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"The strongest memory is weaker than the weakest ink."

TUESDAY, MARCH 22, 1955

A New Federation

The report that Britain's colonial possessions in the Caribbean are completing plans for a West Indies Federation, which then would become a new nation in the Commonwealth, is one more indication of the political wisdom that is directing British diplomacy in these fateful and history-making times.

Usually—the federation of the Canadian Provinces is as good an example as any—difficulties, which appeared well nigh insuperable at the beginning, have been made the starting point of larger opportunities which heretofore had escaped notice.

In these days especially, communities which are built on similar cultural and political beliefs are much better off, all things considered, in a politically integrated compact—which will still allow for local rights and responsibilities—than they would be if each were to remain in isolation from all the others.

Surpluses

Two things which must mystify the people of the so-called backward areas, as they try to appraise the many facets of Western economy, especially in Canada and the United States, are the almost scornful manner with which we regard food surpluses and our obvious disappointment at the inability of government to provide for their liquidation at a profit.

It should be remembered—how easy it is for well-fed people to forget it!—that two-thirds of the world's population are hungry most of the time and that almost one-half can be said to be continually on the verge of starvation.

It is only right and wise that steps be taken to keep food surpluses from getting out of control and, more importantly, to find some way to make them work for the world's good.

Flying Farmers

A Minnesota farmer who owns an aeroplane and likes to take week-end jaunts in it is quoted as saying that most farmers should "take to the air" when the day's work is done.

It's a most interesting idea; but, like a lot of interesting ideas, there's a hitch in it. Doubtless, there are farmers here and there who could afford both the money and the time to engage in holiday flying.

patent assistance—a problem which seems to be getting worse instead of better—night usually finds them too tired to take to the air on goodwill tours.

As for the suggestion that flying farmers might be able to do more than Government officials in the way of easing trade restrictions, we fear that it is more intriguing than practical.

Still Remembered

Veterans of the First World War will feel a touch of personal loss at the news of the death last week in England of Edward C. H. Rowland, the man who composed the lyrics for what became the unofficial anthem of all who marched and fought with the Allies—Mademoiselle From Armentieres.

Mr. Rowland, notes the Hamilton Spectator, wrote the verses in an Armentieres cafe in those dark days of March, 1915, and the music was composed by Lieut. Gitz Rice of Montreal.

"Mademoiselle," says The Spectator, "was intended merely for a troop show but went on to become the daily delight of the men in the trenches. She was a durable lass, who survived long into peacetime, and even to this day men from that war may, in idle moments, recall with delight some particularly outrageous verse and finish it off with a resounding 'Hinky, dinky, parlez-vous!'"

EDITORIAL NOTES

In stepping down from the royal dais to shake hands with a blinded veteran, Queen Elizabeth showed, as she has done on so many occasions, that graciousness belongs to majesty.

Mr. John Diefenbaker, the Conservative party's spokesman on foreign affairs in the House of Commons, was once a prairie school teacher.

Optimism and careful planning make a good combination. Premier Matheson appears to be employing both in his consideration of a frozen food industry for the Province.

Now it's the world's first airplane that the Russians are laying claim to. According to a Soviet news agency, "Scientist Alexander Mozhaisky invented the airplane and tested it in the summer of 1882 near St. Petersburg, now Leningrad."

Goethe, greatest of German poets, died this date 1832. He had lived through the Eighteenth Century "age of reason" and summed it up as follows: "The deepest, the only theme of human history, compared to which all others are of subordinate importance, is the conflict of skepticism with faith.



Point Of View

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.

CROWS & CHAIN LETTERS

Sir.—I wish to air a couple of peevish. The way the crow situation is handled is No. 1. As any naturalist will tell you crows are early nest-builders. At the present time in a bit of woodland not far from the writer they are doing just that. So when our migrant birds arrive and start to build and hatch their young, the young crows are all set to enjoy them.

From upstate New York comes a story which recalls earlier days in Western Ontario. A woman is charged with refusing to get off a party line in an emergency. The fire warden wished to report a dangerous grass fire. He asked for a line to be cut, but she refused. He drove 10 miles to get on another party line. The fire spread, and burned down a barn. It would be interesting to hear the lady's explanation or her hanging on to her line. Certainly there must have been some fiery language.

RATIONAL

New London.

EASTERN FERRY SERVICE

Sir.—When many millions are being spent elsewhere to facilitate trade and commerce within the Maritimes, we in P.E.I. should be reminded that to date the establishment of a practical and substantial system of inter-provincial transportation has not yet received the active and enthusiastic promotion and support that the people should be giving it.

Recent major accomplishments in transportation have been achieved in the establishment of a Port aux Basques-North Sydney car ferry link; next and by no means least, the Canso Causeway has been completed. And our problem—a not extravagant one—concerns the establishment of a substantial and permanent year-round link between Georgetown and Pictou, N.S.

There will be a few who will say, "We already have a ferry terminal at Wood Islands." We will admit, but not without reluctance (as it situated incidentally in Queens County, and as a result not an inch of Trans-Canada Highway reached Kings County). "The more the pity." Since that unfortunate site was selected the Maritimes have increased in stature by one other important marine Province. Since that site was selected, tremendous progress and scientific advancements have taken place in all spheres of Maritime economics.

Everyone now knows the insurmountable disadvantages of Wood Islands as a ferry terminal, amongst which we might mention (1) the long distance cars must drive to reach the object; (2) the necessity for continual dredging—a heavy drain on the treasury; (3) shallow water—two shallow for one deep; (4) accessibility for only seven months of the year. These are all serious drawbacks, and must be taken into consideration. In contrast, Georgetown is a picturesque natural harbor terminal, and for the past ten years or more, it has been open the year round. It is centrally and conveniently located, supplied by an excellently paved highway that will outlast many times the Trans-Canada Highway. Operation of this terminal will entail no dredging costs at all: the water here is deep—five fathoms at its shallowest part.

