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Political Micaubers

One of the outstanding debaters at the Liberal convention in Ontario was the Hon. E. C. Drury, former Premier. Discussing the liquor question he candidly endorsed the seemingly general viewpoint, that whatever policy was adopted by the convention, it should be one of political expediency. Means should be retained, he insisted, by which the Liberal party might "lead" when the people evidenced a desire to express an opinion—"be it wetter or drier"—at any future time. His objection to prohibition remaining a political issue was that "it overshadows and clouds more important issues." The resolution before the convention, he said, "attempts to perform that removal; but can you say 'Go' and it will be gone?"

Hon. Mr. Drury said something else. He said: "We must give due where it is due. The Conservative Government has given us a good administration of the present law. They have appointed outstanding men to handle the problem. No one is asking a referendum now, but we should leave the door open. Prohibition may be gone, perhaps for ever. I do not argue that. If it is gone, let it go."

And that, in effect, is what the Liberal convention decided to do. "If it is gone, let it go." It was a great moral issue while it lasted; it furnished reams of hectic editorial comment for Liberal newspapers; it gave an unprecedented opportunity for assuming an air of saying grace while indulging in political mud-slinging; it adorned the most contemptible arguments and the most brazen misrepresentations with a halo of sanctimoniousness and piety. But now, having lost its potency as a political shibboleth or an "open sesame" to power and influence, "let it go." "The times have changed and we must change with the times." And if the public should want a further change, "be it wetter or drier"—the Liberal party in Ontario is going to conjure the required rabbit out of the hat. Vox populi, vox Dei! Prohibition, being no longer "the voice of the people" in Ontario is relegated to the Liberal junk pile. And the organ of political prohibition in this Province, being also and first and foremost the organ and advocate of Liberalism right or wrong, commends the wisdom and policy of the Ontario delegates, and laments its voice, faintly at first but with gathering gusto, to the chorus: "Vox populi, vox Dei." Which being interpreted by political Micaubers, means: "The customer is always right."

Facts About Cancer

The British Empire Cancer Campaign recently issued a small book, published in London by John Murray, entitled "The Truth About Cancer." It was written by a committee of experts and carries an Introduction by the Marquis of Reading and a welcome by the Duke of York. It does not deal so much with the treatment, though it says that the only reliable measures known at present are surgical operation and radiation, but rather, as the title indicates, exposes a number of fictions which have grown up around this disease. For example, cancer is not hereditary. "So far as is known, it may be dismissed from our minds without serious consequences." Neither is cancer contagious in the sense that measles, diphtheria, smallpox and other diseases are contagious. There is no known cause. Regarding diet, the book says: "There is no shred of reliable evidence that consumption of or abstinence from any particular article of diet leads to the occurrence of cancer, and definite evidence exists that there is no difference in the liability to cancer of strictly vegetarian communities and that of communities which live on a mixed diet containing fish, flesh and fowl." Various causes of cancer are shown; for instance, it may come from a jagged tooth, as any chronic irritation predisposes to the disease, and should be treated properly. But

treatment, whether by operation or radium, must be sought without delay and must be adequate.

Quebec Road System

Highway activities in the Province of Quebec, as outlined in the Official Bulletin of the Road Department, show an astonishing increase during the past decade. In 1920 there were only 4,000 miles of improved roads in the Province; today there are almost 14,000 miles, or 41 per cent of the total road mileage. Ten years ago it was fairly difficult to reach by automobile the regions that were most distant from large centres; today the province is covered with good roads and there is no break in their continuity. A feature of the Quebec system has been the attention given to secondary roads. There are perhaps few very wide direct roads destined exclusively for automobile traffic, but there is no secondary or even local road in bad condition alongside a main highway. All roads of any importance are improved and uniformly maintained in good condition. The main system of highways is over five thousand miles long, only a few hundred miles remaining uncompleted. During the past year 13 grade crossings were totally or partially eliminated. Since 1927 the Department of Highways has taken direct charge of the maintenance of all improved roads in the Province of Quebec. This has produced a uniformity of method and, consequently, uniformity in the condition of the roads.

The following percentage classification of Quebec's improved roads according to types of surfaces will be of interest:

Table with 2 columns: Surface Type and Percentage. Sand-clay 2.54%, Gravel 82.61%, Oiled macadam 9.83%, Bituminous macadam 1.56%, Cement concrete 0.75%, Bituminous concrete 2.71%.

