

ORE CARRIER SINKS IN COLLISION

This is a recent picture of the Lawrence Hall, which sank in the St. Lawrence River near Quebec City Tuesday after colliding with a second freighter, the Sunek, owned by the Saguenay Shipping Ltd. The accident took place in heavy fog. The Lawrence Hall, a 23,000-ton ore carrier was heading upstream when she was ripped from bow to stern by the 6,000-ton Sunek. Her crew of 24 escaped uninjured.

Late Fall Swimming Okay, That's If You 'Sauna' First

By A.C. HOLMAN
This is no time of the year for a beach party, even with the best packed and rounded bikini, but some people refuse to admit the advanced state of the 1965 calendar year.
Last Saturday was a cool, overcast fall day. The temperature was only 30 and there was a 15-mile an hour wind. It was no day for a swim but there were four people who were in for a dip at the North Shore. They didn't fall in, but went willingly. In fact three of the four were in three times.
No, they weren't drunk and they weren't wearing any of those rubber suits used by skin divers.
What were the four doing splashing around in the 40-degree waters of the Gulf of St. Lawrence?
They were having a sauna.
A sauna is a Finnish steam bath and in Finland they are as common as the flush toilet is here. In Finland there are 500-600 saunas. Practically every home has one and in the cities there are public ones.
A sauna bath is a room with a wooden bench to sit on and a box which has heated stones in it. Water is poured over the stones and steam is given off, heating the room and its occupants.
The only sauna on the Island is near Savage Harbour. It is in the hexagon-shaped summer cottage of Arnold Kasak, an engineer and architect from Montreal. Last Saturday Mr. Kasak invited Eric Kipping, Don Martin, Wendell MacKay and myself to his cottage for a sauna.

WERE APPREHENSIVE
As we drove out to Savage Harbour in Mr. Kipping's car, all of us were more than a little apprehensive. All except Mr. Kipping who had had a sauna before. He did nothing to allay our fears, but rather kept harping on about the thrill of plunging into ice cold water after just coming out of a steam room.
"It's sort of a thrill and shock all at the same time," said Mr. Kipping as we sped along the St. Peters Highway. "Best described as a sh-rill or maybe a thr-ock," someone suggested.
We were greeted at the door of the unique cottage by Mr. Kasak who offered us a cup of tea.
Over the cup of tea we talked of the design of the cottage and Mr. Kasak told us about the sauna. Mr. MacKay decided to forego the experience because of his health and the rest of us decided we best get it over with.
After undressing we went into the saunas. Mr. Kasak's sauna was a triangular shaped room. He has a three-tiered bench to sit on, something like the bleachers at the ball park and the top of the bench was about two-thirds of the height of the room. There were small basins filled with cold water for each of us.
In one corner of the room there was a cement block box filled with stones about the size of a softball and near it was a tub full of water. In the box where the stones were was a fire chamber and Mr. Kasak had a good fire going. The stones were extremely hot.
We were each given a bunch of birch twigs that still had their leaves on and with our basins of water we climbed to the top tier of the bench. Not knowing what we were in for Don Martin and I sat nervously cracking jokes and preparing ourselves for the worst.
All were seated, and Mr. Kasak ladled some water onto the hot stones. Immediately it turned into steam, filling the room and doubling the temperature in a matter of seconds. He ladled a couple of more pots of water onto the superheated rocks.
Shortly after the first pot of water had been poured on the rock, I began to perspire and by the time the second pot of water had evaporated into steam I thought I was a sponge and someone was wringing me out. From every pore in my body

the sweat was running like water out of a tap.

Still Mr. Kasak was adding water to the rocks and the room was becoming as superheated as the rocks. So were the people in it. On breathing in the hot air and steam I thought the inside of my lungs and walls of my stomach must be perspiring as much as my outer skin.

BIRCH BRANCHES

After the steam started Mr. Kasak showed us what the birch branches were for. They were dipped in the basin of water at our feet and you used them to beat your legs and your back to stimulate the circulation and to assist in the cleansing process.

We sat in the steam-filled room and beat ourselves with the birch branches for awhile. How long it was I can't remember, about 10 to 15 minutes I think.
Then we dashed out of the room across the 100 yards of beach and plunged into the water.
It certainly was a bit of a thr-ock or a sh-rill!
Unfortunately the beach was rocky and it hurt the feet to try and get out very far. As soon as the water was deep enough to cover all of the body under we went, but it wasn't deep enough to swim so we didn't linger.
Back on the beach, though, we walked slowly back to the cottage despite the wind. Though the wind and the water were very cold we didn't notice. Our bodies were so hot the cold did not bother us at all.
After coming out of the water everyone was incredibly exhilarated. We felt we could take on the world. And clean, oh did we feel clean. Don Martin said he felt "as clean as a new born baby."

