

THE CHARLOTTETOWN GUARDIAN

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TUESDAY, MAY 11, 1926

Y. M. C. A. DRIVE

The annual appeal for funds for the Young Men's Christian Association in this city is being made. Within the next few days citizens will be called upon for their annual contribution and we have no doubt the usual generous response will be given. Unfortunately this annual call comes to practically the same citizens year after year. We are informed that more than half of the funds sustaining the Y. M. C. A. comes every year from less than forty citizens and these the same citizens every year.

This is not creditable to the rest of us. The Y. M. C. A. is a provincial institution. It is a harbor of refuge for every man, especially every young man, who comes from the country to the city. These include students to Prince of Wales College, students in our business colleges, employees in our stores, officers, banks, warehouses, workshops. The doors of the Y. M. C. A. are open every day and evening to all of these. Its gymnasium, its baths, its reading room are all open to all young men who choose to avail themselves of the privilege. They are under the supervision of experienced and qualified men who are genuinely interested in their spiritual, moral and physical welfare. In view of this and the safeguard the institute throws around the young men who come in to the city, the country, and especially the parents directly interested, would do much to strengthen and to maintain that safeguard by contributing to the fund now being asked for.

There is grave danger that those who have borne the burden of the maintenance for many years may either become weary of well-doing or discouraged by the narrowness of the interest taken in it. Should this occur—and we do not think it shall—it would be a serious blow to the Christian life of the province as well as a serious loss to the young men who are shortly to be the active citizens of the country. It is not through fear of the failure of the Y. M. C. A. that we make this general appeal, but because of the unfairness of leaving the burden of its maintenance upon the shoulders that have borne it for so many years.

Let all help who can, whether in city or country. The Y. M. C. A. is one of the steady influences to-day in a world which needs, over all other needs, the steady hand of sane and real Christianity.

THE WORLD'S UNREST

Overshadowing all else and elsewhere the general strike situation in England, with the issues involved, arrest the attention of the world. The question is not a mere matter of higher or lower wages for the miners or any other laborers. They have their grievances no doubt and through anarchistic and Bolshevistic irresponsible leaders they are seeking redress in a manner which, if it should succeed, would throw them into a deeper hell than low wages and hard work had ever or could ever bring upon them. The struggle is between socialism anarchy and constitutional government, an ill-advised and ill-considered blow at a form of government which for centuries has been the governmental model for all civilized nations.

to attempt domination. It was a mistake to let it grow and it is growing, practically unchecked. The virtue of free speech within legitimate limits has been permitted to go beyond these limits and it has been followed by the inevitable consequences of illegal acts. A member of the House of Commons has at last been imprisoned for seditious utterances; he deserved it long before he got it. Another member on the floor of the House of Commons, openly declared himself in favor of abolishing the throne of England and establishing a republic, and he got away with it. Had a member of the Canadian House of Commons expressed himself so he would have been knocked down where he stood.

Yet we have Bolshevism in Canada; we have children taught in Red schools to think and to talk Red revolution and confiscation and this is being permitted to play itself and to openly promulgate its principles because the Red element has the franchise and their votes are wanted! We are playing with this fire as they played with it in England for the sake of British freedom of speech. Freedom within legitimate limits is commendable, is Christian and is British; beyond these limits it is license and anarchy. Let us in Canada see to it that the limits are not passed. We too may have a day of reckoning as they are having it in England today.

WATCHING US

The complaint comes from what heretofore we have called the dark places of the earth, that Christianity is not making the progress that had been hoped for, not even the progress witnessed during the early days of missionary endeavor. This occur—and we do not think it shall—it would be a serious blow to the Christian life of the province as well as a serious loss to the young men who are shortly to be the active citizens of the country.

The world has changed much in the last hundred years or so. Nations lived in comparative isolation. There were traders visiting the sea ports but there was little neighborliness among the nations; they lived apart and each for itself. Today the world is intermingling the east is becoming saturated with westernism; the west with easternism. When only the ships and the goods and the products of each country came to the seaports of the other little or nothing was known of the men and the women behind the product. Western civilization, judged by its ships and its products loomed large in the eyes of peoples who had a different and, in many cases, inferior civilization. In these circumstances Western Christianity as preached by devout missionaries looked inviting and they "took to it." Now these people visit us; they see how we, the Christian nations, live at home. The nations are not living the Christian life. There are many Christians it is true but the conglomerate mass of which the nations are made up is far from being Christian and, if there is a slackening in the drawing power of Christianity among those to whom we are sending missionaries it is because of the manner of life in the so-called Christian nations.

