

and there are 300,000 who are seriously disabled.

But some forms of heart disease now can be prevented, some cured, and almost all helped by early diagnosis and treatment. The weapons are research and education. These can be combined into a powerful nationwide army under the Heart Foundation of Canada. The \$850,000 now sought—the first appeal made by the organization—will set this new army on the march. Outside of British Columbia, Alberta and Saskatchewan canvassers are not organized to call at every office and home, but contributions may be made easily at any branch of a Canadian bank. The banks are giving this service of receiving donations and issuing cheques free.

A Hearty Welcome

The oil drillers and other technicians who with their families are arriving on the Island over the weekend will be warmly welcomed by all our citizens. The hope is that they are harbingers of a strengthening of the Province's industrial fabric through the discovery of oil. It is, of course, much too early to speculate with optimism on the impending operations. Time enough for that when the precious substance begins to flow. At the same time, perhaps we are justified in suggesting that there is at least a 50-50 chance that oil will be found. Neither Imperial Oil Limited nor any other large corporation is in the habit of spending large sums of money on hopeless ventures.

There is another reason, too, for extending a welcoming hand to the men, women and children from Edmonton who have come to us for the first time. Whether oil is discovered or not, the visitors will for a period of several months at least be spending money in our shops and adding to our economic prosperity in many little ways. We feel that their stay among us, whether it be of long or short duration, will be good for them, too; for it is a generally accepted dogma that every Canadian should at some time or other in his of her life have the privilege of seeing Canada's Garden Province.

This is as good a time as any to pay tribute to the officials and citizens of the Town of Summerside who have worked diligently to provide accommodations for the welcome visitors.

Reasonable Request

Our three Welfare Bureaus have a strong case in arguing, as they did yesterday before the Provincial Government, for repayment by the Government of moneys expended for the maintenance of children whom these agencies place in foster homes. Working with very limited revenue, the Bureaus are filling a legitimate need. Their expenditure for child maintenance in foster homes, while not the major item in their budgets, is nevertheless large enough to cause them serious concern. They ask specifically to be reimbursed for the money paid to foster parents at the same per diem rate as is paid out directly by the Provincial Department of Welfare when that Department administers the placement of children in foster homes.

The Welfare Bureaus are fully accredited agencies with professional social workers, and there is no question as to their competency in discharging the duties they have undertaken. While not legally required to handle foster home cases, they feel morally enjoined to do so by the terms of their charter. There is of course no duplication of activities involved. It is reasonable that the Bureaus should be reimbursed for the expenditures incurred in this phase of their program.

EDITORIAL NOTES

In bombing that Tunisian village French military authorities did as much for Communist propaganda as if they were in the pay of the Kremlin.

It is reliably reported that Sir Winston Churchill has accepted an invitation from Lord Beaverbrook to visit New Brunswick. If the famed statesman and author does come as close to our shores, would it not be a good thing to ask him to come the whole way? He might be delighted to pay us a brief visit. There need not be any great fanfare about it. A civic luncheon at which he might say a few words and be presented with an address and perhaps a little gift would be quite enough to mark the occasion.

HEART RESEARCH

Heart research is not new in Canada. From the era of Sir William Osler to the present day Canadian medical scientists have attacked heart disease with vigour and success. But there has been no comprehensive, co-ordinated programme of heart research, education and community service on a Canada-wide basis. In 1952 the Ontario Heart Foundation was incorporated as a voluntary health agency, responsible for administering government funds made available in the province for heart research. Today there are six provincial heart foundations.

In June 1956 there was incorporated the National Heart Foundation of Canada, a federation of the Provincial Heart Foundations, other organizations and persons, "to co-ordinate and correlate the efforts of organizations and individuals interested in heart diseases with a view to reducing the morbidity and the mortality therefrom in Canada."

This new association is faced with the fact that heart and circulatory diseases are taking an ever-increasing toll in Canada. They result in as many deaths as all other causes combined, including cancer, accidents, pneumonia and diabetes. There are 1,200,000 persons who suffer from some form of heart disease;



MEETING HALFWAY

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.

VALUE OF SUBSIDIES

Sir,—I was interested in a letter in your February 12 issue by R. S. MacDonald, on the value of a subsidizer—especially the Rabbit story. The wonder to me is that if it is as good as all he says, there are not more of them used. What have all our Experimental Farms got to say? I am surprised that there has not been more about them in the press and on the radio, if they show such marvellous results.

Experiments are often pretty costly for the individual, except in a small way. It would be interesting to have a report of the use of such a machine from our Experimental Farm here in Charlottetown.

I am, Sir, etc.,
 ELDON DRUMMOND
 Freetown, P. E. I.

