

THE CHARLOTTETOWN GUARDIAN

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WEDNESDAY, JANUARY 15, 1930

That Fisheries Portfolio

Press comment on the present and prospective Cabinet shuffling at Ottawa continues to be made. Maritime Liberal newspapers have been significantly silent on the subject of the proposed appointment of a Minister of Fisheries...

"It is now almost three years since the semi-official announcement emanated from Ottawa that a Ministry of Fisheries would be established, in compliance with a vital recommendation of the Duncan Report..."

That this is the situation the Liberal press does not attempt to deny. We venture the prediction that if the two portfolios now held in the Maritimes were withdrawn and Nova Scotia and New Brunswick were left, like Prince Edward Island, without any Cabinet representation...

Old Age Pensions

The Department of Labor is publishing a special report on the old age pension systems in this and other countries. Five of the nine provinces have accepted the system established under the Dominion statute...

Editorial Notes

In Ottawa the City Council is being urged to provide the Board of Health with a special sum of money for diphtheria immunization campaign this year. Charlottetown is a lap ahead of the Canadian capital in this respect.

Notes By The Way

Telephone development has made marvellous progress since the time when the first commercial line was contracted for in 1879 to connect Toronto with other Canadian cities. The Globe tells that now, since the dial system has been put in operation...

Ottawa turns its back to the large number of unemployed in the big Canadian cities. It matters not that the Dominion treasury overflows, and a boast of prosperity in all the walks of life is broadcasted every few days from the federal capital...

Thus the King Government "stiffens its neck and hardens its heart," and bids the workless ones to look elsewhere than to Ottawa for help in their time of need. Ministers of the King Government have boasted that they made Canada prosperous. They made the tariff and trade policy of the country what it is today...

Crop insurance is being called for in the West. Insurance against loss from hail during the growing season has long been in practice there and has been beneficial. The loss from drought last summer was not provided for by any available system of insurance...

A fierce battle over prohibition in Congress is reported from Washington in which both the wets and dries attacked the Commission appointed by President Hoover to investigate the enforcement of the Volstead Act.

Leading London Journals resent the proposed reduction of the number of naval cruisers from 70 to 50, or doubt its wisdom. The Times calls for an explanation by the First Lord of the Admiralty, and the Telegraph refers to it as "a reckless gamble."

Just how many prisoners can be comfortably housed in the Queen County Jail we do not know, but



By James W. Barton, M.D.

DON'T WORRY ABOUT THE KIND OF FOOD YOU EAT

When you read that deficiency ailments (where body tissues do not get the right kind of food stuffs) are found mostly in very poor people, and also in very rich people, while the middle class are not usually affected, you wonder what may be causing them.

In the case of poor persons it is because they have to limit their diet to a monotonous round of cheap foodstuffs; while with rich people it is because they are apt to restrict themselves and their children to an equally monotonous diet.

But now a third class is being afflicted with this deficiency ailment, namely the individuals who are deliberately and mistakenly starving themselves of vitamins and other necessary food stuffs in a misguided attempt at dieting.

Now what about this eating business? Is it necessary to know the number of heat calories in each foodstuff you eat? Should you study the proportion of the different kinds of foodstuffs, proteins, starches, and fats? Should you attempt to classify the vitamins and make certain that you are getting all of them every meal, every day?

No. All this is really unnecessary. If you spend your time and thought trying to get exactly the right food, in the exact proportions and amounts, then you will become 'picky' about food, will worry when you are placed somewhere, sometime, where you can't get everything exactly right, and this worry and fretting will do you vastly more harm than any little lack of vitamins and calories.

Now too much food can cause trouble—can cause gout and increased weight; too much food including liquids can dilate the stomach and make it slow in emptying itself. Too much starch and sugar may cause diabetes in those with a tendency to diabetes.

However not getting enough of the right kind of food may cause rickets in children, nervous and skin disorders in adults.

Research men who really understand diet and nutrition, men like Drs. E. V. McCollum and W. M. Bayliss tell us to "Take care of the mixed diet and the vitamins will take care of themselves."

In other words eating bread, potatoes, meats or eggs, and sugar would apparently look like a 'sufficient' diet, but of themselves they are deficient in vitamins, and so fruits and leafy vegetables and milk must be added if the diet is to be a 'perfect' mixed diet. Fruits and leafy vegetables also supply the mineral matter essential to the body's health.

The whole point then is that if in addition to the regular every-day foods we now eat, we make sure of a certain amount of fruit and leafy vegetables, we do not need to think about protein, starches, or fats, about calories, or about vitamins, because the above mixed diet gives us everything we need.



BLACK CAT

Don't never cross a road what a black cat cross— 'T ain't nothin' but sorrow, 't ain't nothin' but loss. Brindle cat, spotted cat, dem's all right; Safety in a yaller cat, blessin' in a white; But de black cat ructions, wid a bristle in his tail, He fotehin' for de Debbie, and he better not fail. De black cat travél wid his belly in de dus; He gwine whar he gwine, and he gwine kase he mus'.

