

Monday's Decision

One thing which both sides in our long-drawn-out political contest are agreed upon, is that the result of Monday's voting in First Kings will be of cardinal importance and that it would be unfortunate indeed if it produced another stalemate. At best it can provide only a very slim margin for the winning party in the next legislature; and on both sides, as noted before in these columns, there will be a heavy responsibility in exercising restraint in partisan matters, and working as harmoniously as possible in the interests of the province. Both the party leaders expressed their desire to do this following the election in the other constituencies, and the public will expect them to keep this overriding objective in mind. Otherwise, we shall be in for a long spell of political unrest that could play havoc with our hopes for greater progress and development.

These hopes, we believe, never stood higher than at present; provided some measure of political stability is maintained. And the reason they stand so high is in large measure due to the progressive efforts of the Shaw government on whose record the electors of the Souris district will be passing judgment.

It is significant that from the start of the campaign the government has sought to focus attention on every phase of this record—on the ground-work it has laid for further development, industrially, agriculturally, educationally and otherwise—on its concrete achievements over the years in this connection, and on its blueprints for expansion along lines on which it has consistently been working. Its opponents, on the other hand, have sought to create, distract issues and to make the public forget that they, individually or as a party, have any past record at all.

Surely they could point to something the Liberals have done in the past to warrant the voters putting faith in the fulsome pledges they are now making? Something by way of a token of good faith, so to speak? Not a thing, apparently. "A new government," they keep promising, "with fresh energy and spirit!" Many of them, incidentally, are oldtimers with records the voters are all too well aware of. "But let's not talk of that!" is their cry. "Buy our bright new wares! Absolutely new! Never on the market before!"

This smacks more of the technique of circus barkers than of responsible office seekers; and we suggest that it goes to the root of all the issues in this campaign. Certainly it is worth careful thought by those who will be voting on Monday.

Caribbean Trade

It is encouraging to note the substantial concessions that Canada is prepared to make in furtherance of good relations with the 13 Commonwealth Caribbean countries. The conference at Ottawa this week promises to be a milestone in this connection, and it is to the credit of Prime Minister Pearson that he undertook to call it at this time. He realizes that the Caribbean is increasingly becoming a challenge to Canadian responsibility, and that the time has come to cope with it.

Speaking on this subject recently in the House of Commons, Heath Macquarrie emphasized that it was a matter of particular concern to these Atlantic provinces. We must quickly upgrade our interest in the West Indies, he said, for reasons other than selfish or economic motives. He referred to useful gathering at Dalhousie University last month in which the leaders of the West Indies and of the Maritimes participated, and at which Trade Minister Winters

delivered an address. This meeting was a hopeful sign. It indicated, however, a disturbing disillusionment among some of the Caribbean leaders, particularly with regard to Canada's external aid contribution.

"I suggest that if there is any part of the world in which for us there is a combination of unique opportunity and superior ability to do something, it is in the Caribbean area," Mr. Macquarrie said. "I know of no part of the world in which a limited degree of Canadian economic aid could be so helpful as in this area. I know of no part of the world where the failure of the have nations to use that expression, to participate to the full could be more dangerous and explosive."

This week's conference has been hailed as the first step for Canada in developing a "special relations" with the various underdeveloped Caribbean countries. Three of the 13 are independent, the others are gradually emerging from the restrictions of colonial status. British influence is therefore declining. The Canadian weapons to fill the gap are largely trade and aid.

If Canada can strengthen its sphere of influence in this area, not only will it help to make the Commonwealth stronger, but Canada's own trading position could be strengthened considerably.

