

Covers Prince Edward Island Lake Ice... Published every week-day morning at 165 Prince Street...

they can and do upset the normal balance of bacteria in the nervous system and induce the development of new bacterial strains.

The drug manufacturing houses—at least some of them, says Mr. Lear, are not above making misleading claims for new drugs. He gives an instance of an advertising booklet that linked the names of a number of "leading" physicians in various parts of the United States who allegedly sponsored a new drug. On inquiry, however, it was found that all the telephone numbers listed were fictitious. Letters sent to the addresses given were returned unclaimed.

There is no doubt that widespread naivete regarding "wonder" drugs, especially when they first come on the market, puts heavy pressure on physicians to prescribe them, even when they may not be called for. A doctor of our acquaintance says that it is not unusual for a person to come running into his office demanding "a shot of penicillin" even before he or she has described the symptoms of the alleged malady or discomfort.

These miracle drugs are powerful and beneficial things, of course. They have saved many lives and relieved a lot of distress. They have their limitations, however. As Mr. Lear points out, and as any physician will attest, they can do harm when administered indiscriminately. A good doctor—one who is worthy of respect and confidence—will be guided by his own professional knowledge and not by some popular notion.

EDITORIAL NOTES

It has been announced in Parliament that talks are going on between this country and the United States on co-operative development of the Columbia River. This is a dispute of long standing, and it is time to settle it to mutual advantage. Meanwhile, the Columbia keeps on rolling along, unconcerned with controversy.

Agriculture Minister Harkness thinks that anti-combine action against pulpwood purchasers will have better results than placing the wood under price supports. It might, if the action were taken speedily and effectively. But anti-combine laws work slowly; and the results of legal action in any particular case are always a long drawn out affair.

It is reported that "Asiatic Nationalism" is rising in the Philippines. It is not at all surprising. The Philippines, notwithstanding their close relationship with the United States, are an Asiatic people. Moreover, there is a feeling among them that the United States is taking their friendship "too much for granted." Then, of course, some neighbouring Asiatics, including the Communist Chinese, are doing everything they can to curb American influence.

Canada's dairy herd produced more milk in 1952 than ever before, exceeding the 1957 total by about 4% and reaching 18 billion lbs. for the first time. This achievement, reports the Bank of Nova Scotia news letter, was due entirely to a record output per cow, since the number of milk cows on Canadian farms showed a further small decrease, reflecting unusually large exports of dairy cattle. Unfortunately, domestic consumption of most dairy products (with the notable exception of skim milk powder) was little, if any, larger than in 1957, while that of butter actually declined.

The curious thing about the loggers' strike at Grand Falls, Newfoundland, is that there is no reasonable justification for it. The average pay of loggers in the employ of the Anglo-Newfoundland Development Co. is \$80 a week, the highest in Canada. Apparently, the International Woodworkers' Association, which persuaded many of the loggers to desert their old unions a year or so ago, is trying to show that it can do more for the men than was done for them in the past. It may turn out to be a lot worse, especially if, as is feared, the mill at Grand Falls is forced to close. It is to be hoped that before it is too late, wiser counsels will prevail and that the agitators will be denounced by the loggers who have fallen victim to their wiles.



TREES IN WINTER: VICTORIA PARK

OTTAWA REPORT

Sometimes Out Of Tune

By Patrick Nicholson

My children's Number One Hit Favorite around Christmas time was "The Chipmunk Song." Most of us frequently heard the radio playing that tuneful little piece, rendered under the guidance of their trainer by a trio of those colorful little summer scuttlers, two docile songsters but one truculent and at times out of tune. There has been something like a reprise of that catchy theme in Parliament recently, with trainer Diefenbaker asking his Cabinet: "Okay, Chipmunks, ready to sing your song?"

