

statemanship is seeking to accomplish in this nuclear age.

The question is whether one can state world policies of any kind today in black-and-white terms—can say for instance that no matter what the circumstances, the United States would quit the United Nations if Communist China were admitted.

It is his espousal of such stark solutions to problems of world concern that worries his critics. Some of them, while despising his policies, are hopefully saying that if he should become president his sense of responsibility would lead him to modify his extremist views.

Monty To Ike

Perhaps the best commentary on General Montgomery's bitter criticism of General Eisenhower on the D-Day landing was the silence which it was greeted by Eisenhower himself.

And surely, if his memory had gone back to June 7, 1945—just two days after Germany had surrendered unconditionally—Monty would not have spoken as he did on this occasion.

There can be no doubt as to the force of public opinion behind this needed legislation, which will outlaw racial discrimination in public accommodations, in the use of public facilities, in employment and union membership, and in federally-aided programs.

But in advance of the Senate vote yesterday, announcement that he would vote "reluctantly" against its passage came from the leading candidate for the Republican presidential nomination, Senator Barry Goldwater of Arizona.

His attitude must have disturbed those of his supporters who persist in believing that his reactionary views are not as extreme as had been represented. If indeed the constitution stands in the way of a reform measure of this kind, surely it could be amended.

One of the reasons given for Senator Goldwater's success as a political campaigner is that he represents those elements in American society which favor "simple answers to complex questions."

With such a system of communications established, it is expected that the ultimate in police co-operation and liaison will be achieved. The estimated cost of the network—\$190,000—is certainly not unreasonable.

EDITORIAL NOTES

Enterprises springing from the performance of the British Beatles have developed a \$100 million business around the world. What a commodity, says an exchange on the ascending alliance handed over to youngsters in our changed world!

We note with satisfaction that the new ice-breaking car ferry for the west tenders have now been called, it is being designed for conversion to the Nova Scotia-Newfoundland run when our caseway is built. This we take as assurance of the Government's intention to proceed without interruption. A progress report on this work, however, would be most welcome at this time. Particularly, as suggested yesterday, some clarification of the question whether provision is to be made for railway as well as vehicular and passenger traffic.

There is no need of great haste in this matter. It can be settled before 1967. The big year in the history of our country. In what way you ask? By a plebiscite that will be the satisfactory way to do it.



By Dr. Theodore R. Van Dellen
A certain amount of dreaming at night is necessary. Experimental studies in laboratory show that when dreaming is prevented, the individual becomes irritable and anxious and his appetite increases. It is as though the pressure builds up during these nights of deprivation. Release occurs when the number and duration of dreams are not interrupted during the next few nights.

Dreaming is a normal constituent of sleep. It takes up 20 per cent of the total sleep time. But most of us do not remember them unless we awaken immediately at the end of the dream. Recall also is less likely to occur when we sleep because during their sleep.

Dreaming research is done in special laboratories where electrodes are taped to the head of a volunteer to record brain waves (electroencephalogram). Similar wires are taped just above and alongside each eye to record eye movements.

The sleeper relaxes during the episode except for rapid eye movements (REM). Ocular activity actually is the most significant sign that a dream is in progress. This was determined by awakening the volunteer immediately after the REM stops. He recalls the dream provided he was not in a deep sleep. The EEG helps to measure the depth of sleep.

Dreaming is not initiated by emotions or outside stimuli. On the other hand, if a bell is used to awaken the sleeper several times at night he will begin to dream about ringing door bells or talking on the telephone.

A dream is a hallucination in that the sleeping individual actually believes the experience is real. The dreamer is different; the person knows it is make-believe. Hypnagogic hallucinations may occur in the period between waking and the start of waking. The individual may feel as though he were drifting into a space or hearing strange noises.

ATHLETES who run on hard surfaces early in the season may suffer from pain due to a torn muscle. This is brought on by the trauma of constant running. Heat, massage, taping, and rest encourage healing and reattachment of the muscle to the shin bone.

It follows that if we have to choose a flag at this time—and the government is forcing the choice—we must look for a symbol that is offensive to none and acceptable to all.

