The Guardian

Covers Prince Edward Island Like The Dew
W. J. Hancox, Publisher

Burton Lewis — Executive Editor
Frank Walker — Editor

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Sound Advice

We may escape the confusion of a general election in Canada this year, but we're bound to hear the rumblings of the presidential campaign across the border, with their inevitable exaggerations. It is time for us to exercise care in assessing all the political statements that come from that quarter.

This advice is offered by an American exchange, which points out that when the world was a roomier place, campaign misinformation carried less danger than it does today. It did not threaten the unity of a great peace-keeping alliance, nor did it so immediately add to fears which might already be pushing opinions nations toward a "brink." Nowadays election-time posturing by political parties and candidates in any major nation can project false impressions about national attitudes among hundreds of millions of people.

This would be true in any American presidential campaign year. But the usual risks are compounded this year, not only by sharp divergencies between the leading candidates about foreign policy but also by the fact that the next most important member of the Western Alliance is also holding national elections this fall.

While President Johnson and Senator Goldwater are pushing their points to the utmost for or against this or that aspect of American foreign policy, Britain's Prime Minister Douglas-Home and the Labor Party leader, Harold Wilson, will be heading campaigns in which Britain's alleged subservience to Washington will either be argued explicitly or will be not too far in the background of the debate.

Obviously the possibilities of the American and British elections for promoting misunderstanding among the Western allies could prove a windfall to propagandists on the Communist side. Moreover, there are two other important national elections projected for the not too distant future—in West Germany and in France—which will give a special edge to politics in those countries and to the responses of their peoples to declarations—sound or unsound—by American and British candidates.

First Things Last

Amid the inspiring goings-on here in the Cradle of Confederation we are reminded by a now nationally-known political reporter that "this is the summer when the politicians of Canada turned their backs on the needs of a nation in a ferment to act out an interminable charade called the Great Flag Debate. In doing so, they've manoeuvered themselves into arguing over what is, after all, only an emblem of nationhood, while resolutely ignoring those problems which threaten the nation's very existance."

The writer of these lines is Peter C. Newman, author of the controversial book, "Renegade in Power: the Diefenbaker Years," a summary of which appeared in serial form in The Guardian some time ago. Mr. Newman is now contributing a series of articles on the flag debate to the Montreal Star, and he opens with a castigation of the leaders of both the major political parties for allowing the symbol of our nationhood to assume precedence over its reality.

Already, he notes, the price of the flag debate has passed the half million mark, since it takes approximately $33,000 of the taxpayers' money every day to keep Parliament in session. But this is the least of its costs. We're also bound to pay for the neglect of other business more vital to national interests, and in the damage inflicted on our international prestige.

"Parliament is behaving," says Newman, "as though Mavor Moore had taken over the Commons to run the flag filibuster as a Spring Thaw rehearsal on a grotesque scale." But the blame isn't all placed at the Opposition leader's door, though he is charged with having mired himself and his party in the rut of a hopeless gesture. "Why did a world statesman of Lester Pearson's obvious sophistication suddenly drop everything vital to the survival of his country to stake his career on something we've managed to do without for nearly a hundred years with little visible damage?"

The answer, says the writer, "seems to be that although each man is now engaged in a battle which could destroy him before it ends, in joining the struggle both leaders thought that they recognized in the flag issue a decisive boost to their prestige and power."

This, he claims, is particularly true of Diefenbaker; "but by deliberately making the flag a fiercely partisan issue, by failing to consult the other parties in his design and introducing his pennant on a rushed and shifting schedule, Pearson has cornered himself in a barely tenable position."

Meanwhile it's the country that suffers most—and this at a time "when the rest of the world has been concerning itself with large events, and one in five Canadians continues to live in poverty."

Atoms For Peace

Scientists from all parts of the world have gathered at Geneva this week for the third United Nations Atoms for Peace Conference. This conference represents a distinct advance over the second one which met three years ago, when the generation of atomic electricity was in its early development stages. Today each of the three countries most advanced in the field—Great Britain, the Soviet Union, and the United States—is producing roughly a million kilowatts of nuclear power. From now on, they each expect their nuclear power capacity to grow quickly.

What this industry may mean and how its benefits can be spread, is what the current conference is about. A new and abundant source of energy is now being built into the world's economy at a pace that should assure there will be plenty of electricity available when coal, gas and oil begin to run short. For some areas, this will happen in a few decades.

Neither Russia nor the United States needs atomic electricity for a long time to come. Each has an abundance of other power sources. But if the atom is to be ready to take up the slack when all this runs out, it must be developed on a large scale long before the need arises. Britain faces a similar outlook. It is relatively rich only in coal and the atom is being counted on heavily in its long-range planning.

