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NOTES BY THE WAY

Medically Speaking

By Herman N. Sundesen, M. D.

DON'T TAKE CHANCES ON EATING RAW PORK! Trichinosis is probably one of the easiest diseases to prevent.

UNCOOKED MEAT Virtually all cases of trichinosis in the United States have been traced directly to uncooked pork or a pork product.

SIMPLE RULE "Cooking, you see, destroys both adult worms and the larvae. And that is the simple rule for preventing trichinosis."

ANOTHER WAY Freezing raw pork is another way of killing the trichinae. Freezing it to zero degrees Fahrenheit and keeping it at this temperature for 72 hours will render it non-infective.

In Los Angeles a truck driver was arrested for attempting to "sic" his pet lion on a traffic cop.

The glove compartment of a car would be a jim-dandy of a place for carrying gloves if it weren't jammed up with a greater assortment of useless junk than you'll find on a lawn in the first spring rake-up.

The lad in a black leather jacket isn't necessarily a potential or actual rowdy, as a Montreal incident shows.

At Kaminitikvia, Ont., a beaver colony has felled eighty trees in an attempt to dam the swift Kam River.

Soviet Russia seems to have succumbed to at least one characteristic vice of North America.

Youth was the happy time when you dreamed of the salary you can't live on today.

The trouble with building in the suburbs is that by the time you finish paying for the place the suburbs have moved 10 miles farther out.

A financial expert has warned municipalities to go easy on borrowing, but he does not suggest any other way of getting schools built.

Mr. Howe says he listens to Opposition speeches in the Commons because he gets paid for it.

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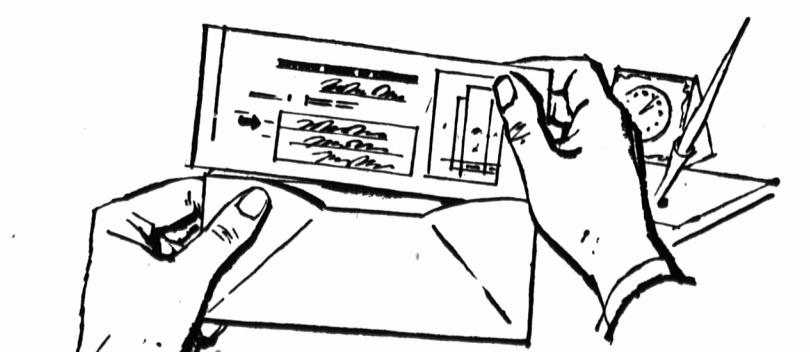
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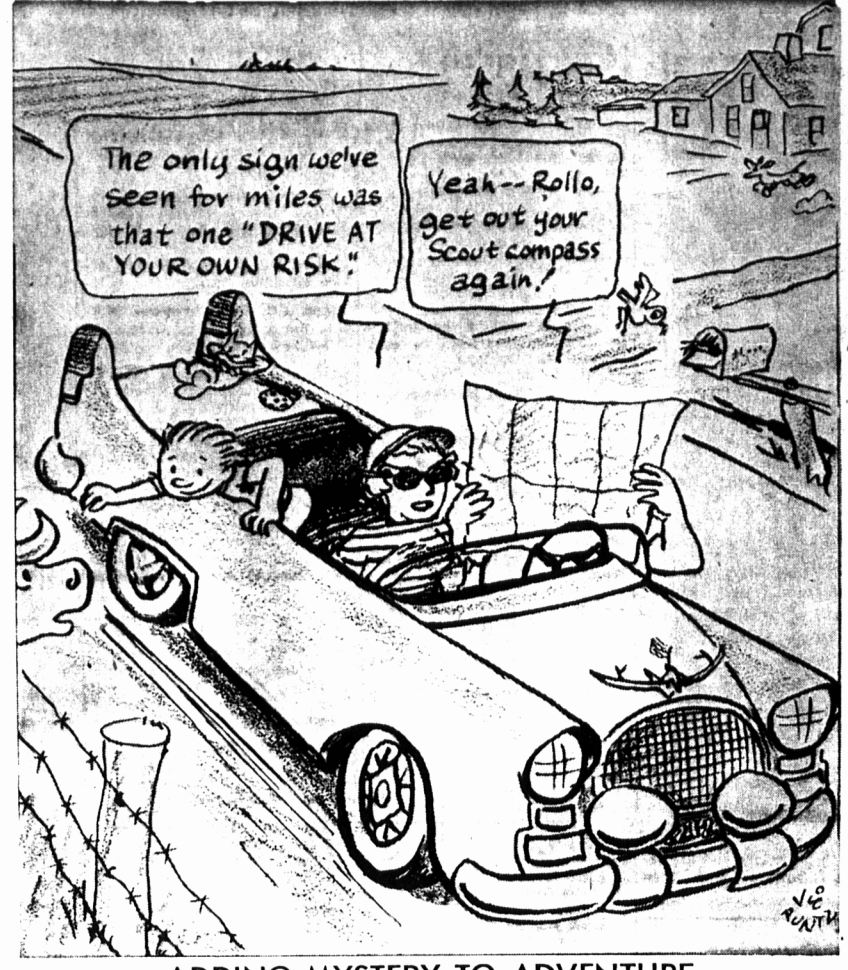
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ADDING MYSTERY TO ADVENTURE

