

who, drunk with power and greed, proceed recklessly to "the unseen hazard".

Fear of the consequences may keep the present arms race from following its natural course, no one knows whether it will or not; however, it is clear from recent statements by responsible Western statesmen that the prospects are not too bright.

Why Not A Committee?

Lt. General Simonds, former Army Chief of Staff, has been saying unflattering things about the Defence Department off and on for a couple of years or more.

It would seem, therefore, that Gen. Simonds' views with respect to the administration of the Defence Department deserve something better than to be brushed aside by the Defence Minister as unimportant and inconsequential.

The disease is transmitted by the bite of the tsetse fly, whose domain stretches over some 4,500,000 square miles of Africa.

Mr. MacDonald's Visit

Canada has few literary men of international reputation. One of these is Mr. Wilson MacDonald, who has been writing distinguished poetry since early in the century, and whose work has been acclaimed by discerning critics on both sides of the Atlantic.

EDITORIAL NOTES

According to a UNESCO survey, the Bible is still the most widely translated book in the world, with no near competitors.

Chancellor Adenauer says that recognition of East Germany by any state would be considered "a hostile act".

The separate issues of postage stamps announced for Scotland, Wales, Northern Ireland, the Channel Islands and the Isle of Man may be the result of an Australian school atlas.



DOING TIME

Dreaded Plague In Africa

"Africa the sleeping giant," a favorite phrase in the early days of the century, was more literally true than the writers knew.

Whole villages sickened, wasted and died. Between 1906 and 1908, 200,000 persons were estimated to have died of sleeping sickness in the British protectorate of Uganda alone.

It was not until 1947 that the full extent of the menace was recognized. During the preceding few years, tsetse had invaded 8,000 square miles of new land in Uganda.

There are two forms of the sickness — the Gambian, which covers the western half of the continent, and the more virulent Rhodesian variety, which spreads through east and central Africa.

But the Rhodesian sickness is a newer pest. Only very recently has a new group of drugs been produced which offers hope to sufferers in advanced stages.

A Formula For Cyprus

Britain plans to give Cyprus self-government, but is not prepared to give it self-determination.

The question of the Turkish minority remains. But it was not a question until the violent campaign for self-determination began.

Slowness is, indeed, one of the keys to the Cyprus problem. The other key is success. Firm pledges, firm dates, firmly backed by NATO, should restore peace to Cyprus.

O Brave New World

Even if all current science fiction doesn't come true, mankind is headed into a world as strange as the mountains of the moon.

OUR YESTERDAYS

From The Guardian Files TWENTY-FIVE YEARS AGO (July 21, 1931)

People who believed they could find nothing new under the sun were inclined to redify their ideas after attending the Spark's Circus which staged two performances yesterday afternoon and evening.

In the Maritimes the cutting of hay is now fairly general. Cereal crops are promising and in Prince Edward Island the potato crop is going to be one of the largest in years.

TEN YEARS AGO (July 21, 1946)

Capt. J.A. Heenan, O.B.E., of the Department of Transport, Ottawa, accompanied by Mr. Gordon White, engineer, Provincial Department of Public Works and Highways, Col. A.S. MacKay and Mr. R.E. Mutch made a tour of the Wood Island made a tour of route yesterday.

A unique party was held recently at the home of Mr. and Mrs. James Pendergast, Kensington, when the graduating class of 1946 in the Kensington High School, with husbands and wives gathered in honor of their teacher of the time, Mr. James Landrigan, of Charlottetown.

With a twisted rudder stem the "Charles A. Dunning" reached Pictou last evening under her own power and will undergo immediate repairs.

The Poets Corner

FROM "EXIT" Easily to the old Opens the hard ground; But when youth grows cold, And red lips have no sound, Bitterly does the earth Open to receive.

Cold clay knows how to hold An aged hand; But how to comfort youth It does not understand! Even the gravel rasps In a dumb way When youth comes homing Before its day.

start the world's machinery at the much higher level of efficiency needed for recovery and progress.

There are alarming possibilities but, mercifully, there will be a meanwhile. It will be a period of mounting pressure on present-day production.

