

Frank Walker
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may eventually become a prerogative
of the very rich—like vintage wines;
but he does not think so. It will
be too easy to come by. Or it may
take to a purely ritual significance,
an idea that has been suggested by
some modern novelists; and in some
communities this is almost certain
to happen. Or more likely, because
of man's innate distrust of his phys-
ical appetites, eating genuine org-
anic food will come to be regarded
as obscene, and anybody who is
found doing it will be heavily fined.
This will not, of course, entirely stop
people from doing it; clandestine
cabbages and illicit potatoes will
still be grown in lighted cellars.

In this brave new world of the
future, people will find most of their
chores done for them by computers.
10 per cent of the population will
be able to do all the work necessary
for the welfare of society; and the
other 90 per cent will find time lying
heavily on their hands. Living on
plankton or different colored pills
containing the requisite number of
vitamins and carbohydrates, they will
probably have only a faint idea of what
it meant to assemble for a good hearty
meal.

Not a very appetizing prospect;
and it's a prediction which, of course,
could be entirely wrong. Our food
producers need not worry about it
yet, in any case. They have still a
long way to go before catching up
with the world's most primitive re-
quirements in the way of sustenance.

Can't Be Ignored

Robert Choquette, a Montreal
poet, and associate commissioner of
the Centennial Commission, protest-
ed in Halifax last week against the
way Canadian newspapers handle the
issue of separatism. He charged that
certain editors were trying to write
Canada's epithet.

By coincidence, at about the same
time Montreal was staging its great
St. Jean Baptiste Day parade, at
which a million people or so either
participated or turned out to watch
the show. A comparatively small
group, composed in large measure of
youthful enthusiasts, used the occa-
sion to put on a most fervent demon-
stration of their own.

Commenting on this incident, the
London Free Press raises the moot
question: "What are newspapers to
do? Are they to ignore the people
who shout 'Revolution' in the
streets? How are they to select the
incidents they report? Any St. Jean
Baptiste Day is a big celebration in
French Canada, and at the present
time it is likely to be the focus and
expression of emotional involvement
in current issues. Is there any pur-
pose in ignoring these events, or even
trying to play them down?"

Undoubtedly the young hoodlums
who planted bombs, shouted insults
to the Governor General or made
spectacular protests were pleased at
the publicity they received. But was
their action prompted solely by a
desire to grab headlines?

There is no easy answer to these
problems. Newspapers have a duty
to report what happens, even though
at times issues may be complicated
and difficult to simplify to the point
where they can be presented in news
stories. But when there are sharp
differences of opinion, and people
are prepared to take violent action
about them, these differences will
not disappear by attempting to
act as if they didn't exist.

EDITORIAL NOTES

On the Commons on Friday, Ex-
ternal Affairs Minister Martin con-
fessed that he couldn't say when he
expected an end to negotiations with
the United States on Canada's pro-
posed extension of its territorial and
fishing limits to 12 miles. The
negotiations will resume "soon", but
that is all he could say. Originally,
the government announced that the
12-mile limit would be in effect by
mid-May.

Senator T. A. Crerar, notes the
Ottawa Journal, received a shower
of congratulations on his 88th birth-
day recently. He accepts age grace-
fully. He said in the Senate: "I am
an old stager. At no time do I at-
tempt to deceive myself in that re-
spect. Today, I enter my 89th year.
I know the sunset is beckoning.
How long I shall remain around, of
course, is entirely unknown to me
or to anyone else. However, I shall
promise this, that as long as I am
around and have the capacity to do
so, I shall speak my mind fairly
freely for the things I believe in."

War One in St. Louis
BONN (AP)—Dr. Louis Pauling,
American scientist who has won the
Nobel prize for his work on the
peace prize, said Monday a third
world war would kill all the
inhabitants of the United States,
the Soviet Union and Europe. He
said there is one chance in a million
that we will break out in any given
year. He is on a 10-day tour of
West Germany, presenting his
ideas for international control of
nuclear weapons.

