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Vice-Regal Post

The Prime Minister is undertaking an extensive "around the world" trip primarily to see for himself conditions in the countries visited and to gather ideas on how Canada can help in countries which need economic and industrial aid.

According to an Ottawa report, Mr. Diefenbaker may be on the lookout for a possible successor to Governor-General Massey. He has been quoted as saying that it might be "a good idea" to bring a distinguished statesman from some other country of the Commonwealth to fill the vacancy when it occurs.

There are still a good many Canadians who feel that the old practice of having a Viceroy come from the British Isles had special merit. But if that practice has been definitely and permanently discontinued—and it probably has been—the appointment of a distinguished citizen from somewhere else in the family of nations might help in an important way to strengthen Commonwealth relations.

Another method of making the appointment would be simply to ask the Queen to name her own representative without seeking advice from anybody, and without particular regard to his Commonwealth nationality—if this latter should be acceptable to Ottawa. Her Majesty has travelled widely in the Commonwealth. She knows personally most of the leading statesmen. She is, withal, a person of sound judgement in her own right.

Law And Charity

Lawyers and judges who seek some way of correlating the letter of the law and Christian charity could do no better than take as their guide counsel given by the late Pope in his last public appearance. He was speaking to 2,000 jurists attending the International Congress of Public Notaries in Rome.

"Laws in themselves," said His Holiness, "are not absolute. They must yield to the just and well-trained conscience; and one recognizes the true man of the law, whether judge, lawyer or notary, by his skill in interpreting legal texts with a view towards the higher welfare of the individuals and of the community. Whoever pursues his claims to extreme limits of legality actually has already crossed the borders of justice."

"Nothing will help you more in developing the sense of justice among men than the application and practice of genuine charity, the subjects of the teachings of the Divine Lord and the fruit of His work of redemption."

Those words will be printed on the last page of the 19th annual volume of the speeches and broadcasts delivered by the late Pope. The documents of the entire Pontificate run to more than 3 million words. They range over the whole field of human knowledge and problems.

Future Atomic Power

By 1970, atomic power plants in various countries will be producing some 15 million kilowatts of electricity—about 50 times as much as at present. This was the opinion of scientists taking part in the second United Nations Conference on the Peaceful Uses of Atomic Energy, held recently in Geneva. The conference brought together 6,300 scientists and technicians from 69 countries to review the present uses of nuclear energy, and to consider how it might be used more fruitfully in future.

As regards the cost of atomic power, a subject of particular im-

portance discussed in the Geneva meetings, delegates from the United Kingdom estimated that within ten years this was likely to fall "well below" that of conventional power in their country.

In the production of power from nuclear fusion, speakers estimated that it would take 10 years to reach the "break-even" point in experimental devices (the point at which the energy turned out equals the energy fed in), and a longer period to develop industrial-scale machinery.

A "hopeful outlook" for nuclear-propelled ships was indicated by reports on the Soviet icebreaker Lenin, launched last year, and the United States merchant ship Savannah, now under construction.

Radioactive isotopes were being used in many countries as tools in medicine, agriculture, industry and basic sciences. They were reported to be saving industry some \$400,000,000 a year in the United States, and 1,000,000,000 rubles in the Soviet Union. In medicine, their use in diagnosis and treatment was described as "one of the brightest and most exciting developments in modern science."

Plans For Alaska

Atomic explosions may dig a harbor in Alaska's coast, about 100 miles north of the Arctic Circle. The harbor would open the way to what may prove a bonanza of coal, oil, asbestos, zinc, tin, copper, gold, and other mineral ores. The lack of ports has so far prevented extensive development of this wealth, but the U.S. Atomic Energy Commission has announced that nuclear excavation of a harbor may begin in 1960, if surveys are favorable.

The area under study is in Alaska's Second Judicial Division, one of the four great territories into which Alaska is divided. This Division, with headquarters in Nome, includes most of the western coast facing Siberia and the northern coast fronting on the Arctic Ocean. More than half as big as Texas, it is practically barren in the upland country and mountains, but elsewhere vegetation grows.