NOTES BY THE WAY

American take pride in the fact that any schoolboy may grow up to be President. The French say that's nothing—in their country the whole class has a chance of winding up as Premier some week.

It has often been said that the Devil is a very busy person. He wouldn't be nearly so successful if he spent all his time in getting out of doing things that would make their community a better place in which to live.

A scientist says that even if mankind wipes life off the earth with atomic weapons, Chasmodons, a form of life found in radioactive muck on the sea floor, will survive. And there will be a nice long period of evolution before the Chasmodons get around to inventing something to destroy themselves.

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WEATHER SONNET

Forever there will be cold days and snow; Forever blazing sun and silver rain; A thousand years from now the wind will blow, Summer will die, winter will come again.

The Age Old Story

The heavens declare the glory of God; and the firmament sheweth his handywork. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where his voice is not heard. Their line is gone out through all the earth, and their words to the end of the world.

It will have been a long time to wait, but when once established, the Province will be richly endowed. We must get our parliamentarians interested without further delay, before another mistake is made, and everyone knows: "Two wrongs do not make a right."

A new car ferry is being built at Pictou, and we understand a second one is in the drafting stage at Montreal. These apparently will be destined for the Wood Islands-Caribou run. This ferry at Pictou will be 250 feet long and 10 feet deep. A boat 250 feet long cannot function at Wood Islands until terminals are completely reconstructed at exorbitant expense. An ice-breaker cannot function at Wood Islands on account of shallow water. Already plans have been changed twice, and at present work has been suspended pending a third change in specifications. Apparently the draftsmen are hard pressed for a solution to the problem of designing a ship that will serve a dual locale—Wood Islands in summer, and Georgetown in winter—thereby simulating an all year round service.

THEME OF THE WEEK

Close readers of the obituaries of several pioneer residents published recently will have noted a reason for the steady rise in population which Fort William has enjoyed. So many of the accounts reveal that a great proportion of the children, born to those who migrated to this centre many years ago, have stayed home. Only a small percentage have left the district to seek their fortunes elsewhere. In other words the "floating" population of Fort William is negligible in comparison with several other municipalities in Canada. This is a happy circumstance. It makes for a stronger community pride, rooted in lengthy home ties.

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The Poet's Corner

Forever there will be cold days and snow; Forever blazing sun and silver rain; A thousand years from now the wind will blow, Summer will die, winter will come again. And as the ages pass, new hearts will ache. Old bones grow brittle, young love flare and burn. While fresh snow falls, flake upon feathery flake. And April follows after, in its turn. So let us build a bulwark against weather. Nor trust too much to wall or thermostat— Better to gird the mind and soul together. Weather is here to stay, and that is that. For though we freeze or swelter, faint or fall, It will not heed. It will not heed at all.

—Minnie Hite Moody in the New York Herald-Tribune.

Medically Speaking

Herman N. Bundesen, M.D.

THOSE WITH COLITIS SHOULD GO ON A DIET

It is always important that you eat the right foods—and in the proper amounts. It is doubly important when you've got chronic ulcerative colitis. If you are bothered by this disorder, which we discussed yesterday, you will naturally have to eat low residue foods. These foods must not irritate, and must be digested almost entirely in your stomach and small intestine, thus leaving little residue for the colon.

Temporary Diet

If you have severe diarrhea, your doctor may advise the following diet temporarily: Breakfast: Melba toast, farina, butter, one egg, warm tea, warm milk.

Lunch: Clear broth, melba toast, butter, boiled rice, warm milk, jelly.

Supper: One poached egg, melba toast, butter, ram milk, custard.

This diet is for temporary use only, since it is not adequate nutritionally for the average person. In really severe cases, your doctor will probably advise that you take only liquids.

As you improve, he will gradually add potatoes and cooked fruits and vegetables to your diet. You should not eat raw fruits and vegetables or fruit juices. Stay away from alcoholic beverages, too. Condiments such as catsup, mustard, horseradish, vinegar and all highly seasoned relishes or sauces are not for you either.

You can eat the following: Soups: Strained vegetable, strained chicken broth, strained cream of potato, strained cream of rice, consommé, cream of mushroom, cream of celery.

Meat and Fish (liberal portions): Veal, lamb, beef, scraped beef (broiled, boiled or roasted), white meat of chicken, tuna fish, broiled or boiled whitefish, creamed salmon.

Cooked Fruits and Vegetables: Peaches, pears, applesauce, apricots, ripe banana, pureed prunes, spinach, carrots, asparagus, peas, string beans, pureed tomatoes, potatoes (riced, baked, whipped or mashed).

Varieties of Bread

Bread: White, toast, melba toast, bread sticks, soda crackers. No rye, whole wheat or bran.

Cereals: Cream of wheat, rice or farina. No bran or whole grain cereals.

Beverages: Lukewarm milk, weak coffee or weak tea. Desserts: Plain jello, vanilla or caramel custard, cornstarch or tapioca pudding, rice, icebox cake, angel food cake, plain cake, sponge cake, cream puffs, arrowroot cookies, lady fingers.

You can also eat eggs (not raw), American, Swiss, cream or cottage cheese, and spaghetti, noodles, macaroni or vermicelli.

QUESTION AND ANSWER

Mrs. E. I. T.: I am 66 years old, and my blood pressure is 180. Is this too high? I was told that Epsom salts might bring it down.

Answer: Blood pressure of 180 is considered to be above normal. I know of no evidence that Epsom salts are useful in the treatment of high blood pressure.

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