The Guardian

Covers Prince Edward Island Like The Dew

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"The strongest memory is weaker than the weakest ink"

Of Major Importance

At every year's end, The Canadian Press issues a diary of the important news events of the twelve months. National and international events are listed, sometimes two or three items under one date. On this occasion we turned with special interest to the event of prime importance recorded as of April 17 last, and found what we were looking for. There, in plain print, and all by itself so that it wasn't at all hard to pick out, was this entry: "Diefenbaker announces government will build nine-mile causeway from New Brunswick to Prince Edward Island, costing $105,000,000."

This was the item about which there seemed to be so much confusion in the House of Commons debate on the Atlantic Development Board bill, until Mr. Pickersgill straightened Revenue Minister Flemming and other members out by reminding them that the proposed new board would have nothing whatever to do with assessing the merits of this major project, and determining its priority. As a pledge given by the Prime Minister of Canada, its priority was already determined; all that remained to be done was to implement the pledge. There was no gainsaying that, and the discussion ended by Mr. Flemming assuring the House that any pledge the Prime Minister made would be "implemented to the letter."

This is a good thing for all concerned to keep in mind during 1963, which will likely see the Atlantic Development Board properly launched and under way, and grappling with other problems of importance to the area. Indeed, it would clarify the matter if the board, at its first meeting, passed a resolution indorsing the causeway pledge 100 per cent and urging that no time be lost in getting the work under way. It could then get down to planning recommendations for projects of less immediate concern. But it should stand prepared, as the watchdog of our interests, to see that this project does not get lost in the shuffle, but is kept where it belongs as a specific policy of the Diefenbaker Government—the only one of major importance to the Atlantic area that has been enunciated in such clearcut terms.

If this procedure is not followed, the board will have stultified itself from the start. For of what use will its recommendations on other matters be, if the Government finds it lukewarm in its support of a scheme that has already been thoroughly examined and approved as to its feasibility, and given the green light? This, we trust, will not be the case; but it is just as well to start the new year with a clear idea of what the causeway pledge involves.

Indo-Pakistan Talks

There is hope, but not much, in the announcement that India and Pakistan have agreed to continue their negotiations on the 15-year-old Kashmir dispute in New Delhi on January 16. The difficulty between the two countries has been aggravated by Pakistan and Communist China announcing that complete agreement in principle has been reached between them on their border—leaving India alone in its border dispute with China.

Even President Kennedy's Asian experts have been angered and disappointed by Pakistan's reaction to the threat from China. For more than six years, Washington has poured military aid into Pakistan for use against Communist aggression, while India, during the same period, self-righteously refused all military aid in the name of nonalignment.

However, under the stress of China's massive invasion in October, India was glad to accept arms from all quarters and, in the event, it was non-aligned India which proved herself unequivocably anti-Communist. Meanwhile Pakistan continued her new policy of flirting with China, even to the point of talking about a non-aggression pact while the Chinese were actually advancing toward East Pakistan as well as India.

To understand this situation one must appreciate that when the British pulled out of India, the Moslems insisted on having a country of their own in the northwest and northeast where they predominated. Thus was Pakistan born, a nation based on the Moslem religion with West Pakistan and East Pakistan separated by hundreds of miles of land possessed by India. The dispute over Kashmir state arose from its reigning prince being a non-Moslem who elected that Kashmir be part of India although the majority population in Kashmir is Moslem.

Beyond the Islamic faith and anti-Indian feelings, Pakistan has had little to unify her for 15 years. And Kashmir—fruitlessly in and out of the United Nations debating hall—has become a symbol of Pakistan's hatred for India and her national frustrations. It would appear, indeed, that the country entered into her military alliances with the West not from anti-Communist but from anti-Indian motives; because she hoped it would enable her to bargain with India, over Kashmir, from a position of strength.

It would be tempting to speculate on what would happen if India handed Kashmir over to Pakistan, in the interests of a joint defense agreement, thereby removing all ground for complaint over this issue. But it is unlikely that any such proposal will be made. The resumption of negotiations this month is threatened by the emotional attitudes which both countries have been striking for too many years now: a plebiscite demand on Pakistan's part, and insistence on Mr. Nehru's of "no alteration of the status quo."