No Soft Soap

When at a critical time Indira Gandhi assumed the role of government leader in India, there was a widespread feeling that this was too tough a job for a woman to handle. But she has shown an admirable capacity to face hard facts, and to speak of them in terms much more realistic than her distinguished father, Prime Minister Nehru, could bring himself to do. While he often preached the virtues of hard work, that great man seemed incapable of dealing with the harsh economic policies needed to meet the country's problems. Here is what Mrs. Gandhi had to say one the subject at a recent press conference, after asking the co-operation of the people in bringing down prices:

"I asked for the cooperation not merely for holding the price line, but in getting up with hardships. No nation has achieved economic growth, or any kind of independence, whether political independence or economic independence, without going through hell and fire. We have not done it. We have had a pretty soft line all these years and we cannot hope to break through unless we are willing to go through that experience."

"We do get together when we have war. Well, this is a war. It is a war on poverty, it is a war for the stability of the country, for survival, in a way, of the country. If people cannot be enthused by this and bind themselves together to face this crisis, they have it coming to them."

The listening Indians, it is reported, "were startled." They were accustomed to sad speeches and compassionate concern rather than rough pep talks telling them to get to work and help themselves. Perhaps this is just what they need to get them on the road to constructive action.

Worth Considering

A National Research Council study group has urged the Canadian government to establish a national motor vehicle accident research centre to find ways to reduce the number and seriousness of accidents on Canadian highways. Sounds like a good idea. The responsibilities of the proposed centre would be to provide for the benefit and use of federal, provincial and municipal agencies technical information and the research and test results required to establish federal motor vehicle specifications and standards, national codes to practice and regulations relating to road-worthiness. It also would maintain a continuing technical relationship with all levels of government and with foreign safety organizations and stimulate and co-ordinate research on road safety by other organizations in Canada.

EDITORIAL NOTE

England's venerable Oxford University is to get a new college—Wolfson. It will stress science and technology and will accommodate from 300 to 400 fellows, graduate students, postdoctoral researchers and distinguished visiting professors. From 10 to 15 per cent of the graduate students are expected to be from the Commonwealth, Europe, or the United States. The Ford Foundation is giving \$4.5 million as an endowment, and Britain's Wolfson Foundation is putting up £1.5 million (\$4.2 million) for the building and equipment.



ALWAYS SOMETHING TO SPOIL THINGS

NIGHT SUBMARINES

Find Big Role In Salvage Operations

National Geographic Society

Midget submarines are starting to do a giant's job in the ocean. The versatile metal minnows caught the public eye when a hydrogen bomb was lost in the Mediterranean off Spain in early 1966. A sub only 22 feet long and known as Alvin located the bomb at 2,500 feet. In the salvage operation, the sub was aided by the 50-foot Aluminant. Though much larger than the Alvin, the Aluminant is a midget, too, compared to the 300-foot-long World War II submarines. The bomb was actually lifted by an unmanned device, the Cable-Controlled Underwater Research Vehicle (CURV), directed from a surface ship.

CARGOES AWAIT SALVAGING. The United States Navy has ordered six 43-foot submarines for rescuing men who might be trapped in disabled nuclear submarine. Other midget submarines are expected to be useful in ship salvage. More valuable than all the gold that went down in ill-fated Spanish galleons are the cargoes of thousands of ships sunk off the Atlantic coast in two world wars. The tin in a single drowned cargo is reportedly worth \$26 million. Until now, recovery of cargoes from many deeply submerged ships has been considered impractical, but new techniques may make it economical in one method, polyurethane foam is blown into a sunken ship. The light foam forces enough water from a ship to make it rise to the surface.

Small submarines such as the University of Pennsylvania Museum's two-man Asherah are hunting for ancient wrecks of interest to archeologists. The Asherah, built with National Geographic support, has explored wrecks in the eastern Mediterranean. Oil companies plan to use midget subs increasingly in locating and developing offshore oil deposits. Oil is only one of many minerals lying within reach of the underwater craft. Diamonds, tin, and other materials are already being recovered from the sea floor.