Six years ago expectations of the growth achieved today would have been fantastic. There were virtually no atomic power accomplishments to talk about. Now a new industry centred on the atom is growing in Western Europe, in Japan and in India as well as in the countries above mentioned. What is important about the whole movement is that it is a co-operative effort to insure world peace and productivity on a scale never before attempted.

EDITORIAL NOTES

The federal-provincial committee to study the tax structure in depth will be set up within a few weeks, it is reported from Ottawa. Premier Roblin's proposal for a priorities study of pensions, education and medicare will probably be given a top place at the committee hearing.

* * *

It is curious, notes a National Geographic Society bulletin, that no fewer than ten presidents of the United States could trace their ancestory to Northern Ireland, a little country only slightly larger than Connecticut. Further, at least eight signers of the Declaration of Independence, including John Hancock, were Ulstermen.

Paul Martin Says:

Canada Ultimately To Join OAS

"SEE I'VE ALREADY LEARNED A WORD"

OTTAWA REPORT by Patrick Nicholson

MPs Hit On New Dieting Scheme

Do you want a sylph - like figure and improved general health?

While debate in the House of Commons and the attention of Canadians are concentrated upon the tinting of a piece of bunting, no attention has been given to the far more interesting and personally important subject of the new Parliament Hill diet. Diets are a recurring fad among politicians who find that their sedentary life is adding to their waist - line. But a diet which permits you to stuff like a hog and attain a waist like an hour - glass at the same time is real news.

The secret slipped out when I noted the gargantuan breakfast being enjoyed by Murdo Martin, the 47 - year old 263-pound New Democratic MP for Timmins. His modest menu consisted of three fried eggs, six pieces of bacon, three pork sausages and two large cups of coffee with cream.

"SLIM" MARTIN'S FEASTS

"I suppose that's your only meal of the day?" I asked him seriously.

"The only meal before my lunch of a cold plate and cheese, and my dinner of jellied consomme and a large steak," he replied. This is his new diet, he explained, and when I raised my eyebrows in wonder, he said that he has dropped from 264 pounds on 27th May to 242 pounds this week.

"The amazing thing about this diet is that you not only take off weight, but you take it off in the right place. Look at my belt." And he waved an overlapping end a foot long. "I have taken seven inches off my waist, which is now down to 35."

The diet was prescribed, he told me, by his colleague, Dr. William "Bill" Howe, New Democratic MP for Hamilton South.

Bill Howe, I then learned, has attained even more sensational result than "Slim" Martin. In a little over four months, he has reduced his own weight from 216 to 170 pounds, and cut his waistline from 46 to 35 inches.

"Its a matter of eating a diet which matches the composition of the human body," he explained. "Our body contains about one-tenth of one per cent carbohydrates, but the bread and the pies and the potatoes and the sugar we eat contain at least 15 per cent carbohydrates — and a lot of other things as well. Our body has no organ for storing this excess carbohydrate, so it turns into fat and accumulates around various organs designed for other purposes."

EAT FOXY AS A FOX

Man was designed by nature to be a carnivorous animal. Our bowels and our teeth demonstrate that. But civilized man now eats many other foods which he was not intended to.

"You never see a fat fox," said Bill Howe. "You never see a fat wild dog. But feed a dog scraps off your table, and see his slimness disappear."

"I believe we should get back to our natural foods, and eat animals and animal products. This includes all forms of meat, fish, eggs, milk and cheese. Also the foods which animals eat, such as leaf and stem vegetables. But not root vegetables, nor fruit — which contains too much sugar — nor grain products."

To offset the cholesterol build - up, two or three table spoons of poly - unsaturated fat should be taken each day. This might be in the form of corn oil in salad dressing. And since we don't eat raw meat and the intestines, we must get the needed vitamin C from one 100 - milligram pill daily.

There it, it works. But consult your doctor first.

Sukarno's Terror

Winnipeg Free Press

President Sukarno of Indonesia has taken his "crush Malaysia" program one step further by landing saboteurs and terrorists in Malaya proper. Hitherto, Indonesian "guerrillas"—which consist largely of Dr. Sukarno's regular forces — had confined themselves to forays across the borders on Borneo, an island which Indonesia shares with Malaysia.

Now, however, the Malayan peninsula, the seat of the federal Malaysian government, is to become the new theatre of Dr. Sukarno's operations.

The men landed included regular Indonesian soldiers, Chinese, and disaffected Malayans, and their landing place was carefully selected; the force disembarked near the backwater villages in the Pontian marshes in southwest Johore.