P.W.C. CONCERT

Sir,—I had the pleasure of attending the concert Tuesday night at the Auditorium. The stage setting and artists were all that could be desired; and they performed wonderfully well. Mr. Milligan's singing was delightful, also his accompanist, Miss Lewis, was very fine; but they must have been terribly embarrassed to say the least, when they appeared on the stage and took a quick view of their audience. The first twelve or maybe fifteen seats (rows) were empty, except for three children who occupied three seats. The remaining seats were sparsely occupied.

To artists of their world and so highly recommended, it must indeed have been a shock. The handful that did attend were wonderfully appreciative and called them back many times to which they most graciously responded.

I hope the next artists that come here will be better welcomed. After all a large and appreciative audience is the "high light" of their tour.

I am, Sir, etc.,
 MARY R. GAVIN
 Charlottetown.

CFA STAND APPROVED

Sir,—I would be grateful for a spot of your valued white space in which to express one reader's appreciation of the fact brought to the news spotlight in that Ottawa report of the organized farmers' brief, suggesting to the Federal Government to "take a lead in establishing some system of giving surplus food to needy parts of the world."

To me, it was very heartening to see the Canadian Federation of Agriculture use the opportunity of their annual submission to the Dominion cabinet to record the grassroots thanks of Canada's farmers to Prime Minister Diefenbaker, for having accented the same thought in the course of his address to the NATO conference in Paris last month, and for adding the terse warning that "the conscience of the world will not accept a situation where half mankind is well-fed and half is starved."

Only a few days back, one of my neighbors drew my attention to the fact that your distinguished contemporary (Manchester Guardian) seems to be in favor of something in the nature of an international food bank, starting with wheat, and suggesting that "The UN should store half (i.e., 1 billion bushels) of the U.S. Canadian wheat carryover, to create a world emergency stockpile."

Be that as it may, I am heartily in favor of the reported CFA submission, intimating that some such international food bank or similar agency "would be designed to turn surpluses, when they occur, from a disrupting and distressing problem into a manageable world asset; to be used in an orderly way for the benefit

Ancient Greece And Korea

From a speech by Pyo Wook Han, Minister of the Korean Embassy in Washington, as reported in "Korean Survey", January, 1958.

I wonder how many here are aware of the fact that the longest continuous records of rainfall kept anywhere in the world were kept by means of a bronze rain gauge, at the Changdok Palace in Seoul, Korea. How many realize that printing from metal movable type originated not in China but in Korea? How widely is it known that the first iron-plated war vessels were not the Monitor and the Merrimac, but the so-called "turtle boats" invented by the Korean Admiral Yi Soon-Sin, and used by him in 1596 to defeat a Japanese army invading Korea? For that matter, how many Americans understand that the Korean language uses a phonetic alphabet of twenty-five letters, and that ours is the only alphabet used by any of the nations of North Asia? This possession of a phonetic alphabet has, of course, had a great many cultural effects on—Korean life not least of which is that it has saved us from the awful fate of illiteracy, which is the price paid by China for its elaborate system of ideographs.

The history of Korean culture deals with such inventions as these, and still others—including the mariner's compass and the oldest existing solar observatory. Other aspects of Korean culture that are particularly noteworthy are our developments in philosophy and religion, in architecture, in poetry and in the writing of history, in painting, and in ceramics LIKE CLASSIC GREEK

On occasion, I have shown examples of Korean ceramics, sculpture, costume designs, and architectural drawings to American artists and Professors of Art, and the commonest reaction is that this art of Korea is reminiscent of the classic art of ancient Greece.

In my judgment, Korean art represents a view of life similar to that of the classic Greeks; which I might summarize as placing a high value on the dignity and worth of individual human lives: women and children, as well as adult men.

Now, of course, Korean art did

Railroading With A Punch

Jack Meguire in Railway Progress Magazine

There are more than 10,000 conductors authorized to punch passenger tickets on American railroads, and each has a punch that is individually designed and never duplicated.

The ticket punch was the brain child of Pappy Ayres, a shrewd river boat pilot who also doubled in brass as a conductor on the Erie. In the early days, the conductor simply wrote his initials in pencil on tickets—a practice which enabled unscrupulous passengers to erase the mark and turn in the tariff for refund. In 1852, conductor Ayres suggested that the railroad provide him with a punch that would enable him to mutilate the ticket and also provide proof that he had checked the fare. The idea caught on, and today the ticket punch is still one of the most effective devices used by the railroads in accounting for passenger fares.

SIMPLE AFFAIRS

At first, punches were simple affairs. The Erie's first order was for 52 of the devices, half of which were for the capital letters of the alphabet and the other half for the small letters. As the industry grew and the number of conductors in-

Getting Rid Of Neurotic Trends

By Herman N. Bundesen, M.D.

A FEW simple adjustments in your daily lives probably could make most of you a lot healthier than you are now. Many of you undoubtedly are performing daily tasks which you do not have to do and which you unconsciously resent.

