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VOL. 9 — NO. 3

PUBLISHER and EDITOR: I. S. KOHALY

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GLEANINGS FROM THE MASTER

Each soul is potentially divine. The goal is to manifest this divine within, by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy — by one, or more, or all of these — and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms are but secondary details.

Practice is absolutely necessary. Simply listening to explanations and theories will not do.

Take up one idea. Make that one idea your life; think of it; dream of it; live on that idea. Let the brain, muscles, nerves, every part of your body be full of that idea, and just leave every other idea alone. This is the way to success, and this is the way great spiritual giants are produced.

Swami Vivekananda

THE *Editor* COMMENTS

I. S. KOHALY

"Curse be on me if I am making any profit on any of the things I sell." Or I am selling below cost just to be in business." These are some of the remarks you will hear when you visit some of the businesses run by Indo-Canadians. One wonders at their way of conducting business.

It is a recent phenomenon that the Indo-Canadians have ventured into business and most of them have no previous experience. They started the business because some one else is doing it. There was a time that there were a couple of travel agents, insurance men or a few real estate men. They were making a decent living. Now we find hordes of agents in every field, creating unnecessary and ridiculous competition which hurts only the Indo-Canadians themselves. A healthy competition is always welcome, but it seems that the only way to survive is by trying to put someone else out of business.

Many agents and businessmen have come and gone-gone they are but have left behind the legacy of cut-throat competition and lots of mistrust in the business community. One hesitates to believe that they are selling things at cost or below cost and still surviving year after year!

These businessmen blame the customers for exploiting the situation and demanding bargains. When the businesses are being run on offering bargains then why should the customer not take advantage of it? The

businessmen are themselves calling for haggling for prices. You go to some travel agents and they will offer you their whole commission in order to sell you the ticket. How do they survive? God only knows.

Ours is a very small community and thus our requirements are also limited. If one calculates the needs of the whole community and comes up with a figure one can see that we do not need that many grocery stores, restaurants, clothing stores etc. This has created over supply of services and thus the unnecessary competition. Their scope is only limited to the small community. They should diversify their items to cater other sections of society thus reducing their limitations. This will widen their scope and thus create a situation in which they can make a decent living without feeling guilty. They have as much right to make money as a worker in any field.

There are some basics which have to be studied before one invests in any business. After talking to many of our fellow businessmen one finds that they leave most of the things to God. They found someone else had a flourishing business so they also started it. The results are showing in at least one line i.e. the restaurant business. They are changing hands like nobody's business. We do not need that many restaurants for our community. As I said it before, the attempt should be to cater to wider section of the society. If one or two restaurants are surviving that is because they have more non-East Indian customers. ●

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A NONDISCRIMINATORY POLICY FOR CANADA



By GYANENDRA NATH

As a sovereign nation, we Canadians have an inalienable right to forge our own destiny and greatness in the world with policies that we, and the generations that follow us, can justly be proud of. At the same time, we must take care that we continue to be esteemed members of the community of nations. The Special Joint Committee on Immigration Policy of the House and Senate, chaired by Senator Maurice Riel and the Honorable Martin O'Connell, has laid down the cornerstone of future immigration policy by its unanimous recommendation that "immigration policy continue to be fair and nondiscriminatory on the basis of race, creed, nationality, ethnic origin and sex, and that this principle be formally set out in the new act."

After a careful analysis of demographic and economic arguments, the committee came to its central conclusion that Canada needs immigrants. To maintain a stable population throughout the next century, it would be necessary to have a gross rate of immigration of 150,000 immigrants a year. The committee recommended a minimum figure of 100,000 immigrants a year as long as the present birth rate prevails.

THE PURPOSE OF THIS PAPER

That we need immigrants, to the tune of at least 100,000 a year, raises two questions with important ramifications, some of which have been succinctly dealt with by the Riel and O'Connell report and others of which have either been touched upon lightly or left out completely. Where then, are

immigrants going to come from in the most equitable way? What policies are necessary to ensure their welfare and systematic integration into the "vibrant multicultural mosaic"? Are we accepting them to promote our national interests? The purpose of this paper is to highlight some of the important concerns from the perspective of immigrants and to suggest some construction approaches.

In its 35 weeks of operation in 1975, the committee held 50 public hearings in 21 cities in each of Canada's five regions and in the Northwest Territories. More than 400 people presented submissions. The committee received more than 1200 letters and briefs from individuals and more than 200 briefs from organizations. In a preponderantly "white" country, it is significant to note that the majority of the Canadians recognize the contributions of the minority ethnic communities. The committee also came out strongly in favor of a multicultural and multiracial society.

RACIAL DISCRIMINATION

Dealing head on with the issue of racial discrimination, the report agreed that a restrictive policy would be an insult to human dignity, in general, and to the thousands of people from Asia and Africa who have taken up Canadian citizenship and are

working toward a better Canada. Furthermore, there is a danger of creating second-class citizens of many foreign-born who have made their homes in Canada. The committee stressed that Canadians must anticipate that many future immigrants would be coming from non-European countries. Many will be nonwhite. Improvements in European standards of living are making Canada less attractive than it used to be. Moreover, they failed to find significant evidence that immigrants are responsible for creating congestion in the large urban centers or increasing the crime rate or increasing social costs, for example, by being on social welfare.

SELECTION CRITERIA OF IMMIGRANTS ARE DISCRIMINATORY

It is unfortunate that some of the recommendations made regarding the selection of sponsored relatives are restrictive and, in the case of independent immigrants, violate the principle of nondiscrimination. In fact, some recommendations would cause defacto discrimination.