The Age Old Story
"Mine eyes shall be open, and
mine ears shall be open to the
prayer that is made in this place."
2 Chronicles 7:15.

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nuclear weapons.

Freedom of the Press

What precisely is meant by that familiar phrase, 'freedom
of the press'?
Fundamentally it is not a special privilege reserved for newspaper
publishers. It is rather a phase of a much larger freedom — the freedom of all men
to speak their minds openly and without fear. The press claims no right which
should not belong to every citizen in a democracy. But freedom of the press is
an all-important part of this larger freedom because under modern conditions,
the press is the principal agency by which the ordinary man receives the infor-
mation he needs to judge the actions of his rulers and make up his mind on
public affairs. Without newspapers, or with only gagged and blindfolded ones,
he is in the dark, and helpless. An unfettered press is therefore one of the essential
bulwarks of a democratic nation.

If any proof be needed, it is supplied by the record of the totalitarian
dictatorships which have darkened the twentieth century. Rigid control of all
sources of public information, and especially of newspapers, was the cornerstone
on which all these regimes — Nazi, Fascist and Communist alike — were founded.
Without it, they could hardly have lasted for more than a few months. With it,
they could keep their people in blindness and drive them on any course they
chose. The calamities of our age, its fear and insecurity, stem in no small measure
from the simple fact that at critical periods great sections of the earth's population
have been prevented by their rulers from learning the real news of the world.

These examples should provide a warning against any attempt, by govern-
ments or by private interests, to restrict the essential freedom of the press. A
free people must stand on guard not only against direct censorship but also
against more insidious encroachments. Freedom of the press is not enough. The
truly free press is one which can record the news faithfully and comment on it
frankly without fear of direct or indirect punishment. Neither the press nor the
public is safe with anything less than this.

A liberty of choice, involves obligations. That of a free newspaper is to
be truly free. It must be thorough, accurate and unbiased in its reporting, sincere
and thoughtful in its editorials, and resistant to all outside pressure. It must be
both cautious and bold — cautious until it knows all the facts, bold when it is
sure of its ground. It must, above all, be inspired by devotion to the welfare of
its people and its just understand it.

Such a newspaper is worthy of the privileges which the free peoples of
the world have traditionally granted to the press. Such a newspaper is also the
best guardian of the liberties of its readers.

OTTAWA REPORT by Patrick Nicholson

African Eyes Turned Hopefully To Canada

The eyes of peace-loving Afri-
cans are turned hopefully to-
wards Canada, with the re-
quest that this country should
adopt a friendly "watching
brief" over its plans for peace
and prosperity through unity.
In striking contrast, the next
few weeks will probably see
two quite different develop-
ments: bloody strife in Con-
go and the disintegration of
Zanzibar on the east coast, and
peaceful planning by nearly all
African governments assembled
at a conference in Cairo.
Just over the fourth centenary
of the independence of the
Conso it is also the day
when the 3,400 soldiers of the
United Nations peacekeeping
force.

Last summer the heads of
government of African states
met in the capital of Ethiopia,
Addis Ababa, to plan and
launch the ambitious Organiza-
tion of African Unity. This was
conceived hopefully as a blue-
print for cooperation in trade
and economics, which might
eventually lead to political uni-
on for the entire African state,
a state which would be aligned
neither with the Communist
bloc nor with the West.

The second meeting of the
African states, held in the
Cairo, Soundings have already
been put out to seek Canadian
representatives to assist in the
capacity of observer. This is a
great tribute to Canada, re-
sponding to repeated efforts
to attain peace by participa-
tion in various United Nations
peacekeeping operations. It
sizes our stance as a leading
nation seeking international
peace and disarmament.

