

NOBLE AIM

The aim of the Canadian Radio-Television Commission to ultimately reduce the non-Canadian content of CBC and private television stations to less than 40 per cent may be a very noble and idealistic objective. . . . One of these days we may wake to the realization that probably the most distant aspect of the Canadian national character is the desire to live the American way of life without the responsibilities of Americans' - The Sun (Swift Current, Sask.)

MORE CAMP SITES

Ordinary people, legislators, municipal politicians, farmers, school trustees - just about everybody - must make it his business to see that more camping grounds are opened up. . . . and more stringent anti-pollution laws are passed to protect lakes, rivers and the land. Man must support all efforts to keep the natural environment liveable and beautiful to sustain his soul. - Rimbey (Alta.) Record

UNNECESSARY NOISE

Unnecessary noise, like pollution, is something no individual or business has the right to inflict on others. Action to end it is commendable and long overdue. - Salmon Arm (B.C.) Observer

MIDDLE EAST

The situation is bleak in the Middle East, and we fear the worst, unless other powers stop meddling, and peddling arms, and start meaningful political methods of stopping the strife. - Vancouver (B.C.) East News

THOUGHTLESS WASTE

Wanton, thoughtless waste of the North's most valuable resources is inexcusable. Billions of words have been written about the necessity of preserving northern ecology. It is time that all of us gave a little more thought to caring for the most important resource of all - the children of the North. It costs a few dollars to ensure that a child gets the education necessary to be a useful and valuable member of society, it will be a good investment. - News of the North (Yellowknife, N.W.T.)

BACK AND FORTH

If, as we have been given to understand, one of the main reasons for the Northwest Territories council wanting a jet is to whip six to eight government officials back and forth to Ottawa daily, we are opposed. The capital of the Northwest Territories has been in the north long enough now to be weaned from daily feedings. . . . in Ottawa. We suggest they try using the telephone. - Whitehorse (Y.T.)

CORN INSTEAD OF HAY

Can high-quality corn silage replace hay as a forage on the dairy farm? Dr. P. L. Burgess of the Canada Agriculture Research Station at Fredericton, N.B., says it can, provided the animals are also given a protein supplement.

DRUG ROUNDUP
VICTORIA (CP)-A four-month undercover investigation by RCMP has resulted in charges or warrants issued against 48 persons for drug offences. The charges involved trafficking in either heroin, hashish, marijuana, LSD or mecaline. It was the largest roundup to date on Vancouver Island.

PROGRAM SET
VANCOUVER (CP)-The University of British Columbia has approved a special counselling program to encourage more Indians to attend university. A student task force has been suggested to tour the province promoting university education for Indian high-school graduates. Twenty-two Indians now attend UBC.

REMINDER
DAY LIGHT
SAVING TIME

Commences at 2 a.m.
SUNDAY,
APRIL 26, 1970
W. E. AUSTIN
Reeve

On The Farm Front

Professor George Jones of the Crop Science Department, Guelph, will be the headline speaker at Corn Night to be held at Cowan's Farm Supply, Robinson Road, Dunnville, on Wednesday evening, April 29. George has been asked to handle the question "Why can't we average 100 bushels of corn per acre."

This question was posed first by one of last year's competition winners, who did actually get well over 100 bushels of corn per acre. This question was posed first by one of last year's competition winners, who did actually get well over 100 bushels of corn on his competition entry.

Because of the popularity of the well known and controversial speaker, George Jones, those wanting to have a seat are advised to be on hand in good time on the 29th.

Monday, April 27, at 8:15 p.m., will see the kick-off for the Farm and Home Improvement Competition at the Rural Youth and Agricultural Centre, Kohler. All township committee members have been asked to be on hand for this information meeting. Anyone else that may be interested would be welcome.

Speakers expected will include Mr. Ed Starr, secretary of the Ontario Plowmen's Association and Mr. Harold Buchanan, judge for the recent competition in Brant County. In addition, films and helpful suggestions for Farm and Home Improvement will be presented.