EDITORIAL NOTES

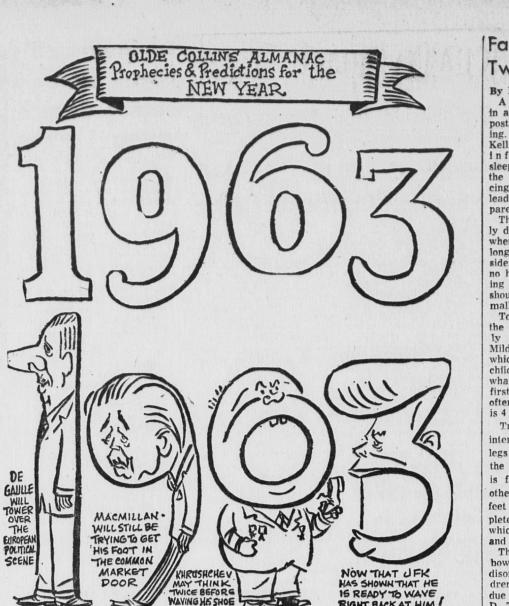
Congratulations to the Hon. Alban Farmer on his appointment to the portfolios of Attorney General and Provincial Treasurer. Mr. Farmer has had long experience in public affairs and in the legal profession. He served three terms in the City Council before becoming a representative for Charlottetown in the Legislature, and has always been most conscientious in his duties. His predecessor in government office, Mr. McQuaid, will be a hard man to replace, but Mr. Farmer can be depended upon to do his very best to measure up to his responsibilities.

* * *

A University of Pennsylvania professor says that many of us may be falling victim to an affliction which he calls urbanphrenia —that is to say, city jitters—as a result of modern living. It is the outcome of a life-long sheltered existence punctuated only by short periods of vacation resulting in physical, psychological and social disorders. This is an affliction, notes an exchange, which nobody had down on the farm, no matter how monotonous rural life may have seemed to some.

* * *

Before her death on Nov. 28, the Princess Wilhelmina, Holland's former queen, signed her name to 4,200 Christmas and New Year's greeting cards, all of which went to the designated recipients shortly after her remains were laid to rest in a tomb. Queen Juliana decided that her mother's death should not be allowed to halt the mailing of the greetings, a large proportion of which were addressed to refugees from the Hitler-Nazi terror and to Hollanders who fought with the Dutch resistance forces against the invaders in the Second World War.



THE SHAPE OF THINGS TO COME

THE LESSON OF CUBA

Canada And The Nuclear Chessboard

John B. Witchell in the Fredericton Gleaner

There are some valuable lessons which Canadians could learn from the Cuban crisis. There is one in particular, which was shown with great clarity, for those who are willing to look. It concerns the dangers to a small nation's sovereignty which arise when it permits a superpower to use its territory as part of the nuclear chessboard, and allows on its soil the presence of nuclear weapons which are not under its control.

Nothing could have been more humiliating for Cuba's Castro than the direct negotiations between Washington and Moscow concerning armaments which were installed on Cuban territory, and which were supposed to exist for the defence of Cuba.

Nothing could have been more damaging to the Castro "image" in South America, for it was the open and final admission that Cuba was a satellite — a pawn in the power game, expendable if need be, for the overall policy of its foreign masters.

AN OBJECT LESSON

This is an object lesson which Canada cannot afford to ignore. We are currently being faced with an intensive effort by American interests — some of which are governmental and some of which are industrial, to force upon Canada the acceptance of American nuclear weapons over which Canadians will have no control.

A recent C.P. press-release hinted that Canada will not be permitted to share in the recent jet-fighter development contract awarded by the U.S. defence department unless our government capitulates to pressure, and accepts the U.S. nuclear arms.

This is something which has the clearest and most inescapable implications for future Canadian sovereignty. If we permit our Armed Forces to be equipped with these weapons we are unquestionably surrendering the control of our military establishment to a foreign power.

WHAT IS INVOLVED

We should realize clearly what we are doing. This is no small detail of military posture, to be settled quietly behind closed doors by military experts. It is something which must eventually involve the question of our continued independence as a nation, and the question of whether our sons and daughters will be Canadians or second-class citizens of the United States.

The motivation and loyalties of those who are presently pressing for this disastrous surrender of Canada's future should immediately be called into question and thoroughly investigated. It is nonsense to say that the acceptance of U.S. nuclear arms is inevitable. It is blatantly untruthful to pretend that these weapons can contribute anything whatever to our defence or security.

If we will only keep our heads in the world nuclear crisis there need never be any question of Canada's assimilation into an American superstate. On the contrary, the nuclear dinosaurs of both East and West will pass away in the fires of their own folly.

THE NUCLEAR MANIA

If we in Canada can remain a free and independent nation, having nuclear malice to none, we may finally be in a position to assist our American and Russian friends to rebuild again in whatever may remain to them of the vast and wealthy territories which they will have squandered away in nuclear mania.

