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## Don't Give Up a Life

A LETTER to Mayor Whalen has raised a point which may seem of limited interest, yet it is actually a matter of life and death which is of concern to all.

The letter is from the Health League of Canada on the subject of artificial respiration. The writer, Dr. Gordon Bates, general director of the League, asks that it be drawn to the attention of Prince Rupert citizens. We are happy to assist the mayor in doing this because the Health League is offering advice which can mean the saving of lives.

Remarking that there is an alarming number of cases of apparent drowning in which artificial respiration has been stopped too early, Dr. Bates makes these five points:

(1) There is hope of reviving persons apparently drowned even though the duration of immersion has been up to half an hour.

(2) The fact that most of the usual signs of life are often entirely absent in an apparently drowned person is not a final indication of death. Persons have been revived by artificial respiration after hours of apparent death from various causes. Until some indication of life apparent to everyone appeared, there was no pulse, no heart sound audible by stethoscope examination, no reflex of any kind.

(3) Artificial respiration should be commenced immediately in all cases under water for less than half an hour and should be continued without an instant intermission until all hope is lost.

(4) The rule laid down by the Health League of Canada's committee was that it should be continued for a minimum of four hours or until rigor mortis has set in, and there should be no exception to this rule.

(5) Additional rules have to do with keeping the patient warm by all means possible and seeing to it that the air passages are clear.

If the average holds true, there will be 500 more drownings in Canada before the end of the year, with the majority occurring this summer. Perhaps you will be at the scene of one of them. If so, remember that minimum four-hour period allowed to restore breathing. You may not know the technique of artificial respiration, but your knowledge of this fact may help someone who does to bring back a life.

## ray...

### Reflects and Reminisces

Tim Buck of the Labor Progressive Party is, or was, on the coast a few days ago, being down for a variety of more or less timely subjects. Tim is in Prince Rupert but infrequently. We recall him last, on a Sunday forenoon before a full house—a mild mannered man, fully capable of keeping his audience interested.

#### CONSUMERS CHEERFUL

Fields are full of weeds instead of wheat and horses are so thin that ribs can hang on ribs, a young East German stated in France yesterday. But this will be relieved. Immense amounts of American food are already being sold in East Germany, and Communists are indignant, saying this is an insult. East Germans have not the slightest objection to abuse, either by word or act.

New Westminster had an hour's traffic jam when Orangemen undertook to observe the 260th anniversary of the battle of the Boyne. The day was reasonably cool, and a few of the high hats had no difficulty proving they had been there before.

