

Covers Prince Edward Island Like The Law  
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"The strongest memory is weaker than the weakest ink"

PAGE 4 THURSDAY, MAY 13, 1965.

Dark Goings-On

There was bungling again at Ottawa in the manner in which the news was broken of the spy case which resulted in the expulsion of two Russian diplomats from the country. This has probably done more to raise Opposition hackles than the incident itself, for which there have been several precedents since the Second World War. The announcement by the external affairs department came at a time when Prime Minister Pearson was in Montreal dickering with Premier Lesage over a non-existent treaty-signing issue, and Mr. Martin, the responsible minister, was on a European tour. Still, this doesn't excuse the misinformation given out at that time.

The departmental statement referred to two Canadians involved in the business, one a junior civil servant and the other a naturalized citizen, both of whom were paid thousands of dollars to provide information to Soviet agents. The two Canadians were not identified, but it was said that they had gone to the RCMP and, "as a result of this cooperation by conscientious Canadians," the RCMP were able to halt the Soviets before there was any damage to Canadian interests. It was indicated, in the case of the naturalized citizen, that he had also been paid "to compromise other Canadians, including female employees of the government," with the object of securing their assistance in obtaining access to classified data.

Opposition demands for more information resulted in Mr. Pearson making a fuller statement in the Commons on Tuesday, in which he lauded the conscientiousness of the naturalized citizen involved in the case, but indicated that the other individual—the junior civil servant—may face criminal charges for failing to cooperate with the police until confronted with the evidence of his guilt. Why was the whitewash brush applied to this person in the earlier report, and who was responsible for applying it?

Mr. Pearson also revealed that the case was not brought to his attention until the decision had been made to have the two Russians kicked out of Canada. The civil servant involved, he said, was "very, very ill" at present and this had hampered the authorities in their attempt to "press" him for information.

Granting the difficulties in the case, and the need for preserving a certain amount of secrecy for security reasons, these explanations leave much to be desired. We doubt whether a royal commission of inquiry would be the answer to the question, as Mr. Diefenbaker has proposed; but at least we should have a coherent account of the affair, as well as an explanation of why, in the circumstances, the Prime Minister had been kept so much in the dark.

The Place To Start

The federal government has at last gotten round to proposing reforms in House of Commons rules which would have the effect of shortening the daily question period, cutting off lengthy debates and speeding passage of government spending estimates. The initial reaction of Opposition spokesmen has been one of caution. Mr. Diefenbaker, reasonably enough, wants a couple of days to study the bill's implications before commenting. Mr. Knowles, who is the acknowledged rules expert and whip of the New Democratic Party, agrees with the proposals in principle but has some qualifications with regard to the details.

In particular, he would allow more than the proposed number of days on spending estimates and re-write the terms on which a cabinet

minister could propose a time limit on debate if unanimous agreement could not be reached among party leaders. He also maintains that there should be a vote free of party allegiance on the measures, thus removing them from partisan considerations.

What we find curious about these proposed reforms is that they do not touch upon the thing that has caused more public criticism than any other feature of our parliamentary rules. This is the fact that the legal quorum is only 20 out of the 265 House membership, which means that the Commons could sit to legislate—to impose taxes and transact other business of vital concern to the taxpayers—with as many as 245 members absent. It has happened that even this number has been lacking at times, and a mad rush has had to be made to round up enough laggards to keep the House legally in session. But 20 is far too small a quorum to serve the public interest.

Mr. Knowles has been trying for several years to have the situation rectified. He recently brought in a bill that would raise the quorum to 50, and there were rumors that the government was considering taking it over—which is about the only way that it would have a likely chance of passing. Perhaps it intends to sponsor this as a separate bill, but there seems no reason why it shouldn't have been incorporated in the changes which are now proposed.

The government has been solicitous enough, goodness knows, about boosting members' indemnities to a full-time basis. Why shouldn't it be equally concerned about curbing the chronic absenteeism that has scandalized the country? If it's really bent on reforming the rules of procedure, this should be the place to start.

Decadent Cows

At a rural fair in California recently, they held a businessmen's milking contest in which goats were substituted for cows. Fair officials were at pains to explain the reason for this, and we pass it on to our farm readers for what it is worth. It seems that it is too risky having the "wrinkled hands of any old businessmen trying to squeeze milk from modern-day cows. Cows nowadays are used to the soft touch of a milking machine."

We got this story from the Portland Oregonian, which picked it up goodness knows where but which adds, editorially, its dark suspicion that the edict was issued "for publicity purposes rather than to protect tender, bovine mammillae."