If we are truly friends of the American people, we will encourage them in their folly, or join them in their nuclear suicide-pact. Moreover, we have responsibilities of our own. It is our bounden duty as loyal Canadians to resist encroachments upon our national sovereignty, however cunningly they may be disguised. To the offer of American-controlled nuclear weapons there can be only one answer from Canadians who have not wholly subverted. That answer is NO!

Oldest Health Agency

World Health Organization, U.N.

The world's oldest international health agency the Pan-American Health Organization, observed its 60th birthday with its director pointing out that the good health of all Latin Americans is necessary for the economic progress of their countries.

"A healthy citizen earns more. They are able to spend more on goods and services, thereby speeding economic growth," Dr. Abraham Horwitz of Chile, Pan-American Sanitary Bureau director, explained in an anniversary message.

The bureau has worked with governments of this hemisphere for the solution of health problems since its formal constitution in Washington, D.C., 60 years ago, on December 2, 1902. It became the regional office for the Americas of the World Health Organization in 1949.

Dr. Horwitz termed the 303 public health projects his organization is administering, many of them for WHO, as an investment in Latin America's economy. The bureau's budget for this year is $13 million.

When the bureau was founded, its task was limited to "doing away with the harmful effects of epidemics on the trade between nations," Dr. Horwitz said. "That goal, however, has long since became too narrow," he added.

Today, the bureau's work encompasses all the modern public health services — from fighting communicable diseases such as malaria, smallpox, yaws, and yellow fever, to working on the problems of environment sanitation, malnutrition, mental health, and radiation health.

And its goal today, Dr. Horwitz said, is to break "the economic cycle of disease, poverty, and more disease."

This is like shattering a link in a circular chain which begins with ill-health and low production, subsistence income, deficient nutrition, meager education and poor housing, leads to more ill health.

The economist and public health worker, as well as the statesman, are all agreed that breaking the chain — that is, curing the sick and preventing ill health — is a prerequisite to the economic growth of Latin America, Dr. Horwitz concluded.

Holiday Aftermath

Ottawa Journal

The immediate aftermath of the holiday is a kind of haphazard bustle in which there is less to one's efforts than meets the eye. One must make that most delicate of judgements; deciding which of the relatives would be hurt if told the garment they sent is the wrong size and which would be hurt if they were not told.

There are the Christmas records to be put away reluctantly, for it is hard to turn off overnight the mood of the season and the taste for its music. And the presents strewn about under the tree must be picked up, shaken free of pine needles and scraps of tinsel, and put away in closets and drawers, dwindling as they go from gifts to mere possessions.

"These Our Actors"

Montreal Gazette

One of the glories of Shakespeare has been the resources his plays offer for quotation. But while these riches lie in his plays, the use made of them depends upon the skill of he who selects, and the sensitiveness of the choice.

Surely there could have been few more fitting applications of a Shakespearean quotation than the words chosen by the widow of Charles Laughton — the actress Elsa Lanchester. At Charles Laughton's funeral in Hollywood, Christopher Isherwood, at her request, read Prospero's farewell speech from Shakespeare's "The Tempest":

Our revels now are ended.

These our actors.

As I foretold you, were all spirits and

Are melted into air, into thin air. . .

This quotation almost rivals that selected for the memorial to the actor Edwin Booth, in the actors' church in New York: Now cracks a noble heart. Good night, sweet Prince.

And flights of angels sing thee to thy rest!

These lines by Horatio on the dying Hamlet were all the more fitting, in that Booth had his chief fame in playing the role of Hamlet. There, in the Little Church Around The Corner, these lines are engraved and their splendid appropriateness may be seen forever. The lines from "The Tempest" chosen for Charles Laughton deserve a similar permanence for the wisdom of their choice.

Faulty Posture Twists Shape

By Dr. Theodore R. Van Dellen

A BOWLEGGED appearance in a child may be due to faulty posture while sitting or sleeping. According to Dr. David C. Kellsey of Danville, Pa., some infants get into the habit of sleeping on the stomach with the hips rotated internally, forcing the feet to turn in. This leads to pigeontoe and an apparent bowing of the legs.

This sounds logical, especially during the first year of life when the younster is growing longitudinally and spending considerable time in bed. There is no harm in the youngster sleeping on the stomach, but the legs should not be held in an abnormally inward position.

Toeing-in is normal during the first year of life and usually disappears spontaneously. Mild bowlegs also is normal, which corrects itself because the child generally becomes somewhat knock-kneed after the first year of life, a condition that often continues, until the child is 4 to 6 years of age.

