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next fall. Also adopted—though with Communist opposition—was a recommendation to utilize the facilities of the World Meteorological Organization to collect data on radioactivity.

Underlining the need for continued efforts in this direction was a recent committee report, warning that the hazards to human health resulting from artificial radiation—including nuclear tests—may not be known for generations. This pretty well disposes of the complacent reports, issued from time to time, about the comparative harmlessness of radioactive fallout to date.

The fact is that no one really knows. An all-out effort to gather complete data on this subject would go a long way in boosting the campaign to ban further nuclear tests, which also the United Nations has endorsed but which has yet to be made effective by the nuclear powers at Geneva.

What Will Castro Do?

Premier Castro's agreement to let Soviet bombers be removed from his country, and Mr. Khrushchev's undertaking to remove them, disposes of another principal issue in the Cuban embroilment. President Kennedy, in return, has ordered an end to the U.S. naval quarantine of Cuba. There still remains the question of Castro's refusal to permit any form of United Nations inspection on the island, and his threat to fire on U.S. surveillance planes if they continue to operate over it.

The Cuban leader must know that if he carries out this threat, he may be inviting disaster upon his head. Furthermore, he must realize that he would find himself alone in any such ploy. The Soviets have already shown that they are not going to engage in anything more than verbal battling over Cuba. They apparently countenanced the shooting down of one United States camera plane when discovery of missile site progress still hung in the balance; but, with the sites abandoned, they have every reason now to keep the situation from getting out of hand.

Castro, therefore, may be expected to refrain from all but perhaps token firing on the camera planes, just as he has refrained from attacking Guantanamo. But he is an unpredictable character. He is smarting under a series of blows to his self conceit, and it is disquieting to feel that he still holds, to some extent, the possibility in his hands of provoking a crisis of major proportions.

Reassuring News

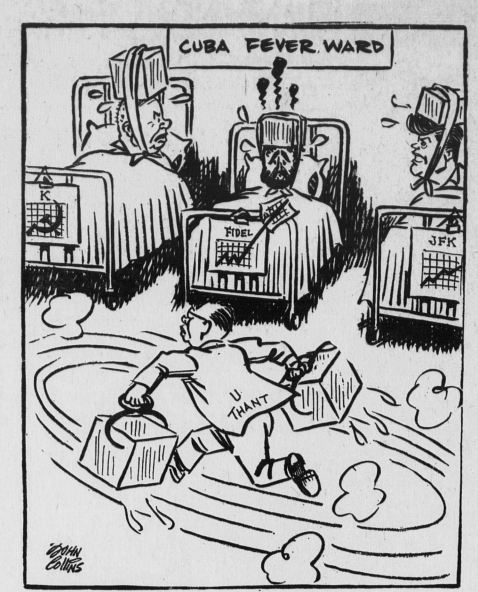
It is reassuring to note that the Fathers of Confederation Memorial Building Foundation is going ahead with its building plans for the magnificent cultural and historic centre to be erected on Queens Square in Charlottetown. It seems too good to be true, but Dr. Frank MacKinnon, chairman of the Foundation, has just returned from attending meetings of the Canada Council on the subject, and his report in today's Guardian is most encouraging.

It is expected to call for tenders on Nov. 27, and to have the contract awarded at New Year's, with actual construction commencing on January 15 next. The Foundation is anxious to have the building ready for use in May 1964 for the Dominion Drama Festival and the meetings of the Royal Society of Canada. Thereafter it will attract groups from all parts of the continent, and will put this Province on the cultural map in a manner hitherto undreamed of.

Dr. MacKinnon has been indefatigable in promoting this wonderful scheme and in following it through. The efforts of all concerned locally, however, would have been futile without the enthusiastic support received from other provinces and from Ottawa. It will be of a truly national shrine that we shall be invited to act as custodians, and it is this feature of the project that we should all keep proudly in mind.

EDITORIAL NOTE

According to a House of Commons return, there are 12 federally incorporated companies operating in Canada as licensees under the Small Loans Act. It was pointed out, however, that there is no general act of Parliament governing operation of companies otherwise financing the purchase of cars or furniture on the installment plan.



COOLING OFF PERIOD

OTTAWA REPORT by Patrick Nicholson

Commons Enjoys Spontaneous Speech

The House of Commons is seldom well filled around the mid-point of the evening session. One M.P. is on his feet, presiding over the reading from a sheet of paper of the "speech" which he has spent the past two days concocting — and he will spend the next two stuffing printed copies into envelopes addressed to his supporters back home.