At least, says our Portland contemporary, one hopes that this is the case. "For if cows, which were milked for millenia by the work-caloused hands of farmers, cannot now stand the sponge-like grip of a businessman's fingers, this country of ours is done for. The dire predictions of some modern-day Jeremiahs, that soft, luxury-loving America is headed for extinction like that of the Roman Empire, must surely be true if the alleged national decadence extends even into the cowbarn."

This is a matter affecting Canadian cows, too, for they also have been subjected to the enervating caresses of milking machines and may be undergoing the same debilitating transformation. Here's a problem for Federal Agriculture Minister Healy to tackle with his customary zeal and assurance, and come up with an explanation that will set our minds at rest!

The U.S. At Expo

The United States Congress has decided to cut the budget for its country's exhibit at the 1967 World Fair in Montreal by one-quarter, from \$12 to \$9 million. If the House of Representatives had had its way, the cut would have been even greater. This reduction, according to the Montreal Gazette, has been made largely in spite, in retaliation for Canada's decision not to take part in the current World Fair in New York City.

It seems that as a member of the International Bureau of Exhibitions, Canada was not properly entitled to take part in the New York Fair, which was not approved by the Bureau. So this retaliatory measure is hard to justify.

In any case, says The Gazette, it is not going to hurt Expo 67 or Ottawa. There will be an American pavilion. It will merely be smaller than the one which had been originally planned. The country which will be hurt will be the United States itself. For its pavilion will be situated close to that of the Soviet Union—and it now appears likely that it will suffer by comparison.



LYNDON BARRY JOHNSON

OTTAWA REPORT By Patrick Nicholson

More About That MP's Trimming Regime

Last September I switched from my usual topic one day, writing about plumpness instead of politics. Murdo Martin, the burly ex-firefighter who is the New Democratic MP from Timmins, had cut his weight from 263 pounds to 242 in three months, I wrote. And this had been achieved by a simple and scientific diet suggested to him by his colleague Dr. William Howe, MP for Hamilton, Ontario.

This tolerant but-trimming regime might be described as the "Guzzle while you glamorize" diet. In fact, Bill Howe tells me that his successful proposals stem from two facts, one historical and one scientific. Man is by nature a carnivorous animal, who, before the coming of fancy foods, ate just animals and animal products and such vegetation as is found growing above the earth in accessible and edible form. Secondly, our body contains about one-tenth of one per cent of carbohydrates, so our diet should match that composition.

Two things have happened since I wrote that story eight months ago. Bill Howe's diet has become famous all over Canada, first among eager fates who read about it, and subsequently through other newspapers and broadcasting stations following up my story. And Murdo Martin has slipped, adding perhaps eight pounds to his slenderized weight. "It's all that coffee I drink," he confessed to me. "I have 15 or 20 cups a day, and I cheat a little by putting some sugar in it."

FOOD OF ENQUIRIES

Bill Howe himself slashed 46 pounds off his weight and 11 inches off his waist through his diet, reducing himself to 170 pounds and a 35 inch waistline. He has also become the proud owner of Parliament Hill's finest collection of pieces of sugar: every time he orders a cup of coffee from the parliamentary cafeteria, he takes the sugar out of the saucer and dumps it in a large shoe box under his desk.

Letters about diet have poured into this politician's office from all over Canada—but to his chagrin, this column is not carried by a Hamilton newspaper. "One man in Prince Edward Island wrote to tell me that he has never voted New Democrat in his life, but he is so pleased by the result of my diet that he would vote for me if I ran there," Bill Howe told me. To reply to the many enquiries

reaching him, he had copies made of his diet sheet and has sent out over 1500. "Here comes the man who caused us all that trouble," exclaimed his busy secretary, when I walked into his office one day.

MENUS SUGGESTED

The "Guzzle while you glamorize" diet lets you eat as much as you like of the permitted foods, so while you honestly follow it, you never have to become a midnight ice-cream raider. Nor do you have to become a teetotaler. Just keep off root vegetables, wheat products and sugar. You can use artificial sweeteners if you wish, and you must take vitamin C in the form of ascorbic acid tablets, and two or three tablespoons of poly-unsaturated fat daily, the latter can be in the form of salad dressing made of corn oil.

For the guidance of readers, be they men, women or children, who want to try what has become Parliament Hill's favourite diet, I will describe in a later column some typical breakfast, lunch and dinner menus suggested by Dr. Howe.

Bar flies can have their anxiety smoothed easily: the diet permits any alcoholic drink not containing sugar. It can be an expensive diet though. Bill Howe told me that, having taken 11 inches off his waist, he had to buy in large part an entirely new wardrobe of clothes.

Mr. Martin's Paris

Hamilton Spectator

That was a mean thing to do to the Hon. Paul Martin, Canada's minister of external affairs. Not only did he high-ranking official of the French government meet his plane in Paris when it landed there Thursday, but no one of importance greeted him even after he'd made the journey from the plane to the terminal building in an ordinary old airport bus.