1. **Sponsored Relatives:** While reaffirming the reunification of families as a principle of immigration, the recommendation of maintaining the present system under which *close*, dependent relatives are automatically admissible to Canada, is very restrictive, especially in view of the fact that the present "nominated" category is to be dropped. The definition of *sponsored relatives* should be enlarged to include children and parents without age restriction and dependent brothers and sisters. There should be a stipulation that the immigrant be responsible for his maintenance for a specified period, and in the event of his becoming a public charge, he be required to depart from Canada. Further, there should be a provision for sponsoring nondependent brothers and sisters by a

Canadian citizen under the same conditions. To many a culture from where we draw significant numbers of our immigrants, this would be a more reasonable interpretation of the principle of reunification of a family.

2. **Independent Immigrants:** The committee recommends the retention of the point system, with certain modifications. Under *education and training*, it proposes a reduction from 20 to 12 points for education, one point for each year of successful study. In Canadian terms, it translates to a maximum equivalence of completing only secondary education. Therefore, one is at a loss to understand the rationale behind the recommendation for ascertaining equivalence between certificates and degrees received in his mother country to those of Canada if it is just to assess whether or not a candidate has completed the equivalent of a secondary education. Apparently, the committee wants to assess educational training beyond the secondary level. To assess the Canadian equivalence of education and training of global institutions with their own languages and dialects is not only a mammoth task, but it would prove to be a bureaucratic nightmare and an exercise in futility, despite the vast expenditure of public funds. Even within Canada, there are instances where university degrees and training provided in one province are not necessarily given equivalence by another university or professional association in another province. At best, then, the assessment would tend to be rough, prejudiced and biased especially against foreign educational systems using languages other than English or French. The degree of bias may be even greater where educational systems use non-European languages like Arabic, Hindi or Chinese. The interpretation by unqualified immigration officers abroad

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would tend to be more confusing, chaotic and biased. In actual practice, this recommendation would result in defacto discrimination against candidates from Asian and African countries. The solution, imperfect as it may be, lies in awarding points based on the number of years spent in education and training.

LANDED IMMIGRANTS ARE DENIED EQUALITY OF OPPORTUNITY

The committee's concern in attempting to establish Canadian equivalencies for foreign education and training was genuine inasmuch as it would like to see the newcomer enter the work force with a minimum of frustration and delay. The solution, as has been argued in this paper, could only cause defacto discrimination. We need to develop an imaginative policy that would encourage the utilization and immigrants' potential to the maximum in both their personal and our national interests. This would require a national approach based on federal-provincial co-operation. It should be noted that, while immigration is a federal responsibility, immigrants upon arrival, in effect, become provincial responsibility.

Let me attempt to delineate the immigrant's dilemma in concise terms. In his total assessment, he can get up to 30 points for his education, training and occupational skills. In fact these attributes are the primary basis for his selection as an immigrant. Yet, when he arrives, he cannot find a job in his line of work. The reason is simple. The occupational qualifications and eligibility requirements are under provincial jurisdiction. The entry is controlled for most skilled occupations and professions. The immigrant is caught in a vicious circle. He cannot find work in his line because he does not possess the provincial licence, certification or experience. He cannot get a job because he does not belong to that union, association or professional organiza-

tion. Those unions or associations that have the right to control entry exercise their right to create a scarcity for better occupational and financial status. Thus, the immigrant does not even make the waiting list.

Second, the entry requirements have tended to be harsh, restrictive and discriminatory. They hardly take into account the original qualifications and skills of the immigrants. It is forgotten that this country did not have to spend millions of dollars in their education and training. They may need some refresher courses, training or experience to bring them up to Canadian equivalence. Yet, they do not receive any financial support from any level of government. Thus, the trauma of coming to this cold, impersonal and highly competitive society leaves the immigrant with no choice other than to take the first available job when and wherever he gets it. The difficulty of obtaining a job magnifies depending on whether the immigrant is white with English or French descent, white without English or French descent, or nonwhite. Obviously, the federal and provincial governments should not continue their traditional hide-and-seek game, over their jurisdictional powers, authorities and responsibilities at the expense of gross misutilization of human resources and potential. What is urgently needed is a law that would force the public institutions across Canada to accept immigrants for refresher courses to bring them up to Canadian equivalence. Also, while an immigrant is attending such institutions, programs providing financial assistance similar to Canada student loans should be available.

SERVICES FOR IMMIGRANTS

The committee agreed, to some extent, with the statement: "If Canada decides to accept immigrants, it is Canada's moral obligation to see to their needs and to make sure they do not fall into isolation or be-

come alienated." Yet, the report failed to be assertive in its recommendations providing for services to immigrants on the grounds that so few services are the direct responsibility of the federal government and, in any event, could not be part of the new Immigration Act. This is a "cop-out."

The committee has recommended that the Minister of Manpower and Immigration present a resolution to Parliament each year proposing an annual target figure. The minister would also explain how the target figure was determined, give an account of the previous year's immigration experience, and offer a three-to-five-year rolling projection of proposed immigration rates. With this evidence in hand, it should be possible for the federal government yearly to allocate funds to each province in proportion to the number of immigrants going there. These funds would be specifically allocated to provide the services to the immigrants that have been identified by the committee. The committee isolated three areas of services as warranting special concern:

1. The education of immigrant children who require special training in English or French or other catch-up programs;
2. Language training for wives and mothers; and,
3. Help in coping with the Canadian legal system.

In addition, there should be funds provided for the development of programs related to cross-cultural and interracial understanding.

It is both the moral and legal responsibility of the federal government to respond to these concerns. The abrogation of this responsibility denies equality of opportunity to immigrants and their families as enshrined in the Canadian Bill of

Rights.

FOREIGN STUDENTS

Some years ago, the universities had teaching assistantships that provided foreign students opportunities to do their graduate work. Now these assistantships can only be awarded to landed immigrants. This had adversely affected the opportunities for scholars from developing countries to enrich their educational experience, and it also violates Canada's endorsement of policies of free movement of people and ideas, enabling us to share our specialized skills.