Black cat, black cat—when he cross yo' track, No matter whar you gwine, To a dinnin' or a dy', No matter whar you burryin', To a marryin' or a buryin'— 'You better turn back!'

—From "Black Songs," by Nancy Byrd Taylor, in the Atlantic Monthly. Judging from the number sentenced to that institution from day to day it must be full to overflowing. Free board and lodging, plenty of wholesome food, abundant fuel and no work to disturb their comfort are not hard conditions of living.



Scout News and Notes

BOY SCOUTS Since these notes last appeared there have been excellent displays by Scout troops in the city. The King's Own provided the programme for St. Peter's Sunday School Concert, and it was one of the best and most virile ever submitted on such occasion.

The first purely Scout entertainment was given with huge success in the Baptist School room. The troop has made great progress under Scoutmaster, R. C. Parent's tutelage and greatly impressed parents and friends by the extent and variety of things which they had learned. They were full of life and the joy of living, which after all is the keynote of Scouting, the programme which was enthusiastically received, was as follows:

- Chorus: "How Do You Do?" Chorus: "Onward Boy Scouts Onward!" Rope spinning by Robert Manuel and Eddie McInnis. Shadow Play: by Wolf Patrol. Play: "A Strenuous Afternoon." Investiture Camp Fire with following programme: "O'Canada" Pantomime Jokes and Tales that were told. Jamboree Story by Robert Beer. Scout Silence.

The entertainment, which was to help to provide funds for Scouts Uniforms, realized the satisfactory sum of \$45.

One of the notable addresses at the Quebec provincial conference, was that of Dr. G. W. Parmelee, Director of Protestant Education for the province. Speaking on "Some Educational Principles Applicable to Scouting," Dr. Parmelee incidentally paid a tribute to "the flash of genius" which produced the Scout Movement, and acknowledged its value as complementary and supplementary to the work of the schools.

Broadly Scouting took cognizance of the boy's individuality and special aptitudes, and the difference in "mental age," while the schools, of necessity, must treat them in groups, he pointed out. A teacher will have perhaps ten pupils of somewhat retarded mental growth, ten of about the average, and ten above the average, with the result that those below average, cannot receive the kind of handling necessary, while those above average are not kept busy, and get into mischief.

Scouting could help both boys. For the gifted boy it offered an opportunity of leadership in which he did not feel repressed, and which developed a sense of responsibility to others—something which could not be given in the schoolroom. For the lad below the average, Scouting brought a practical opportunity of finding his "bent." An illustration of the principal was provided by the son of the chief foreman of a large Montreal plant. The lad had done poorly at school, and got into trouble outside of school hours. As an experiment he was taken into the shop. In less than two years he was an expert draftsman, earning more money than any teacher. He had creative feeling, and had found work that interested him.

Teachers also were tied down by tradition. Dr. Parmelee said, and told of a young woman in a country school who, as a lesson in geography, took her pupils out into the school yard, where there was a brook, and showed them how streams joined and became rivers; how deltas, islands and bays were formed, etc.—with the result that she was released at the end of the year. "According to conventional ideas she should have kept her children inside the school. But I thought it the best lesson in geography that I had ever heard of. It was the Scouting way of teaching."

Dr. Parmelee had a serious word for Scoutmasters regarding their responsibility at particular times. "Wise Scout leadership can help during the natural change from the complete recognition of authority of the child-mind to self-government (that comes with adolescence)," he said. "You can deal with this character-forming stage as teacher cannot. At this time boys imitate the very best types, or the worst. It is most important that leaders should live lives worthy of imitation."

In conclusion he assured the leaders present that the work they were doing without ostentation was appreciated by all who have studied the psychology of adolescents; "by all who hope for higher standards—political, business, and individual moral standards."

THE LAND WE LOVE

By FRANK YEIGH

JOSEPH HOWE Q. Who was Joseph Howe? A. Joseph Howe was an outstanding Maritime statesman, who played an important part in Canadian and Nova Scotian politics for many years. He lived to see a full measure of responsible government for which he contended. He at first opposed Confederation but, finding it useless finally abandoned the Anti-Confederation League, which he had formed. He entered the new Dominion Cabinet in 1868 as President of the Privy Council and became Lieut.-Governor of Nova Scotia in 1873. Howe stands out prominently as an influential public man of his day and is remembered in several books, portraits and statues.

Give Your Boy This Start... Do you know that three out of every four people listed in "Who's Who" are university graduates—that in almost every field, college-trained men are capturing the lion's share of success? You have doubtless planned to give your boy or girl the priceless advantage of a university education—but is your plan proof against death and unexpected loss of income? If not, decide NOW to take out a Great-West Educational Policy—a policy that assures increased earnings, greater happiness, and ultimate success for your child.

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