And they have sung it, in the Throne Speech debate. No doubt, like the trainer, the Prime Minister had a word of praise for them afterwards. "That was very good Simon," and "That was very good, Theodore." Perhaps Labor Minister Starn played the part of chipmunk Simon; Theodore might have been Trade Minister Churchill. They both gave competent renderings of the catchy Conservative theme of returning prosperity in the Throne Speech debate.

ALVIN OFF KEY In the song, the trainer warned the third chipmunk, "Alvin, you were a little flat." Alvin ignored him. "Alvin," called the trainer. Then again, "Alvin!" At last the truculent chipmunk replied, "OH KAY" and added "Let's do it again." Did trainer Diefenbaker likewise have to chide Alvin, our at times "trough" but always "diamond" Minister of Northern Affairs? "Hon. Alvin Hamilton's contribution to the Throne Speech debate was in one respect off key, when he launched into a long and unprecedented attack on Hazen Arzue, the industrious young farmer-leader of the C. C. F. group in Parliament. Mr. Arzue has always held the respect even of his political foes—except former Trade Minister C. D. Howe, who was easily nettled by Mr. Arzue's repeated and probing questions about wheat prices. It was surprising to hear Mr. Hamilton pitch into his fellow-Saskatchewaner; and it is even surprising the subject, who commented with a smile that

he had never before had so much publicity in the House. Mr. Hamilton made great play with his victim's electioneering speeches, and even tried to warn the Liberals against friendship with the C.C.F. He quoted Hazen Arzue's comment, "Mike Pearson isn't taking the Liberal Party anywhere, because Mike Pearson himself doesn't know here he is going."

THE C.C.F. THEME If Mr. Hamilton believes that, he agrees with many CCF stalwarts, who are convinced that their hour of destiny is near at hand, when they will replace the Liberals as our official Opposition or second largest party. This belief assumes that the Liberal Party is disintegrating through internal rot and the decay of over-ripeness. Such a development would be logical. The political division of Tomorrow, perhaps even of Today, is not the distinction between "Grits" and "Tories" which our grandfathers and fathers knew. It will be, indeed it is, the distinction between the ad-

vocates of private enterprise treating the individual Canadian as all-important, and the advocates of socialism making the State all-powerful. Such a line-up leaves no room for a suicidal split in the anti-socialist vote. The pattern has already emerged in other countries. If this is to be followed in Canada, political strategy would indicate the Conservatives' wise road as being to encourage the C.C.F. but to hasten the destruction of their own rivals for the anti-socialist vote, namely the Liberals.

So perhaps Alvin was singing a little flat. But without the trainer chiding him, Alvin then changed his tune, and for the last half of his speech we heard a magnificently inspiring account of the Conservative Government's steps and plans to fulfil the vision of Northern Development. Effective occupation of our Arctic lands is fast increasing; airfields are being taken over from the U. S.; atomic ice-breakers and even atom-powered submarine freighters are being planned; better and cheaper Arctic housing is being designed; atomic plants to provide heat and power are being developed, not only for Arctic use but also for export, to boost our world wide sales. "That was very good, Alvin."

After a beautiful morning in the sunlight of Edinburgh's Princes Street we once again took our place in one of the second class compartments of a British Railways train and set out for the capital of the Highlands, Inverness. The first landmark on this trip was the famous Firth of Forth bridge, that magnificent structure which was so familiar from many photographs. The countryside north of Edinburgh soon begins to reveal its unique charm. BLAIR ATHOLL By a particular stroke of good luck, the train stopped briefly at Blair Atholl in Perthshire from whence the Stewarts, my wife's paternal ancestors, had emigrated. We had time here to have pictures taken on the station platform and to look at the green hills glowing in the afternoon sun. But farther north the contours become more rugged and we found ourselves in the rugged hilly land of the authentic highlands. It is hard to describe the sentiments one feels when first he sees the purple haze on the mountains which the presence of the heather brings to the landscape. How difficult it must have been for the Highland Scots to leave the wonderful land where hill, dale and lake present such a sight to the beholder. On the train we enjoyed one of those famed British institutions, high tea. The dining car steward seemed somewhat apologetic when he told us that dinner was not being served. However, after the repast which we were served there was no room for regrets or apologies. Britain does not rate very highly in gourmet's calendars but the magnitude of high tea would indicate that it is not a land for anyone with a small appetite. INVERNESS How easy it is to develop misconceptions. Inverness, from the study of geography, had formed itself in my mind's eye as a small fishing centre in the north of Scotland, a place bleak and

