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The strongest memory is weaker than the weakest one.

FRIDAY, JULY 17, 1964

Meeting In Cairo

Leaders of the 34 states belonging to the Organization of African Unity are opening an important conference today in Cairo. It is their second crucial meeting, the first being held 14 months ago in Addis Ababa, Ethiopia.

President Nkrumah of Ghana is bringing a six-member delegation to renew his drive for a United States of Africa. President Ben Bella of Algeria may again call on Africans, as he did a year ago, to "die a little, if necessary," to free their peoples still under colonial rule.

The report charges that Quebec, the Maritimes and Ontario have failed to train young farm people to fill them for the rapidly changing economic development of today.

It would be well for Western world leaders to pay attention to what transpires in Cairo this weekend. There will be a lot of ceremonial pomp and that kind of thing, but the persistent drive for African unity is something else again.

"Among The Palbearers"

"If, as seems foredoomed, the Republican party in 1964 goes down to suicide with Goldwater, prominent among the palbearers will be former President Eisenhower and Richard M. Nixon."

Thus comments the New York Times on the results of Wednesday's balloting for presidential candidate at the Republican national convention in San Francisco.

The Arizona senator won hands down, as anticipated, and an important factor in the success of his campaign for nomination, in The Times' opinion, was the attitude of the "vested Republican leaders who should have cared most whether the party was drifting and said no word of warning that could be heard or at least comprehended."

It is doubtful if the Republicans would have much chance of winning the November election against President Johnson in any case. But, as The Times says, "why throw it away by nominating a man who voted against the civil rights impulsive first-thoughts on economic aid, who is against foreign aid on farm policy, who opposes federal aid to education, who has minimal exceptions, who votes against the anti-poverty program, who makes reckless statements on Cuba, Vietnam, use of nuclear weapons, and relations with the Soviets, who fundamentally questions social security, whose attitude toward union labor and toward those pitifully dependent on social welfare is hostile?"

Why, indeed. Yet it was appar-

ent long before the convention that the Seranton effort to block the Goldwater drive came much too late. The drive had been in the making for years. It began immediately after the defeat of Nixon in the 1960 election when the Republican Old Guard, bitterly determined to accept no more "moderates", settled on Senator Goldwater as their champion. In the years after 1960 he cultivated organization Republicans by criss-crossing the country on fund-raising tours. The conservatives consolidated control over many of the local and state organizations that choose convention delegates.

The moderates, on the other hand, seemed to flounder in irresolution and reluctance to take on the burdens of a challenge to the Democrats. Only Governor Rockefeller was at all eager and he was disqualified by his divorce and remarriage. The Seranton challenge, which came after the moderates realized that Goldwater had practically won the primaries by default, never really got off the ground.

Drastic Recommendations

A farm survey commission report released from Ottawa suggests that half the farmers in depressed rural areas should be lifted from their poor farms and retained for urban life, thus eliminating them as a drag on Canada's agricultural community.

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EDITORIAL NOTES

If there is anything that Senator Goldwater has been consistent about over the years, says a writer in the New Yorker, it is his opposition to platformers. He is not just against liberal platformers—he is against all platformers. "At their best," he said, "politicians are always packets of lies." He did not say what they were at their worst.

The late Mr. Russel C. Clark was for many years one of the leading merchants in his community and one of the stalwarts of the Legislative Assembly. His success, both in business and in politics, could be summed up in one word: dependability. People came to depend upon him for this, that and the other thing, because they found he was the kind of man in whom full confidence could be placed. Quiet and unassuming, he shunned the limelight; but this did not lessen in any way his regard in which he was held by members on both sides of the House.



OTTAWA REPORT

Reviews New Canadian Stamp Issues

(Patrick Nicholson's guest columnist today is Hon. John R. Nicholson, Postmaster General of Canada and Liberal M.P. and of Vancouver, Centre.)

The business of being a columnist is rooted in the communication of ideas. More and more, Canadian postage stamps are serving this same function and I found this thought very reassuring when my friend, Patrick Nicholson, did me the honor of asking me to contribute to his column.

Two of Canada's most recent stamps are others slated for release in the near future, have been designed primarily to honour historic and important concepts. The issuance of these stamps represents a departure from previous practice in Canada when special issues usually recalled a particular person or event.