True bowing occurs when the internal rotation of the lower legs and feet persists beyond the first year of life. One cause is faulty posture attitutes; another is sitting between or on the feet with the knees flexed completely and the hips rolled in, which can result in pigeontoe and apparent bowlegs.

There are other origins of bowlegs, including metabolic disorders. Most bowlegged children of yesteryear had rickets due to a deficiency of vitamin D. This resulted in softening of the bones which bowed on bearing weight. Rickets has not disappeared entirely but the modern version stems from faulty absorption of vitamin D rather than too little. After all, most families eat an adequate diet and get enough out-of-doors sunshine.

(Dr. Van Dellen will answer questions on medical topics if stamped, self-addressed envelope accompanies request.)

EXERCISES FOR POSTURE

T.M. writes: My husband must sleep on a firm mattress with a plywood board under it. It does him a world of good but I awaken each morning with backache, which goes away after a while. I have come to the conclusion that I have faulty posture during the day, which straightens out at night. If so, are there any exercises I can do to give me better posture?

REPLY

Yes, but I'm not so sure that backache developing at night can be blamed on daytime posture. Send a stamped, self-addressed envelope for describing various exercises to improve the posture.

MORBID ANXIETY

M.F. writes: Please delineate the boundary between hypochondria and legitimate concern for the health?

REPLY

This boundary is not too sharp except that legitimate concern for the health differs from confirmed cases of hypochondriae is likely to make major diseases out of minor everyday symptoms. In addition, anxiety develops that interferes with his thinking, work, and sleep.

PROTECTION FROM FLU

L.P. writes: I had influenza last year. Does this mean I'm now immune to the disease?

REPLY

No. You may be immune to the particular flu bug you had last year but there are other types, each of which has different strains. If you were hit by virus B, for example, this year you could contract one of the strains of virus A, such as Asian flu. Why not be protected with flu shots?

CARROT JUICE JAG

T.L. writes: Will drinking a quart of carrot juice daily help a nervous stomach?

REPLY

No, and it might stain the skin yellow (carotenemia). Carrots contain carotene, a yellow pigment, that usually is harmless unless ingested in excessive amounts.

TODAY'S HEALTH HINT—

Keep up your energy storage supplies with enough sleep.

Our Yesterday's

(From the Guardian Files)

TWENTY-FIVE YEARS AGO

January 2, 1938

The CGIT of Trinity United Church, Summerside under the leadership of Mrs. Jack Scott and assisted by Miss Helen Davies, sang Christmas Carols on Christmas Eve for the patients of Prince County Hospital. They also sang under the windows of homes where the folks were not able to go out on account of illness.

The I.M.T. bus service expect to begin their service today in Charlottetown. The route will be the same as last year. This service is very convenient for people living in outside areas of the city, and for those going to work.

TEN YEARS AGO

January 5, 1953

Lieut-Col. J.E. Andrew, formerly of Charlottetown but now, area medical officer for Western Ontario headquarters' with office at Toronto, has been promoted to Consultant in the office of Director-General of Medical Services.

A fire yesterday morning destroyed a new building housing a saw mill owned by Myrick and McIntosh at Tignish Shore. Flames spread so rapidly that the men just had time to rush outside without any attempt to save anything from the burning mill.

NOTES BY THE WAY

Sponsors of commercials in TV programs would be startled, even shocked, if some of the comments made by viewers were relayed back to them. There was an amusing instance when a commercial was being filmed in England. A woman was asked which pile of washing was the whitest. Her frank, and obviously, honest, reply was: "I'm damned if I know."

A city is judged as much by its parks as it is by its buildings. For many of these benefits the present generation owes a big debt to the past. Without the vision and the courage of those who went before, these green and pleasant places would not be ours for quiet and relaxation.— Hamilton Spectator.

Nature Houses

British Columbia News

Many warm hearts and interesting personalities are hidden within a gruff, bluff exterior or shielded by a wall of reserve. Often the pleasure of the companionship of these people is missed for the lack of an introduction.

Some people ignore the world of nature simply because they have never become acquainted. Others steer clear of it because it looks wet, dry, or rough, yet once introduced, they wonder why they passed up such a vast store of interest and pleasure.

To serve as an introduction to this fascinating source of recreation and knowledge, the Parks Branch of the British Columbia Department of Recreation and Conservation has set up Nature Houses in three widely separated provincial parks. The first of these, in Manning Park was given a trial run, in a tent, during the summer of 1957. It was a success, and the first three days of its existence saw it visited by 1,000 people.

Manning Park and Miracle Beach Nature Houses are now permanent, carefully planned structures. The one at Shuswap Park made its debut this year in a tent. The fact that 55,000 people visited these centres this summer is evidence of their popularity.