Awarding teaching assistantships to foreign students is an inexpensive way to providing foreign aid for developing countries. It should be noted that teaching assistants are required to provide instruction and tutorial help and also to maintain their scholastic standing. Canadians would, of course, agree with the committee that study in Canada should be for its own sake, and not be a way of immigrating to Canada.

CONCLUSION

The basic thrust of this paper has been to give credit to the special Joint Committee on Immigration Policy for succinctly enunciating that Canada needs immigrants in its own national interests and that immigration should be based entirely on the principle of nondiscrimination. I have also tried to point out that equally important to careful selection procedures of immigrants as laid down in the report is the provision for equality of opportunity, as an important human resource, to immigrants and their families upon their arrival in Canada. As one submission pointed out: "Once an immigrant sets foot in this country, he is one of us. We, as a country, and the immigrants as individuals, have made a contract." Therefore, I concur with the

committee's recommendation: "That a federal Human Rights Commission with responsibilities for conciliation, public education programs and the enforcement of human rights legislation would help to ensure fair and just treatment of racial and ethnic minorities. Human rights laws and multicultural education are essential if intergroup harmony and understanding are to be achieved." ●



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INTEGRATION OF FAMILY AND YOUTH

Will Durant:- "Order is the mother of liberty, Liberty is the mother of chaos."

Dr. I. M. Muthanna

FAMILY is a collective term. It is an institution comprising a few older and younger people. It may consist of just two, four, ten or more members, and they all live in one house and under one roof although this need not necessarily be so.

Who are the youth? They are a part and parcel of either one or many families. Where does the question of integration of family arise? Did any of those members of the family abandon their homes and go astray? Is it, therefore, the necessity to integrate them?

Well, let us have some plain speaking here. Let us not be ashamed to admit and to look back. Are we trying to maintain or protect the ancient concept of the family as a harmonious and cohesive unit? Are we serious in safeguarding that sacred institution of marriage, and thus retain the system of wedlock without any deadlock being created on account of a few minor temperamental conflicts amongst the members of the family?

Let us face facts. Much of our social and economic ills have their roots in our not respecting the institution of marriage and family. Why is it so? Should we exercise our right for liberty by running away from our homes, from our parents, from our spouses, brothers and sisters? Are we asserting our so called freedom that way?

Let me also point out one more thing. In all our public activities we are bound by

some discipline. Take any occupation - one has to abide by the rule of law - be the one a sweeper or a governor! Everyone knows the kind of discipline followed in civil service, in the Army, police etc. That's good and that's how the world moves.

But in these days the only field where there is no sense of discipline, no rule or law nor even an elementary sense of moral and social obligation, is the family. If in the public undertakings discipline is enforced to get things done, it ought to be the same in a family too, but without any compulsion, whatsoever. In the Oriental concept of home life, family is a unique and sacred organization with a good lot of customary and conventional laws and rules. The bread winner and wage earner is the man, and the wife is certainly the mistress of the house enjoying liberty and equality - the extent of which might vary from home to home.

What happened to this perfectly harmonious system of family, especially in Western countries? The modern economic conditions broke that system altogether, and if it goes on that way as seen now, no amount of effort at integration of the broken family would succeed because the crazy economic need and greed of the day have caused so much to smash the once peaceful and cohesive home into pieces!

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I said about the Oriental concept of family units. Yes, there is a lot in that custom and system for us to ponder - be it a single family or a joint family. The Western societies have not yet caught the spirit of the East. There is something that is let loose in the Western system of family life - to an extent of there being no system at all! Some time back I had an opportunity to go round interviewing some people, and, in the process, I knocked the doors of some senior citizens. Our conversation went on something like this:

Good Morning, Sir, How are you?
Fine, thank you.

Are you living alone in this house?
Yes.

Why? Where is your wife?
We are separated.

Where is your wife living?
She lives alone, elsewhere.

What is your age?
Seventy-three.

How many children have you?
Two boys and a girl.

Where are they?
They're married; they live separately.

So you are all separate?
All separate, yes!

You live on old-age pension etc?
Yes, yes.

Seventy-five percent of the cases in this hemisphere are like this. Children are brought up by parents till they are 18 or 19 when they perhaps start thinking to have their own families after a kind of staggering pre-marital courtship. These youngsters leave their parents to their lot, and in turn they too experience similar hardship when they get old. Is that all the wisest of the beings on the earth could do? Can they not live and die in the company of their own people? Well, I interviewed some old people

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who hailed from the Asian countries, including China, and my talk with them was heartening:

Good Morning, I like to see Mr. Chung Lun.
'Okay, he is here', said a kid.

Oh, how are you, Sir?
Quite well, thank you.

Is this your own house, Sir? It's nice.
Yes, now it is in my son's name.

And, you live with your son?
Of course, yes.

Are you paying for room and board?
Nonsense, why should I?

Who are all living here?
My son, his wife and their kids.

What are you doing with your pension etc?
I have my own savings, and naturally after I am gone, all that will go to my children. We are a family, and this is not a hotel to pay for room and board.

In the above said two vastly different orders, there is a sly intruder who gets in and tries to break the establishment. In that way the Western system of family is almost broken, and if the Orientalists stay on longer under that influence, they too would certainly disintegrate. The intruder who causes such a break is the Government, which has come out to destroy families. They nationalise people as they nationalise industries.

Why should families break? Quarrels among the members of the family are an age-old sport, but the spouses divorcing each other is a recent idiotic phenomenon that has emerged after the economic and industrial revolution of the 18th century. The spouses separate and children abandon their parents and all those divorced, deserted and separated people assert from the streets their independence, liberty and equality. Liberty in the political sense may be a birthright of everyone, but in the

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domestic field as well as in civil service, that kind of assertion would have a disastrous effect. This false concept of liberty, individualism and a craze for economic independence and selfishness, bordered on inhuman and unethical dealings against own kith and kin, have all contributed to the breaking up of the families.