Still Playing Politics

The unwary might jump to the conclusion that the Liberal party of Ontario in its decision to abandon prohibition was actuated solely by a desire to get the liquor question "out of politics." It resolved "that the Liberal party undertakes to keep the administration of the Liquor Control Act out of politics and to administer the same by a commission of entirely non-political nature." But the fat was in the fire when Mr. Blake Miller, former M.L.A. for East Elgin, moved an amendment to add to this sentence the following words: "and that no major changes be made to the Liquor Control Act except by the decision of the people apart from all other political issues." When the bluff was called, the convention turned down the Miller proposal by a very large majority and adopted the resolution as originally introduced. Having made their gesture about getting the liquor question "out of politics," a very large majority of those in attendance voted against a declaration that it should be kept out of politics!

Editorial Notes

In its editorial eulogy of the new Liberal leader in Ontario, our local contemporary omitted to say that Mr. Hepburn was, and is, an aggressive anti-prohibitionist.

"Some of us," said Mr. Hepburn at the Ontario Liberal Convention, "are Liberals by heredity; some of us are Liberals by conviction; some of us are Liberals by environment, and some others for no apparent reason at all." This may explain the present position of the Liberal party in Ontario.

"It is to be hoped," observed the Toronto Globe, "that the discarding of planks at the Ontario Liberal convention will not have any bad effect on the lumber market." The reaction suggests the Sydney Post, is more likely to affect the junk market.

Notes by the Way

One set of Canadian bucketeers are complaining because another set of Canadian bucketeers have received lighter sentences than the bucketeers of the first part. Considering the welter of fraud and thievery uncovered in court proceedings in this country within the past several months some of the culprits are lucky to get off with two or three years. When men who pass for prominent citizens set out deliberately to do what some of the bucketeers have done, stripping thousands of their savings and ruining homes from one coast to the other, a couple of years in prison is none too much for them.

If the court actions which have resulted in these convictions and sentences have the effect of stopping such wholesale financial freebooting, the country will be well repaid for the cost of putting the freebooters where they belong.

The current investment bulletin of the Alexander Hamilton Institute remarks pointedly: "If the stock of a company which once sold over 100 sells later at 20 it is because the position of the company has radically changed. If the earning power has declined in the meantime from the equivalent of \$10 per share to the equivalent of \$2 per share, the stock is no cheaper at \$20 than it was at \$100. It is true, furthermore, that when extensive changes in earning power have occurred, the full effect cannot be gauged immediately and that recovery rarely occurs with great rapidity. For these reasons it is desirable, as a rule, to avoid the apparent bargains presented by greatly deflated stocks."

A man who is preparing to invest in stocks would do well to ponder that.

In the current issue of Good Health Dr. Worobutrot Sane gives some excellent advice on the prevention of colds. He says: Get as much fresh air as you can in your workroom or office, and in your sitting-room and bedroom. Carry out your morning exercises just as conscientiously now as in the summer months. Do not overload your body with absurd quantities of clothing which paralyze your skin and render it unable to adapt itself to temperature conditions. A responsive skin is a valuable safeguard against chills, and this responsiveness can be fostered by acclimating the skin to cool air and water, as by cold bathing and outdoor exercise lightly clad. Do not coddle by making use of neck wraps and heavy overcoats. The old adage about keeping your feet warm and your head cool is particularly appropriate in any discussion on the prevention of the "common cold."

Great Britain remains the great market for Canadian wheat. Of the 27,817,063 bushels shipped in September, 19,282,624 bushels were sent to the British Isles, the Calgary Herald points out. For the two past months the total sent over comprised 31,319,891 bushels. There was a corresponding increase in the quantities of flour and barley shipped to the Motherland during the same period.

The radio occupies a most significant position in civilization. It is restoring the power of learning through the ear, and perceiving through the ear. It is training memories, another faculty practically lost by the habit of writing down things. It is bringing back an appreciation of sound quality, of rhythmic eloquence and of the refinements of timbre.

And what is more, it is bringing back the English language—the way it is spoken and developed. It is extending and strengthening, refining and subtilizing, a speech that was rapidly becoming a series of combinations and printed ideographs.

The Russian government is perfectly ready to believe in a plot by the capitalistic voters against them and, conversely, the governments of the capitalistic voters against them equally ready to believe such things of Russia, or even of each other.

No one needs to be told that such an atmosphere does not make for peace. Disarmament conferences are perfectly silly as long as that frame of mind prevails. No government that expects a war at any moment is going to reduce its army and navy—unless, by some lucky chance, it can hornswozzle its neighbors into making greater reductions.

Thus history seems to be preparing to repeat itself. The years that led up to 1914 are being duplicated again. Peace gets valuable lip service but nothing more. Mankind, having just failed to obliterate itself in one great orgy of slaughter, is getting ready to make a second, more effective attempt.