The site of the harbor would probably be between Cape Thompson and Cape Seppings, northwest of Kotzebue Sound. The surrounding country is sparsely inhabited by Eskimos, who live largely by hunting and fishing.

EDITORIAL NOTES

The British ship "Sceptre" has had tough luck all along. First, she was beaten decisively by her American rival. Now, she is in Halifax with a deep gash in her side.

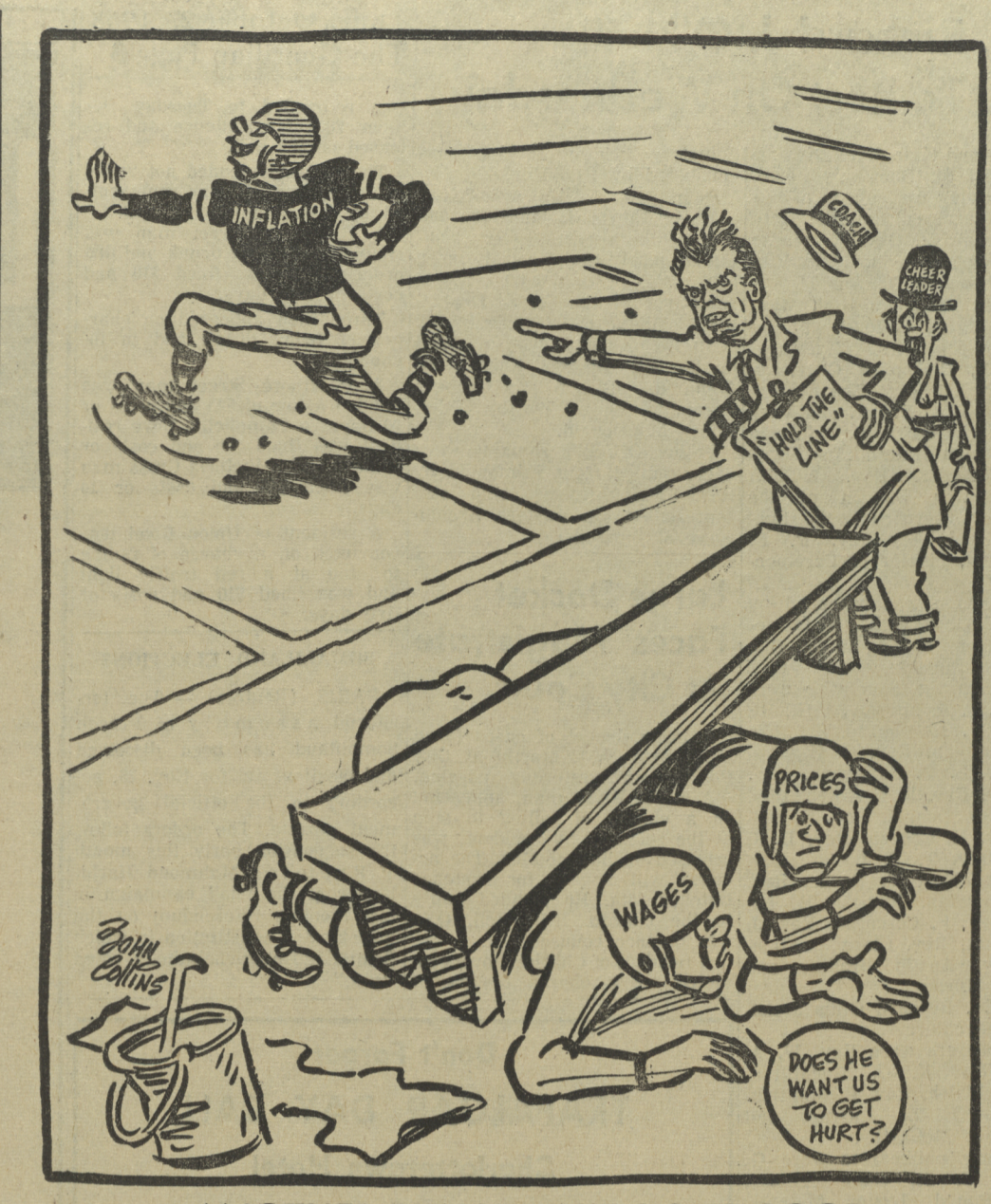
American troops have left Lebanon, and British troops will be pulling out of Jordan for the next couple of weeks. Look out for more trouble in the Middle East around the 15th November, if not before.

