

W.J. Hancock, Publisher
Burton Lewis, Editor
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enow, on the Chicago waterfront. This brought strong protest from the Canadian Government and resulted in U.S. Labor Secretary Wirtz's visit to Ottawa this week.

When Parliament recessed Prime Minister Pearson promised to call it back into session if the situation on the Great Lakes deteriorated. An attempt to blow up a ship could hardly be interpreted as an improvement in relations; but the difficulty, as Mr. Pearson sees it, is that this display of violence took place inside the territory of the United States, where Canadian law would not have any punitive effect.

It is easy to understand Mr. Pearson's reluctance to adopt a policy which cannot be carried out without some kind of cooperation from U.S. official or labor organizations. But as Labor Minister MacEachern conceded before the House adjourned, public opinion was a strongly urging that "resolute action be taken to control the situation, to cure it and to prevent it from corrupting other parts of the legitimate union movement."

It is to be hoped that a statement attributed to U.S. Agriculture Secretary Orville Freeman will be taken up at Ottawa and answered categorically. Mr. Freeman criticized the degree of trade protectionism for farm products in Canada and other countries, and said that 41 per cent of farm production in this country is protected against imports by quotas, embargoes and other non-tariff restrictions.

The statement listed similar percentages for other countries, including 93 per cent in West Germany, 94 per cent in France and 37 per cent in Britain, as against U.S. non-tariff protective measures for only 26 per cent of its farm output.

Ottawa officials have already pointed out that the 41 per cent figure given for Canada is misleading since it included wheat, oats and barley that make up some 26 per cent of farm production. Imports of these grains are restricted because of the nature of Canada's marketing system through the Canadian Wheat Board, a crown agency. Canada has protective measures for butter and dairy products as well, but these affect countries like New Zealand and Australia—not our American neighbors.

In horticultural products there is no comparison whatever between the volume of Canada's imports from the U.S. and the small amount it exports. The disproportion could be as great as ten to one, in the opinion of one local authority. In pork, the trade appears to be about equal. Leaving aside coarse grains and Western cattle, the picture conveyed by the U.S. figure is away out of focus.

There is some speculation that the Freeman statement was part of a U.S. war of nerves directed not against Canada but against Europe where the U.S. hopes to negotiate better trade terms in farm products in next year's bargaining under GATT, the general agreement on tariffs and trade.

The Canadian section of the Seafarers' International Union (SIU) is no ordinary organization. The Canadian Government has in its possession a record dealing with its activities during the past few years on the Great Lakes. Presented by Mr. Justice T.G. Norris after an exhaustive investigation, it fixes the blame on the SIU for acts of violence and bloodshed and recommends that Canada place all the maritime unions on the lakes under a three-man trusteeship and fire the SIU leader, Hal Banks.

The Canadian Labor Congress is in the forefront in demanding government action to end the SIU campaign against the rival Canadian Marine Union and employers who dare to let CMU members man their ships. The issue came to a head with the dynamite last Saturday of the Canadian ship, Howard



ANOTHER TRAFFIC ACCIDENT

OTTAWA REPORT by Patrick Nicholson

Price Index Doesn't Tell Whole Story

Another's weekly visit to the grocery is employing a purpose faster than ever before. With food prices showing the largest jump, our cost of living, as measured by the official Consumer Price Index, has soared to record heights this summer. The increases reported by our Bureau of Statistics during the past 12 months come close to the huge jump recorded in the first "Diefenbaker year" in the past 14 years. Closely matching this jump, the average weekly food bill of the typical Canadian family has risen from \$24.25 per week in 1949 to about \$24 today.

Canada's pattern of inflation is closely matched not only in the U.S.A. There the Consumer Price Index has also reached a record height, just boosted by the sharpest rise in any two-month period since that base index was established. In New York City, for example, average prices for fruits and vegetables during the summer are a staggering 15 per cent plus than in 1947.

POP-PLUS CHEF'S PAY In practice, Mother's spending in the grocery has risen much more than the Price Index shows. This is because all the time food is coming onto the market, another one-hour saving forms, such as instant coffee, instant soups, TV dinners and so on. The Price Index is based chiefly on the cost of pre-cooked, serving, freezing and packaging the dinner.

Then Mother buys these "instant" dishes, she pays not only the cost of the food, but also the food-packer's charge for doing her kitchen chores. This is why the cost of a dinner which will be brought to all Canadians through the expansion of the industrial age of technological change. An interesting development in this field is the recent introduction in some U.S. cities of a packaged three-course dinner, pre-cooked, preserved and frozen.

COMPLEX MENUS This experimental marketing offers a choice of three menus. One is a well-stuffed, fried chicken with potato salad.

Our Yesterdays (From the Guardian Files) TWENTY-FIVE YEARS AGO (September 13, 1938) MONTREAL, Sept. 13.—The condition of Sir Andrew MacPhail, noted physician and author, who was reported as "the same" by hospital authorities here, Sir Andrew was brought to his home in Montreal, which he had taken all his summer home in Prince Edward Island.

Clifford S. Wallace, assistant to the managing director of the Edmonton Journal, has been named new managing editor of the Globe and Mail. He was formerly assistant city editor of the Toronto Star.

TEN YEARS AGO (September 13, 1933) OTTAWA, (CP) — Thomas Bedecki, well-known as a athlete in the Maritimes, has been appointed a lecturer in the University of Ottawa's Institute of physical education. It was announced Thursday.