If money alone is the be-all and end-all of existence, then there is no place for the warmth of human love and affection. The man works, wife works and children too work the moment they come of age. Here one can see that each one is for himself or herself and God for all. The man loses his responsibility for the household and then takes to drinking; the woman loses her charm and character, once she gets out into the streets and works leaving her children in charge of the baby-sitters, and the children who grow under this unhealthy influence of their elders soon become uncontrollable at home. Everyone enjoys full liberty in such disorganised homes, and that is what we call nonsense. Even schools educate children these days that way. One 'expert' in education said sometimes back, that:

"The conventional idea that a teacher should have authority because he has knowledge is obsolete, because students can learn their own."

These 'experts' are paid many thousands of dollars just to say such things, and that's exactly the joke of modern education and ethics. He also said, that:

"Teachers should become model learners in a fundamentally changed school system so that its graduates are prepared to realise their vision of beautiful society."

This is a dangerous turn that the system of education is taking, and, under such unbridled situations there could be no discipline, whatsoever. No corporal punishment

in schools, no capital punishment for murderers, guns and more guns all over, and, of course, trade-unionism- and, in a situation like this all become defiant, and Governments become impotent by being incapable of facing the situations which are their own making. In the home front, quarrels take place on flimsy grounds, those involved pry and probe into each other after becoming suspicious of each other, and then the worst comes- they break, they divorce, they desert or separate and the younger members of the clan go about jobless and penniless. Here let us thank the system of social welfare that protects all such people.

One has to only refer to the list of those living on social welfare- those runaway youth, divorcees, un-wed mothers and un-wid fathers and those who have taken to drinks, drugs, etc. This God-sent money to the people for doing nothing encourages the above types of people to go astray- to walk out from their homes. From this one can know, as to who is the cause for breaking families. Many millions or billions of dollars are spent on feeding the people of the above kind, and, of course, there are family allowances, old-age benefits, unemployment benefits and other kinds of grants. All this is just a patch-work business. This is like spoon-feeding a society that is crying and sick. With this kind of thing that most respected institution of marriage and family is shattered.

As long as the things continue this way, and as long as the Governments take the responsibility of feeding the members of broken homes, the number of such homeless citizens would increase. Here a question arises. From where do these people emerge? They belong to families that consisted of a man, a woman and one or more kids. If they fall apart they must be brought together, and not encourage them to go apart. The funds spent in the form of several kinds of allowances could be paid to

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a family with strict instructions to spend the money among the needy couple and their minor children. The old-agers should not be allowed to get demoralised and the youngsters should be prevented from becoming cynical and disrespectful to things around them.

These days the family allowances, social assistance, etc. serve only as a 'hush money' in order to carry on the day. No one took into consideration the ethical concept of the family as a unit while giving away this kind of money. Anyway, would this kind of 'hush money' help to cleanse the disorganised situation of the society and the family? The Westerners being the leaders of the world, not in the moral and ethical sense, but in economic terms, should formulate a discipline into the corroding aspects of our family life. One cannot integrate a broken structure nor join the two broken pieces and make them one.

It is a well known fact, that the greatest tragedy in North America today is loneliness. One may have plenty of money and other luxuries to enjoy and go about but all that is nothing, if there is no happy family life to foster supreme satisfaction and peace of mind. That was why the ancient concept of marriage and the institution of family were held sacred. However, today, can we turn the clock back? Can we reconstruct the structure from out of the chaos? Can we rejuvenate family life as it was in the past? Can we sweep the entire mess that has spread in the form of disintegration of families? Or should we wallow only in our false pride and much conceited slogan of being free in a free society?

What is a free society? Where is freedom? If one has tried not to become a slave of another, he has definitely become a slave of money, and in turn the slave of his

master who pays him the money or of the system which pays him the money. Money we do want, but when we become crazy to amass wealth, we become selfish, and together with that, family life too crumbles like a house of cards and the members of family go about in despair. Those Oriental cultures and civilizations of many thousands of years back somehow survive today. They have no millions or billions of dollars to distribute as hush money, and yet they survive in their own unique way. The more you pay for the discontented and the greedy the more they demand. The more you try to spend the national revenue on abstract causes the more the menace of inflation. What we see in our own Canada today is exactly that!

Therefore, let us come to the point. The talk of family and youth integration has to be considered in right earnestness. The arguments of some might centre around money, on grants or some subsidies. But on whom such monies are spent? Those are spent on individuals through organizations; and, who are those individuals? They are the run-aways from families and most of whom are filled in orphanages, mental homes, senior citizens' houses, public housing projects, foster homes, etc. All these people had once belonged to their families. Well, then, let us restore them to those families and money spent on those individuals be spent on those families, and thus let there be an effort at the restoration of the disgraced families and fallen homes.

What we need is an understanding heart! What for divorces take place? What kind of pre-marital courtship the couples have? Why the teen-agers become defiant and disrespectful to the elders? Why even the wealthier and learned ones become chronic drunkards? Why most of the women end up in mental clinics after reducing themselves into panic and frustration? Why is there no good relationship or leader-



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ship in the social field and why have our churchmen lost sight of this important aspect of family integration? Is there a proper understanding of human factors other than the number of drug edicts, school drop-outs, run-aways from homes and juvenile delinquents, has increased to this extent, despite the money that everyone is having?

These things need concrete answers and also solutions. It seems that sometimes Governments legalise some illegal practises prevailing among masses, because Governments derive their power from people. It is a vicious circle, indeed! However, those social and religious rituals are losing their sanctity; there are shops in street corners to give advice on separation of the members of the families, to offer solutions for quick divorces among spouses, and agents to legally work out the illegal means of abortions, just as they have legal-

ised prostitution.

In cities, however, there are landlords who rent their houses and apartments, discouraging tenants with bigger families. In the public housing projects, the rents are based on the number of people in a family and not on the quality and durability of the houses. The number of vagabonds are found increasing and a good and happy family life is becoming almost out of fashion. However, measures taken by the Governments to alleviate social problems should be on the basis of the family.