Back we went to the dressing room and started drying ourselves off.
Then Mr. Kasak noticed that Don Martin was half dressed, "no no," he said, "de are going back in, this is only the first part of a sauna. We do this two more times."
"Oh no," said Don. "I'm going to quit while I'm ahead." He remained quite adamant about it and was not to be persuaded otherwise.

Mr. Kipping, Mr. Kasak and I went back into the sauna and Mr. Kasak threw some water on the stones and back came the heat. This time Mr. Kasak did not make the room as hot as the first time and instead of the birch branches he gave us each a sponge and he passed around a cake of black soap. We lather-

ed our bodies from head to toe before we went tearing off for our plunge in the sea.
When we returned to the dressing room we sat and talked and smoked. "Always take a break for a smoke and talk," said Mr. Kasak. "It is part of a 'good sauna.'"
After a couple of leisurely cigarettes we went back to the sauna. Again we were given the birch branches and we refilled the water basins. This time was to be the hottest. The first time we were in the sauna Mr. Kasak estimated the temperature to be approximately 150 degrees. Then came the warm one when we washed ourselves with the soap and now the hot one.
We climbed up to the top tier of the bench and Mr. Kasak poured the water over the rocks time and time again and every time a cloud of steam would burst away from the rocks. And the sweat poured from our bodies. It came pouring out, pouring out, endlessly.

NEVER DIFFICULT
The first time we were in, when it was 150 degrees, (though it was a new sensation to breathe in the hot steam) it was never difficult. This time it was so hot that breathing did become difficult. I found if I scooped up water with my hands and drew it in my breath by bubbling the air through the water I had no problems.
I looked over at Eric Kipping. He was just one big puddle of perspiration. He said he didn't think he could keep it up too much longer, and a few minutes later he left. Not too many moments after that I followed him down to the beach for the splash and Mr. Kasak was not long behind me.
After we had dressed and were getting ready to return to Charlottetown I asked Mr. Kasak how hot he thought it was for the last one, the hot one. "About 190 degrees," he estimated. It felt like about 400 to me.
Mr. Kasak said in a well constructed sauna it was possible to get the temperature of the room over the boiling point of water (212).
On the way back to Charlottetown feeling as though we were the only clean people on the face of the earth and very much pro sauna group, we wondered if saunas could be used to lengthen our all too short tourist season. With a sauna the swimming season could be extended until after Labour Day, until after the hunting season, until after the snow flies and, if there were axes available until after the ice formed.

PROTEST POLICY
NEW DELHI (Reuters) — Forty African, Arab and Indian students shouting "down with the Queen" and "down with Smith" Tuesday smashed the glass doors of the British high commission here. They burned the Union Jack outside the building. The attack was aimed at British policy in Aden, as well as on the Rhodesian independence question.

Increased Grants Needed For University Research

By BOB MacKENZIE
OTTAWA (CP)—The National Research Council spent a record \$17,144,979 to support university research in the 1964-65 fiscal year but a revision in the grant system will be necessary to meet rapid growth in this field, NRC President B. G. Ballard said here.
In his annual report for the year ended March 31, Dr. Ballard said continuing studies were being made to meet changing conditions brought about by the increasing number of universities and requests for grants and equipment.
"More than ever before, universities are recognizing their role as institutions for advancing the world's store of knowledge."
"Thus, the very new universities are embarking immediately on research programs, realizing that they can attract neither good staff members nor the more inquisitive students unless they can offer an inspiring research environment."
Costs of research per university staff member were rising due to increased use of sophisticated, expensive equipment and the growing number of graduate students attached to each university research staff member, he added.

The university support was a \$4,539,147 increase over the \$12,605,832 spent in the previous year and highlighted a tremendous increase in this field in the last decade. The program, which has continued uninterrupted for the 49-year life of the council, accounted for only \$1,879,790 in the 1955-56 fiscal year.
The number of universities and colleges obtaining operating grants has doubled in the last 10 years, but "there remains a critical shortage of funds for some types of research grants."
The council must increase university support substantially "if a satisfactory status of science is to be maintained in Canada."
"For several years, the council has been unable to grant more than one-third of the requests of purchase special research equipment in the \$5,000-\$100,000 range."
"A similar shortage of funds also exists for more costly major installations which have involved individual requests exceeding \$1,000,000."
"Computer facilities, too, are essential in modern science and to install and operate them requires substantial amounts of money."
The university support figures

Bank Reports Profits Boost

MONTREAL (CP) — Banque Provinciale du Canada has reported a net profit of \$2,206,115 or \$2.45 a share for the year ended Oct. 31, compared with \$2,140,312 or \$2.38 a share in the previous year.
Deposits increased by \$35,700,000 or 7.5 per cent to \$511,600,000. Cash resources, securities and call loans were reduced by \$5,000,000 to \$193,000,000.
Loans other than call loans increased by \$4,800,000 or 14.1 per cent to \$329,600,000.
Total assets on Oct. 31 were \$543,100,000, up \$38,200,000 or 7.1 per cent from \$505,900,000 the previous year.

