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CANADA'S TEN MILLION

The argument has been advanced that the increase to over ten million in Canada's population is a deterrent factor in the economic recovery of the country, and that if our population had declined instead of increased we should have fewer unemployed and consequently would be better off. This is a sophistry founded on shallow reasoning, as the Vancouver Province shows in an informative comment on the subject. The fact is that Canada should be better off with ten million people than with nine, and she should be better off with twenty million than with ten. The reason is that, from an industrial and transportation point of view, we are organized for twenty millions. We have the skeleton for a country with twice the population we possess and it costs us more as individuals to live in this country and sustain it than it would if our framework were better filled. We are somewhat in the position of a merchant who has built a store large enough to take care of twice his business. We have the overhead of the larger business and not the revenue which that business would bring. The merchant can reduce his overhead by closing up half his store. He will still have to pay taxes, insurance and interest, but will escape the other penalties of trying to operate on too large a scale. Canada, however, can not close up half the country. She must continue to operate on the larger basis. The problem of getting the larger population which she needs for her full development is indeed one of the major problems Canada must face in the future.

GOVERNMENT COSTS

In MacLean's Magazine for December, Mr. Floyd Chalmers has an exhaustive and informative article on the rising costs of government. His theme is that, while private business has been reducing costs, Canada's federal, provincial and municipal governments have been greatly increasing costs. What is more, he places the chief blame upon the municipal and provincial governments rather than upon successive federal administrations. He submits statistics to show that the biggest business in Canada is the business of government. About 15 per cent. of the population gain their living, directly or indirectly, from governments.

The average family is set down as paying today \$197.50 in taxes to the Dominion Government, as compared with \$205 in 1920 and \$70 in 1912. The average expenditure per family for provincial purposes is placed at \$90.70 today, against \$51.25 in 1920 and \$27.50 in 1912. The average family expenditure for municipal purposes today is placed at \$222 as against \$148.75 in 1920 and \$67.50 in 1912. In 1912 taxation consumed about one-tenth of the value of all productive effort in Canada. By 1928 that taxation was up to 17 per cent., and it has risen sharply since then. The debt left by the war of course, accounts in large measure for the increase in federal expenditure. Mr. Chalmers complains most strongly of provincial and municipal outlays from coast to coast, though they vary from province to province. He argues that provinces and cities have gone into too many activities in the fields of public ownership and social service. If the truth must be told, says the writer, the increase of new governmental services and new channels of expenditure is not as alarming in the case of the Dominion Government as in the case of the provincial and municipal governments. The socialization of so many of our activities has proceeded at a more rapid rate in local government than in central government, and in this re-

spect we are but matching the experience of the United States, Australia and other countries.

SAVE THE CHILDREN

Dr. M. M. Crawford, Chief Coroner of Toronto is authority for the statement that 75 per cent. of the 247 fatal accidents occurring in the Ontario capital during the last three years could have been averted had those involved exercised reasonable caution. Commenting on this statement, the Toronto Globe adds that in an increasing number of these fatalities the victims have been children: "There has been a veritable slaughter of these innocents on the city streets. In many cases their own foolishness. But these little ones do not realize the danger they are in while playing on the streets, and darting in and out among the traffic. Automobile drivers should keep this constantly in mind. No driver can be sure what a child is going to do when alarmed, and speed should be his last consideration while threading a way along streets where boys and girls are at play."

Safety-first campaigns have done a great deal in bringing to the minds of boys and girls the importance of being ever on guard against street dangers. The Globe suggests that school teachers have splendid opportunities for implanting this idea in the minds of pupils. Traffic congestion, not only in Toronto, but in every city, including Charlottetown, is becoming worse day by day. Realizing this, parents must try to cultivate in their children a habit of mind that will make safety an uppermost thought; but on the street the immediate responsibility for protection of these boys and girls rests upon the drivers of automotive vehicles. Most of these are conscious of such responsibility, and are doing the best they can, but even the most careful driver needs to be reminded, from time to time, of the appalling results which may follow a moment's forgetfulness at the wheel.

AN ANCIENT TITLE

The suggestion that the question of the conferring of titles upon Canadians may be raised yet again serves, says an exchange, as an interesting reminder of the fact that only one hereditary title has ever been created in the Dominion. In November, 1789, when Lord Dorchester was governor-general, the government of that day conferred a hereditary title on the United Empire Loyalists whose adherence to the British cause after the American war induced them to cross the border into Canada. The governor-in-council directed that a mark of honor should be conferred upon them and that a register should be made of their names, "to the end that their posterity may be discriminated from future settlers as proper objects for distinguished benefits and privileges." It was further ordained that "Those Loyalists who have adhered to the Unity of the Empire and joined the Royal Standard before the Treaty of Separation in the year 1783, and all their children and their descendants, by either sex, are to be distinguished by the following capitals affixed to their names, U. E., alluding to their great principle, The Unity of Empire."