Where is after all the need for a sparsely populated and industrialised country like this to have so many unemployed men and women? That is mainly due to the irrational distribution of job opportunities.

Immersed ourselves in the depths of materialism, we have certainly brought ruin

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to the entire structure of human organization in domestic level- of which the family is the most human and basic institution. It is, therefore, essential that we preserve a good deal of our primitive wisdom in order to maintain our sanity. Frequent divorces, re-marriages, illegitimate off-spring, craze for pecuniary benefits, greed and cut-throat competition to amass wealth and to seek power, a callous disregard to our heritage, chaos and conflicts in modern homes, nagging women and conceited men and shocked kids witnessing utterly tragic scenes and actions of their miserable parents etc, should no longer find a place in homes, if the enlightened citizens and leaders consider things seriously and purposefully. If we fail to mend matters the immediate casualty to family disharmony would be the innocent children who would waste no time to follow in the footsteps of their indiscreet parents who have blundered and bungled enough and more!

Let me, therefore, repeat! The men and women of today have lost their moral and spiritual acumen and have now descended to a low level of existence. This glamorous but materialistic civilization had blurred the vision of mankind! It looks as though the gods also have run away from our hearts, and we see everything of all the worlds in our economic slavery and moral debauchery. That much respected church, too, has been totally unable to control the tide of turmoil in modern families, and, therefore, a collective effort should be made by effectively organising public opinion in favour of this long lost subject of Integration of Family & Youth. Let us hope that some strict moral code to safeguard the interests of the families could be introduced with the cooperation of the provincial and federal legislatures.

Pray, if I have been out-spoken here, it should be regarded as only my fervent desire to build a happy and harmonious

family and home- in the interest of our younger and future generation. No offence is meant to anyone in anyway. ●

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Attempt is being made to tape record all the pioneers who came to Canada before 1940. It will help to know the life style, working conditions, enjoyments and hardships they suffered, which can make a nice history of earlier times.

We have a list of the pioneers-men and women and are gradually contacting each one of them for a convenient time to have them recorded. So far some of the interviews have been very interesting and hope with the co-operation of the elders, it will make a very worth while collection. These records will be ultimately preserved at the National Museum of Canada at Ottawa. For any information or appointment for interview, please phone: 277-8873.

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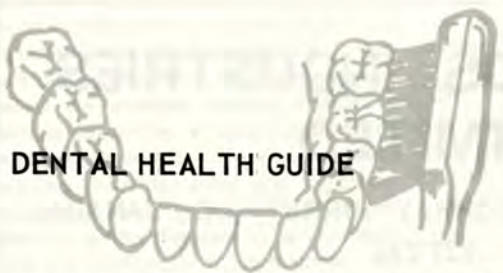
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DENTAL HEALTH GUIDE



DR. S. L. KHANNA
FACULTY OF DENTISTRY, U. B. C.

SOME DENTAL MYTHS TO CHEW ON

1. People of East Indian Origin Have Strong Teeth.

This is a very common belief amongst our people and we often assert that we have never been to a dentist. At the very outset I might warn that this is a very dangerous smugness that we suffer from. This is a very false and erroneous belief and can be a real threat to our dental health.

The fact is that amongst the first generation Indians who have themselves migrated from India, periodontal disease (disease of the gums and bone around teeth) is endemic or very wide spread. Almost 99% of all adults suffer from this. The onset of this disease is in early childhood and is considered a silent enemy. Adults can experience its early undermining effects without being aware of it.

A very common observation amongst the dental profession is that the East Indians form tartar deposits very readily. These deposits on teeth which can be easily seen in the inside of the front teeth of the lower jaw not only form very fast but also are very sticky and tenacious. So it is important for Indians to clean teeth more carefully and frequently and get a dental check up more often than once a year.

Children growing up in India, perhaps do not get dental cavities so readily. It is not that our teeth are strong but because of the fact that in India, dental cavity forming foods like candies, cakes, pastries, and other sticky sugary foods are not consumed so often as here in Canada.

However, our children who were born in Canada or were brought to Canada at an early age, suffer from dental caries in the same way as the other Canadian children.

Dental Disease Facts

1. Over 90% of all Indians have dental disease.
2. Periodontal disease (disease of the gums and bone around teeth) is more rampant in Indians than in the other Canadians.
3. Children can have dental cavities soon after teeth erupt in the mouth, especially those children who are not breast fed and started on milk bottles at a very early age.
4. Indian children born in Canada and raised in Canada suffer from dental caries in the same way as the other Canadian children.

Dental disease in other words, is almost as

common as the common cold.

DENTAL DISEASES

There are two major dental diseases: **TOOTH DECAY** (cavities) and **GUM DISEASE** (gingivitis and pyorrhea).

TOOTH DECAY

This is very common in childhood. For tooth decay to occur there must be germs, fermentable carbohydrates such as sugar, and a tooth susceptible to acid attack.

Germ Plaque + Sugar Foods Acid
Tooth = **TOOTH DECAY**

Approximately 95% of all harmful germs in the mouth are found in dental plaque -- a sticky, hard-to-see, colorless, transparent film -- that forms on teeth every day. When one eats foods containing sugar, the germs act on it to produce acids. These acids cause cavities in teeth.

So far, only fluoride has been shown to help build resistance to acid attack into the teeth. Fluoride in the drinking water reduces cavities by at least 50%. As well as fluoride in drinking water, children should use fluoride toothpaste and have their teeth coated with fluoride by their dentists at least once a year.

Sweets are very harmful to teeth. It does not depend entirely upon how much you eat but how often you eat. For example, two or three pieces of cake for dessert at suppertime won't be nearly as bad for you as if you nibbled on the cake off and on all evening, or ate it at bedtime. This is because saliva flow is less active between meals and comes to a standstill at night when the child is sleeping. Candy or other sweet foods at bedtime can do untold damage to teeth. Instead of cookies or other sweets for nibbling at snack time, children should have corn chips, fresh vegetables and fruits, or cheese and nuts.