A Nature House is not intended to replace field observation, but does show samples of plant, animal, bird, and insect life in the surrounding park and their relationship to one another. Many of the exhibits are alive, some are changed daily, some weekly, but they are always in tune with life beyond the walls of the exhibit room. The emphasis is on nature, not upon man. In this atmosphere, man can feel his own sense of importance shrink as he realizes the complexities of life which have continued to cycle century after century in spite of, rather than because of, his existence.

For many people, a Nature House has been the key to the door of a new world. In exploring this new realm, they have become absorbed in its wonders, and in doing so have achieved an inner tranquility which otherwise eludes them. In the system of nature there is an antidote for the stresses and strains of the artificial conditions people have created for themselves. The prescription is simple, available to all, and free. Simply go out - of - doors, anywhere and observe.

Puerto Rico's Progress

National Geographic Society

Any day in the International Airport terminal at San Juan, Puerto Rico, tells a lot about the tropical Caribbean island.

Businessmen hurry by with briefcases. Tanned tourists in floppy grass hats lug baskets of souvenirs toward homeward-bound planes. Puerto Rican families greet relatives returning from the United States mainland. And all over the airport, by the armful and the benchful, are Puerto Rican babies — toddling, napping, crying, cooing.

In describing this scene in the December National Geographic Magazine, staff member Bart McDowell observes that "the story of Puerto Rico is the story of people: 2,500,000 of them. They are crowded 727 to the square mile on their beautiful 110-mile-long island, one of the world's most thickly settled spots."

SPARKS PROSPERITY

Not so long ago, Puerto Rico was a place of perennial economic crises and human misery. Then, in 1942, its leaders conceived a development plan that has become famous as "Operation Bootstrap."

The program involves every aspect of the island's economic life. But the emphasis is on new industry as the best means of meeting the twin problems of poverty and overpopulation in America's self-governing commonwealth.

United States firms are wooed with 10-to-13-year tax exemptions. They receive help in finding sites, erecting buildings. They are given data on labor supply, power sources, housing, recreation.

The results are extraordinary. Mr. McDowell reports some 800 factories are now in operation. And two new plants open every week, says Fomento, the Economic Development Administration.

When the program was young, Luis Munoz Marin, dynamic governor of the island, declared: "We need more vitamins and less aspirin."

Today, Puerto Ricans have plenty of both. Pharmaceuticals flow in abundance from plants, with a variety of other products including electronic equipment, petrochemicals, and cigars.

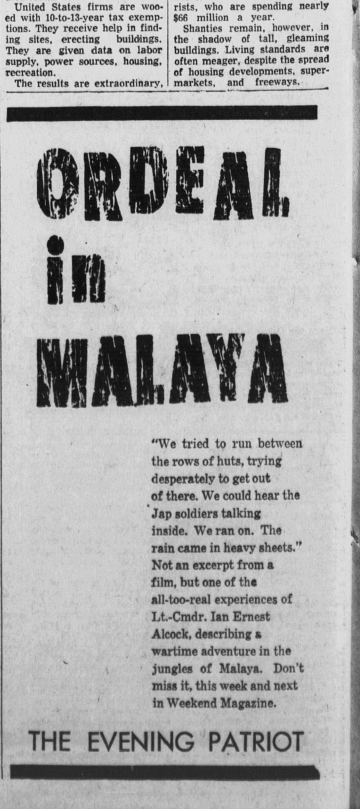
PLANT POLES

To supply power to factories —and rural homes using more and more electrical conveniences — transmission lines are being planted across Puerto Rico. Helicopter teams drop the transmission poles into prepared holes.

With scores of thousands of new jobs made available, Puerto Ricans have become relatively rich. Per - capita income has more than doubled since 1950, from less than $300 to $700.

New stucco and concrete buildings, many of them luxury apartments, have sprung up in suburban Santurce, beyond crowded old San Juan. To preserve the capital's historic homes and monuments, a 230-acre restoration project is underway. Huge, ultramodern hotels rise beside the sea to cater to tourists, who are spending nearly $66 million a year.

Shanties remain, however, in the shadow of tall, gleaming buildings. Living standards are often meager, despite the spread of housing developments, supermarkets, and freeways.



"We tried to run between the rows of huts, trying desperately to get out of there. We could hear the Jap soldiers talking inside. We ran on. The rain came in heavy sheets." Not an excerpt from a film, but one of the all-too-real experiences of Lt.-Cmdr. Ian Ernest Alcock, describing a wartime adventure in the jungles of Malaya. Don't miss it, this week and next in Weekend Magazine.

THE EVENING PATRIOT