The Peace Stamp, which was first of these stamps. The stamp was originally conceived to commemorate the 25th anniversary of the signing of the Treaty of Ghent on Christmas Eve, 1814, and a half of peace between Canada and the United States. After a great deal of thought, it was decided to expand the theme to "Peace on Earth" to include all men and all nations. To underscore the universality and timeliness of this idea, the Latin inscription "Paxem in Terra" was chosen as the focus of the design.

Most POPULAR This stamp has proven to be the most popular issued by Canada in many years. I have received letters from scores of people to convey their approval of this issue. These letters are all contained in a file and they are very heartwarming.

Similarly, it was an abstract idea which evolved into the Unity stamp of May 14th, which is inevitable with any intangible, the problem of choosing a concrete, graphic design to convey this idea. The design was a difficult one. The Post Office received dozens of suggestions, many of which were carefully considered. Most of them referred to the British-French alliance, which was a good — very good. Yet we hesitated, because we did not wish to create any feeling that such symbols expressed the differences and divergences inherent in the United States as large and as young as Canada. The design that was chosen was a simple one. It was a stamp, was to draw attention to the fact that one agreement which we hold in common. This "we" did not mean only the two founding British colonies, but all those who have contributed to our country's development and character. It was a stamp that made leaf motif was the most suitable for this purpose.

For the first time in our history, Canada will have two Christmas stamps in 1964. These stamps, of the three and five cent denominations, will be released on October 14th. Here again, the Post Office is basing its stamps on ideas rather than on people or events. The theme is definitely a Yuletide one, and the opportunity is being taken to honour the traditional family and religious character of Christmas.

This emphasis is due in no small measure to the influence exercised on contemporary thought by the Canadian Confederation on the family, sponsored by the Governor General and Madame Venerable. This emphasis is also associated with the Christmas season, which is associated with Santa Claus and Christmas trees. Neither of these seemed suited to the

Montreal Gazette

4000 a year and more is only \$1,723.3 million, out of a total income of \$20,754 million. Looked at in percentages, the income of the average Canadian taxpayer is about 8.30 of the total of all income.

Not In Income Taxes

Here is no promising harvest for the tax collector. Supposing tax yield on all incomes over \$15,000 were increased 50 per cent — a drastic and unimagineable measure. This would yield the federal Government an additional revenue of about \$215 million. This may seem a substantial sum in itself, but it would offer no decisive solution for Government needs.

Applied to the Government's expenditures for the same taxon year 1962, the yield from this 50 per cent increase in tax yield in the top brackets would only have paid for about half the expenditures of the Department of Transport, or about one-third those of the Department of Veterans Affairs. To put it another way, it would have added about the amount towards meeting federal expenditures that amounted in that year to \$5,500 million.

London Free Press

Pooh Bah Role In Congo

This leaves exact picking of the assembly of roustabouting political leaders he is trying to assemble. To do this, he did manage to find room for some of the other tribal chiefs, such as Albert Kasubu, and his past record makes it most noticeable in the tongue of South Kasai, and for some of the followers of the late Patrice Lumumba.

Milwaukee Journal

Rattling The Atom Bomb

The most widely quoted part of Senator Goldwater's June 30 interview with Der Spiegel, West German news magazine, is his statement that no Republican could defeat President Johnson as of this moment. He has charged from G. O. V. Scranton that Goldwater has a thus forfeit his acceptance of nomination because he is a defeatist, which, of course, Goldwater denies.

What should bother the average American about the Spiegel interview is that one again Goldwater rattled the atomic bomb. He told Der Spiegel that he would be in favor of using small or limited nuclear weapons "if necessary" to support any anti-Soviet uprisings in eastern Europe. What is a limited nuclear weapon? One that bombs drops in a small area in it effect drops everywhere. No nation armed with nuclear weapons could fail to use them if it were hit with nuclear weapons. The threat of nuclear retaliation is the only means of preventing nuclear attack. That is the very essence of today's nuclear stand-off.

Conditioning Exercises

By Dr. Theodore R. Van Dellen

Are isometric or isotonic exercises better for middle-aged sedentary individuals than a swimming, walking, or calisthenics? This question comes up repeatedly, now that physical fitness has become so popular. The answer is, "No, but they are good supplements. Isometric exercises are helpful for young and old. They are done by contracting one muscle against an opposing immovable object. Stand in a doorway, raise the arms, and press the hands as hard as possible against the upper part of the frame. Another maneuver is to put the fist of the right hand in the palm of the left and push the two together for at least six seconds.