EDITORIAL NOTES

Scientists in connection with a Chicago research hospital plan making their own weather. Three rooms at the hospital are to be used to produce synthetic weather conditions, so that a person can be made as cold as he or she would be at the North Pole or as hot as he or she would be at the equator. The purpose is to study how the body reacts to changes in climate. The scientists want to know why pneumonia flourishes in the winter, while typhoid, for example, does so much damage in the summer.

NOTES BY THE WAY

It is said that Ontario drivers who are not particularly desirous of having their identity known, smear their plates with vaseline and aid in the accumulation of dust. Others let nature take its course and use dirty plates. It also is noticeable in other Provinces as well as in Toronto that identification of cars by their plates is often impossible.

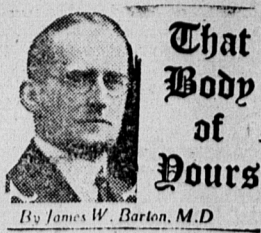
"As to the most important part which, in my opinion, the negro is qualified to play in the American scene says Paul Robeson in the Spectator. I would define it as 'cultural,' with emphasis upon the spiritual aspect of that culture. With the passing of the Indians, the negroes are the most truly indigenous stock in North America. They have grown up with the country, becoming part of the soil itself. They have had a better chance than any other of the races which have come to America to identify themselves with the atmosphere of the place, if only because they have been there much longer. They have been unhappy and badly treated, but they have retained (though they have not been allowed fully to express) their best and most characteristic qualities; a deep simplicity, a sense of mystery, a capacity for religious feeling, a spontaneous and entirely individual cheerfulness; and these have found expression in the only culture which American can point to as truly belonging to their country."

The action of the British Government may be the final factor which will force a lowering of tariff barriers throughout the world. The last of the great trading nations to adopt high tariffs, she has made it possible to give the Dominions preferences that they could not have before. The other high tariff nations will meet, in an empire protected by high tariffs against the rest of the world, with a system of preferential tariffs among the individual members, something they have never encountered before and while, preferential tariffs do not always direct the course of trade entirely they nevertheless are a powerful factor.

It is reported from Moscow that the Russian State Trusts have definitely adopted the policy of not making purchases in the United States except in cases where the goods desired cannot be purchased elsewhere. If true, this will unquestionably put another considerable crimp in our warlike export trade and in a portion of it where we, as a nation, have traded to popular advantage. In 1930 the value of our exports to Russia was almost five times as great as that of our imports from that country. And in that year Russia was alone among our important customers in increasing purchases as compared with the previous year.

An undeniable impression is that there is beauty everywhere, apart from disease, which is almost unknown in wild nature, apart from unfinished organisms which nature hides away—often so carefully, apart from various domesticated animals and cultivated plants which bear too flagrant the marks of man's artistically clumsy, though scientifically clever fingers, all organisms and artistic harmonies, pleasing to the unprejudiced eye, evoking the aesthetic emotion, especially when seen in their natural setting and not only the organisms themselves, but the works of their hands are beautiful—the nest, and the web, and the honeycomb, and the coral-reef, and the birds' bower. Nature has given her verdict in favour of beauty the reward of survival.

The quiet note, says the Toronto Globe struck by Premier Bennett at the London dinner given in his honor by the High Commissioner is the note that should dominate the preparations for the next Imperial Conference. "The political aspect of the Empire has passed," said Mr. Bennett. "We shall have to substitute for it another aspect if we are to remain an Empire of free peoples." The hair-splitting arguments over relative political status, which monopolized years of precious time, are now ended. The day has arrived when statesmen of the Empire can devote the whole time of Imperial Conferences to ways and means of promoting Empire trade. If Premier Bennett's keynote was of the greater Imperial importance, the contribution of the British Prime Minister was perhaps of keener human interest to Canadians. In paying tribute to Mr. Ferguson's energy and initiative, Mr. MacDonald declared that former the Ontario Premier "has become one



By James W. Barton, M.D.

THE IDEAL DIET

Perhaps you often wonder whether or not you and your family are eating the right kinds and amounts of food.

