets.

PUBLIC FORUM

Electric Power Rates Sir,—I am glad to see that the flow of literature has abated let's get down to something more interesting locally. I refer to the electric rates here as compared with the Nova Scotia rates. Writing on behalf of the ordinary consumer who uses an electric range and perhaps a domestic hot water heater, as in my case, with a consumption of electricity in the range of 600 K.W.H. per month my bill would be \$130.00 per month while the rate here is \$115.00 for a total of \$18.00. The same consumption for consumers in the city and rural areas. There is no difference in the city and rural rates. The city rate is \$115.00 and the rural rate is \$115.00. The minimum bill is \$5.50 and \$3.00 respectively. Contrary to some beliefs, hydro plants are consuming very small part in production. Coal is the principal source of power. The argument may probably be used here that, on account of oil being used, the hydro plants are probably the engineer of the Light and Power Co. have stated publicly that the hydro plants would be practically the same whether coal or oil is used. The article in the 20th issue of Maclean's magazine gives an account of the competition in Ontario between the oil, gas and electric companies for the consumer's dollar. It is estimated that 4,000 homes are already being heated by electricity and 100,000 is being used in seven years. Coal is rapidly becoming a large source of fuel there too. In one plant they will soon be using 200 tons an hour. What is the Public Utilities Board doing with respect to the local situation? An increase of rates of 40 and 50 per cent is surely needed. I am, Sir, etc. ALEX SCOTT, P. Eng. Charlottetown.

High Protein Diet Is Recommended For Aged People

By Dr. Theodore R. Van Dellen Undernutrition is now an uncommon among the aged citizens. The cause may be illness or dieting to maintain normal body weight. In so doing, many neglect to obtain enough vitamins and minerals. A shortage of protein follows a reduced intake of meats, milk, cheese, and eggs. Weakness, fatigue, and when the meals are markedly low in protein, the result is tissue wastage, anemia, and puffiness of the legs. Cutting down on proteins is poor economy even though those derived from animal sources are expensive.

Vitamin deficiencies usually stem from conditions that interfere with the proper assimilation of food. This includes diarrhea, vomiting, colitis, cancer, lack of hydrochloric acid, or other gastrointestinal disorders. Here, the diet is adequate but the vitamins are not reaching their destination. The cause must be corrected and supplemental vitamins administered, along with foods rich in all vitamins.

The basic diet for the normal older should be high in proteins, moderate in carbohydrates, low in fat, and higher than average in vitamin content. It includes: 1. Serving fruit juice or raw cabbage or salad greens as a substitute. 2. Serving whole grain cereal such as wheat or oatmeal. 3. Serving green or yellow vegetables, or fruit as a substitute. 4. Serving meat, poultry, fish, or sea food. 5. Eggs daily or at least 3 a week.

1. pint milk or its equivalent in creamed soups, puddings, milk toast, or cheese. 2. Add to this basic diet anything that appeals, depending upon the caloric needs and what the alimentary tract will take. Additional enrichment can be obtained through butter, oleomargarine, peanut butter, and bread. But some consideration must be given to long established habits, likes and dislikes and areas concerning foods. There is no need for changes if the individual is happy and healthy regarding his diet.

TODAY'S HEALTH HINT—

Disceases of poverty and ignorance are on the decrease.

NOTES BY THE WAY

Many a person who says he is trying to go to heaven has an exceedingly poor sense of direction. — Suburbary Star.

Never before have homes been so comfortable and families so sedentary in them. — Niagara Falls Review.

The young couple were down to their last two monthly bills. "Gooh, honey," said the husband, "we're practically broke. I don't know which to pay—the electric company or the doctor. 'Oh, the electric company, of course," answered the wife. "After all, the doctor can't shut off your blood." — Hamilton Spectator.

The States General

An astonishing phrase occurs in a motion just put to the Quebec legislature by the Union Nationale. It calls for the convening of "the states general of the French Canadian nation."

"States General" was the name of France's ancient parliament, it rarely assembled. The session Louis XVI was forced to call in 1789 (the first since 1614) led immediately to the French Revolution in which poor Louis, along with a lot of other people, were beheaded. The idea now put forward in Quebec hardly pertains anything to what was the turn of events; but it sounds faintly ominous. The "states general" existed in old French Canada (France convened it in 1673) but it must have gone out of business there about 200 years ago. If it were revived now, would nobles, clergy and commoners constitute the three "states" as in Louis XVI's time?

A more vital question: Does the Union Nationale, which knows a lot about practical politics, really think that negotiations between two "national" parliaments, one for Quebec and the other for the rest of Canada, is the way to go about mending the cracks in Confederation? This would be like starting Canadian history all over again in 1887. Whether or not importance should be attached to that phrase, "states general," is a phrase of the great strength of French-Canadian nationalism, a fact which the English-speakers must give immediate and sympathetic attention.

Several courses for both senior and junior NCO's are being conducted at the Armories by a group of officers and men of the Administrations and Instructional Cadre, Eastern Command, Halifax. Heading the list is Capt. P. A. Sney, who was formerly attached to No. 5 Signals Regiment here.

Members of the Provincial Red Cross Women's Work Committee had a special meeting at Red Cross Headquarters in Charlottetown, Monday afternoon to plan for the distribution of over 5,000 towels which are to be made up by the first of May, for shipment overseas for the victims of the recent European floods.



Oh, to be home and 8 years old again!

Advertisement for Jet Economy Return Fares from Montreal (via Halifax) to London and Glasgow. Includes flight times and contact information for Morton Dew.

Advertisement for The Flying Dutchman Restaurant, 'Your Island Steak'.