Let us look this squarely in the face and profit by it. EDITORIAL NOTES Considerable gardening is now being done in Charlottetown but it

Notes by the Way

May month begins with Moving Day, and it is stated that 45,000 families in Montreal moved to other dwellings on that date. Since then the ice has moved out of many Canadian rivers and harbors, setting them free from winter's thralldom. These have been moves that are quite in the order of nature and of expected events in Canada at this time of year. The changing season has brought the opening of navigation to water-borne trade, given a new impetus to legitimate traffic and business, with increased employment to labor throughout the Dominion.

But in the United Kingdom a movement that is far more momentous and in the strongest possible contrast with these liberating and seasonable changes in Canada has taken place. The miners' strike, made general by the sympathetic strike of the workers in other lines of useful and necessary activity, has for the time made millions of workers idle, paralysed trade and industry and brought about a very approach to civil war in the very capital and centre of modern civilization. And the vibrations of this seismic shock at the centre have been felt to the earth's remotest bounds.

The past week has been chiefly notable for the additions of large numbers to the strikers and to the volunteer forces who are supplying their places in order to carry on such public services as are absolutely necessary to the life of the nation, the maintenance of order and the security of life and property. So far as is known at this writing no real or substantial advance has been made toward a settlement of the trouble. Disturbances have increased in numbers and violence as was expected and provided for, but these were met by increased police numbers and quickly disposed of.

The new element of hunger has appeared in Wales and must soon become apparent elsewhere. Wage earners of the past, now earning nothing, feel the want of money necessary to provide food for themselves and families. This is a source of trouble that must increase from day to day if the strike is continued and adds a new danger threatening peace and order. Hunger at its best makes men unreasonable, peevish and passionate. At its worst it is sure to be felt and acted upon as "the necessity that knows no law."

The hungry must be fed even if their hunger is the result of their own refusal to work. The old-time sentence, "if a man will not work he shall not eat," is not enforceable in emergencies such as this, even if humanity did not forbid its application. Almost a million men were in the ranks of the unemployed before the general strike was declared and millions more have been added by the strike. All these must be fed in a land where food-stuffs must be mainly imported from abroad, and while transportation by sea and land is seriously crippled.

The aggregate of wages, of industrial production and of exports has been suddenly reduced to a minimum hitherto unknown for many years and this sad condition must steadily increase until the strike is broken or conciliation effected. Millions are praying that the trouble may be ended speedily, they know not how, and it is to be hoped that their prayers may be answered. "More things are wrought by prayer than this world dreams of," but a terrible anxiety overshadows the Old Land which will not pass away until peace and order shall be restored.

The very solemn and impressive discourses and services in our city churches on Sunday last did not exaggerate the seriousness of the situation, but set it forth in its true color. There is no mistaking the increasing bitterness of the struggle. It has many of the aspects of civil war, without the rattle of musketry or the boom of artillery. But here and there armored cars are moving to their appointed places, squads of soldiers guard the bus garages, sentries in full war equipment and greatly increased numbers march to and fro in front of the Royal palaces and outside London there are movements of troops hither and thither for reasons not disclosed. In London nearly every bus that ventures into the streets has a constable beside the driver.

This is not actual civil war, but it is strangely unlike the peace and order of other days. And yet a number of leading newspapers, which had been compelled to close

That Body of Hours

By James W. Barton, M.D.

RE ASSURING STATISTICS ON OPERATIONS

No one really likes the idea of undergoing a surgical operation. It is only natural that the average person shrinks from the anaesthetic which sends him off into such a deep sleep.

Yet as mentioned recently accidents from anaesthetics are now almost unknown.

One of the distressing ailments in which our surgeons have been able to obtain brilliant results is ulcer of the stomach, and also of the first part of the intestine.

It is true that medical treatment of these conditions has likewise shown many recoveries, and it is a common sense to try the non-surgical treatment, first.

Where this has been tried without success, then surgical intervention is indicated.

The first question one would naturally ask is whether undergoing the operation means a permanent cure, or whether it is just a temporary measure, and another of even more operations may be necessary.

Two Western surgeons, compiling statistics, state that in 6400 operations for chronic ulcer of the stomach or first part of small intestine, only 228 required a second operation.

This means roughly, that of every hundred patients undergoing the operation, only three had to have the second operation.

They state further that the ulcer seldom returns if the complete operation was performed, and the patient was careful after the operation.

They also tell us that these second operations were only necessary in certain types of individuals. These were usually those who took no care of their personal health, being particularly careless about their diet habits. Others who had to undergo the second operation were those who were "constitutionally inferior" anyway, nervous individuals usually.

The cause of the return of the ulcer was investigated, and infections, lack of muscular tone, and interference with the chemical processes of the stomach, were blamed for it.

However in the light of the above figures, this dread of a stomach or intestinal ulcer should be removed to a great extent.