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Drinking water with proper fluoride content, brushing and flossing to remove plaque and bacteria from the mouth, and cutting down on sweets - all help to prevent tooth decay.

Regular visits to the dentist will ensure that if any decay does develop, it will be treated at an early stage, before there is extensive damage to the tooth.

Parents should know that cavities can be virtually eliminated by fluoridation and a really conscientious program of REGULAR PERSONAL DENTAL CARE.

GUM DISEASE (gingivitis - pyorrhea)

Children and teenagers have early symptoms of gum disease. The most frequent sign is swollen gums which bleed easily, especially during brushing or flossing. The germs in dental plaque play an important part in causing gum disease. As plaque accumulates along the gum line, poisons produced by germs cause inflammation of the gums, making them tender and likely to bleed. This condition is called gingivitis. As the disease progresses, the gums slowly separate from the teeth, leaving pockets or spaces between the gums and teeth which become filled with bacteria and pus. Eventually, disease attacks the bone that supports the teeth. The teeth

loosen progressively as their bony support is destroyed.

Everyone, children, young adults, and older persons should watch for the following signs:

1. Bleeding gums during brushing
2. Persistent unpleasant breath
3. Soft, swollen or tender gums
4. Pus from the gum line on pressing
5. Loose teeth
6. Shrinking of gums away from teeth
7. Any change in the way the teeth come together

Any of these signs may mean that you have gum disease.

Thorough regular tooth brushing, flossing and periodic visits to the dentist for an oral prophylaxis (cleaning of the teeth) are the best ways for you and your children to prevent the accumulation of plaque and gum disease.

Cavities and gum disease are not self-healing. Once these start, only professional help can stop them. However, these are preventable by thorough REGULAR PER-

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REMEMBER, GUM DISEASE AND CAVITIES DO NOT OCCUR AROUND CLEAN TEETH.

REGULAR PERSONAL DENTAL CARE CONSIST OF:

- (a) All plaque material (germs) must be removed completely from all five sides of all the teeth EVERYDAY.
- (b) Avoid frequent eating of sugar-containing foods and sticky foods, which speed up the action of these germs. When sweets or sticky foods are eaten, clean the mouth thoroughly (brush and floss) immediately.
- (c) Use fluoridated water or fluoride supplements.
- (d) Regular dental check-up.

MATERIALS FOR PREVENTIVE DENTAL CARE AND EFFECTIVE REMOVAL OF PLAQUE:

1. Disclosing tablets for visualising plaque.
2. Tooth brush - should be soft.
3. Dental floss - non-waxed.

DISCLOSING TABLETS

For effective cleansing of the entire mouth, it is important to know where the bacterial plaque is most likely to persist. The easiest way to do this is to stain the plaque with disclosing tablets so that it can be seen. A disclosing tablet is a harmless little pill, coloured with the kind of dye used in pink cake icing.

(Continued in the next issue, when techniques of using disclosing tablets, method of brushing, flossing etc. will be described with diagrams). ●



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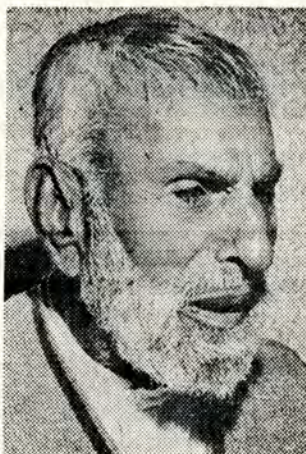
NEWS & VIEWS

US SENATOR STRUCK BY VAST CHANGES IN INDIA

Senator MacGovern said in Washington March 5 that he had visited India fourteen years ago and was struck during his recent visit by the vast changes that had occurred in the country.

Senator MacGovern, who was speaking at a luncheon hosted in his honour by Mr. T. N. Kaul, India's Ambassador to U.S.A. said he was particularly impressed by the tremendous increase in foodgrain production and was convinced that the overall progress that India had made in industrialisation and production of a variety of sophisticated modern instruments and goods including nuclear devices for peaceful purposes, ensured for India a place as a modern power. He said there was no alternative to good constructive relations between two Great Powers like India and the United States.

Senator Sparkman, Chairman of the Foreign Relations Committee, who also attended the luncheon, said his wife and he had visited India several times and he had always had great admiration for Mrs. Gandhi. "I think she is doing a wonderful job under difficult circumstances," he said.



AMANAT ALI KHAN
back after 44 years.

The 90 year old Mr. Khan came to Canada long before any one of us was even born. He was here from 1912-1914 and worked in the Fraser mill. His memories of those days are still sharp and interesting to listen to. He talks about the old dirt roads, horse and buggy days punctuating with sad as well as humorous stories of the past. Listening to his continuous descriptive account of the old Vancouver makes one feel like a child enjoying the fairy tales told by his grand father.

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He talked about the hostility against the East Indians during those days and remarked that situation seems to have greatly improved.

There were no movie houses, radio or television. The only amusements were singing folk songs, playing kabadi or just plain gossip.

Mr. Khan was reunited with his old friend Mr. Kehar Singh Kaily, who accompanied him to North America in 1912. Mr. Kaily stayed in Seattle and Mr. Khan came to Vancouver. After 1914 Mr. Khan moved to California where he farmed till 1932 and then went back to India.

After partition he moved to Pakistan, where he was still managing his estate. In Vancouver, he is staying with his two sons, Riasat Ali Khan and Siraj Khan, the two very active members of the Muslim community ●

THE HYMN SINGING PROCESSION

(see cover picture of the procession)

Guru Gobind Singh's birthday was celebrated in the New Westminster Sikh Temple and the added feature this year was the grand procession which started from the temple with resounding jaikaras and after marching about 7 miles through the city, came back in three hours.