Mr. Martin reportedly laughed off the incident and smilingly said it would be ridiculous to read anything into it.

Ridiculous or not, it still reads like France's ear continues to be in Quebec's possession. (The last time Mr. Lesage spent any time in say Paris, he was welcomed and dined by none other than President de Gaulle himself.)

Timetable To Mars

Christian Science Monitor

Some day it had to happen. Nevertheless there is a grand exhilaration in seeing a plan in print a schedule complete with dates. This must be for real.

So laymen may have felt this week when a panel of specialists reported to the National Academy of Sciences on the "biological exploration" of Mars. They proposed a landing mission no later than 1973 and by 1975, if possible. They said this exploration deserved the highest priority among all objectives in space science—in the space program as a whole.

Our Yesterdays

(From The Guardian Files)

TWENTY - FIVE YEARS AGO (May 13, 1940)

Outflanked from the north and from the south, with their famous Grebbe water defence line pierced and Rotterdam threatened by German motor columns but 15 miles away, Netherlands today vacated the Hague as a seat of government and sent their Queen to safety in England.

A special caucus of Conservative members of the House of Commons accepted "with deep regret" the resignation of Hon. Dr. R.J. Mason as national leader, in Ottawa.

TEN YEARS AGO (May 13, 1955)

Miss Carol E. Creelman was a member of the graduating class in occupational and physiotherapy at Toronto University. She is the daughter of Dr. and Mrs. P. A. Creelman of Charlottetown.

Miss Constance Chandler, daughter of Mr. and Mrs. E. S. Chandler, Charlottetown, left for air for Ottawa to take part in the activities of the Canadian coast-to-coast group dealing with "Adventures in Citizenship."

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Why? For one reason. The scientists "wish to test the hypothesis that the origin of life is a probable event in the evolution of all planetary environments whose histories resemble ours."

Measured words for a once incredible undertaking. What remains amazing are the boldness and restraint required. With every massive step must go a regard for consequences. The challenge of getting an "automated biological laboratory" there must be combined with care in not contaminating the destination.

This is in the enlightened self-interest of scientists who do not want the object of their observations changed through the process of observation. But the care should also come from the respect for other worlds we would like to see bestowed on our own.

And we hope the Martians are listening.

ANNUAL MEETINGS

of the following

ARTIFICIAL BREEDING CLUBS

CLUB	PLACE	DATE	TIME
Crapaud	Englewood High School REID SANGSTER	May 13th	8:00
O'Leary	St. Luke's Hall Speaker: C. B. McMAKIN	May 14	8:00
Morell	Morell Hall Speaker: C. B. McMAKIN	May 25	8:00
Kensington	Regional High School Speaker: J. A. CUTCLIFFE	May 26	8:00
Cornwall	New Haven Legion Hall Speaker: REID SANGSTER	May 27	8:00
Hillsboro	Milview Hall Speaker: DAVID ROGERS	May 28	8:00
Tyne Valley	Tyne Valley Hall Speaker: EARL ADAMS	May 31	8:00

Your Agricultural Representative Will Be Present.

Insect Allergy

By Dr. Theodore R. Van Dellen

Some individuals never are bothered by mosquito bites, others develop large hives, that burn and itch. Reactions may occur within a few minutes, reaching a maximum within 15 to 30 minutes, and subside within 30 to 60 minutes. A few develop a delayed reaction in which a red area is noted 24 hours after the bite. In addition, some have a peculiar flare-up at old sites following bites elsewhere.

The immediate reaction represents a true hypersensitivity to mosquito extracts. Positive responses are noted to male and female insect bites, even though the male does not secrete venom. The culprit probably is mosquito protein rather than venom. Similar reactions follow flea and chigger bites.

Most allergies develop in person after repeated exposure to the offending agent. There is evidence that this phenomenon applies to mosquito bites. There may be no hives at first, but after repeated attacks the delayed reaction occurs. At this stage the allergy is in the making because the situation changes when the victim continues to be exposed. The sufferer now develops the most severe reactions.

It is possible to desensitize a person against these bites but the procedure is not perfect. It helps to use an insect repellent and to avoid swampy, highly infested areas. Salves, ointments, or sprays containing an antihistamine or a steroid, such as cortisone, relieve distress. The anti-mosquito bite pill mentioned a few years ago is an antihistamine tablet that acts as a prophylactic.

NONROUGAGE DIET

Mrs. F. writes: I have a spastic colon and my husband has an ulcer. Can we both eat the same diet? This would make the cooking chore easier.

REPLY

Yes, as both call for bland diets. What goes on in your household? Your family physician may wish to discuss the emotional problems faced by you and your husband since such factors play a role in both peptic ulcer and spastic bowel.