Canada's first "Social Register" is being kept out of the reach of everybody except those whose names are listed therein. That takes most of the glory out of membership. What on earth is the use of being numbered among the elect unless all the neighbours know about it?

The make-up of the new Board of Broadcast Governors is expected to be announced within the next few days. It will be some time, however, before the governors really get down to work. We should imagine that it will take several weeks for them to catch on to what it is they are expected to do. The legislation on the matter is anything but clear.

Politicians are touchy people. President Eisenhower and Vice President Nixon came very close to branding as unpatriotic or even treasonable criticism of the U.S. administration's policy governing Quemoy. And now Premier Duplessis in Quebec has termed a newspaper report of his early retirement "malicious and disloyal." Disloyal, one wonders, to whom?

A new role for Premier Krushchev is that of temperance reformer. He now proposes to stamp out drunkenness in Russia through a one-drink-a-customer limit for establishments serving hard liquor. Tipplers who want to go from one place to another for their drinks are welcome to do so. "Let them go," says Nikita, "Those who want five glasses will have to go to five restaurants. They'll sober up while making their rounds." Excellent idea; but will he abide by this rule himself?



ANOTHER PLAY THAT LOOKS GOOD

Politics In Thailand

By David Rowntree Canadian Press Staff Writer

For a quarter of a century, the coup d'etat has been the dominant way of political life in Thailand. Governments rise and fall at the command of strong army men. There hasn't been any violence in the 26 years since Thailand, or Siam as it was then known, ceased to be an absolute monarchy following the first of 13 bloodless revolutions.

Until last year, the chief figure in Thai politics for 10 years was Pibul Songgram, an army marshal. His undoing was to try to get his cabinet ministers to cut their connections with highly profitable business ventures.

Police Chief Phao Sriyongnond is said to have made millions out of the opium trade and other vices, as well as in legitimate businesses. Army commander Sarit Thanarat had interests in about 30 lucrative companies and also is said to have taken a huge slice from the proceeds of the national lottery.

Songgram tried to end some of the corruption in high places that was worrying Thailand's friends. The country is a strong supporter of the Southeast Asia Treaty Organization, an American-inspired grouping similar to NATO, and it was embarrassing to have Thailand pointed out by the Chinese Communists as an example of the West's Allies in Asia.

Songgram could not override Phao and Sarit. Both resigned and in the resulting struggle for control behind the scenes, Sarit emerged the strong man. He took over the government and sent Premier Songgram—and the police chief as well—out of the country.

Elections were held last December. Sarit slipped home quietly last weekend, ready to take over the reins of government himself. The premier submitted his resignation Tuesday.

A few hours later the Thailand radio announced that Field Marshal Sarit as head of the so-called Revolutionary Party—it is made up of the army, navy, air force, police and government officials—had assumed control of the country "in the name of the people... because of pressure of internal and external forces, especially the Communists."

Now I know that many of you women firmly believe that certain foods—raw foods for example—are harmful if eaten by a nursing mother.

Only rarely does a specific food in the mother's diet disturb the breast-fed infant. Naturally, there are individual cases where this does occur, but you can't ban any foods by a general rule. Each case is a different one.

FOOLISH IDEA Nor is it true that certain foods eaten during pregnancy will mark the baby. This old wives' tale still persists despite the fact that it has no scientific basis.

People Amused

Last September, Sarit explained his removal of Songgram as also being "in the interests of the people."

Newspaper correspondents say the Thai people don't take much interest in politics and can have little influence on the general's power plays. The Thais also seem amused by Sarit's European-style explanations for moves that appear designed to strengthen his personal political and financial position.

Probing Outer Space

Winnipeg Free Press

There are still few of us, over the age of fifteen anyway, who expect ourselves to travel to the moon and beyond. But it is overwhelmingly probable that most of us now alive will be around to welcome back men who have successfully probed far into space.