THE HEART OF SCOTLAND

By Heath Macquarrie

perhaps a bit dreary. This misconception was soon shattered when I arrived in this city of character and beauty, of history and tradition, which has inscribed itself indelibly upon my memory. Inverness has about all the attributes that a city could wish for. There are mountains, there is the open sea of a deep and brilliant blue, and there is a lovely river. There are graceful bridges; there is a stately and historic castle, and there is the history of Scotland at its saddest and best in the atmosphere of the city. But while it is a place of antiquity, Inverness is also a modern city with a business section marked by efficiency and modernity. The hotels of Inverness are highly regarded. The one which the charming manager of the Highland tourist office booked for our accommodations was one of the finest we had ever seen. The lobby of the Station Hotel was recently decorated in such a way as to capture the colouring of the heather but this is done with such sensitivity, as to make an over-all impression of great beauty and charm. The courtesy and service of the soft-spoken Highland staff was of the very highest, and as with so many travellers and with so many places our great regret was that we had so little time in such a lovely place.

A noted traveller has said that when he saw Edinburgh he thought he had seen the most romantic city in Scotland but when he went to Inverness he was not sure. While agreeing that perhaps Edinburgh was more romantic, Inverness was more "romantic." The romance of Inverness can hardly be avoided even by the most insensitive person or the most casual viewer of its historic past. FIELD OF CULLODEN It is only four miles from the city that the fateful battle of Culloden was fought by brave and devoted men some two hundred years ago. On this field that picturesque but pathetic figure, Bonnie Prince Charlie, made his last stand and the clansmen of Scotland fell before a more numerous army of the south in their quest for the Stuart dynasty. The aftermath of Culloden is not a happy chapter in the history of the Highlander nor is it one upon which the English historian can ever look with satisfaction or pride. Some say that the old clan system died at Culloden along with the cause of the House of Stuart. But, of course, the heart of Scotland is not dead. It is often observed that Culloden is unique in

Substitutes To Vary Diet

By Herman N. Bundeas, M.D. A while ago I gave you a list of meat and fat substitutes for adding variety to reducing diets. Now I would like to pass on some other foods which you can generally substitute for specific items listed in most such diets. There are many things you can use instead of bread. For one slice of bread you can substitute:

- 1 biscuit, 2 inches in diameter. 1 muffin, 2 inches in diameter. 1 piece of corn bread, 1 1/2 inch cube. Flour, 2 1/2 level tablespoons. Cereal-cooked, 1/2 cup; dry, 3/4 cup or rice and gifts, cooked, 1/2 cup. Crackers—2 graham, 20 ayes-lerettes, 5 saltines, 3 soda or 6 to 8 round thin crackers.

SOME VEGETABLES Vegetables (prepared without sugar or additional fat): Lima or navy beans, split or cowpeas (dried and cooked) 1/2 cup; fresh lima beans, 1/2 cup; sweet corn 1-3 cup, or parsnips, 2-3 cup. Potatoes: 1 white (baked or boiled) 2 inches in diameter; white mashed, 1/2 cup; sweet or yams, 1/4 cup. Desserts: 1 piece of angel food or sponge cake, 1 1/2 inch cube. If you want ice cream, you will have to give up a little more. For 1 d.p. or 1/2 cup of vanilla ice cream, you must deduct one slice of bread and 2 teaspoons of fat from your regular daily diet.