A baker's dozen of M.P.s are doing, while twice as many appear to be listening; several read the pages of the Ottawa evening papers; a like number write letters at their desks; three or four pairs converse in quiet tones, and as many stand behind the curtains at the back of the Chamber, dragging on cigarettes.

It was once such a scene at 10.15 on the recent evening that Dr. P.B. Ryland erupted a n d gave the quorum a quick shot of life. The House was debating the motion of Health Minister J.W. Montrose to amend the Food and Drug Act. Specifically, to set up a "national council of welfare" to advise the Minister in the field of social welfare.

This, said Mr. Montrose, is "a major step forward in the development of welfare in Canada"; a step too for which former Health Minister Paul Forman expressed his support.

VIVID VITAL WORDS

The Commons had heard some luminous reading, and a lulling monotone, and then a lulling unprejudiced yet admiring speech in French. But when the tall grey-haired doctor representing "Since East began to speak, the freshness and the sincerity of this shot from Orilla did just the opposite to steady the assembly. Although it was fatigued by the hour and sleepy with food, "in fair round belly with good capon lined" as Shakespeare described it. The evening papers were laid down, the hum of gossip ceased. There is an indefinable allure in the spontaneous word, and Dr. Ryland was a delivering an oration not reading an essay. Novel ideas tumbled over themselves as he spoke, and one had to be quick to grasp each before he was off like a bound puppy after another scent.

In five minutes, Dr. Ryland said more than most had read in thirty. He antedotized his audience with his comments; he antedotized them more by abruptly sitting down.

But he thereby proved an interesting point: a speaker can make a telling contribution to a debate without filling the thirty minutes permitted by the rules. In fact, Dr. Ryland's brevity disappointed his audience, who would have enjoyed more of his ideas. And it sent them scuttling to read the printed report the next day, to examine those ideas which he had tossed out.

His theme, in effect, is that so-called "national council of welfare" is largely unjust because equal benefits can be enjoyed by sports, dances, social activities and other things, in a better proper perspective.

Too often a student finds that he has been letting his studies slip as he follows a team or enters a club. He has been following his studies to study. Too often, and often too late, he finds he hasn't learned the material he is studying — which is only the groundwork for doing those 1 a k e s in later life. He has no confidence, or success, or confidence, or both.

A COMMON FAILURE This failure to know how to study is a common one which extends down through the grade schools and is not peculiar to college life. It is not only a matter of which affects a student's life, but it affects his health. He has a bearing on his health. For a person who has learned to study, he has learned many of the disciplines which also keep him mentally and physically healthy.

OUR APOLOGIES

You have not been called upon. If you wish to share please send your contribution to United Fund Office, Charlottetown, or phone 4-8202 and a worker will call.

Food And Drug Group Provides Accurate Labels

By Dr. Theodore R. Van Dellen IT IS THE duty of the food and drug administration (FDA) to see that all products are labeled accurately and informatively. This agency has established standards for this purpose, and it is the duty of the manufacturer to follow. When a food label states that the contents of the container are 100 percent of the daily minimum requirement of vitamin D in each ounce, what does this mean?

The nutrient content of food is expressed in terms of minimum daily requirements (MDR). This MDR refers to the amount of vitamin D, for example, needed to maintain good health of a deficiency (rickets, in this case), and to provide a small margin of safety. The MDR of vitamin D is 400 U.S.P. units for infants, children, and adults. The label mentioned above indicates that each ounce contains 40 U.S.P. units. The product must contain this amount or the FDA will institute certain actions and bring the defendants to court, if necessary. The government, in such cases, does not judge whether the vitamin D is needed; it is interested only in the quantity of the label.

These FDA requirements are not to be confused with the recommended daily allowances of the national research council of food and nutrition board, which are designed to maintain good nutrition in healthy persons living in our country. How can I tell what I am getting? I can get it by reading the label. I can get it by reading the label. I can get it by reading the label.

ALCOHOL AND VISION B.D.M. writes: Do alcoholic beverages have a bad effect upon the eyes? Too much drinking of the eye is blurry and a little more leads to double vision. The chronic alcoholic also is liable to lose his vision if he does not get the optic nerve or the retina.

WON'T EAT LIVER T.M.B. writes: My husband and I are both vegetarians and can't do to make up for lack of liver in their diet. In serving them ordinary meat, dairy products or vegetable proteins such as beans and peas, liver is not indispensable — in fact, it is not.

SOUND MIND C.J. writes: What you do advise to keep a sound mind? Use it. The mind, like other structures, must be used, remain healthy, and don't forget "A sound mind in a sound body."