#### A REAL NECESSITY

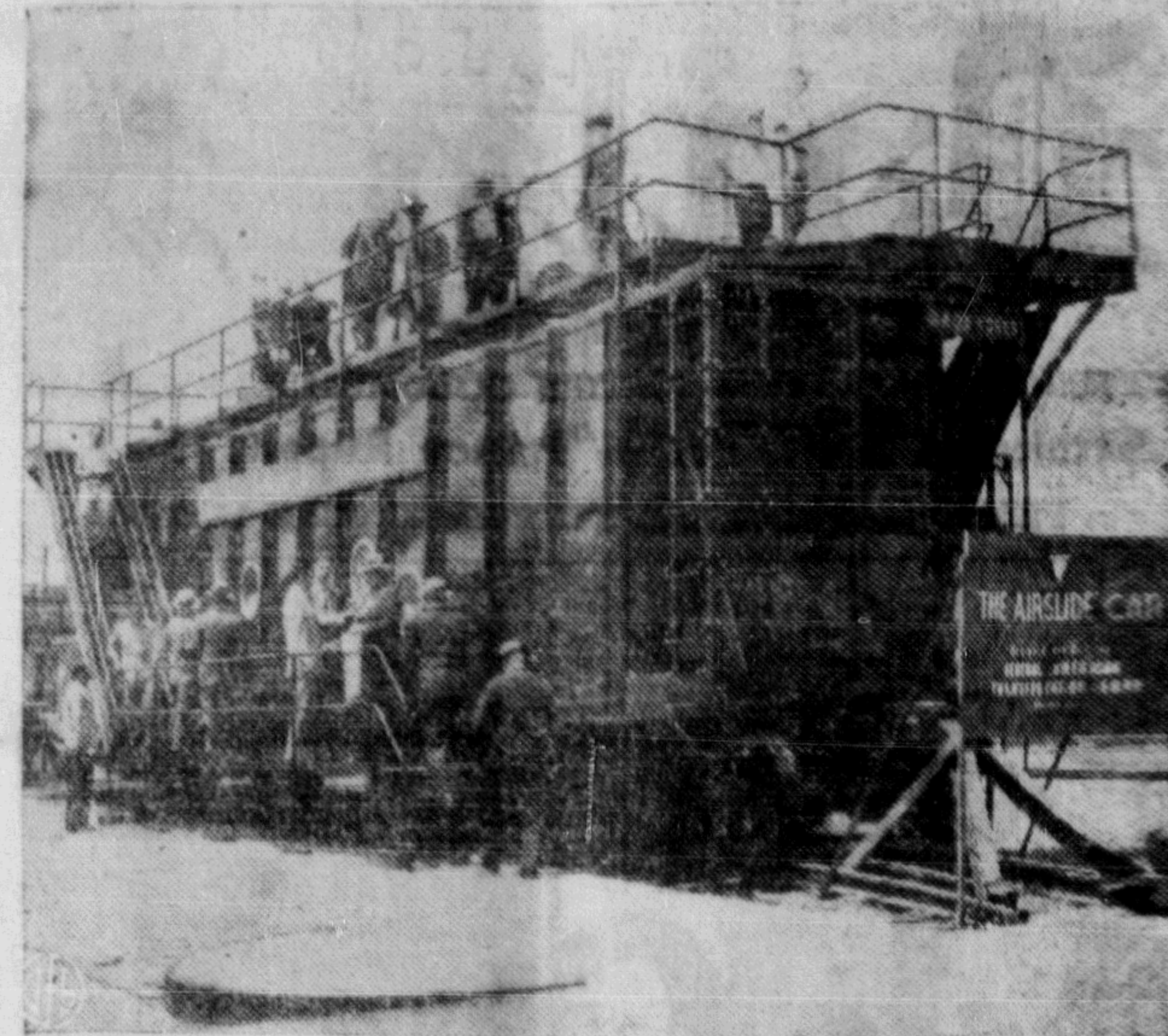
How did the Soviet ever come to fancy "Innocents Abroad," "Roughing It," "Life on the Mississippi" or "Huck Finn." Special editions have been ordered for Russia. Perhaps it is precisely what Russia needs. There's nothing like a good laugh, now and then.

One thing the New Zealander does well, says Al Williamson, Vancouver writer, is eat. We had the following to choose from, at breakfast: tree tomatoes, bacon and eggs, steak, starter of smoked schnapples and toast and marmalade, stewed prunes, French outlets, deviled kidneys, loin chops, stewed rhubarb, cold York ham and roast beef or tongue.

#### NEW NAME, NEW FLAG!

The former SS Prince Robert is having quite a career. Built in England in 1930 for the CN Steamships for the coastal run, with the Prince David and Prince Henry, she is now named the Lucania and is owned in Italy. Under the new name and flag she sailed for the West Indies with 700 passengers.

When the queen mother goes roaming, Her Majesty usually can select places of outstanding interest. This time the choice was Rhodesia. It is here can be found the famous Zimbabwe ruins of an ancient temple, one of the riddles of history, and which gave Rider Haggard his idea of writing the novel "King Solomon's Mine" which, many years ago, scored a great hit.



AN INNOVATION in the handling and shipping of dry powdered materials such as foodstuffs, chemicals, starches, and similar commodities, was shown in New York with a demonstration model of the new "Airslide" freight car, produced by General American Transportation Corporation. Special viewing windows at the sides show the internal structure and operation of the car, while the loading hoppers on the roof, in the form of covered glass domes, reveal a test quantity of dry, powdery sand being sucked up and out of the car.



## As I See It

BY

Elmore Philpott

• Sorry—No Children

WHEN elections come around all the political parties get right down to arguing about things that mean most in the lives of the people.

Right now one most important argument concerns housing. Three parties offer their proposals, all of which have merit.

The CCF program is the most ambitious, and if the CCF were in a position to elect a majority government it might produce the most houses at the lowest cost to the householder—for the CCF housing scheme is based on government loans to home buyers at two per cent per year.

There are, however, several objections to this plan, for the government obviously cannot borrow vast sums of money below two per cent. Hence to borrow money at the going rate for bonds—say four per cent—and re-lend it to home buyers at two per cent would be merely a form of subsidized housing.