Here the villagers maintain a traditional outlook which may often be at variance with the more progressive outlook in Malaya's cities, and they had looked up to President Sukarno in a way in which Arabs in many Arab lands look up to President Nasser.

Dr. Sukarno's portrait could be found in many a peasant hut, and the Indonesian invaders obviously believed that his name would be a magic password that would enable the terrorists to establish a foothold on the peninsula.

Their aim, as they confessed, was to organize assassinations of prominent Malaysian leaders, particularly of Tunku Abdul Rahman, the prime minister, and of Lee Kuan Yew, the Chinese chief minister of Singapore.

However, the invaders grossly miscalculated the spirit of the Malayan people. Within a few days most of the invasion force was rounded up, with 11 killed, some 40 captured and the remnant starving in the jungle.

Nevertheless, the invasion was an impudent act on the part of Dr. Sukarno, and the world cannot idly stand by while a reckless effort is being made to sow terror and strife within a peaceful and prosperous country that has done no harm to any of its neighbors.

"Finest View" Debatable

Ottawa Journal

For the sake of argument, he says, a correspondent asserts that the finest view in the world is from the Gatineau Hills in the Fall looking West along the gold and scarlet of the Ottawa Valley.

Two immediate responses to this were a claim for the Bras d'Or Lake country in Cape Breton and another for the Ghost River Valley between Calgary and Banff in Alberta where the foothills meet the mountains and the mountains meet the sky.

The fact is that Canadians have become more interested in views. In the beginning they didn't have time, what with Indians, breaking land and getting enough to eat. Now the land is conquered enough that it can be admired, with the help of color-film cameras, and the appreciation of views is no longer the prerogative of old ladies, vapid Englishmen and draft artists.

Nowadays arguments on views cannot be limited to Canada with Princes Street in Edinburgh, and apple-blossom time in Southern France only a few hundred dollars' worth away.

And who are we to say the Grand Canyon is any the less for being American or the beaches of Barbados reduced in beauty for being beyond our borders?

We hope no argument on views will ever be concluded by victory on one side or the other. If they are interminable— and polite— so much the better.

Action On Pesticides

Fredericton Gleaner

The danger in the indiscriminate use of herbicides and pesticides is starting to get the official attention it deserves.

Dr. H.C. Harley, MP, chairman of the Commons special committee which has been looking into the matter, has revealed some of its recommendations to the convention of the Canadian Pharmaceutical Association.

The committee will ask that federal grants be made available for research into the effects of insect killers on humans and wildlife.

It will recommend the setting up of a permanent inter-departmental committee to study pesticides.

It will suggest legislation to plug the loophole by which Canadians can now buy pesticides in the United States of types not registered for agricultural use in Canada.

Instances of fearful damage to wildlife, crops and vegetation by the uncontrolled use of pesticides have been reported from all over the world in recent years. Here in New Brunswick fish have been killed by DDT and birds by phosphamidon; vegetable crops have been damaged by "brush kill."

The worst of all is that no one really knows the full extent of the damage these poisons are doing.

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Disadvantage Of Dentures

By Dr. Theodore R. Van Dellen

Dentures are good substitutes for real teeth but have one disadvantage — they cannot identify bones in meat, toothpicks in veal birds, or a hunk of unchewed meat. Those who love game birds should be extremely careful because of the possibility of small bones or shotgun pellets.

We are not trying to belittle dentures. They are a boon to mankind but carry the risk of swallowing or chocking on sharp or large objects. On the other hand, when dentures are not worn, and the denister is careless about mastication, he may find himself in trouble when he tries to swallow a large piece of steak.

Dr. Paul G. Bunker of Aberdeen, S.D., believes some of the sudden deaths blamed on the heart are caused by choking on unchewed food. The combination of dentures and overindulgence in liquor could prove fatal. Dr. Bunker cites several cases in which an autopsy revealed unchewed food obstructing the windpipe. It is doubtful whether any of these people could have been saved because emergency care is needed.

If a smaller object is inhaled, it may not produce complete obstruction. Choking occurs for a few minutes but the incident is forgotten when coughing stops. The next day wheezing or arthmatic bronchitis develops.

A chest X-ray may not show anything because meat, carrots and other soft objects do not cast a shadow on the film. Complications arise and ultimately special procedures are suggested to determine whether the lung harbors a foreign body.

It is easier to practice prevention. Denture wearers should chew their food twice as long as when they had natural teeth. Extra precautions are needed in preparing the meals. Never wear removable bridges at night. And, above all, don't hold pins, needles, or nails in the mouth.