Report Given On N.Y. Death Of Columnist

NEW YORK (AP)—The death of newspaper columnist Dorothy Kilgallen was caused by the combination of moderate quantities of alcohol and barbiturates, the medical examiner's office has reported.
Dr. James Luke, assistant examiner, reported that Miss Kilgallen died of "acute ethanol (alcohol) and barbiturate intoxication." He said the quantities of alcohol and of barbiturates in her bloodstream were not excessive, but said the combination caused a fatal depression on the central nervous system.
The assistant medical examiner said the circumstances surrounding Miss Kilgallen's death were "indecisive" and did not rule on whether it was suicide or accidental.
Miss Kilgallen's body was discovered in bed a week ago by her hairdresser.

Cotton Bags For Flour Use To Be Banned

OTTAWA (CP)—The Consumers Association of Canada reported Tuesday that the federal food and drug directorate has taken action to stop the use of unsanitary cotton bags for flour packaging.
The association complained to the directorate recently that some flour mills and bakeries were reusing cotton bags for flour without cleaning and fumigating them. As a result, there were cases in which consumers found the flour infested by bugs.
A statement on the matter was issued by the CAC's board of directors following a semi-annual meeting here.

SELL JET ENGINES
OTTAWA (CP) — Crown Assets Disposal Corp. has sold 30 Orenda jet engines to a Hamilton firm, Berk and Miller, for \$15,332. It was learned Tuesday. A defence department spokesman said the cost of the engines in 1955 was approximately \$5,400,000.
does not include the \$6,935,000 in medical research grants distributed by the medical research council for equipment and scholarships.

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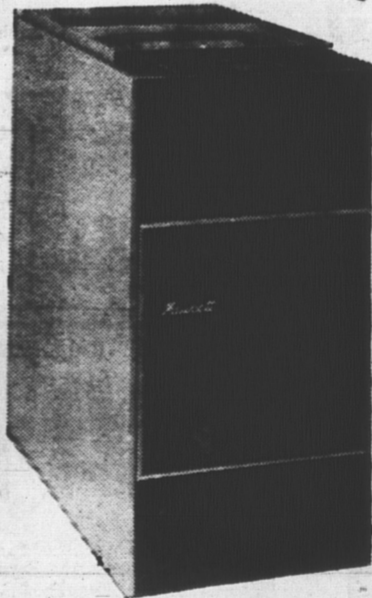


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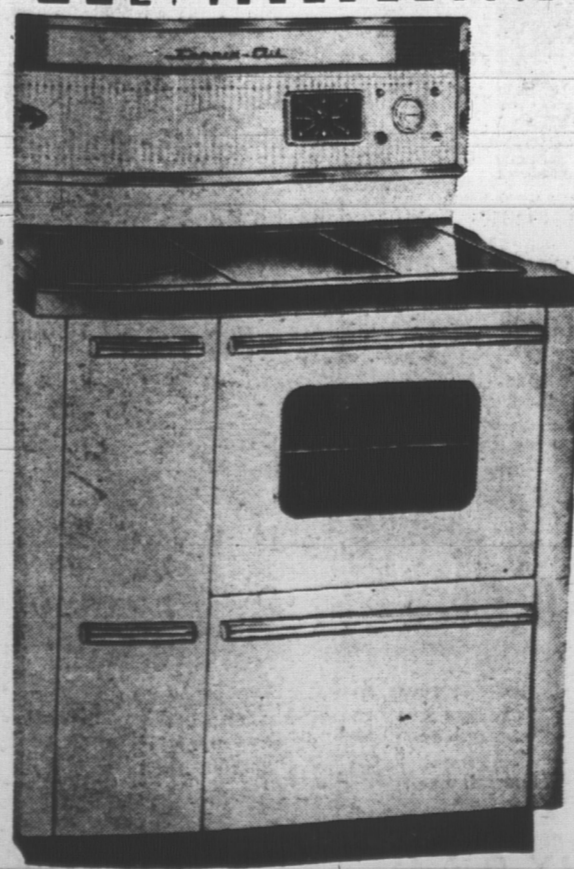
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