CONSERVATIVES have a strong talking point in advocating that the National Housing Act be amended to provide for purchase of homes with a down payment of 10 per cent.

The present Liberal government has already done this very thing in connection with homes provided for defense workers.

But the Liberal Minister of Housing, Hon. Robert Winters, shows that the whole basis of NHA partnership between the government and the insurance companies would have to be changed to lower the down payment to one tenth of the total price. The Insurance Act is designed to protect the interest of the citizens of Canada who have a good part of their lifetime savings in the form of insurance. It would be bad business on the part of the Canadian nation to weaken the foundations of the insurance companies to help out one other section of the population.

THE LIBERAL government is proud of its housing policy and shows that in proportion to population Canada has built more new houses since 1945 than has any other country in the world.

This year Canada expects to break its all-time record with over 100,000 new dwellings. Canada would have been over the top of the 100,000 mark already

had it not been for the Korean war, and the deliberate cut-backs that it entailed as government policy.

Now that the war is coming to an end, the Liberal leaders make it very clear that Canada is out to speed up.

MR. WINTERS quotes with approval this statement made by Gerry A. Golden, the Sun Life's expert on housing:

"It may be that we in this country are currently placing too much emphasis on the construction of individual housing and too little on provision of rental housing."

As I read Mr. Winters' speech that plainly means that if the Liberals are returned to power there will soon be a drive to end forever the heart-breaking brush-off which young parents get when they try to rent apartments or flats.

"Sorry, no children are allowed here."

In keeping with basic Liberal principles, free enterprise should be given the first chance to deliver the necessary rental family housing, maybe even helped by the government to do so.

## The 'Brain' Going To Baltimore

BALTIMORE (AP)—The "Brain" is coming to John Hopkins medical school.

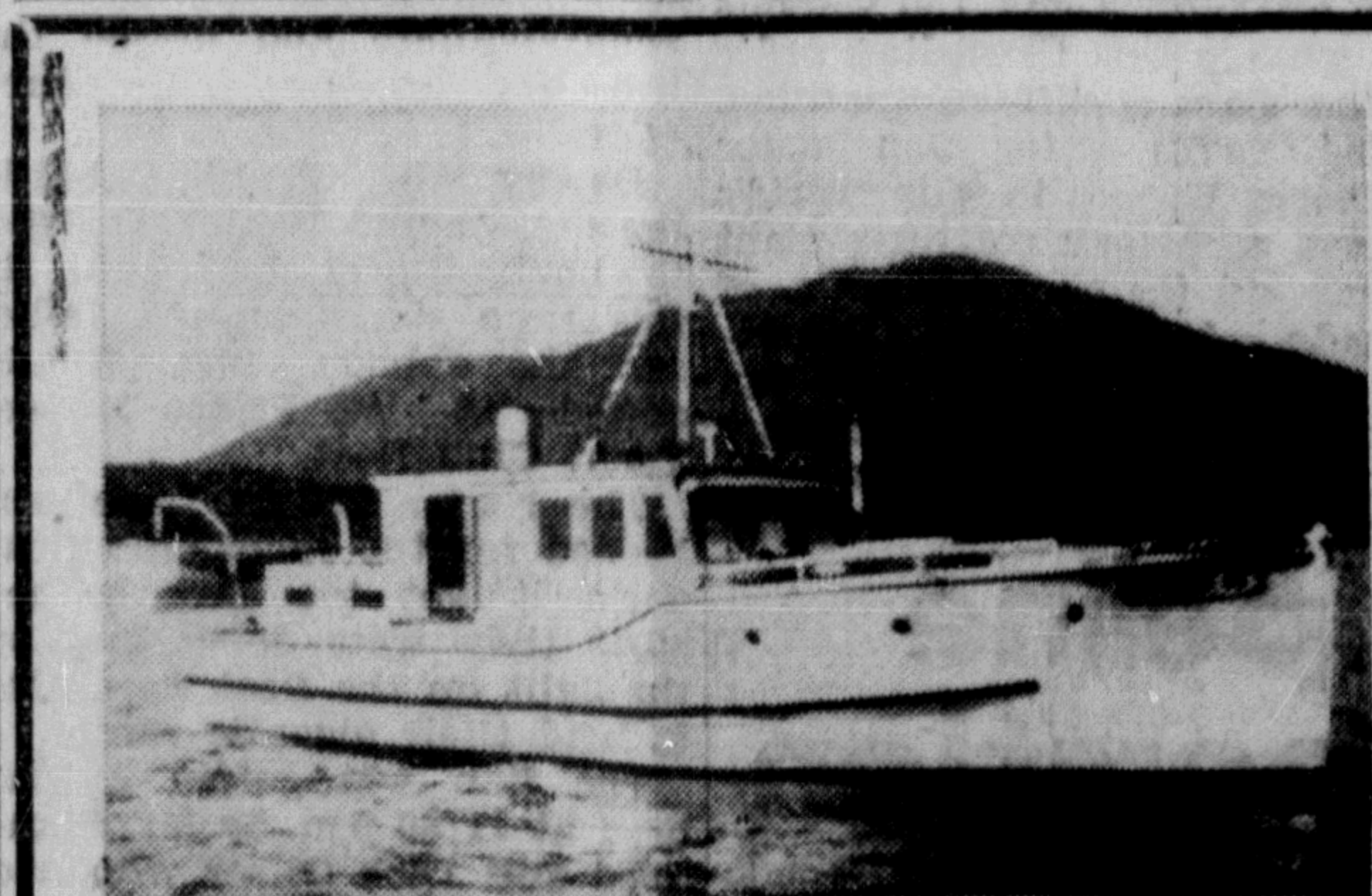
Frank Milligan, 21, of Victoria, B.C., will start studies here in September.