October 11, 1958 is a date which, in the annals of man's conquest of space, will rank in importance with December 17, 1903. On that windy December day just after the turn of the century the Wright brothers made the first, faltering, but successful, flight in a heavier-than-air flying machine. The flight lasted for all of ten seconds and covered 120 feet. But 16 years later the airplane had been developed to the point where Alcock and Brown were able to fly non-stop across the Atlantic from Newfoundland to Ireland. And today it is as commonplace for us to fly halfway round the world as it was for the people of the Wright's day to take a train five hundred miles.

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.

Hallowe'en Precautions

Sir—Hallowe'en night is approaching. We should be able to see it come and go with feelings of happiness in its advent, as a time of pleasurable games and friendly visits from the young children of the respective districts.

However, during the past few years, in certain sections of the city this night has become a chaotic one; with petty rowdiness by such large numbers of teenagers that it borders on "An unlawful assembly," as defined by the criminal law of the land. These conditions are emphatically denounced by the residents of the invaded areas; as there is unwarranted noise and a grave danger of injuries to persons and damage to property.

Especially is this true where they are allowed to have and explode firecrackers that are illegal at any time. With the sole object of abating such nuisances, we of the Police Department, respectfully ask for the cooperation of all parents and guardians by having some control over the movements of their teenage children on that night and also by admonishing them as to their conduct. This, we realize is a problem, but well worth the effort and on the morrow will find you with no regrets for failing to have taken some interest in the young people.

Without any show of dictatorship we must impress on all that our obligation to the citizens is to uphold their right to peaceful tenancy of their properties and in order to do so it may be necessary to be unbecomingly drastic. Again asking for your cooperation.

I am, Sir, etc. C. W. MacARTHUR Chief of Police Charlottetown.

Food Facts For Mothers-To-Be

By Herman N. Bundesen, M.D. Does an expectant mother really have to "eat for two?" It's surprising how many mothers-to-be convince themselves and their husbands of this. In most cases, however, it is simply an excuse—often an unconscious one—for overeating.

NOT NEEDED A craving for certain foods does not necessarily mean that your body needs them.

Generally, no special diet is required during pregnancy. If you ordinarily eat properly balanced portions of nutritious and easily digestible food, you probably don't have to change your diet simply because you become pregnant.

No additional food will be needed during the first six months of pregnancy at least. During the last three months, you may have to increase your allowance of vitamins, minerals and protein foods, particularly milk.

PROPER DAILY DIET The daily diet during pregnancy in most cases should include: Four glasses (one quart) of milk.

Two servings of meat, poultry, fish or cheese. One egg.

Three servings of fruit and three servings of vegetables.

Four servings of cereals, bread, potatoes, corn, beans or dried peas.

SUPPLEMENTARY AIDS I've always advised supplementary vitamins and minerals for just about everybody, and, of course, this is especially advisable during pregnancy. Since most obstetricians recommend vitamin and mineral tablets, capsules or solutions for their patients, this probably presents no great problem.

Now I know that many of you women firmly believe that certain foods—raw foods for example—are harmful if eaten by a nursing mother.

Only rarely does a specific food in the mother's diet disturb the breast-fed infant. Naturally, there are individual cases where this does occur, but you can't ban any foods by a general rule. Each case is a different one.

FOOLISH IDEA Nor is it true that certain foods eaten during pregnancy will mark the baby. This old wives' tale still persists despite the fact that it has no scientific basis.

Just remember—the average nursing mother needs both a generous and a varied diet that is high in protein. And she can get a goodly supply of it by eating raw vegetables and fruits.

QUESTION AND ANSWER

L.H.M. I have had shingles for over seven weeks. The scabs disappeared but the soreness still remains.

Is there anything that will relieve this pain?

A. Frequently there is neuralgic pain for a long time following an attack of shingles in the area which was affected by the disorder. In such cases, treatment with pituitary extract might be of some help.

You should consult with your physician concerning the most suitable treatment in your case.

hard to build a modern nation on the ancient ruins. Growth is phenomenal. The national income shot up from \$442,400,000 in 1950 to a whopping \$848,400,000 in 1956.