Garden Of The Gods

National Geographic Society

In the Garden of the Gods, scenery is more important than atomic energy. Such, in effect, is the ruling of Colorado Springs officials who have declared the famous city-owned park "off limits" for would-be uranium prospectors.

The Garden of the Gods, near Pike's Peak in the heart of Colorado, has been a tourist attraction for decades. As early as 1886, when only one National Park-Yellowstone-had been set up, Congress considered a bill to make the site a public recreation and sightseeing area.

The territory to be included, however, covered 900 square miles far more than the present 770-acre city park. The bill failed to pass.

Named After Gold Find The name "Garden of the Gods" came into use in 1859, soon after the discovery of gold in the vicinity.

Riding about the countryside on an inspection tour, the men pushed through a great natural gate way into the fantastic rock-strewn region. Here, one of what remarked would be a place for gods to assemble, "a garden of the gods" - and the name stuck.

With the coming of the railroad and the development of Colorado Springs proper, more and more visitors saw nature's red-rock art gallery, sculptured into cathedral spires, castles, Indian heads, cats, bears, gargoyles, unicorns and "kissing camels." The highest reaches 300 feet.

Awed spectators have called the scene "a menagerie of eternity," a place of peace and reverence and "a hushed Wagner." One unimpressed writer said it was "a pale, pink joke" that irritated him.

Helen Hunt Jackson, author of "Ramona," and long resident of Colorado Springs, observed that appreciation of the region's rare beauty was something to be learned "like a new language." But the term "garden," she felt, was unsuited to such a wild, barren, and arid spot.

Lack of water for crops or livestock discouraged early homesteaders. It was 1879 before Perkin's magnate Elliott Perkins purchased 240 acres for a summer retreat. But he built no home on the site, and during his lifetime indicated he wished it left for public enjoyment.

In 1909, after Perkins' death, his heirs donated the property, by then 480 acres, to the city of Colorado Springs. Later, more land was added, bringing the park's area to 1,360 acres.

More than a million visitors a year now wander about the Garden of the Gods. Its Easter Sunrise Service is broadcast around the world. Geologists particularly see the park as a story of nature in creation. Hundreds of millions of years ago, its rocks lay at the bottom of seas that at times covered all or parts of what would be Colorado. The waters receded; cataclysmic forces tore apart the stone masses, upturned and tilted them into ridges and peaks. Finally, wind and weather began the slow, endless erosion processes that carved today's bizarre forms.

The Poet's Corner

SUMMER THEATRE

When the tense play was over and the people Dispersed among the black road-swallowing hills, Some to white houses around a village steeple.

Some to dream at mountain wind-swallows, The tired young actors went behind the barn And sprawled beneath the tall leaf-heavy trees, Washed dew across their faces flushed and warm.

All of them were silent as they watched The starry dark above the mountain sets. Admiring the producer, they sighed and scratched Mosquito bites or lit quick cigarettes.

To a stage that needed no proscenium light, To the August mist showers and the great skies, Presented by the huge dramatic night.

OUR YESTERDAYS From The Guardian Files TWENTY-FIVE YEARS AGO (July 17, 1931)

Yesterday's prices at the City market: Fowl, 80 cents to 1 1/2 each; butter 21 cents per pound; strawberries 15 to 35 cents a dish or

Woeful Story

(Ottawa Column)

In the House of Commons this week Mr. Carter, a Liberal member from Newfoundland, told a story of work and lamentation. It concerned the hardships suffered by members of Parliament in attendance on their duties in the capital.

Mr. Carter said it was "quite a sacrifice" for him to spend the Summer in Ottawa when his thoughts were turning to balmy breezes from the Atlantic and the smell of salt water and seaweed. And these long sessions, the MP continued, interfered with family life. Interfere too with his political fence-mending, and making the rounds of his Island riding in December was "no picnic." He could make it in more comfortable circumstances, he argued, if the House did not sit most of the summer.

And speaking again of his sacrifice to family, Mr. Carter said his children will be back in school when he gets home from this session and he will have no time with them. Really, for this sort of thing his remuneration of \$8,000 a year plus a tax-free \$2,000 for expenses was no compensation at all, he declared. "There are many easier ways of earning a living."