You read about the great body-building power of meat, and you read also that it is "hard on the kidneys."

You read about the need of rough and bulky foods, lettuce, cabbage, asparagus, tomatoes, and onions to fill the large intestine with rough waste, so that it will be irritated sufficiently to move the wastes along and thus prevent a slowness or stasis of the intestine and constipation. Yet you read that these very foods cause too much gas, causing crampy pains, and that they can so irritate the large intestine that a chronic inflammation, colitis, may result.

Then you read that certain foods are better digested than others, that is, a greater percentage of the nourishment of the food gets into the blood so that a food that may not be as rich or have as many calories or heat units, may actually give more nourishment than one that is richer in food value.

Another thing you read, and it is true, is that raw eggs give up only about half of their nourishment to the blood, milk gives up only half of its nourishment, and yet milk and raw eggs together, as in an egg-nog,—each give up considerably more than half their nourishment to the blood. Raw eggs and raw starch, almost indigestible separately, when taken together are easily digested.

It is known that potatoes, stewed tomatoes, baked bananas, stewed corn, and beets all give up more nourishment to the blood by addition of gravy or milk.

It has also been shown that meat, rice, sugar, and small amounts of fat are the best digested of all the foods.

What about all this? It should teach us that when we are in ordinary health, a mixed diet, eating all the different kinds of food—meat, eggs, milk, butter, sugar, vegetables, fruits—is what Nature intended.

Meat, rice, sugar, and small amounts of fat, being so easily digested, would be the ideal diet, when we are not hungry, but must eat to keep up our strength. Fruits and vegetables can be increased if there is a tendency to constipation. So don't worry about your diet. The mixed diet, making sure of some raw fruit or vegetable daily, is really the ideal diet.



THE COMING OF WINTER

The gold leaves fade, that made a burnished crown Set in authority on many a brow; Little by little drops the glory down; The splendid woods are grave and quiet now. Like proud Kings in misfortune, the tall trees Suffer the ruthless Winter of defeat; Not pity—admiration is for these. Who will not bow at any tyrant's feet! The storm may hurl some headlong into death; Some will survive to woo another Spring; All will have courage, as all had sweet breath; Living or dying, each will be a King! Though fortune changes, these are strong and sure; They have learnt much; they know how to endure. —Vera I. Arlett, in the Windsor Magazine.

of ourselves." That tribute is assurance that Mr. Ferguson is doing his work in London not only efficiently for Canada but acceptably to the Motherland.

The Only Thing that Gave Relief

"Two years ago I had had back-ache," writes Mr. J. G. Haffner, Aylesbury, Sask. "I tried different medicines but couldn't get any relief. I then tried a few boxes of Dodd's Kidney Pills and have never had any trouble since. Thanks to Dodd's Kidney Pills." Dodd's Kidney Pills stimulate and strengthen weak kidneys. You will be surprised how soon they begin to cleanse and purify, to soothe and heal the kidneys, at the same time, Rheumatism, Headaches and all ailments due to faulty kidneys disappear.

Dodd's Kidney Pills

Reminders and Reviews

"Three Kings came riding from far away, Melchior and Gaspar and Baltasar; Three Wise Men out of the East were they. And they travelled by night and they slept by day, For their guide was a beautiful, wonderful Star."

This is the first stanza of Longfellow's poem, The Three Kings, and he is only one of many poets who refer to the Magi as kings. Artists, too, portray them, (almost all the early artists, at any rate,) crowned and robed as Oriental potentates. But ancient historians tell us that "the Magi were the sacred caste of the Medes, and provided priests for Persia." They were astrologers;—interpreters of dreams, therefore wise men.

The Catholic Encyclopedia says: "No Father of the Church held the Magi to have been kings. Tertullian says that they were well-nigh kings. The Church, indeed, in her liturgy, applies to the Magi the words; 'The Kings of Tharsis and the islands shall offer presents; the kings of the Arabians and Saba shall bring gifts; and all the kings of the earth shall adore Him.'" But this use of the text in reference to them no more proves that they were kings than it traces their journey from Tharsis, Arabia, and Saba. As sometimes happens, a liturgical accommodation of a text has in time come to be looked upon by some as an authentic interpretation thereof.

There is no certainty, either, as to the number of the Magi. Although three are mentioned, early Christian art does not verify this. Some paintings of the Nativity show two, some four, some eight, and others three. This was a favorite subject with the first artists who clothed the Magi magnificently and usually pictured them as representing three ages of man; youth, middle-age, and old-age. It is probable that the gifts mentioned; gold, frankincense, and myrrh, has something to do with deciding the number of givers, though lesser gifts may have been offered by others.