THOMPSON FAVOURED
Ethiopia is looked up to by
many African states, as being
the only one which has a re-
gime in that continent, with a
very long history of the attri-
butes of its own civilization.
The Canadian has now and
admired in Ethiopia. Bob
Thompson, the national leader
of the Social Credit Party here
in Parliament Hill. He spent
many years working in Ethio-
pia, as a missionary in a leper
hospital, and as the director of
the national educational system.
He is well acquainted with the
Emperor, Haile Selassie. So it
is not surprising that the re-
quest has come via Ethiopia
that Bob Thompson should lead
a Canadian observer team at
the Cairo meeting.

CHINESE INFILTRATION
The dangerous element in
Africa today is one which is
very little mentioned in our
press. This is the growing in-
fluence of the Chinese commu-
nists. Chinese diplomats are
very active fomenting trouble
in Africa today, and are behind
the intrigue and violence in
Zanzibar. China is making sub-
stantial loans to assist these
African nations, but is utilizing
these "loans" as a key to open
the doors to Chinese "techni-
cians and experts" and to lock
the same doors against west-
erners. One such loan, amount-
ing to \$42,000,000, has been pro-
mised to Zanzibar on interest-
free terms for 40 years.

The Chinese propaganda is
said to be far more effective
than that of Russia or of the
West, and in some China-domi-
nated new states, the leaders
wear Chinese-style tunics as a
status symbol.
The nations of western Euro-
pe have long been aware of this
previous history of colonialism,
while U.S.A. is even more
ignorant. The present ac-
tivities of segregationists aimed
chiefly against people of Afri-
can descent in these circum-
stances Canada, with a history
of neither colonialism nor seg-
regation, may well have a fa-
voured position in advising and
helping and befriending the
new Africa, if only we are willing
to accept the proffered invitation.

Drugs For A Dollar?
Ottawa Journal
The Royal Commission on a
Health Services' main recom-
mendation on drugs is easy to
understand. It is that the
prescription drugs would be
covered in the proposed health
services program. The cost of
\$1 "contributory payment"
made by the purchaser with
each dose does not cover drugs
could be considered complete today
and the commission is nothing
but not comprehensive. The
payment represents both a fair-
ly substantial percentage of the
cost of the drug, and a deterrent
against abuse.

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Acne Normal
In Teenagers

By Dr. Theodore R. Van Dellen
Acne is normal during adolescence.
It is not a disease, and it is not a
tragedy of youth. When teen-
agers have pimples and black-
heads, it is not a sign of deep
abscesses and scars the condi-
tion is abnormal. The cause is
usually a lack of proper skin
treatment, or too much squeezing.
These boys and girls have a
true disease, but it is not a
passing annoyance.

The deeper the pustules ex-
tend into the skin, the greater
the chance of developing scars.
Heat should be applied so that
the pustules can come to a
head spontaneously. Deep p-
ustules must be treated by
minimizing squeezing. Squeezing
is laborious.

There are many causes of
acne but in general, the oil se-
creting glands are too active.
The pimples can be treated with
enlarged pores. Cleanliness is
the first rule in eradicating the
condition. Washing the face
three times a day removes
bacteria, oil, and dead skin.

Ordinary soap is not enough.
Use a special soap such as
hexachlorophene, or skin clear-
ers like Braxinol or Foxtex. A
medicated jelly to leave on the
face for day time use. Its content
of Salicylic acid and alcohol
designed to cleanse the skin
and keep down excessive oil-
ness.

The second recommendation
is to apply a cosmetically ac-
ceptable product that leads to
drying. This is the use of
Creams or cakes containing
sulfur are popular and are ef-
fective when applied twice a
day, especially at night after
washing the face. Treatment
should be continued until the
when the skin becomes dry;
this can be alleviated with a
creamed ointment.

Pustules are caused by bac-
terial invasion of the hair fol-
licles. Antibiotics are used oc-
casionally but the results usu-
ally are temporary. Vaccines
are available but they do not
immunity against the causative
organisms.