OPPOSITION'S DUTY

Prime Minister Lester Pearson's claim that he has pressed the issue of a national flag at this time to promote national unity is no more than a bad joke—a sick joke. It is painfully apparent that he has succeeded only in encouraging disunity.

In French-speaking Canada and above no signs of abating. In English-speaking Canada there is dissatisfaction verging on disgust at Mr. Pearson's attempt to compromise by retaining the Union Jack as a flag to be flown on Royal and Commonwealth occasions. Whatever the outcome of these disputes now, it seems inevitable that a large section of the population will be left aggrieved and rebellious.

This is the unhappy state in which Mr. Pearson has reduced us, and it would be very natural if the Opposition parties in the House of Commons sought to drive the lesson home as they debate the flag issue this week. They have every reason to be resentful of Mr. Pearson's tactics in threatening them with an election unless they accept the design he has chosen, and plenty of ammunition with which to discredit him.

Despite support from a fellow Conservative and a lawyer, Senator Gunnar Thorvaldson, Mr. Hales is unlikely to get far with a proposal which may impress many a layman but will make the members of the committee, as hour day, Alfred Hales, consumer credit will get \$200 per second. Spending at Ottawa, by the way, is agriculture research governments has reached profligate levels. MPs of all parties have a primary duty to get out and expose waste or lavish spending.

Two problems in Canadian export of tobacco were revealed as the House of Commons examined the agriculture research picture. Lack of continuous supply to foreign cigarette manufacturers and the cancer-causing tar levels were discussed but with no firm answers offered.

It was suggested that if the medical indictment becomes more intense Canada may lose existing markets in Europe. Yet Britain had the cancer scare revealed several years before Canadian or American medical men took up the cudgils against tobacco. There the initial drop in cigarette sales was overcome by the United Kingdom regulations on advertising. There has not been a noticeable variation in use.

On the fly of our Red Ensign, we have the Fleur-de-lis, a red banner with a white cross, the crosses of St. George, St. Michael and St. Andrew; representative of the countries of our forebears.

There is no need of great haste in this matter. It can be settled before 1967. The big year in the history of our country. In what way you ask? By a plebiscite that will be the satisfactory way to do it.

Before 1967 there will be a general federal election. Ballots will have to be printed, why not have a space on those ballots where the voters could register their preference for the one designed by Prime Minister Pearson. Three Maple leaves on a white background with blue vertical bars on either side. The majority of votes would settle the issue.

He lives in an abandoned abandoned at the foot of the mountain above Idaho Springs. He for she is highly enterprising.

One of our writers met a fisherman in a particular pack rat which is properly called a "baudouin wood rat"—during a hike last fall.

Our staffer noticed that someone had filled three abandoned tool bins, once used to hold dried mushrooms, with dried mushrooms. The mushrooms totaled two or three quarts.

Dreaming Necessary

By Dr. Theodore R. Van Dellen
A certain amount of dreaming at night is necessary. Experimental studies in laboratory show that when dreaming is prevented, the individual becomes irritable and anxious and his appetite increases. It is as though the pressure builds up during these nights of deprivation. Release occurs when the number and duration of dreams are not interrupted during the next few nights.

Dreaming is a normal constituent of sleep. It takes up 20 per cent of the total sleep time. But most of us do not remember them unless we awaken immediately at the end of the dream. Recall also is less likely to occur when we sleep because during their sleep.

Dreaming research is done in special laboratories where electrodes are taped to the head of a volunteer to record brain waves (electroencephalogram). Similar wires are taped just above and alongside each eye to record eye movements.

The sleeper relaxes during the episode except for rapid eye movements (REM). Ocular activity actually is the most significant sign that a dream is in progress. This was determined by awakening the volunteer immediately after the REM stops. He recalls the dream provided he was not in a deep sleep. The EEG helps to measure the depth of sleep.

Dreaming is not initiated by emotions or outside stimuli. On the other hand, if a bell is used to awaken the sleeper several times at night he will begin to dream about ringing door bells or talking on the telephone.