He was graduated summa cum laude from Portland, Ore. University this year with a 3.99 average, the highest mark ever attained there in a four-year course. Perfection is 4.00.

Milligan completed 47 A's and one B in freshman physical education.

He chose Hopkins after his application was accepted by five medical schools.

The rattlesnake is found only in America.



### CABIN CRUISER FOR SALE "ELIZABETH M"

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## OTTAWA DIARY

By NORMAN M. McLEOD

While Parliament Hill's Number One interest these days unquestionably is the Federal election campaign, enigmatic Russia ranks easily as the Number Two interest—and not so very far behind.

The strong feeling exists amongst Capital observers that there's a greater element of suspense and uncertainty in the Russian situation than in the domestic political picture. That's one reason for the close interest being taken in it.

Rightly or wrongly, government circles feel that they understand the dynamic of Russian affairs just as well as they are understood in any world capital. While that may not be saying too much, the fact remains that our Moscow Embassy has always been one of the most competently staffed of our foreign missions. For a number of years it was headed by Dana Wilgress, conceded to be the top individual in Canada's career foreign service. Wilgress left Moscow when the two nations ceased to exchange Ambassadors at the time of the Soviet spy plot in this country. But Canada continued to see that the skeleton staff left in the Moscow Embassy was of top calibre. The policy is paying off now in a better understanding of the situation revolving about the downfall of secret police head Beria.

The best information reaching the government discounts heavily the theory that Beria's downfall was engineered by Molotov and the Soviet generals as a power grab of their own ultimately threatening the ascendancy of Malenkov. The Cabinet here accepts the move at its face value—a manoeuvre by Malenkov to ensure his own security and the absolute nature of his dictatorship.

Canadian sources in Moscow, who have studied the scene at first hand there for a number of years, believe that Molotov has no ambitions for the Number One post in Russia. They say that he isn't disinterested in it because of its obvious dangers, but because of a curiously basic disbelief in himself. Molotov is described as having faith in himself as a Number Two man only—as lacking the qualities of a Dictator in his own right.

Moscow sources subscribe to the view that the recent events in Russia unquestionably ease the current international situation. They say that Russia will NOT start a war while the present crisis in domestic affairs lasts. At the same time, they are of the opinion that the situation represents simply a breather, and not a permanent change in outlook. They say it's no time for the democracies to let down their guard.

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ALEC GUINNESS, British stage and film star, wears his as the King of France in "All's Well That Ends Well," one of the plays in the Stratford Shakespearean Festival which is being staged in a stylized modern dress. The other play, "Twelfth Night," is in period costume.

## Barbara Brent's BUYS AND WHY

MONTREAL, July 16th.—Here's a soup à la gourmet in your family... and who says granddad, dad, Junior and Jane will all agree HEINZ CHICKEN CONSUME is a special treat. Serve it hot or cold, depending on the weather and your mood. It's delicious and jellied... or delicious as the "spot" with a cold meal. You'll be thrilled with real chicken flavour. Yes, Heinz Chicken Consume is a brand new "masterpiece" to add to your family's Heinz Soups.