TWO SUGGESTIONS

Mr. Carter had two suggestions to make which might in some small way make up for his sacrifices to good government. He hoped that from now on "we shall make a regular practice of having closure on every bill," and he advocated "air travel privileges" (meaning free passes over Trans-Canada Air Lines) to allow members to spend "the odd weekend" with family and constituents.

Strangely enough Mr. Carter did not reach the conclusion that would have seemed the natural one—he did not announce his resignation as a member, or even say he would not seek election to the next parliament. No doubt when the election is called Mr. Carter will indicate his readiness if not his eagerness to accept the hardships and sacrifices of parliamentary duty even though it means that for some months of the year he must give up the balmy Atlantic breezes and the smell of the ocean. Our MP's are fellows of that tough fibre!

To Everything A Season

Montreal Gazette

"I grew in those seasons like corn in the night. So did Henry David Thoreau describe the seasons of rest that he gave mind and soul. In the hut he had built by the shore of Walden Pond near Concord he would sit in his doorway, "rapt in a reverie, amidst the pines and hickories and sumachs, in undisturbed solitude and stillness, while the birds sang around or flitted noiselessly through the house."

I grew in those seasons like corn in the night, and they were far better than any work of the hands could have been. Such a mood of rest William Wordsworth would have called a "wise passiveness." It is not merely idleness, waste of life. It is rather, an invitation to truer understanding. Two much activity may often result in little action; the very effort of living may wear life itself away. For the soul, rest may mean growth.

MYSTERIOUS GROWTH

Not far away from Walden Pond the Boston preacher, William Ellery Channing, was finding, in his own way, that the soul may grow mysteriously, like corn in the night.

"There is often a mysterious growth of the mind," he was writing in 1842, "which we can trace to no particular efforts or studies, which we can hardly define, though we are conscious of it. We understand ourselves and the past, and our friends and the world better. I have sometimes been tempted to think the most profitable portions of my life were those when I seemed to do the least."

TURNER'S METHOD

Someone who happened to stray by the bank of an English stream on a certain rainy summer's day might have seen a curious figure, hunched under a great umbrella, apparently fishing. Yet he seemed to care little for the angler's art, as he sat in a chair, with some boards on the grass under his feet. His eyes were fixed upon the moving effects of the rain over the pearly-gray waters, and how the crystal drops ran down the leaves

of the trees or the blades of grass. It was the artist, J.M.W. Turner, not taking the day off in idleness but letting the mood of nature sink into his soul, as the rain was being absorbed by the earth and stream. No one knows what growth in understanding appeared in later paintings as the result of that afternoon of passiveness, when all was silent, save for the murmurs of the rain's drift and the small voice of the stream as it hurried by.

CARLYLE CONSOLED

Thomas Carlyle in 1835 felt so discouraged by weariness that he had to put all thought of work aside and seek peace for healing. He had completed his history of the French Revolution. The manuscript had gone to his friend, John Stuart Mill, for comment. Mill came one night to Carlyle's house in Chelsea, his face ghastly. In anguish he told Carlyle that by accident the whole manuscript had been destroyed in the fireplace.

Carlyle tried to set to work at once to write the manuscript out again from memory. But the weary mind sickened at the task. There was only one hope, to do nothing. He describes himself sitting on the stump of an oak in Hyde Park, watching the sun over the waters the Serpentine. As the days passed, the sense of the eternal slowly returned, not only to console but to renew. Once more he felt the sun shining over a ninety millions of miles off, and eternity all round a.d. life, a vision, dream, and yet fact.

Perhaps this seeking of rest for growth is the heart of the ancient wisdom of the writer of Ecclesiastes: "To every thing there is a season and a time to every purpose under heaven... a time to plant, and a time to pluck up that which is planted."

RAINFALL THEORY

An Australian scientist says meteor dust streams, through which the earth passes regularly, may influence heavy rainfall on some dates.

should desire a large measure of home rule is natural, and the British Government has gone a long way toward satisfying that aspiration. But Turkey has a strong case, and so has Great Britain, when they deny, at this time of international tensions, the right of 400,000 Cypriots, who have not been Greek subjects for several hundred years, to put themselves completely under the control of an unstable government 683 miles away."

Juke Box Religion

Here are some excerpts from an address delivered by Mr. Arthur J. Patzer, youth secretary of the Seventh Day Adventists' Conference, at a meeting of the denomination in Kingston, N. J.

"Because we have so many people craving a religion of escape, we now have a wave of juke box religion with its silly shallow sentimentality. Song writers are capitalizing on the trend and with a few pious words the invitation is given for youth and older ones to 'talk with the Man Upstairs', or the question is asked 'are you friends with the king of kings?'"

"It is impossible to harmonize holiness and hepcats, sanctification and swing. A gangster is as qualified to lecture on honesty as Hollywood is to portray the Bible, and a comedian is as able to bring about a spiritual blessing as swing song writers are to set the pattern for conversion."