It may be that there is a deep-moving and invisible current for peace that is stronger than we think. There is just the possibility that if Europe came again to the verge of war the different governments would



By James W. Barton, M.D.

NO MYSTERY ABOUT REDUCING WEIGHT

I can't understand why there is so much mystery about the reduction of weight. On every side you read about the different ways of reducing as recommended by various authorities.

Now I've no fault to find with the authorities or their methods, but there is really no secret about reducing or removing fat from the body.

The fat, ninety nine times out of every hundred, was deposited in the body by eating more food than that particular body required. Fat is really surplus energy stored up by energy producing foods—the starches.

When starches are eaten Nature meant that they should supply you with heat and energy. After supplying what your body needs, for the processes of the body, any extra amount left in the system was supposed to be used up, burned up, by exercise or work. If you do not exercise or work sufficiently this extra starchy food, in most individuals, is stored up as fat.

Therefore as some one has well put it "gain or loss of fat is a matter of bookkeeping, representing the balance between the supply and demand in the body."

Drs. L. H. Newburgh, and Margaret W. Johnston, University of Michigan, remind us that body weight is due to two factors—gain or loss of tissue and a gain or loss of water.

These research physicians state definitely that stout people will burn up starches and prevent accumulation of fat if they will eat just the amount of food they actually need.

They have been able to foretell the exact weight reduction that will take place in overweight individuals by a certain date or number of days or weeks, if they eat a certain definite reduced amount of food daily. Sometimes the overweight does not begin to go off for a number of days, and there is some discouragement, but in a few days the reduction begins and the fat goes away rapidly making up for the slow beginning.

They state that there are two groups of overweight individuals. The first group includes various weaknesses overeating and ignorance. The second group is composed of conditions that cause a decrease in the activity of the body, less physical work to do.

So you see there is no mystery to reduction. If you are willing to eat less and work more you are bound to get results. If you don't take the extra food into your system, you'll not store it as fat. If you are too fat and take exercise the fat is bound to go off.

King Cobra

(Vancouver Province) It is perhaps superfluous, at this late date for a daughter of Eve to take up cudgels on behalf of the much-maligned serpent. Nevertheless, the snake in my opinion is a misrepresented reptile. The popular belief dating from biblical times, is that snakes lie about in sinuous attitudes waiting for someone to "bruise" their heads, in order that they may retaliate by "bruising" the bruiser's heel—this, in actual fact, is not the case; on the numerous occasions where I had the experience of meeting snakes face to face in India, it was an open question as to which of us succeeded in making the smartest "getaway."

Of all Indian snakes, the common cobra bears the most unenviable reputation—everyone is familiar with pictures of its wicked head and spreading spectacle-marked hood; but in point of fact, actual deaths from cobra bite are rare. This is due partly to the fact that this snake is very alert and is always anxious to escape detection, and also because it is, when flushed, a very poor shot and strikes wildly and ineffectively.

But Naja Tripudians (common cobra) has a gigantic cousin which is indeed a snake of another scale. Fortunately for mankind, the Hamadryad, or King Cobra is very rare—for it is habitually aggressive and very venomous. Years ago, when traversing a jungle in the Western Ghats, we came across a specimen of the species—and for long afterwards its sinister length coiled itself through the nightmare of my childish dreams. Up, up it rose before us, till fully a third of its fifteen feet of length swayed above the ground. Its skin was black, black as its evil heart, and

hear from their people in unmistakable terms, and would find some way out of the impending conflict. But there is no evidence to support such a supposition. The race gives no sign that it learned anything in the fighting that ended 12 years ago.

Tracing the Glacial Ice

The most important scientific results of the explorations of Africa which are now so common, like the expedition to the Kalahari Desert from which Mr. and Mrs. Arthur S. Vernay have just returned, are regarded by experts as less likely to emerge in the form of new animal species or new facts about prehistoric men than as evidence concerning fossil climates. Few scientific problems are now considered so important to a score or more of sciences and subspecies as that of the Ice Age, and especially the question of how far the minor fluctuations of this climatic convulsion were worldwide and synchronous. At the recent meeting of the British Association for the Advancement of Science in Bristol the session devoted to this subject proved one of the most important.

There is no longer the slightest doubt among scientists that ice ages occurred in Europe and in North America during approximately the same recent period of geological history, beginning somewhere between a half million and a million and a half years ago. The latest stages of these glaciations have even been dated with fair approximation in both continents by Baron de Geer's method of counting the annual layers of different colored clay laid down in small lakes beyond the margin of the ice. Unfortunately, the European dates and the North American dates do not agree.