COUSTEAU'S DIVING SAUCER

Today's midget subs owe much to Captain Jacques-Yves Cousteau's Diving Saucer, built by the French Undersea Center at Marseille with National Geographic aid. The jet-powered Diving Saucer, first tested in 1959, has made some 400 dives for scientific purposes. Only 6.5 feet in diameter, the Saucer carries a pilot and observer. Mass-produced underwater vehicles may someday be as common as automobiles, according to the American ocean expert Athelstan Spilhaus. He says advances in underwater breathing gases and apparatus eventually will make it possible for anyone to take to the sea.

"Underwater resorts will develop," says Dr. Spilhaus. "People will drive down under the sea, park their submarines, check into submarines and participate in one of the many recreations the resort will offer." Submarine training and guided tours will take people through the reefs and underwater world.

It's All In The Sauce

Financial Post, Toronto

Here is a comforting thought for diet-conscious humans who may have envied the idyllic cow life freedom to munch its way through life. Scientists are looking for an economical way to add pulverized wood to cattle rations. Dr. Warren Kitts, University of British Columbia agriculture professor, who has just received a federal grant to pursue the research, hopes to come up with some wood feed to replace expensive barley. Progress has already been made in feeding unprocessed maple sawdust to cattle. Dr. Kitts is now using enzymes to try to break down the wood compound. The processed wood is said to be as nutritious as the starch in grain.

If successful, the new feed might help bring the price of steak down, give or take a few slivers in the gristle. The only trouble with success, however, is that Dr. Kitts believes it may ultimately lead to a wood food suitable for human consumption. How would that taste flambéed.

If You See A Weed...

Des Moines, Register

There are plenty of signs around warning people about dangerous intersections, railroad crossings and other natural hazards. Why doesn't someone put up signs warning people about spring? A man who can resist all forms of physical exercise, who considers golf too strenuous and who can walk right past a woman changing a tire is likely to be a mucker for a cool, pleasant day in early summer when green is shooting up around him, particularly weeds. Pulling one or two weeds never hurt anyone, but can you stop there?

For too many men pulling a couple of weeds is the first step on the downward path. It gives them a false sense of strength and vigor. They lurch into the toolshed for the hedge shears, the rake and the pruning shears and saw. They forget wife and family and business responsibilities as they decimate the lilac bushes, chew holes in the hedge and leave elephant tracks in the borders.

When a man sobers up from spring madness, he faces a time of repentance, a time of remorse. Even a night on a heating pad will not ease the toothache in his back. Bending over to tie a shoe string is an agonizing process. His fingers are full of festering barbary needles, and the hedge shears have left a broken blister in each palm. He can move, after a fashion, but he would rather not.

Men who have not yet pulled their first weed should take warning from the man who stumbles to work after indulging not wisely but too well. It is the first weed that is the dangerous one.

New Defense Chief

Montreal Gazette

The man who becomes Canada's new defence chief July 16, Lt. Gen. Jean Victor Allard, has a distinguished fighting record in World War Two and in Korea, as well as broad experience in administration, all of which will be invaluable in the difficult job he has ahead.

Gen. Allard, who is only 58, has a reputation that goes beyond the military, and even beyond the borders of Canada. At one time in the mid-1950's he was asked to run for Parliament and become a member of the then Liberal Government, an offer he turned down.

For two years, from 1961 to 1963, he was honored by being appointed commander of the 4th Division, British Army on the Rhine. He was the first Canadian officer ever to command a British division.

The varied career of Gen. Allard has also included two years as Canadian military attaché in Moscow in the late 1940's, and experience in the defence department while the early planning was getting underway for the integration of the armed forces.

The first two years of the integration program have proved that the costs in terms of morale in the forces is high. As Gen. Allard takes over the top defence post, the strength of the armed forces in Canada has fallen dangerously below the required strength of 110,000 men.

It is a tribute to the retiring chief of defence staff, Air Chief Marshal Frank R. Miller, that the complicated organizational work involved with integration was accomplished efficiently and integration actually was carried out ahead of schedule. But the job facing Gen. Allard, even though the organizational groundwork has been laid, may be nothing less than selling the armed forces themselves on the value of integration. It will not be an easy job.