DEFINITE CONNECTION

We know there is a definite connection between your mental attitudes and your physical well-being. That's what keeps psychiatrists' offices so well filled.

Since most psychiatrists are already pretty busy, maybe you can try a bit of self-analysis to help improve your mental and physical health. It's worth an attempt anyway.

The object of this self-analysis, of course, is to discover your neurotic trends. Once you discover them, you have to recognize them as such and take action to eliminate them.

MAKE NOTES

The first thing to do is to write down everything you do the next day, every day for a week. Make notes as you go along and then sit down in the evening and summarize the day's activities.

At the end of the week, analyze your daily actions. Don't try to justify everything you have done. Look at your actions just as your neighbor would look at them. The results, and only the results, should be the judge of whether they are worthwhile.

I think you will find that the results of some of the things you do each day actually make you unhappy or resentful. Yet you compel yourself to do them.

USELESS CHORE

Perhaps you attract one virtually useless chore to avoid responsibility for another one of infinitely more value. Maybe you have an unconscious desire for sympathy or for perfection.

Neurotic trends not only disturb you, but your entire family as well. Get rid of them.

If your activities do not give you a feeling of accomplishment, of real satisfaction, chances are they aren't worth the effort.

REVIEW YOUR LIFE

Maybe you will be able to understand why you do them by looking back over your entire life.

Sit down and write a fairly complete autobiography. Spend half an hour or so a day on it. When you have finished, see if you can establish the cause of some of your useless actions.

Then, adjust your daily routine so that everything you do has a purpose and really accomplishes something.

QUESTION AND ANSWER

D.F.: I have had a severe cut which has failed to close. Can you help me?

Answer: Many times there are dead spaces which are too great to permit healing in deep cuts. This type of cut usually has to be sutured.

Foreign substances in the wound or decreased circulation to the part of the body where the wound occurs may also be the cause of delayed healing. Certain chronic diseases, too may produce this condition.

The Age Old Story

They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy upon them shall lead them even by the springs of water shall he guide them.

OUR YESTERDAYS

(From The Guardian Files)

TWENTY-FIVE YEARS AGO
 (Feb. 14, 1933)

The Provincial Government is quite willing that the grant for direct unemployment relief in the city shall be used to provide employment, if the agreement of the Federal authorities is also obtained. This was intimated to a committee of the City Council which interviewed Premier Stewart and members of the Executive Council.

The Department of Education is in receipt of a generous offer from the Royal Edward Chapter, I.O.D.E. in which the Chapter has stated that it is prepared to replace in the New Prince of Wales College the set of eighteen pictures which formed part of the National War Memorial of the I.O.D.E., and which were destroyed in the fire.

TEN YEARS AGO
 (Feb. 14, 1948)

Representatives of six incor-

NOTES BY THE WAY

It used to be that women were either blonde, brunette or redhead, but today you see a lot of convertible tops.—Stratford Beacon-Herald

It may be just a coincidence, but the world started going to pieces about the time they took the legs off bathtubs.—Hamilton Spectator

It sometimes you think these are awful times to live in, just take comfort in the reflection that in twenty years we'll be calling them the good old days.—Hamilton Spectator

Workers digging for a school foundation in Egypt unearthed two mummified ostriches believed to date back to 1350 B.C. That is a long time for an ostrich to bury its head.—Fort William Times-Journal

A couple in Wheatley, celebrating their 60th wedding anniversary, say they set up housekeeping with three cents. Yes, but think what three cents would buy in those days!—Peterborough Examiner

Our own idea is that the disappearance of the buttonhook which could be used to fix almost anything, is responsible for a lot of the frustration in the home.—Winnipeg Tribune

Some people in Chicago are going to try to drink away their life they have never tried. But they will do it with milk—milk from cows that have had pollen introduced into their udder canals. This inoculation builds up antibodies in the udder, which pass into the milk and give you resistance to hay fever, when you drink the milk.—Farm Journal

A good many school children should be either in some technical institution or at work. There is no virtue in keeping them at academic work where they only clutter up the schoolrooms and hold back pupils who want to get on. The school-leaving age of 16 is not a divine law—it is merely an arbitrarily chosen figure.—Kingston WhigStandard

Only the sciences can provide the means for survival; only the liberal arts can reveal what purpose survival has. Surely, then, the two should become the closest allies in the greatest struggle the world has ever known.—Montreal Gazette

A rather garrulous woman recently called the police in a great state of alarm. She had been, she said, "talking to a lady on the phone a while ago and now she does not answer." Off raced the police cruiser only to find that the lady at the other end of the line had fallen asleep.—Ottawa Journal

We fail to see why the National Employment Service with a properly worded questionnaire would not be able to weed out those who are really looking for jobs and those merely looking for insurance benefits. At a time like this Canadians are entitled to a more accurate figure than they are getting from either service.—Hamilton Spectator

The astonishing growth in the world circulation of the Bible is commented on in a new survey of Bible societies which shows that last year the number of complete Bibles, Testaments and separate parts of the Bible the societies issued reached 28,379,123 copies, an increase of a million over 1955. The complete Bible is now issued in 1,109 languages. One of the reasons for the Bible's increasing circulation is the growth of literacy in Asia and Africa.—London Observer

orated towns, Souris, Georgetown Montague, Kensington, Borden and Alberton, met yesterday afternoon with Mr. J.F. Connolly, Deputy Minister of Reconstruction, J.O.C. Campbell and K.M. Martin to consider a rough draft of a uniform Incorporation Bill to be applicable to each of the six towns.