The Age Old Story He that overcame shall inherit all things; and I will be his God, and he shall be my son.

Medically Speaking

By Herman N. Sundesen, M.D.

HOW TO GET YOUR DAY OFF TO A GOOD START Are you wondering what to give your family for breakfast these warm summer days?

Well, why not start off with half a grapefruit, a whole orange, a good-size glass of orange or grapefruit juice or fruits now in season?

"It's a good way among other things of getting a daily supply of Vitamin C, a cheap, but highly important food element.

Adequate vitamin C lessens the risk of anemia, bleeding gums and hemorrhages. It promotes the formation of strong teeth and helps heal wounds.

Expectant and nursing mothers especially need lots of vitamin C since they are often likely to have a deficiency.

AD TONAL VITAMIN C In many cases, they report, miscarriages in subsequent pregnancies have been prevented by having the mother drink additional quantities of orange juice daily or taking capsules high in vitamin C.

The Food and Nutrition Board of the National Research Council lists these approximate requirements: normal man, 75 mg.; normal woman, 70 mg.; pregnant woman, 100 mg.; nursing mother, 150 mg.

The daily vitamin C requirement for youngsters climbs gradually from 30 mg. for infants under 1 year, until it reaches 30 mg. for girls between 13 and 20 and 100 mg. for boys from 16 to 20.

One cup of fresh orange juice as a rule contains 82 to 108 mg.; 1 cup of canned unsweetened, 79 to 104 mg.; a cup of canned, sweetened, 105 mg. and 1 cup of frozen, reconstituted, 100 to 108.

One cup of grapefruit juice as a rule contains the following: fresh, 98-97; canned, unsweetened, 80-83; canned, sweetened, 87; and frozen, reconstituted, 91.

So, start the day right—get your vitamin C early.

QUESTION AND ANSWER C.L.: What causes astigmatism? Is there any way to cure it or does one always have to wear glasses?

Answer? It is due to an unevenness of the cornea or that part of the eye that transmits light. The best treatment for this condition is the fitting of proper glasses.

"KIDNAPPED" REDS GO HOME MUNICH, Germany (AP)—Six passengers and the four crew members of a Hungarian airliner captured last Friday by seven anti-Red escapees returned Friday to their Communist homeland.

BOY HELD IN SHOOTING EDMONTON (CP) — An 11-year-old boy was charged Friday with criminal negligence in the fatal shooting Thursday of John Humeniuk, 30.

Maxims

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

FOR SMOOTH BALING

At baling time, you're always in a hurry. That's when you appreciate International Baler Twine, the twine that runs smooth and free without tangling.



Be sure your sins will find out, but if they don't your neighbors will.—Branford Sun

The law gives pedestrians right of way, but it doesn't provide flowers for the funeral.—Hamilton Spectator

It's a good thing that the golfer who keeps harping about a beautiful drive he once made, can't have it stuffed.—Branford Expositor.

Excavators in Rome claim they have uncovered a graveyard for worn-out chariots. Perhaps the world's first used car lot?—Toronto Star

The northern tour of the Governor — General reminds us, and others, too, that Canada owns right up to and including the North Pole. That's fine; but nobody pays taxes on ice and snow.—Farmer's Advocate

The haters say that men's hats will have lower crowns than ever before. What they need is one about two inches lower than the top of the head, to wear when getting in and out of automobiles.—Orilla Pocket

An advice-to-the-love-lorn editor in the United States received a letter beginning: "In the 47 years I have been married to my husband I have learned to hate him."

The oldest resident of St. Ferdinand, Que., is a maiden lady, 102 years of age, who weighed only three pounds when born and had to be kept for weeks in the oven of a stove because there were no incubators.

Julius Weikheim, twenty-one, of Sooke, B.C., is the new world's champion log roller, having defeated champion Sam Harris, of Kelso, Wash., in the men's division of the World Champion Roleo on the Rock River at Rockford, Ill.

APPLICATIONS NOW BEING RECEIVED. Opening date 18th September.

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