A dream is a hallucination in that the sleeping individual actually believes the experience is real. The dreamer is different; the person knows it is make-believe. Hypnagogic hallucinations may occur in the period between waking and the start of waking. The individual may feel as though he were drifting into a space or hearing strange noises.

ATHLETES who run on hard surfaces early in the season may suffer from pain due to a torn muscle. This is brought on by the trauma of constant running. Heat, massage, taping, and rest encourage healing and reattachment of the muscle to the shin bone.

It follows that if we have to choose a flag at this time—and the government is forcing the choice—we must look for a symbol that is offensive to none and acceptable to all.

NOTES BY THE WAY

Old Lady — "And what in your name, my good man?"
Convict — "Old Lady."
"Oh, but that's not your real name." Convict — "Now that's only my pen name." — Montreal Star.

Every time they hear a disk jockey play the top 40 tunes, we shake the shakes thinking what the bottom 40 must sound like. — Community Press.

Defence Minister Paul Hellyer has been devising a great deal of time and talk to creating high-mobility, ready-for-action armoured services for Canada. It's ironic that Mr. Hellyer was the minister who couldn't get to New Delhi in time for the funeral of Prime Minister Nehru because the lacked transport.—Winnipeg Tribune.

The last of some 20,000 United Nations troops are preparing to leave the Congo. Apparently glad to be out of that primitive African country but aware that the Congo is still untamed; racked by internal violence, corruption, greed and indifference to the people with the prospect that eventually it may become a guerrilla battleground between the big powers of East and West.

Evidence the U.S. Central Intelligence Agency secretly recruited pilots to fly military missions against East Congo rebels is just one part of the picture. The other is Communist Chinese are reported encouraging primitive tribesmen in the Kivu and Kivu regions to revolt against the central Aduala Administration.

CHINESE ARE INVOLVED in the current issue of Foreign Affairs magazine says the Chinese are "involved, directly or indirectly, in every active revolution on the African continent."

"Perhaps the most striking example is the uprising led by Pierre Mulele in the Kivu region," said Scalapino who was in Africa at the time Chinese Premier Chou En-lai made his trip. "Mulele, who only returned to the Congo in the fall of 1963 after two years in Peking, has sought to follow Communist principles completely. He is seeking to support a guerrilla movement based upon the support of the peasants."

In this presidential election year, the U.S. government is still largely unimpaired.

The Congolese need education and training; and they need supervision until they acquire the self-control and the discipline of a modern civilization.

But many of the natives hate white men and will have nothing to do with them. The Congolese feel they can mix more easily with those who are better able to win native confidence.

All this talk about mining speculation up north recalls a saying of Mark Twain: "There are two times in a man's life when he should not give his word: one when he is a child and when he can." — Niagara Falls Review.

Congo Still Untamed

By Harold Morrison
Canadian Press Staff Writer

The last of some 20,000 United Nations troops are preparing to leave the Congo. Apparently glad to be out of that primitive African country but aware that the Congo is still untamed; racked by internal violence, corruption, greed and indifference to the people with the prospect that eventually it may become a guerrilla battleground between the big powers of East and West.

Evidence the U.S. Central Intelligence Agency secretly recruited pilots to fly military missions against East Congo rebels is just one part of the picture. The other is Communist Chinese are reported encouraging primitive tribesmen in the Kivu and Kivu regions to revolt against the central Aduala Administration.

CHINESE ARE INVOLVED in the current issue of Foreign Affairs magazine says the Chinese are "involved, directly or indirectly, in every active revolution on the African continent."

"Perhaps the most striking example is the uprising led by Pierre Mulele in the Kivu region," said Scalapino who was in Africa at the time Chinese Premier Chou En-lai made his trip. "Mulele, who only returned to the Congo in the fall of 1963 after two years in Peking, has sought to follow Communist principles completely. He is seeking to support a guerrilla movement based upon the support of the peasants."

In this presidential election year, the U.S. government is still largely unimpaired.

The Congolese need education and training; and they need supervision until they acquire the self-control and the discipline of a modern civilization.

But many of the natives hate white men and will have nothing to do with them. The Congolese feel they can mix more easily with those who are better able to win native confidence.