Baghdad, a city of 900,000 has more cars than camels, and stores of retailing imported electrical appliances are outgunning shops or markets displaying homemade copperware. The city is studded with new buildings.

Occasionally a herd of sheep may jostle buses in Baghdad, and horse-drawn carriages—banned in the neon-lighted business district—still ply the west bank of the Tigris. Throughout Iraq draft animals outnumber tractors by the thousands to one.

But the sons of primitive farmers are studying chemistry and physics in first rate laboratories, and the signs of a new nation in the making are apparent. The Land of the Two Rivers has moved into the modern world.

Iraq In Transition

National Geographic Society

Iraq, a land that has seen 5,000 years of recorded history, is struggling to modernize itself in a time of violent political upheaval.

The new rulers of the California-size nation have indicated they will continue the program of using oil profits for flood control irrigation projects, roads, schools, hospitals, and industries. One feature of the development program is an effort by archeologists to discover irrigation techniques used when Iraq was ancient Mesopotamia.

These long lost methods once made Mesopotamia the granary of the world, the October National Geographic Magazine says in a report on the physical, historical, and cultural aspects of Iraq. The authors, Jean and Francoise Shor, toured the Near Eastern nation on the eve of the revolution that swept young Faisal II from the throne.

GARDEN OF EDEN According to tradition, the Garden of Eden lay near the confluence of the Tigris and Euphrates Rivers, which flow through Iraq. Modern Iraqis believe the rivers are their country's greatest natural resource. "Oil is a fine thing," and Iraqi told the Shors, "But you can't plant it. Water is far more important. Most natural resources are replaceable. Grain, timber, fruit, cotton—all yield seeds, and all reproduce year after year. But once you take the oil out of the ground it is gone forever."

NOTES BY THE WAY

Each woman feels sorry for the other woman's henpecked husband.—Kitchener - Waterloo Record

People who carry an open bottle of liquor in their car are inviting the police to make a case of it.—Sherbrooke Record

Meals in collapsible containers, designed for space travelers, may be the food of the future, with the candidate of 1980 promising a chicken in every tooth-paste tube.—Chicago News

Mountain climbers rope themselves together because there is safety in numbers—also it keeps the sensible ones from going home.—Niagara Falls Review

Few stranger examples of the cycle of a changing world could be found than the fact that a Spain—once possessor of mountains of silver—today has not a single coin of that metal.—Ottawa Journal

A Missouri woman says her eyes are good at 90 because she always wore a sunbonnet. And it kept her from seeing things on the sides that were none of her business.—Cornwall Standard Freeholder

A rather callow youth just starting out on his career of "dates," remarked to a girl: "I went out with a nurse yesterday." "Never mind," replied the girl. "Perhaps in a year or two your mother will let you out without one."—Ottawa Journal.

Six-year-old John was not at all enthusiastic when his mother told him to go and wash his face and hands thoroughly because his aunt was coming to tea. "Last time I got washed for Auntie, Joan," said he mutinously, "she didn't come!"—Welland Tribune

Brief cases mean business reports? About 40 per cent held lunches it is reported; almost 90 per cent, carried personal items, the very smallest percentage contained homework for busy executives.—Toronto Telegram

Up in Northern Ontario, above Cochrane and Sioux Lookout, landholders who have domestic animals are now keeping them in the barns. For the hunting season is open there until November 25, and no horse or cow is safe abroad.—Ottawa Journal

There was information the other day about uranium activities at Rum Jungle. Rum jungle is in far northern Australia. It would be; Australia seems to possess a higher proportion of picturesque place names than almost any other country.—Ottawa Citizen

Alberta place names provide some amusing comparisons. For instance, we have Freeman Creek and Slave River; Gloomy Creek and Happy Hollow; Hospital Creek and Doctor Creek; Teen Creek and Oldman river; Teen Creek and Mountain; Sabbath Creek and Saturday Lake—with Saturday Night Lake for good measure.—Edmonton Journal

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FOR THE LAND'S SAKE - LIME

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