In spite of the bad weather and rain the participants completed the whole distance singing the praises of God. The enthusiasm and determination with which the whole programme was organised demands appreciation.

There were about 2½ thousand people who participated in the procession which was very impressive and peaceful. We hope that this spirit of celebrating the Guru's birthdays will be continued in the coming years with greater vigour ●

HOLI CELEBRATIONS



On March 20, 1976 Vishva Hindu Parishad of B.C. celebrated, in Vancouver the traditional Indian Spring festival of Holi with a variety programme. Holi marks the beginning of the spring season in India. On this day, village folks play with colours, making it delightful occasion. The variety programme was attended by over 1000 people at the Vancouver Technical School Auditorium. The guest of honour was the Hon. Bill Vander Zalm, Minister of Human Resources, Govt. of British Columbia, accompanied by the Hon. Jim Nielson, Minister for Environment.

The variety program included classic dances by Miss Nimmi Bali and her students, folk dance by Gujarati Society, Holi drama produced by Suresh Desai and played by VHP artists and a heart thrilling music feast by Nizar and Party.

The Master of Ceremony for the show was Mrs. Nirmal Sharma.

The function proved a great evening out for the East Indian community of Greater Vancouver area ●



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ANTI-INDIA BIAS IN THE PRESS

Want to get into the Vancouver Papers? Easy. Don't bother about facts: just write something against India, and you're in! What's more you are protected against anybody daring to defend India by pointing out the misstatements made by you. No proof was required when you went on your wild spree of blackening India, whereas you have to produce documents if you want to say that those statements are wild.

Well a Dr. Swamy, Jana Sangh M.P., recently breezed through Vancouver and the local newspaper gave him good billing, photograph and all for his vapourings against the "tyrannical" Government of India. He even threatened the High Commissioner for saying that the Opposition was trying to create chaos (which of course was true and confirmed even by B.C. M.P.'s who attended the Commonwealth Parliamentary Conference at New Delhi last November)....He made an absurd claim of 10 million members for the Jana Sangh, whereas even Congress never even has had half that membership he claimed 80,000 Jana Sangh prisoners which any sane observer would consider wildly exaggerated for this one party but the real beauty was his claim that the recent local elections in Gujarat resulted in a sweep for the Opposition, whereas it was just the opposite: the Congress won by a landslide!

When one of our readers tried to correct these misrepresentations, he was cold-shouldered by the local newspaper and had to appeal to the publisher for fair play towards India. The Editor then insisted on proof that Dr. Swamy was wrong, whereas he had treated everything that joker said to be gospel truth without proof. Luckily, this reader was able to lay his hands on some evidence to support his rebuttal of Dr. Swami's running-down of the Government of India, but the rebuttal is not

published.

In any case, such a double standard by the local "democratic" press is somewhat disturbing. Unfortunately, such unfair attacks on India, whether we like it or not, does tend to psychologically lower Indo-Canadians further in the esteem of Canadians at large. This hardly helps us in our attempt to combat the undercurrent of racial bias against us in certain elements of our society.

IMMIGRANT RECEPTION CENTRE

Understanding the new Canadian, and I mean perhaps the family next door, is a prerequisite to getting along in our community, and further, into our city, until we finally reach International understanding. Brotherhood must begin at home.

Perhaps this writer is particularly fortunate in having the opportunity of meeting daily, people from many parts of the world. My job is to welcome and assist immigrants find their way into the Canada scene. How very eager these newcomers are to find work and suitable accommodation. I am always moved by their courage and valient spirit. I listen to their job accomplishments achieved in their homeland, all the while realizing that they may have to study some more since coming here, so that they will meet with our standards, before their hopes are realized. However, even the ones without knowledge of English are eager to begin the months of diligent study to achieve their goal. Only about 10% do not speak English, but this figure looms out of proportion, because it is such an apparent need.

I believe if the "Canadian" (the one who arrived here earlier) would take time to learn about "his neighbour" (the newly arrived immigrant) he would discover what an asset he is to our Canadian way of life.

We should make the first step toward understanding the newcomer and it will be a most enriching experience for both groups. Life is full of the joy of living and working with people learning to know about each other in a land where immigrants seeking a more permanent, and peaceful way of life have come, to share their gifts and talents with those who came earlier.

At the Immigrant Reception Centre, 622 Seymour Street, where I am employed. I will be happy to show and introduce our programs to anyone who would like to know more about our work with immigrants. My telephone number is 684-2561, please call for an appointment.

ELEANOR STRONG

REVIEWS

PEOPLE OF INDIA in N. AMERICA - PART 1

By DR. I. M. MUTHANNA

Printed in India by Lotus Printers

Hard bound - 447 pages - Price \$14.00

This is a very exhaustive treatise on the people of India in this continent during the first two decades of this century. A book like this was long over-due, especially when the writers on those pioneer immigrants from India were searching for comprehensively chronicled book or brochure to make their themes, articles, plays or satires truly informative and authoritative.

The author of this book, Dr. Muthanna, has, no doubt, succeeded in fulfilling this long-felt need, and we wish him success in his effort at bringing out the second volume of this series before long. The readers of 'INDO-CANADIAN' might remember that a long condensed write-up of this same book

appeared in the form of an article by Dr. Muthanna in the Centennial Issue of 1971 of this journal.

In this narrative, "PEOPLE OF INDIA IN NORTH AMERICA, PART I," that is already before us, we can see that the subject-matter has been dealt with thoroughly after referring to that seeming East Indian immigration into this land in the ancient times. The opening chapter of this book takes the readers to the Asian enterprise of the mythological times, and, together with that an effort has been made to say that the American Indians are the descendants of those Asian immigrants of the bygone days.