THOROUGH EXAMINATION

G.D.P. writes: What constitutes a thorough physical examination for a man over 40? Your help will be appreciated.

REPLY

A complete examination includes (1) a medical history of the individual and his family, (2) a physical examination, including the rectum, and (3) laboratory tests such as urine, blood, and chest X-ray.

VEIN SPASM

Mrs. G. writes: Now and then my fingers turn white and feel stiff. These spells last 15 to 30 minutes, then the fingers return to normal. What could it be?

REPLY

Raynaud's syndrome, if the episodes occur after an emotional disturbance or exposure to cold.

STARCHES AND VITAMINS

F. H. writes: Does a dessert containing sugar or starch deplete the vitamins in a meal just taken?

No. But vitamin B is needed in the metabolism of carbohydrates and the more sugars and starches consumed, the greater the demand for vitamin B.

TODAY'S HEALTH HINT—

BB guns, slingshots, knives and darts cause severe injuries. (NOTE: All correspondence to Dr. Van Dellen should be addressed to: Dr. Theodore Van Dellen, c/o Chicago Tribune, Chicago, Illinois.)

SHOTS SAVE LIMBS

Since the introduction of Salk vaccine, polio cases in Norway have fallen from 236 in 1952 to fewer than 10 in 1964.

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NOTES BY THE WAY

Customer—"So you've got rid of that pretty clerk you had?"

Druggist—"Yes, all my gentlemen customers kept saying that a smile from her was as good as a tonic!"—Galt Reporter.

A three-year-old and his father were being pushed towards the rear of a rapidly filling elevator. A kindly lady turned to the father and said: "Aren't you afraid the little boy will be squashed?" "Not at all," answered the fond parent. "He bites."—Financial Post.

The husband who brags that he never made a mistake, has a wife who did.—Galt Reporter.

An MP has been accused of visiting the House of Commons only on pay days. He probably feels put out about it, too. Windsor Star.

The weary looking tramp timidly knocked on the door and when a very stout woman answered it he whined, "Lady, I haven't eaten for four days." "Goodness!" she exclaimed. "If I only had your willpower!"—Montreal Star.

Disharmony In NATO

By Harold Morrison Canadian Press Staff Writer

Despite all the criticism, NATO foreign ministers meeting in London can look back with some satisfaction on the success of the 15-country organization in achieving its basic purpose—discouraging a Communist attack against Western Europe.

But as many critics have noted, the western military foundation is loaded with political faults. Its original builders had visualized a structure that one day would lead to a harmonious Atlantic community. That harmony is no longer evident and to some extent idealism has been replaced by cynicism.

Critics maintain statesmen spend too much time dwelling on partial achievements while allowing the rot within the alliance to grow. Surface plastering produced at periodic NATO meetings seems only to confirm that inevitably the crisis must one day be met.

ALREADY DEAD

Indeed, some European voices now suggest that NATO in its present form is dead. Former German defence minister Franz Strauss says there no longer is any common strategy within the alliance and that the United States is already toyng with the idea of nuclear disengagement in Europe on a broad scale.

He reflects what is felt in many parts of Germany. That if it came to a nuclear showdown, Germany might be the battlefield and Germany might be sacrificed.

The fate of NATO comes up for review in 1969 and a rupture at that time may be unavoidable unless the shape and

direction of the alliance undergoes radical alteration. Sixteen years of swift-flowing crosscurrents in world events make the necessity of redirection a foregone conclusion.

NEW ROLES

When the treaty was born, Britain was gaining in post-war strength while Germany was still emerging from defeat. France was many years away from becoming a nuclear power.

Now Germany has accumulated great economic strength and wealth. Britain is in economic trouble seeking some acceptable way of reducing her military costs on the continent. France feels her fledgling nuclear power gives her the ability to negotiate with East and West independently.

And the watchful, parental eyes of the United States are being drawn elsewhere, mainly to Viet Nam.

Decisions on meeting Communist aggression are being made in Washington without full consultation despite years of pleading by the alliance members that such consultation is essential.

Paris is openly critical of almost every step Washington takes, while the rest of the alliance is kept in the dark on secret French diplomatic negotiations with Russia.

Some critics suggest the alliance has simply outlived its usefulness, that the vital interests of its members have shifted. Only its effective binding force seemed to be the threat of a Soviet attack against Europe, and that threat has now receded.

**WEEKEND SPECIALS**  
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**FLUFFO**  
**SHORTENING 2 LBS. 65c**

Island 2 lb. tin Red Rose 60 bags  
**Honey ..... 59c Orange Pekoe**  
Libby 20 oz. tin Four Mails 15 oz. tin  
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