HEMORRHOIDS AND CANCER

L. D. writes: Could the use of an ointment for bleeding hemorrhoids eventually lead to cancer?

REPLY

This is doubtful, unless the ointment causes marked irritation. Now and then cancer coexists with hemorrhoids, and the search for the source of bleeding stops when the hemorrhoids are detected. In time, the growing cancer causes other symptoms and a more thorough examination uncovers the lesion.

X-RAYS AND ARTHRITIS

G. B. writes: Are X-rays needed to make a firm diagnosis of arthritis?

REPLY

There are several types of arthritis. In some forms, such as osteo— and traumatic arthritis, X- rays show defects of the joint surface. The soft tissues surrounding the joints are involved in rheumatoid arthritis and X-rays are less useful for diagnostic purposes.

KEEP TRYING

Mrs. J.C. writes: My 3-year-old has been vaccinated against smallpox three times but it never took. Should we continue vaccinating her until it takes?

REPLY

Yes. These negative results may indicate failure of the vaccination procedure, inactive vaccine, or an inadequate technique.

EXPORT PLAIN or FILTER TIP CIGARETTES

NOTES BY THE WAY

When a man sits around waiting for an opening he has no trouble at all getting into a hole.— London Free Press.

Funds available for the entire medical faculty in the University of Birmingham are less than what we pay the Queen Mother and the Duke of Gloucester. For that matter, the total income of the university itself is considerably under half what the Beatles earn in a year.— The Observer.

The gals may be able to judge their intended by what he drinks if the studies carried out by Howard University can be accepted as a yardstick. Heavy drinkers of gin hold onto their marriages while wine drinkers have a sky-high divorce rate. Whisky does the most damage to the body and beer wheels a first. Rum will make you squint. But wait. The studies were made on alcoholics only.— Brockville Recorder.

Tracking Hurricanes

Ottawa Citizen

The worst of the tropical Atlantic hurricanes so far this season, called Cleo, has been dealing death and destruction in the Caribbean, and the full extent of the losses may not be known for days.

But while science has not yet found a practical way to prevent hurricanes from forming in the first place, it is now able to trace them with sufficient accuracy to warn threatened regions of their approach. The chances of a community being taken by surprise are thus greatly reduced.

Thus when it was realized that this storm might strike the Dominican Republic, military leaves were cancelled, and civil defence and Red Cross units were placed on the alert.

And to the westward Jamaica and Cuba were warned many hours in advance to be prepared for a possible onslaught.

Warnings can do little to save crops and buildings, but in recent years many lives have been saved as a result of evacuation of residents from coastal areas, where tidal waves and floods create a special danger.

The men who ride herd on hurricanes constantly risk their lives.

One United States navy plane, for example, was so buffeted by Cleo's furious central winds that it was barely able to limp home.

This type of reconnaissance is now augmented by weather satellites, of which there are two already in service Tiros VII and Tiros VIII, with a third expected to be launched shortly.

A weather satellite is able to take 64 pictures of atmospheric conditions in each orbit.

In these ways the knowledge of hurricane origins and behavior is being steadily increased, and the day may not be far off when it is possible to disarm these monsters before they grow completely out of control.

Piano Strings Did It

Fort William Times-Journal

One of the more gripping suspense stories taken from real life was related over the BBC recently by Ian Harris who had been a teaplanter in Assam.

Relaxing in his bungalow in the blazing heat of the day, he was roused from his book by the sound of a loud sniff and looked up to find the largest tiger he had ever seen—taller than a donkey—regarding him with lips drawn back in a snarl.

He knew that a tiger did not attack unless wounded, or unless it was a man-eater, and that only two per cent were man- eaters. But the very presence of the beast seemed to suggest that he was one of the dread two per cent.

Paralysed with fear, Harris thought frantically of some place large enough to hide in, and his glance fell on the grand piano with its open lid. There was nowhere else. He threw his book in the tiger's face, took a flying leap and squashed in somehow. But he could not close the lid by about four or five inches.

The tiger stood waving his tail from side to side and then stalked across the room to the piano. "His head was level with the piano lid," said Harris, "and we were now looking at each other with our noses about ten inches apart."

Would he insert a paw and drag out the luckless victim? Harris edged into the furthest corner of the piano, and as he did so, his wriggling movements twanged the strings in a sort of tune.

The tiger took fright, bounded out through the door, and away across the compound. As he went, he picked up the body of a mad jackal which Harris had shot that morning and left for the vet to examine. It was the smell of the jackal that had brought him to the bungalow.

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