This type of exercise is convenient, requires no special equipment, and sweating is not excessive. There is a limit to the amount of strength that can be achieved. Muscles enlarge and the amount grows smaller. The body and joints do not move.

The purpose of isotonic exercises is to develop strength. They involve movement in contrast to the isometric exercises and are done by contracting the muscles against increasing resistance. An example is to lift such as bar bells or dumbbells, is used. To gain strength, the resistance must be increased, otherwise it remains stationary.

Muscle mass increases, explaining why those who follow this program faithfully may become an Atlas, provided the muscles are exercised in like fashion. Moving the joints makes them more pliable. Isotonic exercises require great effort for a short period but the rewards are more enduring, less fatigue, and a feeling of well-being.

Walking, swimming, and calisthenics do not enlarge the muscles or increase strength above the normal level, but they do preserve suppleness, and improve the circulation. In my opinion, the average office worker can take his pick because no exercise system is superior to another. A combination is ideal, particularly for strengthening selected groups of muscles and improving physical fitness.

PAIN ON RIGHT SIDE

A.G. writes as pain in the lower right abdomen always a sign of appendicitis?

No. Pain may come from spasm of the bowels, diverticulitis, kidney stones, or even an ovarian cyst.

INPECTED KIDNEYS

N.R. writes: Could kidney infection affect the heart and lungs?

REPLY Indirectly, by increasing the blood pressure. The heart but not the lungs are affected by the circumstances.

SHARKNESS

H.M.B. writes: Could a thyroid imbalance cause an overall bodily tremor?

REPLY This is unlikely. An overactive thyroid leads to tremor that is seen as shaking of the hands and hands.

TODAY'S HEALTH HINT—

Be sure you book a fish and not yourself. (Note: All correspondence to Dr. Wright should be addressed to: Dr. Theodore Van Dellen, c/o Chicago Tribune, Chicago, Illinois.)

By RIGHT SHOES

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FOCKET CENTER, W.V.A. (AP) — Two explosions shook the Allegany ballistics laboratory, but no one was injured. The explosions happened in a building used for testing operations building, while experimental work was being done.

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STORES ON P.E.I.

NOTES BY THE WAY

The toughest test a manufacturer could give a car would be to turn it over to a teenage boy for a week. — Woodstock Sentinel Review.

George Bernard Shaw used to say that a pessimist is a man who thinks everybody is as nasty as himself and hates them for it. — Niagara Falls Review.

Strong British Reaction

By Alan Harvey

Canadian Press Staff Writer

Senator Barry Goldwater's advance to the Republican throne in the United States has a faraway audience frozen in something akin to horror. Bemoaned Britain watches the drama being played out in San Francisco with the impotent feelings of a remote spectator who sees a runaway vehicle approaching the cliff-edge. "can't do anything to stop it."

"It has all the inevitability of Greek tragedy," said a student of American politics. International affairs usually consist of shades of grey, but in Goldwater Britain and Europe have fastened on a villain they can view in stark terms of black and white.

"UGLY AMERICAN" For many Britons, he is the "Ugly American," a man whose over-simplified approach to foreign policy makes him seem the biggest sick joke of them all. Despite his quiet-spoken charm, he is seen as representing an upsurge of raw, raucous political primitivism.

So strong is the European view that Robin Day, a careful commentator, went on BBC television the other night and said without qualification that Goldwater represented a victory for ignorance and extremism. "Such opinions, echoed in pubs and clubs and in street-corner conversations, shows the interdependence of the Western world. When the U.S. advances, Europe catches cold. Just as the death of the late President Kennedy produced a profound reaction in admiring Europeans, so Goldwater has a reverse effect. Perhaps the greatest fear is of a rampant, irrational nationalism, stirring an aggressive foreign policy that would be worse than isolationism or the "fortress America" concept.

POWER SWITCH SEEN British Press comment, universally critical, sees Goldwater's apparently a stoppable march as reflecting a significant switch in American power from the sophisticated eastern seaboard, traditional repository of Republican strength, to the frontier societies of the south and west.

One result of Goldwater's ascendancy, it is argued, may be to force Britain's opposition political parties to reconsider their stands on nuclear defence. If the U.S. can be trusted, the politicians may say, it behooves Britain to look to its own defences.

Another reaction in Britain involves a sharp devaluation in the reputation of former president Eisenhower. On a something of a British idiom, he is being portrayed here as an old man, full of fumble and indecision, who by his "wallowing" allowed the Goldwater victory to happen.

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