The relationship between diet
and acne is a moot question.
It is logical to avoid any
excess of sweets, and to eat
lesions. Maintain good health
by ample sunshine and fresh
air and keep down the doors
of the blemishes.

ARTRITIS FROM
INFECTIONS
D.L. writes: "What is infectious
arthritis?
A form of arthritis caused by
the invasion of a joint by a
specific organism. It differs from
osteoarthritis in that it affects
joints that occurs when an indi-
vidual has a cold or following
the use of a vaccine."

MENTAL RETARDATION
M.B. writes: Are all mono-
golds considered idiots.
No—and this is why the
term, mongoloid idiot, has been
discarded. Mongoloids usually
reach a mental age of 6 or 7.

CAUSE OF BLEEDING
B.A. writes: Could bleeding
hemorrhoids be a result of cancer?
No, but consult your phys-
ician to determine whether the
blood is coming from hemorrh-
oids or from cancer of the
rectum.

SAME AS BEFORE
M.M. writes: Is it true that
the heart of a man who has re-
covered from coronary throm-
bosis can become as good as
before the heart attack?
REPLY
Yes, even though the basic
cause, hardening of the coronary
arteries) remains.
TODAY'S HEALTH HINT—
C.H. writes: Do not get out-
door cross-eye.

Note: All correspondence to
Dr. Van Dellen should be ad-
dressed to: Dr. Theodore Van
Dellen, c/o Chicago Tribune,
Chicago, Illinois.

NOTES BY THE WAY

Note to those rushing into
marriage: the three R's are
rent, ration and raiment.
Brampton Sun.
A candidate these days needs
four hats: One to wear, one to
take out into the ring, one to talk
through, and one to put back on
again. — Galt Reporter.

Hon. Paul Hellyer is discover-
ing that it's as easy to control
the speed and direction of a gas-
throughout the slow Winnipeg
Tribune.
When we see old films from
the thirties, it seems incredible
that railroads should have played
such an important part in our
lives. The famous trains to those
days provided superb service.
They were a well-groomed
There was a special charm
in going to meet someone at
the station. To have a cha-
coly and deserted as they so
often are today, but crowded
with people going and coming.
—Hamilton Spectator.

Some orthological wisdom
from a British clergyman, Rev.
Edward Jeffery: "People ex-
pect an eagle and the night hawk
of a sparrow, the strength
of an owl — and some people
expect such a bird to live on
the wing of a canary." — Ottawa
Journal.

Pittsburgh's health director
reported: "We have had a
drop in the number of per-
sons suffering from upper re-
spiratory disease six months
erably less pneumonia since
the smoke ordinance went into
effect."

Since then Pittsburgh has
made further progress. Its fa-
mous Golden Triangle is today
one of the cleanest areas in
North America. St. Louis is an-
other city that has started a
serious smoke problem and
has brought it under control.
It is not only that polluted air
is nuisance for the way it dark-
ens and corrodes buildings. Pol-
lution is increasingly recognized
as a threat to health and
life. That action taken until
now has failed is seen in the
absence of results. Cleaning
Montreal air would be a good
project to undertake in pre-
paration for the World Fair.

They were fairly compensated
is open to dispute. It is true
that there was panic and racial
madness in B.C. in the wake
of Japan's attack on Pearl Har-
bor. That was in part an over-
flow across the border of hy-
steria in the western United
States, where American-born
people of Japanese blood were
similarly uprooted. Neither fac-
tor was the reason for the
with which a Canadian govern-
ment treated Canadian citizens.
The Prime Minister is to be
congratulated upon his candor
in making public apology to the
Japanese community. Perhaps it
is not too late to re-examine
the circumstances under which
the Japanese in Canada's
property is reported, in B.C., to
have been transferred. Perhaps
a judicial tribunal, reviewing
the matter in the cooler per-
spective of nearly a quarter-
century, might advise addi-
tional compensation, regard-
less of any statutory time limit.

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