What about fruit? Well, most diets call for one serving of the following fresh or unsweetened fruit at each meal: Apple, 1 small; apricots, 2 medium; banana, 1/2 small; blackberries, 1 cup; blueberries, 2-3 cup; cantaloupe, 1/4 medium; cherries, 1/2 cup; grape juice, 1/4 cup; grapefruit, 1/2 small; grapefruit juice, 1/4 cup; grapes, 1/2 cup. OTHER FRUITS Orange, 1 small; orange juice, 1/2 cup; peach, 1 medium; pear, 1 small; pineapple, 1/2 cup; plums or prunes, 2; raspberries, 1/2 cup; strawberries, 3/4 cup; tomato juice, 1 cup; watermelon, 1/2 slice, 1 inch thick. Oranges, orange juice, grapefruit, grapefruit juice and tomato juice are rich in vitamin C. Use at least one of these daily.

While this list of substitutes, prepared by the American Dietetic Association of Chicago, can be used in most reducing diets better check with your doctor to see whether he approves it for your own case. QUESTION AND ANSWER P.B.: Recently I had an X-ray which showed an enlarged heart. What causes an enlarged heart and is it congenital? Answer: There are many causes of an enlarged heart, such as high blood pressure, heart strain, diabetes, arteriosclerosis or it may be congenital. Only a thorough examination by a physician can determine the cause.

The greiest day, the darkest night. And men shall rise on every side To feel the glow no cloud can hide. Behind each canker ever cured. Behind each malady endured; Beyond each battle's din and scar. Beyond each victory from afar. There beats, untouched by sword and dart. The armor of a laughing heart.

—S. Barlow Bird Freetown, P. E. I.

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Those British Turbines

By George Kitchin Canadian Press Staff Writer

The case of the British turbines illustrates the difficulties foreign suppliers have sometimes in trying to crack the American market. It points up the problems they have to contend with when they try to compete against American-made goods, particularly when government contracts are concerned and congressmen have a chance to bring pressure to bear on the White House.

The case involves a government contract for two hydraulic turbines for a dam and reservoir in Arkansas. The bidding was open to foreign suppliers and a British firm—English Electric of London—submitted the lowest bid, for \$1,450,700. The second lowest bid—\$1,757,210—was tendered by the Baldwin-Lima-Hamilton Corporation of Philadelphia.

SECURITY REASONS The British bid met all the requirements of the Buy American Act, which governs U.S. government purchases, and the contract by law should have gone to English Electric. Yet, without explanation, Washington's office of defence and civilian mobilization reversed the procedure and awarded it to the Philadelphia firm for "security" reasons.

The action, producing the first rift in Anglo-American relations since the Suez affair, angered the British people, their press and prompted Sir Harold Caccia, British ambassador in Washington, to lodge a strong, though unsuccessful, protest with the state department.

The thing that irks the British is that the Eisenhower administration went outside the con-

ditions of the Buy American Act, once the bid had met its provisions, to take the contract out of the hands of a British supplier and give it to a domestic firm. CONDITIONS MET Under the Buy American Act, the government can accept a foreign bid only if it is six per cent below the lowest domestic offering. If there is unemployment in the area, the foreign bid must be 12 per cent below. In this instance, the English Electric bid was 19 per cent below that of the Philadelphia firm. If the foreign bid meets these provisions, awarding of the contract is mandatory.

The case has heavy political overtones, going back to the campaign for the congressional election last November. At that time, Republican Congressman Hugh Scott, fighting hard for a Senate seat in Pennsylvania, announced he had been informed by the White House that the bid would go to the Philadelphia firm, despite the fact the English Electric bid was lower. Two weeks ago, Scott's campaign announcement was confirmed when the defence and civilian mobilization office decreed the contract should go to Baldwin-Lima-Hamilton in the interest of "national security" since it was one of a limited number of firms with the required machine tools. Scott won his campaign fight and now sits as a U.S. senator.

that unlike other battlefields it is also the actual cemetery of the warriors who fought and died in the furious clash of arms which took place on that dim and distant day. In this melancholy battlefield the bodies of twelve hundred Jacobites lie buried. But not far from the place where the Highlanders are buried in the cemetery of the much less numerous English dead of Culloden. The stone which marks this burying ground bears a simple inscription which has never been very popular with certain people in the British Isles. It reads simply: "The field of the English that were buried here."

