



### CARIBBEAN MANOEUVRES

A total of 16 warships from Halifax have been involved in one time or another in current spring training exercises in the Caribbean area. Three ultra-modern destroyer escorts of the Third Canadian Escort Squadron are shown as they execute a port turn from line ahead. Left to right are the Asiniboine, Ottawa and Saguenay. National Defence Photo

### Modern Canadian Icebreaker Expected To Impress Navies

By KEN METHERAL, Canadian Press Staff Writer  
PORTSMOUTH (CP)—Canada's Arctic patrol vessel HMCS Labrador sailed into Britain's huge Portsmouth naval base Tuesday on the start of a month-long cruise through European waters. The visit, like that of the Royal Canadian Navy destroyer escort St. Laurent last summer, is primarily designed to demonstrate Canadian achievements in modern ship design.  
"The Labrador is one of the most modern icebreakers in the world and we felt that naval and scientific bodies in Britain and other European countries would welcome an opportunity to inspect her," said Capt. Thomas Charles Pullen, commanding officer of the 6,500-ton ship.  
There were indications the Labrador would create the same sen-

### Naval Inquiry Will Be Held

HALIFAX (CP)—A naval court of inquiry will open Thursday to inquire into the collision at sea between HMCS Lauzon and HMCS Portage. The two ships collided 30 miles east of Halifax Tuesday while carrying out a sea search for a missing Avenger aircraft from nearby HMCS Shearwater.  
Cmdr. T. S. R. Peacock, commanding officer of HMCS Nootka, said the Labrador is to sail for Norway, arriving at Oslo April 1. She also will visit Copenhagen before sailing for Halifax April 16 to take on supplies and prepare for her usual summer Arctic operations.  
Cmdr. Anthony Law of Quebec City, the Labrador's executive officer, said the crossing from Halifax was "pretty rough." She followed the regular Great Circle route instead of the southern shipping lane used by commercial vessels at this time of year.

will be chairman of the court. Other members will be Lt.-Cmdr. G. R. Wood, commanding officer of HMCS New Liskeard and Lieut. F. W. Costain, on the staff of the flag officer, Atlantic command.  
Naval authorities said today the Lauzon will undergo structural repairs at Halifax shipyards. No decision has yet been reached on repairs to the Portage. Both ships received extensive damage in the night time collision. The Lauzon had a four foot square hole bashed in her starboard side while the Portage had her bow crumpled and her forepeak split open.  
**Volunteers Raise Community Hall**  
UTICA, Ont. (CP)—Work of 50 volunteers, most of them farmers, is bringing a new \$15,000 hall into existence in this community about 15 miles north of Oshawa. It will replace the Memory Hall, destroyed by fire two years ago. The former hall was built in 1899 in memory of a Toronto lawyer, T. W. Horn, who lived in the area.  
The volunteers already have given thousands of hours of their free time to the work, which they expect to complete next fall. Women will probably be asked to help with the painting.  
The hall, with a stage and basement, will seat nearly 400 people.  
A fund-raising campaign, within a six-mile radius of Utica, realized more than \$1,200 last year and the \$3,000 fire insurance on the old building was added to the fund. A provincial government grant will also help.  
ATHENS (Reuters)—The Egyptian liner Mecca arrived Friday at Piraeus harbor with 935 Jewish refugees from Egypt bound for Israel. Jewish agency officials said the number of Jews who have left Egypt since last November now exceeds 15,000—about one-third of the Jewish population of Egypt.

### For Mental Health Don't Aim At Living Happily Ever After

Editor's note: Psychiatrists agree that one way to combat mental illness is to have a healthy mind. A general guide to avoiding needless stress and strain is presented in this last of a series of five articles on the human mind.  
By ALTON L. BLAKESLEE  
NEW YORK (AP)—Mental disease is a plague cracking up thousands of minds annually. Sick emotions, fears, doubts and anxieties torture millions of others. But there are defences. You can keep your own mind healthy, and your children's.  
Here are some general guides to prevent mental illness:  
1. Be realistic. Shun the romantic fiction that normal life must be smooth and rosy, with a guarantee "to live happily ever after." Normal life is full of reversals, contradictions, zigzags, changing problems.  
2. Arm yourself with knowledge of human behavior to avoid needless stress and strain. Many mothers are mortified when their children of three throw temper tantrums in a supermarket. Yet up to 80 per cent of healthy children will have temper tantrums at times at this age.  
3. Avoid unnecessary or prolonged physical or mental stress if you can. Stress and exhaustion of the body's hormonal and other defences apparently are involved in mental illnesses.  
4. Develop and use your talents and abilities. Stimulate children to use all their capacities, but don't force them beyond their talents. Boredom and inactivity are enemies of the healthy mind.  
5. Give children love and security. But too much can be bad.  
6. Work. There's no evidence that hard work itself ever leads to a breakdown. In this connection, there may be serious dangers in the 35-hour or 30-hour week, unless people can use leisure time healthfully.  
**PURPOSE IN LIFE**  
7. Take liberal doses of rest, relaxation, play and humor.  
8. Have a purpose or direction in life, something constructive.  
9. We all need "greater tolerance, more trust—less suspicion, less intolerance, less hate, less fear" for mental health, Dr. George Stevenson of the National Association for Mental Health stresses.  
10. See a doctor if you begin to lose zest for living, interest in your job, your appetite, or can't shake the blues.  
But remember that "just as every dog must have its fleas, so all of us from time to time are entitled to occasional headaches, insomnia, irritability, panic, anxiety, spells of the blues, fatigue and other routine adversities of life," remarks Dr. Daniel Blain of the American Psychiatric Association.  
There are no guaranteed rules to prevent mental sickness, for no one yet knows the cause of psychoses and neuroses. But research is taking many promising directions.