NAZI DOCTOR EXECUTED

BERLIN AP. Dr. Horst Fischer, a former Nazi concentration camp doctor, has been executed in East Germany for "crimes against humanity," the official East German news agency ADN reported Friday. Dr. Fischer, a member of Hitler's SS (Nazi elite guard) was accused of selecting for extermination with gas tens of thousands of prisoners at Auschwitz concentration camp in Poland between November, 1942, and January, 1945.

LADY DENTISTS FEW. Only one in 1,000 Canadian women-university graduates in 1963 studied dentistry.

Salt And High Blood

By Dr. Theodore R. Van Dellen

The relationship between salt and high blood pressure is not a new concept, but, as with proteins, salt restriction need not be considered too seriously unless the pressure is up and more so when the heart or kidneys are damaged. It is the amount of salt that does the damage. The element also is present in baking soda, baking powder, milk, several vegetables, chocolate candy, gelatin desserts, and many other common edibles. In fact, only a few of the foods we eat contain practically none.

This was the basis of the old rice diet which was the most strict along this line; it permitted only rice with sugar and fruit juices to which one quart of fluid and the gum of essential vitamins were added. This limited regimen is a semi-starvation diet and cannot be used over a long period of time.

A protein deficiency would develop long before the loss of salt is felt. The result is tissue swelling, marked weakness, and nausea. The monotony of the rice-fruit program is likely to depress the patient mentally and cause him to resist treatment.

Many physicians did not go to the extremes of this rice-fruit plan. They ordered a more liberal diet, with sodium kept to a minimum through the avoidance of such foods as avocado, bacon, lima beans, beets, broccoli, canned soups, celery, chard, cheese, ham, olives, relishes, and seafoods.

In arranging the meals, all foods including bread and butter are prepared without salt and none is applied after the dishes come to the table. Even fresh milk is prohibited. To supply the ingredients provided by a sodium-free skim milk powder is available in some areas sodium-free milk in fluid form and in cans is available from the local dairy.

Today's physician is even more liberal because modern diuretics help the body eliminate sodium via the kidneys.

EYE AILMENTS

S.D. writes: How does glaucoma differ from cataract? REPLY: In glaucoma, pressure of fluid within the eye is increased whereas cataract involves the lens. Vision is impaired in both disorders. In glaucoma, pressure affects the optic nerve and destroys vision; in cataract, the lens becomes so opaque that light rays cannot pass from the pupil to the retina.

FREE LOADERS

Mrs. T. writes: What is a parasitic infection? REPLY: A disease in which a plant or animal depends upon its host for food and shelter and gives nothing in return. The various parasites that become attached to man include worms, ameba, and ticks.

NOT THE HEART

O.N. writes: Would fainting and then vomiting after a hard blow to the elbow indicate a heart weakness? REPLY: No. This is not the usual reaction to pain, but I know of other instances in which it has occurred.

MAY FEEL LIKE IT

Mrs. E. writes: Do hot flashes cause high blood pressure? REPLY: It may feel that way but the two are unrelated. Some persons with high blood pressure have ruddy complexions.

INJURED NERVE

Irritation of the involved nerve through injury rather than infection. TODAY'S HEALTH HINT—Avoid the smoke when burning poison ivy.

(Note: All correspondence to Dr. Van Dellen should be addressed to: Dr. Theodore Van Dellen, c/o Chicago Tribune, Chicago, Illinois.)

PRINCESS FANNED

"Marriage fans" were made fashionable by the elaborate hand fan of British Princess Anne, who married William IV of Orange in 1734.

Too Slow A Climb

By Arch MacKenzie Canadian Press Staff, Washington

WASHINGTON (CP) — When regimes topple in Indonesia, Nigeria, the Dominican Republic—and now Argentina—observers begin sniffing immediately for ships to the left or right, and why.