Henry VanDyke has written a very charming story of "The Other Wise Man." Fiction, of course, but the touching adventures of this man, who had arrived too late to start with his friends, are beautifully described; the book is really a prose poem.

In presenting gifts the Magi followed an Oriental custom and probably had no symbolism in mind; but the centuries have given them meaning. Longfellow tells us in The Three Kings:

"They laid their offerings at His feet, The gold was their tribute to the King, The frankincense, with its odor sweet,

Was for the Priest, the Paraclete, The myrrh for the body's burying."

Tradition says they came from "the East" but gives no precise land. It is supposed they came from some part of the Parthian Empire; that in their land there was a Hebrew population and Hebrew traditions; the Magi, therefore, would have knowledge of the "Messias who should soon come." But not this knowledge, nor their knowledge of the stars revealed the meaning of "His Star" and bade them follow its guidance. Rationalists have ridiculed our belief in a miraculous star, but they have failed to explain how "the Star which they had seen in the East, went before them, until it came and stood over where the Child was."

We are so accustomed to seeing the Magi in all presentations of the Nativity of Christ that we forget the actual time of their arrival in Bethlehem. The Holy Child must have been over a year old before they found Him, and He is portrayed as a child of that age by almost every artist. To quote the Catholic Encyclopedia again: "From Persia, whence the Magi are supposed to have come, to Jerusalem was a journey of between 1000 and 1200 miles. Such a distance may have taken any time between three and twelve months by camel. Besides the time of travel, there were probably many weeks of preparation. The Magi could scarcely have reached Jerusalem till a year or more had elapsed from the time of the appearance of the Star."

We are told that the Holy Family had gone back to Nazareth for a brief stay, had returned to Bethlehem after the presentation, and were residing in a house, not a stable, when the Magi arrived. "And entering into the house they found the Child."

"Then the Kings rode out of the city gate,

Consolidated Schools

(Montreal Gazette) One of the most hopeful signs of the times so far as rural education is concerned is the consolidation school. It has satisfactorily passed the test in the province of Quebec, having resulted in permanent benefits, such as better school buildings and better school facilities, enlargement of classes and better grading of the pupils, development of manual and domestic training, employment of better teachers at bigger salaries, safeguarding of the health of the children by proper methods of transportation to the schools, and the evolution of a more intelligent interest in education among rural school communities. In a sentence, transportation and consolidation, besides relieving rural isolation, have brought advantages of urban education, otherwise unobtainable, to the doors of the rural community without sacrificing that which is best in rural life. At a recent meeting in Montreal of the Protestant Committee of the Council of Public Instruction, Mr. A. Kirk Cameron, chairman of the sub-committee on the consolidation of rural schools, presented a noteworthy report of the progress the consolidated movement is making in the province. Five new consolidations have been put into operation this year—at Howick, Ormston, Sawyerville, Iron Hill and Black Cape. A sixth conversion, Mr. Cameron says, is to be ready early in the new year. Consolidations affected now number thirty-five, with a total enrolment of 3,225 pupils, with 117 teachers. Consolidations have replaced 149 elementary schools. The number of conveyance routes to the schools is 108, and 1,523 pupils are transported daily to and from school. Twenty-two of the 35 consolidations were erected in districts which had no superior school previously, the remaining thirteen being built where superior schools existed. As an indication that this movement is gaining momentum, the report of the sub-committee stresses the fact that during the last four years the total number of consolidated schools has almost doubled, "and the number effected "within the past twelve months is the largest of any year."

The disappearance of the "little red schoolhouse" of the rural regions may be regretted by many people. It represented the idea that the fundamentals of education should be imparted to the entire child population instead of being a privilege available for a few; and the familiar little schoolhouse, in its best example, did lay foundations from which some of the best minds of a past period were intellectually developed. But times have changed, and are changing. The educational authorities therefore have to face and adapt the school system to new conditions. It is in order that more efficient elementary instruction shall be made available to the children in the most remote rural region, and that there shall be increased opportunities in rural areas to obtain a higher grade of education that the authorities are concerning themselves so earnestly with the consolidation of country schools. It is an educational effort that deserves great praise and should receive every possible encouragement and support.

With a clatter of hoofs in proud array; But they went not back to Herod—the Great, For they knew his malice and feared his hate, And returned to their homes by another way."

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