Some changes in the local Extension Branch staff have

and will be taking place. Robin Daynard, who until recently served as agricultural engineer, has left the Department for an extended world tour. Martyn Riddle, agricultural engineering specialist for Brant and Norfolk, will be filling in at least until September.

Charles Sterling who serves as assistant agricultural representative leaves the Branch on May 8 to take up studies to become a veterinarian. Bruce C. Thompson, who is presently assistant agricultural representative in Leeds County, will be serving Haldimand, starting on May 18.

MEET APPROVED
KAMLOOPS, B.C. (CP)-The British Columbia Racing Commission has granted five days of pari-mutuel thoroughbred racing to the Kamloops Exhibition next September.

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Get maximum benefit from weed-control! Spray early when weeds are young and growing actively - when they are most susceptible. Spray early - at the right rate, with the right CO-OP herbicide - before weeds rob your crop of plant foods and moisture.
READ AND FOLLOW LABEL DIRECTIONS CAREFULLY

Woman Heads Dept. Man And His World

MONTREAL (CP) - Miss Bernard, a native of Montreal, has become the first woman city manager in the history of the city of public relations.

In her first two years as head of the speakers' bureau, the attractive brunette gave more than 150 talks and appeared on numerous television and radio programs to publicize Expo 67 and to encourage North Americans to see Canada's first world's fair.

Later she was named assistant to management and then section head in charge of visual material. In this capacity, Miss Bernard co-ordinated Expo's guidebook, official souvenir map and the colorful restaurant review.

After Expo 67 closed, the city began whittling down its administrative staff to a bare minimum and Miss Bernard was one of a select group asked to stay on and work for Man and His World.

"A woman can hold any position a man can - if she's willing to work twice as hard to prove herself," she says.

There is a difference between a man and a woman who hold executive positions, however. "A man comes home and the house is clean, the shopping's done, his clothes are back from the cleaners - but I'm the one who has to do all that for myself", she explained.

Even though her job entails working long and unusual hours, Miss Bernard still finds time for her favorite hobby - cooking. Many years of training led to Miss Bernard's present post.

While at McGill University she completed a course in public relations, and is a graduate of the Newspaper Institute of America in New York.

The Chamber de Commerce presented her with a special award, and later, during a visit by the late governor-general, Georges P. Vanier, Miss Bernard was decorated by the city of Granby.

From that time until joining Expo in 1963, she served as president of the Granby Business and Professional Girls' Club, devoting much of her attention to the crippled children of indigent families.

VANCOUVER (CP) - A safe, healthy program of exercise to help cardiac patients recover after a heart attack is the goal of a team of researchers, patients and athletes working in a tiny cubicle at Simon Fraser University.

The equipment-cluttered room in the basement of SFU's gymnasium in suburban Burnaby is a laboratory in which the limits to which the human heart can be pushed are being explored.

Dr. Eric Banister, assistant professor of physical development studies, is learning how the heart acts under duress from two categories of test volunteers-SFU athletes and post-cardiac patients.

The patients are mostly middle-aged and are recovering from heart attacks or other coronary diseases. The athletes are students at SFU, in prime physical condition.

Athletes are being used to determine better rehabilitation methods. They work on an exercise bicycle "and we make readings of their heart beat, ventilation rate, the amounts of oxygen and carbon dioxide they use, and take periodic blood

tests after each exercise series."

"We can simulate temperatures from - 10 degrees Fahrenheit to 150 degrees and vary the humidity from 60 per cent to total saturation", Dr. Banister said.

"In other words we can make it snow or we can make it like a desert. So far we haven't done anything extreme because we have some pretty valuable equipment in here and we aren't sure how it will react to that kind of treatment."

Over a period of three months the athletes exercise an hour a day in the lab, breathing air at sea-level pressure, then air with 12 per cent oxygen - equivalent to that at 17,000 feet.

"There seems to be some indication - especially after

the Mexico City Olympics - that high-altitude training will make an athlete perform better at sea level."

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