However, the real history of the East Indians in Canada and United States begins only from 1885 or so. Exactly how many people from India had been in North America in 1893 when Swami Vivekananda and Mrs. Annie Besant had been in Chicago to address the World Parliament of Religions, is not clear, but some sources reveal that there were already a few East Indians even at that time in some American cities. Probably they must have come to the cooler North from the Warmer Caribbean countries where they had been brought as indentured labourers as early as 1840 or so.

However, the actual matter-of-fact statements concerning the recent immigrants from India is earnestly chronicled by Dr. Muthanna in his book from Chapter II onwards. His terse one-word captions to the Chapters provoke the readers to find what exactly has been told under that particular topic.

Apart from the lighter side of the narrative, Dr. Muthanna has devotedly stated the entire story of those earlier immigrants who suffered from discrimination, frustration, deception and deprivation. His year-by-year narrative reveals his pains-taking

research.

Dr. Muthanna, has earnestly pondered over the dilemmas of both the Canadian Government and those Asian immigrants-legal or illegal!

The incidents connected to some immigration cases, murder cases, cases on women's immigration in 1912, the Mewa Singh episode, Bela Singh's role, Hopkinson's tragic end and such other anecdotes are documented and faithfully chronicled. The most absorbing study is on the Komagata Maru, which topic, as Prof. Michael Ames said in his foreword, "go well together" with the story of Ghadar revolutionaries who "made use of the Komagata Maru escapade and its aftermath."

The concluding Chapter, EPILOGUE, is indeed interesting. It is a survey of the current situation of the East Indian settlement in North America, and the author is dead serious when he visualises the present and the future circumstances of this ancient race in an entirely different part of the world - as though uprooted and cut off as a community from its spiritual, traditional and cultural lives and values and heritage. Well, when it happens to be the issue of sheer survival, the priority is only to survive, irrespective of other considerations and consequences.

The INDO-CANADIAN recommends this much-needed and 'timely publication' to all the people of the race about whom it is dealt with, and also to all the Universities and public libraries all over!!!

I. S. KOHALY

CORRECTION

In the December, 1975 issue we missed the phone number in the VIDEO SHOP Ad. Please note their phone - 324 - 2030

A WHITE MAN'S COUNTRY

An Exercise in Canadian Prejudice

By TED FERGUSON

Published by Doubleday

Cloth bound- 200 pages - Price \$8.95

This book is a story of 376 "British Subjects" from India, the then 'Brightest jewel of the British Crown.' They were not allowed even to set their foot on the shores of Canada, still a British Colony, though technically they were entitled to travel the empire at will. They wanted to immigrate to Canada for a better life and higher standard of living which has been an eternal pursuit of the mankind all through the ages. For the same reason the white and non-white people came here and established colonies overseas all over the globe.

In place of a better life, these people dreamt of, they had to live through a hell. After a long journey to Vancouver they were detained in the ship for 2 full months and then turned back.

On their return the reception back at home was not less inhumane. The tale mocks at the legendary fairness of the British justice.

It is a story of the darker days when even the highest authorities didn't consider it necessary to conceal their blatant racist ideas and policies. It tells of human deceit, callous bureaucracy, jealousy, betrayal, even murders of one's own people by police informers and others.

It is a dreadful story full of intense drama told in an interesting manner. The characters involved have been developed to be recognisable individuals.

The author seems to have researched his material well; digging out and using hitherto unpublished letters, telegrams

and transcripts of actual conversations between different people. Though in this process the broader political questions such as the role of the British Govt. in London have been underplayed; which could have been exposed at a greater length.

I think that neither the British nor the Canadian Governments were ignorant of Sikh's military prowess. The reasons for ignoring that quality may be none other than the racial prejudice.

It is not out of place to mention some factual inaccuracies in the book:

(a) The plains of Punjab are neither arid nor treeless as described on pages 17 and 178. They are very fertile making Punjab the granary of India.

(b) The East Indians were not 'oppressed tribesmen' as mentioned on page 12. The remains of oldest culture of India are situated in the united Punjab at Harrapa and Mohenjodaro which date back to 3000 B. C. That culture was far from being tribal.

(c) Many East Indian names have not been spelled right.

The author could have avoided qualifying adjectives like Ghadrite conspirators or roughish etc. which he used with some names.

On the whole it is a very very readable book. Specially the new generations of East Indian people should read it to realize what their ancestors had to go through to make it possible for them to live here.

This book can have a very noble and purifying effect on both sides.

GURCHANAR RAMPURI - is a Punjabi poet. He has published 4 collections of his poems. Translations of his poems have been published in Russian, English and some other languages of India. He is the president of Punjabi Literary Association, Vancouver, B. C.

Recipe Corner

MRS. NIRMAL SHARMA



BALANCE IS ESSENTIAL

I wish to tell you something about East Indian Cooking. In western countries, people generally assume that East Indian dishes are just spices and full of curry powder. It is true that we use spices and curry powder in making many dishes but considering the hundreds of different recipes in East Indian cooking, it is a great art! The main thing is to put the ingredients and spices in right proportions and balance. I wish to emphasize that a lot of curry powder in the dish does not make it tasty and it is not proper because a balance of each ingredient in the dish is essential.

LEMON - CURRY CHICKEN

Cut chicken into six or eight pieces. Grind one onion and the garlic separately. Mix the ground paste with curds (or butter milk), chili, coriander powder and salt. Rub well into chicken. Keep aside to marinate for at least four hours in the fridge. Then cook it on the stove till the chicken is tender and the gravy dries up. Now heat butter in a pan. Fry the chicken till brown on all sides. Sprinkle with Garam Masala and lemon juice. Garnish with sliced onion, sliced tomato and coriander leaves. Serve hot.

Ingredients:

Medium size chicken
3 large onions
2 tps red chili powder
1 tsp coriander
4-5 cloves garlic or to taste
Juice of 2 sour lemons
2 small tomatoes
¼ lb. unsalted butter
2 cups plain yogurt or buttermilk
A few sprigs of coriander leaves
Salt to taste
1 tbsp Garam Masala (ground spices).



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