NORTH BAY, Ont. (CP) — The Dionne quintuplets have been named as the probable star athlete in the Maritimes, has been appointed a lecturer in the University of Ottawa's Institute of physical education. It was announced Thursday.

Bowel Upset By Tension

By Dr. Theodore R. Van Dellen The irritable bowel, or irritable colon, is a condition that is caused by excessive nervousness or by other abdominal distress than any other intestinal disorder. The diet usually is blamed but in most instances the nervous system is at fault. The bowel is as sensitive as a violin. Victims usually have discomfort when they are under stress and feel good when calm, relaxed, and rested.

Spasms of the bowel will bring pain. Severe contractions may hinder the passage of the bowel contents, leading to constipation or many gassy stools. Gas forms above the area of spasm, which causes distention and a cramping pain. Now and then the mucous-secreting glands are overactive (irritable colon). This condition is responsible for a train of symptoms including abdominal pain, cramping, tenderness, and irregular bowel behavior ranging from constipation to frequent mucous stools.

The nervous system enters the picture because it controls the muscles encircling the wall of the bowel. Some nerve fibres stimulate and others relax the intestine. Those that contract the muscles are stronger than the nerves that relax. As a result the colon wall is thrown into a spasm, which causes the symptoms that disturb the individual. The muscles relax when the crisis is past and the bowels move.

Many of those bothered along this line are more nervous and anxious than the average. Some have an inherent sense of insecurity and inadequacy, which makes them more susceptible to stress. This may explain why so many sufferers are prominent and well-to-do people.

Others are just plain folk who find it difficult to adjust to the stress of modern living. They are not bothered, so long as the stress is of the family or the boss are reasonable and within the limits of their capacity. But spasms develop when the load or responsibilities increase and they begin to feel the pinch.

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NOTES BY THE WAY

About the only money that goes as far today as it did years ago is a dime that rolls under the bed—Gail Reporter.

A city girl visiting her uncle on the farm was watching a cow chew the cud. "That's a fine cow, that," said her uncle as he came by. "Yes, said the girl, "but she's a cow that keeps her in chewing gum?" — Sara Observer.

Strange things are happening in the animal world. On the head of a new cat that watched the U.S. Air Force base in England has been fitted with a set of false teeth, comes worn by a donkey in the Tokyo zoo has been similarly equipped. — Brimford Equatorial.

An Uneasy Peace

By Harold Nicholson Canadian Press Staff Writer Once again President Kennedy has been forced to take steps to preserve and protect the simple rights of Negro children. But even this action is likely to bring only a temporary respite to the white-supremacist land of white supremacists in Alabama.

Alabama governor Ross Barnett of Mississippi—another unending advocate of separation of the races. Governor George Wallace of Alabama appears to hold fiery political ambitions. Wallace may consider it his duty to lead the South to rally the grumbling, dissatisfied Dixiecrats to do political business against Kennedy and his men who are determined to give the Negroes a more equal status in the U.S. and thus, in effect, destroy the remaining fabric of an old Southern way of life.

Kennedy realizes he faces a tough political problem in supporting integration. He has had to make the show-down. Having achieved the governor may now stand in the wings while the night riders, the white-clothes cross-burners and the bombers take over, with further harassment that could boil up lawless violence and election time.

NEEDS FOR RE-ELECTION In 1964, Kennedy needs all the support he can get. He is getting a majority of another victory which is won over Republican Richard Nixon in 1960.

He realizes Southern disaffection with his policies are increasing. To a large extent his advisers are unable to fathom the depth of this disaffection. There is hope, however, that some may fade by election time but Kennedy cannot be sure.

When A Pen Has A Point

Robert Paul Smith, in McCall's One thing they don't make like used to be—except some people are getting tired of the way they make them now and they are making them like they used to—and that is fountain pens.

When you had a pad, you owned a fountain pen, mama owned a fountain pen, possibly one's brother sister owned a fountain pen with a little ring on top, so she could wear it on a ribbon, like a lavaliere.

One did not own a fountain pen—until the age of reason. Then it was understood, the pen was yours until the end of time. It was orange red, about the thickness of a thumb, if it was a fountain pen, and it was yours.

Nobody borrowed a fountain pen. After a certain time, the tip was worn at just the angle for your own use, and use by an unfamiliar hand would render the pen unpenhappy.

Nowadays, pens are a ball point and come by the half dozen, and are highly borrowable, because they fit anybody's hand. A ball point pen, despite all

Travel Bargains

Table with 2 columns: Destination and Price. Includes Montreal (\$16.00), Corner Brook (\$18.00), St. John's (\$23.00), Sydney (\$11.50), Halifax (\$6.30), Saint John (\$5.70), Truro (\$4.90), Moncton (\$3.70), Sackville (\$2.80).

Plain-Spoken Advice

London Free Press land until the white man appropriated most of their better holdings. That is largely in the past. Indians do have opportunities now. They are not oppressed. Many of the white men who have been righted, and as Dr. Monture and others of his race have shown, Indians can rise as well in our society as their intelligence and training will permit.

RESIGNATION ACCEPTED SASKATOON, Sask. (CP) — City council Monday accepted the resignation of Mayor J. Buckwood effective Dec. 31, midway point in his five-year term. Mr. Buckwood said that after nearly two years in office he wanted to return to private life.