Religious leaders are divided in their opinions regarding the character of the new interest in organized religion which appears to be abroad in Western society. Some maintain it is genuine. Others say it is nothing more significant than a fad which comes and goes in cycles.

One thing is certain: it is not being helped by the sort of popularizing that Mr. Patzer condemns. One does not need to have any particular interest in the denomination to which he belongs to say a fervent "amen" to his criticisms.

EDITORIAL NOTES

What's a "sagger grog maker" or a "dribble man" or a "second half-doer"? The only clue we can disclose is that all three are listed in a British report on occupational interests.

One proof that West Germany is a better place to live in than East Germany is that it has about 20 times as many newspapers although its population is only a little more than 3 times as large. This is mentioned in a UNESCO report.

New York's Governor Harriman is reported to be in favour of using the broad and influential Presidential powers to compel the Southern states to honour the Supreme Court's anti-segregation ruling. Apparently he is not counting on white Southern support for his presidential aspirations.

The decision of the federal government to have all motor boats licensed is one which should be welcomed by the public. It is a step in the right direction in that it provides proper regulations which must be met before the license is issued. Thus there will be at least some assurance that all such craft, before they are allowed to be operated, meet with strict requirements as to safety and life-saving appliances.

The Soviet ambassador to Britain is quoted as saying "I'm for Eisenhower. We can do business with him." That should help stop the rumour being circulated by some Republican politicians that the Democrats, if elected, would be "soft on Communism". At the same time, it would be a pity if the ambassador's preference were to be used against Eisenhower who certainly is no admirer of the Soviet Union however much he may be liked by Soviet diplomats.

Somaliland, a country governed by the Trusteeship Council of the United Nations with a tentative promise of independence in 1960, is now being explored for oil. Although no oil has yet been found, says a report of the American Geographical Society, geologists claim that the geological structure looks "promising". It's like this Island in that respect. In other respects the two areas have nothing in common, the Eastern Africa territory being for the most part a poverty-stricken area.

Veterans' Affairs

Veterans' Affairs Minister Lapointe, commenting in the Commons on the request of the Canadian Legion for changes in the present income-ceiling rates as they apply to applications for veterans' allowance, stated that it would boost the overall cost by about 30%, bringing it to something over \$50 a year. Evidently, he thinks that the increased amount would be prohibitive. He is, of course, entitled to his opinion; but there will be many Canadians who will disagree with it and say that the Government, if it were so inclined, could easily make up the relatively small amount required by practising a measure of economy in other less deserving demands on the public purse.

As Mr. John Diefenbaker, P.C. member for Prince Albert, has pointed out, there is one clause in the present "Veterans' Charter" which should be amended or stricken out altogether. This is the clause that makes the Pensions Commission the final body of appeal respecting claims. This is a matter in which interpretation of points of law frequently has to be made; and it would seem only right that the courts should be called upon to make it when any dispute regarding a veteran's claim is involved. Just why war veterans should be denied a privilege which other citizens enjoy is difficult to understand.

The Cyprus Problem

An 18-year-old Greek-Cypriot was sentenced to death yesterday under emergency regulations for throwing a bomb at a British military police barracks in Cyprus. He was the ninth Greek-Cypriot to receive the death sentence since the emergency started fourteen months ago. Two Cypriots have already been hanged. What is not mentioned in yesterday's news despatch is the fact that since the troubles started many Britons, a lot of Cypriots and an occasional American have been brutally assaulted, maimed and murdered without legal right. Britain will come in for more criticism of its handling of the situation in Cyprus, for it is much easier to criticise than to see the facts in their true light, and present them unflinchingly. The Saturday Evening Post, often critical of British policies, has made an honest attempt to do so in a recent issue. This is what it says: "Cyprus is 683 miles from the nearest point on the Greek mainland. It is only forty-four miles from the Turkish coast. Its economic ties—that is, the way it makes its living—are with Turkey and Great Britain, the present occupying power. Strategically, it is of no direct importance to Greece, but it is vital for Turkey and for the position of strength which the West must maintain in the Middle East.

"Against the abstract 'right of self-determination', therefore must be set very serious objections on grounds that cannot be ignored with safety. Turkey has no complaint about continuance of British sovereignty on Cyprus. As one of the anticommunist nations directly under Soviet guns, it takes a realistic view of the value of a strong allied base on its offshore island. The vagaries of Greek politics, with its present tendency toward a united front, do not seem to present as strong a guarantee in what may develop into a matter of life or death. The recent acts of violence, despite the emotions behind them, do little to add to the case for 'self-determination' as applied to Cyprus.

"It may also be remembered with profit that there is a difference between self-government and self-determination. That the Cypriots