"PLUMBER? THIS IS AN EMERGENCY!"

National Interest Calls For Restraint

Globe and Mail, Toronto

repair it. The country could not profit at this time from a long and protracted debate in the Commons over the choice of a flag. Prolonged emotional argument in the House could only drive deeper the divisions already existing, and could in the end settle nothing.

To defeat the introduction of a new flag, the Opposition would have to defeat the government, and an election on the issue — as Conservative Leader J. O. Diefenbaker has acknowledged — would be disastrous. It is easy to imagine the sort of political campaign that would develop around the subject, and there is no reason to believe that the result at the polls would be any more conclusive than in the last two general elections.

Objective members of the Opposition parties, placing the national interest above personal or party interests, must also

concede that in the context of the present debate, they have no real alternative to a flag designed around the Maple Leaf, French-speaking Canada can do no more than persuade to accept a flag in which the Union Jack is the dominant symbol. It is a flag which the fleur-de-lis would be persuaded to acknowledge.

These are not differences to be resolved by reason and logic; they are facts deeply rooted in emotion. The emotions cannot be erased by resolutions in the House of Commons, and for one part of the nation to impose its wishes on the other would be unthinkably arrogant.

It follows that if we have to choose a flag at this time—and the government is forcing the choice—we must look for a symbol that is offensive to none and acceptable to all.

\$250 A Day Lawyer

Guelph Mercury

A lawyer for the Senate-Commons committee on consumer credit will get \$200 per second. Spending at Ottawa, by the way, is agriculture research governments has reached profligate levels. MPs of all parties have a primary duty to get out and expose waste or lavish spending.

Despite support from a fellow Conservative and a lawyer, Senator Gunnar Thorvaldson, Mr. Hales is unlikely to get far with a proposal which may impress many a layman but will make the members of the committee, as hour day, Alfred Hales, consumer credit will get \$200 per second. Spending at Ottawa, by the way, is agriculture research governments has reached profligate levels. MPs of all parties have a primary duty to get out and expose waste or lavish spending.

Two problems in Canadian export of tobacco were revealed as the House of Commons examined the agriculture research picture. Lack of continuous supply to foreign cigarette manufacturers and the cancer-causing tar levels were discussed but with no firm answers offered.

It was suggested that if the medical indictment becomes more intense Canada may lose existing markets in Europe. Yet Britain had the cancer scare revealed several years before Canadian or American medical men took up the cudgils against tobacco. There the initial drop in cigarette sales was overcome by the United Kingdom regulations on advertising. There has not been a noticeable variation in use.

On the fly of our Red Ensign, we have the Fleur-de-lis, a red banner with a white cross, the crosses of St. George, St. Michael and St. Andrew; representative of the countries of our forebears.

There is no need of great haste in this matter. It can be settled before 1967. The big year in the history of our country. In what way you ask? By a plebiscite that will be the satisfactory way to do it.

Before 1967 there will be a general federal election. Ballots will have to be printed, why not have a space on those ballots where the voters could register their preference for the one designed by Prime Minister Pearson. Three Maple leaves on a white background with blue vertical bars on either side. The majority of votes would settle the issue.

He lives in an abandoned abandoned at the foot of the mountain above Idaho Springs. He for she is highly enterprising.

One of our writers met a fisherman in a particular pack rat which is properly called a "baudouin wood rat"—during a hike last fall.

Our staffer noticed that someone had filled three abandoned tool bins, once used to hold dried mushrooms, with dried mushrooms. The mushrooms totaled two or three quarts.

The mystery was solved by a

IGH LAW of promise

There was reason for rejoicing throughout the little communities perched along Western Newfoundland's seawest St. Barbe coast. A new 220-mile gravel highway had just recently been finished, the very first the area has had. It took 10 years to build and its completion ended an era of often tragic isolation. A Weekend Magazine color photofeature pictures the road winding through lush valleys, tightly-knit villages, and desolate wastes, hugging the sea on its way from Bonne Bay to St. Anthony.

The Evening Patriot
WITH
STILL ONLY
EVENING
MAGAZINE
and Colored Comics
At all Newsstands