Probably the most intensive studies of glaciation which have been made anywhere are in the Alps, where successions of advances and retreats of the glaciers have been identified with a precision satisfactory to the majority of scientific men. But once more there is trouble, for these Alpine successions also do not seem to match, either in character or in date, the succession of colder and warmer periods recorded in the peat bogs and river deposits of the plains south of the Baltic. In Africa, as was reported in detail at the Bristol meeting, Mr. L. S. Leakey has identified a succession of "pluvial periods," characterized by rain instead of cold, which may be the southern equivalents of the advances of glacial ice in the north. What is regarded as equally significant is the recent identification of similar wet and dry successions by Mr. L. A. Cammidge in southeastern India.

All these vagaries of prohibitive weather in different parts of the globe seem generally similar, but scientists have found it impossible to correlate them in detail. What the glaciologists seek, according to a reviewer, is a "world-wide framework of synchronous events to tie the different areas together and keep the climatic melody harmonious, as notes are tied together by the lines of a musical staff." The special importance of regions like the Kalahari which is toward the south of Africa or of Death Valley and other deserts in North America, is that they are farther away. Glacial influences from the northward presumably were weaker. Perhaps small details, which serve only to confuse the records closer to the scene of action, it has been suggested, will have left no trace, so that records of the greater shifts of climate will be more easily read.

on the under surface of its neck flamed band or orange. With its broadening hood, darting forked tongue and coldly baleful eyes it seemed to be in very truth, the personification of all wickedness. The snake was dispatched, but before it had bitten one of the native bearers.

My Ben! Or come again. Or send to us. Thy wit's great overplus; But teach us yet Wisely to husband it. Let me that talent spend; And having once brought to an end That precious stock, the store Of such a wit the world should have no more. —Robert Herrick, (1591-1634.)

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SHOP EARLY AND SAVE at the Metropolitan Store

DEPARTMENT OF TRADE AND COMMERCE OTTAWA, CANADA December 20th, 1930. To Canadian Citizens, Everywhere in Canada. Bring the Boys and Girls Back Home! How often have we all deplored the fact that thousands upon thousands of our most promising young men and women find it necessary to leave Canada, in order to seek in some other country opportunities for the employment of their talents that seem to be lacking here? As individuals we have deplored it, because in these cases the sorrow that is caused us through the breaking of family circles and home ties is accentuated by a sense of irrevocable loss, due to a feeling that the separation is going to be permanent. And from a broad national standpoint we have deplored it, because it has meant a serious drain upon the very kind of population—gifted, energetic, ambitious—that we most need to help in developing our magnificent natural resources. Must we continue to rear and educate our children—to equip them as best we can for the successful careers we hope will be theirs—only to lose them to an alien flag because of the dearth of opportunity for them at home? Opportunity of any kind is a result, of which production of some kind is always the cause. Most people create their opportunity by engaging directly in some form of production, such as farming, fishing, mining, lumbering or manufacturing. These people provide the foundation and, according as they succeed, opportunity is created for others in all the occupations that constitute the super-structure, such as transportation, banking, insurance, trading, the professions and public service. The more the people of a country favor their own producers, thus giving the latter all the incentive necessary to increase the volume and broaden the scope of their production, the more abundant will be the immediate opportunities they create for themselves, and the future opportunities they create for their children. If in the past opportunity has not been as abundant in Canada as it has been elsewhere, it is because Canadian producers as a class have not been as successful as producers elsewhere have been. And the chief reason our producers have been less successful is because they have failed to receive from Canadian citizens generally the same loyal support that the producers in certain other countries have received from their citizens. Some of these countries import practically nothing that they are capable of producing for themselves. But we Canadians are so careless about our daily buying, so thoughtless of the welfare of our producers, so shortsighted about keeping the door of opportunity open for our sons and daughters, that every working day we allow ourselves to be sold about \$2,500,000 worth of imported merchandise that our own producers would have been glad to make for us, if we had only given them the chance! Why not let us all resolve that from now on we'll try to bring our boys and girls back home by remembering, in our buying, that it must always be "Canada First!" Very sincerely yours, A. H. Stevens Minister of Trade and Commerce.

The Poet's Corner AN ODE FOR BEN JONSON

Ah, Ben! Say how, or when Shall we, thy guests, Meet at those lyric feasts Made at the Sun, The Dog, the Triple Tun? Where we such clusters had, As made us nobly wild, not mad And yet each verse of thine Out-did the meat, out-did the frolic wine. My Ben! Or come again. Or send to us. Thy wit's great overplus; But teach us yet Wisely to husband it. Let me that talent spend; And having once brought to an end That precious stock, the store Of such a wit the world should have no more. —Robert Herrick, (1591-1674.)

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