The cause, however, frequently is dissatisfaction by the "outs" regardless of political stripe, with the pace of economic progress being made by the ruling regime.

"The frequent socio-political upheavals in recent years fail to show any distinct political shift to the left or right," says Iranian Jahangir Amuzegar, head of the Iranian economic mission here, in the July issue of the influential periodical, Foreign Affairs.

SLOW PROGRESS

"Instead they seem to manifest a fairly consistent pattern of internal discontent against intolerable social conditions and genuine frustrations resulting from too slow a climb up the economic ladder of progress and prosperity.

"Each coup regardless of its outward appearance represents essentially a desperate effort to find new ways of coping with the same stubborn, age-old problems.

"While the coup leaders attribute the unsatisfactory situation to the evils of the entrenched establishment, their real intention is to move up to a higher economic plateau and not sideways to the left or right."

POLITICAL SHIFTS

Amuzegar, aiming at large-power capitals East and West, says "too many political analysts have been too ready to explain these everturms in terms of internal political shifts toward socialism or capitalism, the West or the East.

"Often they have linked them to power plays between the United States, the Soviet Union and China with the outcome frequently interpreted as a 'clear gain' for one and a 'serious setback' for the other."

Brazil's military regime ousted one on the left, Syria's moderate government gave way to a military one aiming left; army rulers have moved into power in Ghana and Indonesia; and Nigeria, the former model of African democracy, has a government now seeking more public control and discipline.

Gargantuan Eaters

Hamilton Spectator

We read somewhere the other day that football star Ernie (The Cat) Ladd eats and averages two dozen eggs each morning for breakfast. In addition, he often adds three pounds of bacon to the eggs.

It seems to us that the legendary Paul Bunyan used to eat a whole moose for dinner, using the horns for toothpicks, no doubt.

Paul Anderson, the young American giant who won the world's championship in weight-lifting, was also a prodigious eater. Three or four two-pound steaks, a dozen eggs, and two or three pies might keep him satisfied at lunch; that is all.

All of these men are huge, of course. Ernie Ladd, for instance, at 28 weighs more than 300 pounds. Young Anderson, at 20, weighed more than 300. As for that fellow Bunyan, he must have been as big as the fir trees he used to knock down with a punch.

The reason the Ladds, Bunyans, and Andersons don't blow up and burst, or become side-show oddities, or die in their teens from heart attacks, is their devotion to exercise. They work so hard at muscle-building tasks that they burn up all the food they eat.

Meanwhile, the rest of us are called gluttons if we eat more than six eggs for breakfast. Many of us have to go on diets after long sessions of so-called over-eating.

It burns most of us up just thinking about how unlucky we are.

DISCUSS NEW TV OUTLET

OTTAWA (CP) — Transport Minister Pickersgill said in the Commons Friday he will confer with Prime Minister Pearson and State Secretary LaMarsh about television service in Prince Edward Island. Angus MacLean, P.C. — Queens, said that if the government's recent white paper on broadcasting is put into effect, Prince Edward Island will be the only province without a CBC television outlet.



Thiordan Gives LONG-LASTING CONTROL OF ALL POTATO INSECTS

APHIDS, LEAF HOPPER, FLEA BEETLE, TUBER FLEA BEETLE, COLORADO POTATO BEETLE

Thiordan is a registered trademark of Farbwerke Hoechst A.G.

ORDER FROM YOUR LOCAL NIAGARA BRAND CHEMICALS DEALER

Entertainment For The Whole Family At --

RUSTICO GOLF CLUB

- Beautiful 18 hole Golf Course
- Horse back riding
- Free Tenting and Picnic Grounds
- Swimming & Boating
- Enjoy a Treat from our Restaurant!
- Catering to private parties and wedding receptions



The best buys in professional golf equipment at our Pro Shop.

RUSTICO GOLF CLUB

Oyster Bed Bridge Route 242