**ARCHITECT DIES** 77, internationally known architect and town planner, died Saturday. **ASTON TIRROLD**, Eng. (AP)—Sir Leslie Patrick Abercrombie, day.

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### Canada-N. Z. Could Share Aerial Farming Equipment

By J. C. GRAHAM, Canadian Press Correspondent  
AUCKLAND, N.Z. (CP)—A Canadian airman recently met two wartime comrades for the first time in 40 years. It was their first meeting since all three served in the same squadron of the Royal Flying Corps in France in 1916. In the reunion were A. D. Bell, Irving of Vancouver and John Seabrook and Keith Caldwell of Auckland. All three have retained a close interest in aviation and have played a part in the development of their countries' air forces.  
Bell-irving flew in both world wars and rose to the rank of air commodore. During the Second World War he flew Hurricanes as an instructor.  
**ADVOCATED STRONG FORCE**  
Seabrook, now chairman of one of New Zealand's largest motor firms, has been a tireless advocate of aviation progress and air-

force interests. He rose to the rank of group captain in the last war.  
Caldwell was one of the most notable fighter squadron commanders from New Zealand during the First World War and later was an expert in airfield development. He rejoined the air force in the Second World War and attained the rank of air commodore.  
During his visit to New Zealand Bell-irving has studied closely the development of agricultural aviation here. This has become a major industry, and is rapidly becoming the main method of spreading fertilizer on pastures.  
Bell-irving believes that aerial farming equipment could be economically exchanged between Canada and New Zealand to take advantage of the reversal of seasons. The off-season for agricultural flying in Canada is the peak period in New Zealand and vice versa.

### N. S.-N. B. Officials Discuss Federal Offer Of Power Aid

OTTAWA (CP)—Officials from the New Brunswick and Nova Scotia governments are here discussing the federal offer of power assistance to those provinces, Resources Minister Lesage disclosed today in the Commons.  
He said they are discussing implications of the federal offer, made in Finance Minister Harris' budget speech March 14, to pay part of the cost of building steam power plants and power transmission lines in and between the two provinces.  
He made the statement in reply to a request from Howard Green (PC—Vancouver Quadra) for a report on agenda—setting talks between Canadian and United States officials earlier this week for a later conference on use of international rivers.  
Mr. Lesage said officials of his department have not yet had time to give him a full report on their talks with U.S. officials. They had been too busy the last couple of days discussing the federal power assistance offer with New Brun-

wick and Nova Scotia officials. Thomas Bell (PC—Saint John) asked whether Mr. Lesage would report to the House on discussions of the "very nebulous" federal power offer.  
Mr. Lesage retorted that the offer might have appeared nebulous to Mr. Bell but it certainly was not nebulous to the premiers of New Brunswick and Nova Scotia. However, the minister gave no indication as to how the discussions are going.  
**OLD CROSSING**  
The first bridge across the river Thames at London, England, was built more than 1,000 years ago.

### Halifax Mayor Lauds Loan For Saint John Area

HALIFAX (CP)—Mayor Leonard Kitz lauded a \$1,000,000 Saint John, N.B., industrial loan fund today, calling it a "forward-looking approach."  
"The announced intention of the Nova Scotia government to set up a \$10,000,000 loan fund for industry would no doubt influence Halifax area industry in the same way the city of Saint John is lending money to its business," he said.  
Mayor Kitz added however that acquisition of service land was looked upon by the Halifax industrial commission as the city's most immediate need.  
Saint John made its first loan from the fund Thursday to a beverage firm.

**Star Weekly Secures Dale Carnegie's Unpublished Works**  
Often a great man's crowning achievement lies in scribbled notes in a desk drawer. The late Dale Carnegie, too, left a legacy of personality success secrets in manuscript form.  
Now The Star Weekly has secured the Canadian rights to present these untold secrets in an exclusive three-issue series entitled "How To Put Yourself Over."  
This week read the first dynamic article. You'll also get an exciting picture section, an eight-page fashion review, complete novel, short stories, factual articles, the best colored comics, sports, cookery and homecrafts.  
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