The City of Charlottetown will present an engraved address of welcome to Mr. John Fisher when he speaks in the Prince Edward Theatre tomorrow afternoon. The engraved address will be read by Mayor B. Earle MacDonald and presented to Mr. Fisher by City Clerk, James A. Fullerton, on behalf of the City of Charlottetown.

The Poets Corner

HOUSE IN THE WOODS

I made my house with
 The changing trees
 Have flowed around me
 that shut me in
 As summer came, and house
 I were drowned
 In Emerald tides—beloved
 and thin
 That shafts of light came down
 The birds and I
 Were happy. We forgot the sky

But somewhere, far above,
 burning sun
 Moved on. The leaves were pale
 ple, red and gold.
 Their rain was brief upon
 smoky air.
 The whistling wind grew sterner
 and bitter cold.
 The forest went to sleep,
 house and I
 Were silent. Wide the sweep
 sky.

And while the forest dreamed,
 ice has crept
 In every crevice. All the woods
 are filled.
 The brittle winter children
 sparkling twigs.
 Against the windows, my
 thoughts are stilled
 To listen. All my splendid
 are white.
 And strange their breathing
 the night.

—Ellis Atkinson McDonald
 in the New York Herald-Tribune

LUMBERMEN CHOOSE REAGAN

MONTREAL (CP)—Ronald W. Robinson of Montreal Wednesday was re-elected president of the Canadian Lumbermen's Association at the association's 50th annual convention. Mr. Robinson, born in Eastman, Que., is former president and president of the Ottawa Valley Lumber Company.

PRINCE COMING

THE HAGUE (AP)—Prince Bernhard of The Netherlands will make a brief visit to Canada early May at the invitation of the government, a Canadian Embassy source said Tuesday. The prince, who will be the guest of Governor-General Massey, will visit Vancouver and also inspect aircraft plants.

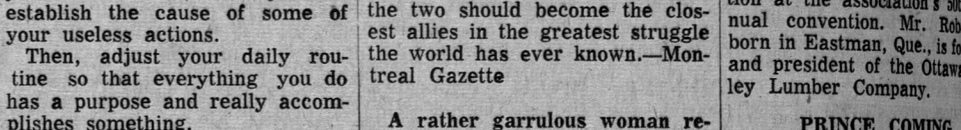
Effective Speaking and Leadership Training

An opportunity to develop Leadership Training; Improve your Memory; Sales Psychology; Conduct Meetings; Confidence Techniques by enrolling in the course commencing on Tuesday, February 25th.

Write in care of: 200 Pownall Street, Charlottetown or phone 9465.

Instructor:—Dr. George C. Fisher.

ELECTED DIRECTORS OF G. E. BARBOUR CO., LIMITED

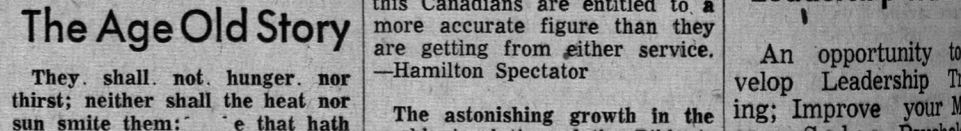


J. GRAHAM McKNIGHT RALPH T. BONNELL ANDREW M. VICKERS

Mr. R. B. Brenan, President and Managing Director of the G. E. Barbour Company, Limited, is pleased to announce that Messrs. J. Graham McKnight, Ralph T. Bonnell and Andrew M. Vickers have been elected to the Board of Directors of the Company's recent Annual Meeting. All have been closely associated with the Food Industry and are well known throughout the Maritimes.

The G. E. Barbour Company Limited's head office is in Saint John, N.B. Other wholesale branches are located at Moncton, St. Stephen, Fredericton, Woodville and Edmundston, N.B. The Manufacturing Division has branch warehouses at Halifax and Sydney, N.S., and St. John's, Newfoundland.

DELICIOUS STIMULATING BEVERAGE



Also makes rich, beefy gravy without fat. Crumbles one OXO cube into 1/2 cup hot water, bring to a boil, simmer 5 minutes.