Inverness recalls one of the great women in the history of Scotland, Flora MacDonald. The statue of this brave and ingenious patriot is a most impressive site standing before the castle and is the object of great interest on the part of many visitors of Inverness. The story of how Flora assisted in the escape of Bonnie Prince Charlie is one which will live long in the memory of those who have a special feeling for the romantic in history and literature. So again Inverness appeals on the romantic theme.

NOTES BY THE WAY

If the typical farmer's wife were to cut her work week to 40 hours, she'd feel as if she were on vacation.—Woodstock Sentinel

Electronic machines are becoming so smart that one of them, owned by the University of Illinois, has composed a four-movement suite for string quartet. This work is reported to have been well received at its first performance. To laymen, some modern music sound as if it had been created by a similar process. This may not be doing justice to the machine.—Ottawa Citizen

Farm and country dwellers whose homes and buildings are protected by windbreaks have had the laugh this winter on those without says Forester C. R. Groves.—The well-established rows of evergreens set out as windbreaks have proved their value during recent period of sub-zero stormy weather. The trees have helped to break the sweep of icy winds and have offered a welcome haven, during the stormy periods.—Pembroke Observer

A Paris court has fined importer Henri Zacharie 1,000,000 francs (\$2,026) for the heinous crime of bringing in Dutch-made whisky and labelling the stuff "Williams Scotch Whisky—Williams Distillers, Glasgow." To make its point even clearer the court ordered Mr. Zacharie to pay one franc in symbolic damages to the Scotch Whisky Association for taking in vain the name of its members' distinguished beverage.—New York Herald-Tribune

Discussion as to whether or not juveniles charged with or proven guilty of serious crimes should be shielded from publicity is more general in the United States than in Canada. At Buffalo, recently, Police Commissioner Frank Y. Felcetta urged that the news of youths under 16 years of age who repeatedly commit major crimes be made public. "If a child is old enough to commit a crime, then he's old enough to have his name published in the newspapers," he declared.—Moose Jaws Times-Herald

The car ferry yesterday encountered the heaviest ice of the season thus far. Leaving Borden at 9:50 yesterday morning the steamer arrived in "ormentine at 3:25 yesterday afternoon. The ferry left on return at 7 o'clock and at midnight was within a mile of Borden in heavy ice. Driven by a westerly wind, the ice was jammed solidly against both shores, and extended almost the entire distance across the Straits.

The hotel and restaurant conducted by Mr. and Mrs. L. W. Warren, Cardigan, were completely destroyed by a fire which was discovered about 1 o'clock yesterday morning. It is thought the fire originated from the kitchen flue. The occupants escaped in their night clothing in a ten-below freezing temperature. The loss is estimated at over \$250,000.

TEN YEARS AGO (Jan. 30, 1949) At ten o'clock Saturday morning two Lancaster aircraft, the Zenith and the Polaris, roared down the runway at the Summerside R. C. A. F. Station, soared aloft and headed into the distance with Bolling Field, Washington, D. C. as their destination. This began the first important navigational training flight for the officers course at the Summerside station.

Under reconstruction by the Provincial Department of Public Works, Beach Grove Inn will be turned over to the Provincial Department of Health and Welfare this Spring, and will be used to relieve the present overcrowding at the infirmary by accommodating at least 200 of the aged.

MAXIMS When you have anything to communicate that will distress the heart of the person whom it concerns, be silent, in order that he may hear it from someone else.

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