I Like To Enjoy My Summer Holidays... not spend all my time in the kitchen. That's why I always take a good supply of FRENCH'S INSTANT POTATO to the cottage with me. They're easy to pack—not bulky. And best of all, it takes just one minute to prepare delicious, creamy mashed potatoes with French's Instant Potato. That means I have more time to relax... less time in the kitchen. Just follow the simple directions on the package for the easiest-to-make mashed potatoes you've ever tasted. And so good! French's Instant Potato is made from top-quality potatoes, pre-cooked by a special process that preserves important nutrients—and wonderful flavour!

It's A Pleasure—When The Thermometer Soars—to make a refreshing glass of NEW INSTANT CHOCOLATE SANBORN COFFEE. Did you know?—this real coffee—made by a new process that gives it flavour and aroma of freshly ground coffee, even the very colour and texture are the same as there's that wonderful "instant" convenience like so well... particularly handy for making coffee. You see, New Instant Chase & Sanborn Coffee dissolves like magic in cold (or hot) water. And here's all you have to do to make real coffee: Sanborn tail glass. Half fill with tapwater and stir. Then add ice. The coffee is ready to drink.

Here's How your baby can learn to drink from a cup without spilling a drop. Just give him the plastic baby tumbler (illustrated) to drink from. It's a special offer from Heinz, the makers of your baby's favourite foods... HEINZ BABY FOODS. M-m-m-m!—those good meat food products, soups, vegetables and cereals—all expertly blended to give baby extra nourishment. And now Heinz offers this baby cup for just 50¢ with labels from any six tins of Heinz Baby Foods or from 3 Heinz Baby Cereals. Write to me for yours, enclosing labels and money in coin or stamps—Barbara Brent, 1411 Crescent St., Montreal, P.Q.

I Hope you're having sunny summer joy you don't get on the job. And tip on how to enjoy your dose of S.O.S. you can keep it looking like with S.O.S. Scouring Pads. S.O.S. will take that rust off your kitchen sink. And S.O.S. can do to keep your porcelain tubs and sinks white. Easy, isn't it? And it will quickly remove any stain from your iron. Yes, S.O.S. Scouring Pads are a "real" combination of sturdy woven fibres and green soap. Outdoors—indoors—is the handiest cleanser yet.

Dieting? Authorities on shedding pounds say that it's most important to eat a good breakfast. Keeps you from getting over-hungry and requires less over-eating through the rest of the day. They recommend a breakfast of fruit, cereal, skim milk, even bacon and an egg. For the cereal, I suggest hot "CREAM OF WHEAT". It gives you quick-starting food energy, plus iron for good red blood, and calcium and phosphorus for diets deficient in those elements. And "Cream of Wheat" is so delicious, too... smooth and delicate in flavour. I can't imagine a better quick start for a "diet day" than "Cream of Wheat."

Want Cool, Delicious Thirst-Quenchers for the whole family? Friends when they drop in? Then stock up on SUNKIST LEMONS for iced tea and lemonade you've ever made. Lemonade... Make a frosty-fresh pitcher of Sunkist lemonade each morning. Keep it in refrigerator and help yourself when you're thirsty. Iced Tea... with Sunkist Lemons. Be sure to use the Sunkist lemonade each morning. Keep it in refrigerator and help yourself when you're thirsty. Iced Tea... with Sunkist Lemons. Be sure to use the Sunkist lemonade each morning. Keep it in refrigerator and help yourself when you're thirsty.

Yes, whether your favourite thirst-quencher is iced tea or lemonade, incidentally, an excellent source of Vitamin C. Some Evening Soon, when the dishes are done and the children in bed, get out your bank book and count up your savings for the past twelve months. Have you been helping yourself generously enough from each month's pay-check... or are your savings almost non-existent? Perhaps they've all gone to the butcher, the baker and that little hat shop around the corner. This isn't fair to you. You should have money to show for last year's work. So why not promise yourself that this year's work is going to pay off in a neat little nest-egg in a Savings Account at the B.S.M. OF MONTREAL. Open your tomorrow at your nearest branch of the B.S.M.

## 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 phrase 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 information 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 peoples in blinkers 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 governments 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. Nominal freedom is not enough. The only 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.

All liberty, of course, involves obligations. That of a free newspaper is to be truly free. It must strive to 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 public welfare as its staff understand it.

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

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