

stand also that the U.S. government has not yet arrived at a definite position concerning Khrushchev's offer although Kennedy gave it top priority in his first day back from his European trip.

In the circumstances, wouldn't it be better if these talkative officials were kept gagged until the ambiguity was resolved, and the President and Mr. Harriman came to their own conclusions on the matter at issue?

This question of a nuclear test ban is the most urgent, and the most important facing mankind today. It will probably have to be achieved by mutual compromise. The Western powers have a duty to show that they are wholeheartedly committed to examining every line of approach that offers itself.

Defense Problem

Defense Minister Paul Hellyer has stated that his department is considering scrapping a \$375 million program to build eight submarine-chasing frigates which would be too slow to catch a nuclear-powered submarine.

This gives some indication of the difficulty in the way of economizing on our gargantuan defence expenditures. But in an age when defense is costing this country more than one and a half billion dollars a year, it is surely vital that we get the best value for every one of these dollars.

Mr. Hellyer's disclosure was made in his first statement before the Commons defense committee. As the London Free Press points out, this was itself indicative of the value of this committee. Here, questions can be asked and answered in an atmosphere quite different from that prevailing in the House when defense estimates are being debated.

The minister's statement, too, was in line with the attitude defense experts are now taking at Washington with regard to defense weapons and strategy. United States Navy admirals have been told that they must prove the absolute necessity of aircraft carriers—which cost \$100 million each—before authorization will be given for the construction of any more of these expensive ships.

Taxpayers in both countries will welcome these signs of alertness to their interests. Certainly in Canada there is urgent need for subjecting every item of defense expenditure to close scrutiny. Technological advances are such that obsolescence is almost impossible to avoid, but it would be sheer folly—as in the case of these frigates—to spend a third of a billion dollars on warships which could never serve the purpose for which they were designed.

EDITORIAL NOTES

The twist has come into favor in Hungary, according to a Communist party newspaper. "It is not only animating but also has a healing effect," says this Vienna publication. "Doctors recommend it to elderly patients suffering from rheumatism because it loosens the muscles and prompts the process of healing."

It will take the Government of Canada twelve years to rebuild what the British took five months to raze to the ground—the once mighty fortress of Louisbourg on the rocky coast of Cape Breton Island. According to a news release from the Nova Scotia Information Office, this anti-submarine project, which represents the largest historic restoration ever attempted in North America, will involve an expenditure of \$12,000,000. It is estimated that about two-thirds of the work will be completed by 1967 in time for Canada's Centennial Year celebrations. When finished, it will become one of the greatest tourist attractions on the continent.



THE AGONY AND THE ECSTASY

OTTAWA REPORT by Patrick Nicholson

Why Can't We Have Distinctive Medal?

One of this capital's newspapers publishes a regular daily news column headed "Social and Personal." Yesterday, it carried this, one of those coy little grab-bags delighted in by all small towns everywhere, which says who gave a dinner party yesterday without adding the really interesting details.

Yesterday this column was headed by a very unusual item: "His Excellency the Governor General held an Investiture Ceremony Wednesday morning."

I found this news intriguing, because an investiture is a ceremony at which honours, decorations and medals are bestowed upon deserving citizens. If our Governor General were bestowing any of these, our country lacks this basic symbol of national sovereignty? Enquiries revealed that General Gander had in fact presented a medal for gallantry to two citizens of Ottawa, who had rescued a motorist from a ditch on the Ottawa River, plucking him from the flames at the entrance to a hydroelectric power house.

COURAGE AND BRAVERY

One of these life-savers said that he found the unusual experience of being summoned to an investiture "overwhelming" and was moved to tears at the ceremony. The other said he was nervous, and "would have preferred to jump into the river and rescue another man."

Each was decorated with the British Empire Medal, a strange choice since many people insist that there is no longer a British Empire, and that anyhow Canada left it in 1926 to become a fully self-governing sovereign state. Or was that it 1867?

It would be nice and it would be appropriate if Canada could say "Thank you" to its deserving citizens in Canadian, or even in French-Canadian. But no, we have to go right back to colonialism and express our thanks vicariously through the Empress of an Empire of which we are no longer a part.

If the case of the two lifesavers seems paradoxical, even stranger is the well-merited honour awarded to another citizen of Ottawa recently. Miss Margaret MacLaren is the daughter of a former Lieutenant-Governor of the Province of New Brunswick, Colonel the Honourable Murray MacLaren, Commander of St. Michael and St. George. For seventeen years service as superintendent-in-charge of the nursing services of the St. John Ambulance Brigade, she was honored by the Grand Cross of the Order of St. John of Jerusalem.

Jerusalem, as every school-child knows, is an ancient city in a foreign state. Why does a worthy Canadian receive honour for worthy services in Canada in the name of some foreign city?

Prime Minister Pearson has a promised to give Canada a distinctive national flag within two years. His guide, philosopher and friend, Hon. Jack Pickers-gill, has promised to give Canada two flags, or was it six? No matter, Canada must have this symbol of national sovereignty, important since we have a thirty-seven year litch to proclaim our national sovereignty, would be the creation of a distinctive national medal?

Twenty years ago, this column suggested that we have the instrument ready to hand, in the form of Mackenzie King's still-born "Canada Medal," now 20 years old but never yet unveiled. This could be divided into several classes. The Canada Cross for valour; the Gold Medal for outstanding services to the state, such as in the role of Governor General; the Silver Medal for devotion to duty in peace or war; the Bronze Medal for faithful services of rare selflessness, such as nursing the sick in the Arctic.