OUR YESTERDAYS

(From The Guardian Files) TWENTY-FIVE YEARS AGO (November 22, 1937) The two-masted schooner, George B. Cook, owned by the International Grenfell Association of New York, was on her way to St. Anthony, Newfoundland, headquarters of the association, last night with a cargo of produce and provisions loaded at Montague, Cap. Kenneth Iverson, Lunenburg, N.S., is master of the vessel.

L.D. Murray, Charlottetown, was re-elected president of the Boy Scout Association for Prince Edward Island at the annual meeting of the organization held in the Board Room of City Hall last night. His Honor Lieut.-Governor George Dr. D. Thane is patron and P. R. E. M. Thane A. Campbell is honorary president.

TEN YEARS AGO (November 22, 1925) Plans were made at the regular meeting of the West Kent Home and School Association to organize a Provincial Home and School Conference. Mrs. W. E. Scantlebury with others accompanied the Mayor and City Councilors on their recent tour of inspection of High Schools on the mainland, member report to the association.

Experiments over the past year have shown that potatoes make an excellent substitute for sugar in the diet. According to J.G. Nicholson, a staff of the Dominion Experiment Station here.

Sunter's - Thursday, Friday and Saturday PRE-CHRISTMAS SALE

WINTER COATS 1/2 off SWEATERS 1/2 off DRESSES 1/2 off GLOVES 1/2 price ONE BACK DRESSES 1/2 price BLOUSES 1/2 price HANDBAGS 1/2 price "ODDS & ENDS" from 50c up. 162 Great George St. Dial 4-6831

NOTES BY THE WAY

For fixing things around the house, nobody beats a man who is handy with a cheque book. — Galt Reporter. There's no telling where this do-it-yourself craze will sit or. Will it, we wonder, lead people to "think" — Chatham News. Early to bed and early to rise — men like that are unusual guys. — Sherbrooke Record.

Those who say fluoridation of water would be useless because small children do not drink water must never have been with in earshot of a small child that has just been put to bed. — Ottawa Journal.

Sonic booms caused by planes traveling faster than sound are not the minor annoyances most to mankind, they may be too easy on wildlife, either. Anyway, some complaining citizen in an Ohio town has presented a petition to the town council to ban the use of sonic booms. The charge that the night air is perturbed by the noise of the jets when they are started by the blasts. Maybe the government should issue gas masks. — Kenosha News.

Illusion Of Power

African and Asian states now make up half the membership of the United Nations; but the power they may hope to exercise by their UN votes is largely an illusion. How they are deceiving themselves is illustrated by the UN Assembly's resolution on South Africa, carried by 90-0 in 1956. It calls on UN members to break all diplomatic, trade and travel relations with the country. It is said, could lead to South Africa's expulsion from the UN. The main arguments against it might be summarized thus: South Africa is a democracy; a country (indeed it is one of dozens) practicing racial discrimination is not the subject of the UN. Racial discrimination is not the only crime in the calendar.

If one country is to be boycotted for opposing a race, others must be equally liable for objectionable domestic policies, such as barbarous political methods, denial of civil rights, religious intolerance, etc. ("Aid politics") There is no evidence that the proposition would either benefit the Bantu or change the behavior of the South African government. But these arguments are, in a sense, irrelevant. The main point is that UN Assembly resolutions totally lack the force of law and are not binding on anyone. And one reason why this is so, and will continue to be so, is that the Assembly's resolutions are not enforceable. Racial discrimination is not the only crime in the calendar.

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ANGLICAN CHURCH OF CANADA

Leadership Training Workshop Directed by MISS FLORENCE LAMB National Consultant Clergy Work. Friday, Nov. 23-5 p.m. Registrations St. Peter's Cathedral Hall. 7:30 p.m.—Evening All Souls Chapel. Saturday 8:30 a.m.—Corporate Communion All Souls Chapel. 10:30 a.m., 2:30 p.m., 7:30 p.m.—Sessions in St. Paul's Church Hall. Sunday 8:30 a.m.—Corporate Communion St. Paul's Church. 7:00 p.m.—Sessions St. Paul's Church Hall. 7:00 p.m.—Evening St. Paul's Church. (Miss Lamb will address G.A. "Links" members at Evensong.) Meals and hospitality will be provided.

INTERRUPTION NOTICE

There will be an interruption of electric power on our eastern transmission and distribution system on Sunday, November 25th, weather permitting, between the hours of 12:30 p.m. and 4:30 p.m.

This interruption is necessary to enable us to complete and commission our new tower crossing over the Hillsborough River.

The areas affected will be: Charlottetown to Montague, Murray Harbour and Wood Islands.

Mount Stewart to Souris and East Point and all adjacent areas.

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