Then thanks could be given in the name of Canada, and no longer in the appropriate names of the British Empire or Jerusalem.

The FLYING DUTCHMAN RESTAURANT "Your Island Steak House"

REGINA (CP)—The Quebec government has donated 100 books by French-Canadian authors to the Regina public library. The Quebec department of cultural affairs made the donation as part of efforts to increase mutual respect between French and English-speaking Canadians.

Therapy helps Parkinsonism

Dr. Theodore R. Van Dellen of Victoria of Parkinsonism (shaking palsy) suffer from muscular stiffness and tremor of the head and extremities. The onset, gradual and often begins as a slight shaking of a finger or hand at rest. The man or woman begins to slow down, walks with a shuffling gait, and his face becomes mask like, with a staring expression.

Despite the rigidity and stiffness, there is no paralysis, wasting of muscles, or disturbances of sight, hearing, and intelligence. But the individual tends to spare his muscles and, in time, the fibres are relaxed by fat and later by fibrous tissues. This leads to contractures in a twisted body out of shape, these deformities can be avoided through proper treatment started before permanent deformity occurs.

Regular exercise is important and physical therapy is advisable. This is best done under the supervision of a physical therapist, preferably at a clinic or hospital. Getting dressed and walking or riding in the office activity and any activity is welcome.

Massage is helpful but the most valuable manipulations are exercises that stretch the rigid muscles. Lamp, vibrators, and whirlpool baths are of little value. There is no substitute for a daily vigorous physical therapy, lasting up to an hour.

Dr. Robert S. Schwab and Albert C. England Jr., of Boston, have invented an electric rocking chair for victims of parkinsonism. It ought to be used during the early stages but most afflicted persons wait until they are paralysed before they consider buying the chair. It may be too late to be of value.

The drugs used in the disease reduce rigidity and subdue tremor, but all too often, the side effects make them unpalatable to use. The surgical treatment (chemo-pallidectomy or chemo-thalamectomy) has received considerable publicity. In this procedure, a small area deep in the brain is destroyed with alcohol, electricity, or cryosurgery (freezing with liquid nitrogen).

STES AND DANDRUFF R.S. writes: Could styes on the eyelids be caused by dandruff on the scalp? A REPLY

Yes, Sties are infections of the roots of the eyelashes. As such, they are infections of the hair follicles of the skin. They may be associated with a certain type of dandruff, especially when the scalp is oily.

TODAY'S HEALTH HINT—Never discard smoldering cigarette butts in hazardous places.

NOTES BY THE WAY

It's wise not to try to keep up with the neighbors unless you know for sure you can keep up with the payments. — Windsor Star.

The woman applicant for a driver's license was uneasy despite the simple questions. "And what is the white line in the middle of the road for, madam?" queried the licence clerk. The woman pondered a moment, then blurted out, "Bicycles!" — Montreal Star.

Our Yesterday's (From the Guardian Files) TWENTY-FIVE YEARS AGO July 5, 1938

Keniville, N.S. July 3 — (CP) — Carl P. Beshue of Halifax was elected Governor and Dr. A.W. George, Fredericton, Lieutenant-Governor of District Six Gyro International at the last session of the District's annual convention. District Six includes clubs from the Maritime Provinces and part of New England. Prizes for the largest number of delegates went to the Gyros from Charlottetown.

Lieut-Governor George D. De Blois of this province is to provide a new set of instructions and uniforms for a Prince Edward Island Light Horse Band.

Canterbury, England, (CP) — Dr. Geoffrey Fisher, 99th in succession from St. Augustine as archbishop of Canterbury recently visited Eborac where St. Augustine and his missionaries landed in 597 A.D. with their Message of Christianity.

Under separate cover I am sending my sympathy to the Choms, this "Stone-Age" tribe in New Guinea that has just had the misfortune to be discovered by the patrol through the patrol. Observing that the Choms ate their food (opossum water-fowl, sage and yams) with their fingers, the patrol thought it appropriate to give them a present of plates, spoons and knives. And the next patrol suppose will give them trousers. And then somebody will give them guns. — Punch, London.

Britain's latest export is sea water from the English Channel! It must be scooped up from beneath the White Cliffs of Dover. It's being given away to American souvenir hunters who also demand a lump of the white cliffs as well. Which is all very well as a good relations gesture, but it creates greater difficulties when considering the demand of James Baxter, of London, near Seattle, Wash., was asked for enough water to fill a lake! Maybe he'll order a British tanker to take over the sea water to Seattle Moncton Transcript.

INTERRUPTION NOTICE

There will be an interruption of electric power on the Linkletter Road on Monday, July 8th, weather permitting, between the hours of 1:00 p.m. and 5:00 p.m. Daylight Saving Time.

This interruption is necessary to connect new supply lines into the area and relocate voltage regulating equipment.



SWIMMER'S BERRY SERVICE

Now—Seventeen Round Trips daily Between BORDEN And CAPE TORMENTINE

Important The operation of THREE vessels demands tight scheduling if there is to be no disruption in service. Two slips are available at Cape Tormentine but only one at Borden. That's why we ask for your full co-operation. We regret that vehicles arriving too late to be loaded before scheduled departure times will have to wait for the next sailing.

Table with columns for LEAVE BORDEN and LEAVE CAPE TORMENTINE, listing departure times for various days.

ATLANTIC DAYLIGHT TIMES

IMPORTANT The operation of THREE vessels demands tight scheduling if there is to be no disruption in service. Two slips are available at Cape Tormentine but only one at Borden. That's why we ask for your full co-operation. We regret that vehicles arriving too late to be loaded before scheduled departure times will have to wait for the next sailing.

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