Daily Selections FOR Guardian Readers

May 11, 1926

INTEGRITY IN JUDGMENT

"Ye shall do no unrighteousness in judgment, thou shalt not respect the person of the poor, nor honor the person of the mighty; but in righteousness shalt thou judge thy neighbor."—Lev. 19:15.

PRAYER—May we, O God, ever temper justice with mercy for all.

I WOULD TAKE WITH ME

If I were called away from all the laughter, And all life's vividness and tender mirth, I would remember little things that cluster About the days that I have known on earth.

I would take with me, even into heaven, The yellow shimmer of pale candle-light, And that touch with gentle silver fingers that sweeps across the night!

I would take with me memories of faces That turned to me when all the way seemed sad; And I would take the touch of hands that loved me, And whispered words that made me strangely glad.

I would take with me flowers, blue and yellow, And the faint fragrance of the April rain, And then I know that all the shining angels Would seem to murmur "Welcome home again!" —Margaret E. Sangster.

Your Birthday

MAY 11.—You are strong, both mentally and physically. You are energetic, artistic and good-natured, happy in your home life, a leader in your social life, and generally accepted as a comfortable, reliable person. Your love is profound, and you never allow anything to cast a shadow upon it. You will travel a great deal. You should live an open-air life as much as possible. Your birth-stone is an emerald, which means success in love. Your flower is a lily. Your lucky colors are red and yellow.

Food, Instinct And Habit

Condensed from The Scientific Monthly (January, '26.)

Victor E. Levine, Creighton University.

This is an age in which more and more attention is being focused upon the individual human being. Heretofore civilization focused its efforts upon building through the development of institutions. Science concerned itself mainly with branches more or less of an impersonal nature, as astronomy, geology and mathematics. Today we are beginning to realize that the proper study of mankind is the human being. This tendency constitutes a great advance in our mode of thinking. It is this change in viewpoint, the directing of our efforts toward the betterment of the individual, toward the development of a higher type of human being that has brought forth great progress in such sciences as anthropology, sociology, economics, psychology and preventive medicine.

Nutrition is becoming more and more recognized as one of the fundamental factors in the problems of private and public health. There was a time when nobody even thought in terms of health. Pain or fear drove many a person to the nearest physician for relief. He became a patient and there ended his responsibility. Modern humanized science has made us realize the extreme value of the age-old, half-accepted, half-rejected idea that an ounce of prevention is better than a pound of cure.

Many of us will ask the question, Why worry about nutrition? Does not instinct guide us through appetite into proper choice of food? But one of the greatest advances in modern nutrition lies in a realization of the fact that instinct or appetite, especially in reference to the human being, is not a guide to proper eating.

Our very ancient sires no doubt relied completely on instinct for preservation of self and race. Up to the threshold of the industrial revolution, only some 100 years ago man practically led the same life and ate the same food. During these long years human intellect was in the process of development. Mind, indeed, made progress, but it was at the great expense of instinct. Among other things man lost his keen sense of smell, vision and hearing. And he lost his instinct for the selection of natural food, and he began, without question, to make use of foods industrialized, demineralized, devitalized, dehydrated, bleached, dyed, smoked, heated, boiled, cooked, fried, polished, extracted, concentrated, distilled, preserved, pickled, canned, refrigerated.

Strange to say, not instinct but habit is the most important factor in appetite. We like the foods we have been accustomed to from early years. We rave about the kind that mother used to make. The Irish like their potatoes; the Jews, their gefillte fish; the Italians, their macaroni; the Scotch, their oatmeal; Mexicans, their chili con carne; the Japanese, their rice cakes. In the southern states people like bread made of cornmeal. Those who grow up on cornbread learn to like it. During the great war the French people could not accustom themselves to eat corn

Daily Lessons In English

By W. L. Gordon

WORDS OFTEN MISUSED: Don't say "everyone of the boys have gone." "Everyone" is singular. Say "has gone."

OFTEN MISPRONOUNCED: refuse (noun) Pronounce the e as in "bet," u as in "unit," s as in "us," accent the f.

OFTEN MISPELLED: codicil, not all.

SYNONYMS: Inexcusable, unpardonable, unjustifiable, inexcusable.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: INADEQUACY; insufficiency. "Its inadequacy has been demonstrated by its failure."

GOLF

Our season's golf supplies have arrived and are now on display in our window.

This year's showing is an exceptionally fine one and the prices are somewhat lower than those of the last few years.

Check This List DRIVER

BRASSIE MASHIE MID-IRON PUTTER NIBLIC and a splendid assortment of Bags and Balls.

THE 2 MACS DRUGSTORE

even under the pressure of lack of food.

The first woman who introduced to her neighbors the delights of sauer-kraut and gill pickles and the person who invented the "hot dog" were indeed individuals of no mean courage. The first man who ate eels was looked upon with considerable suspicion. The first man who swallowed an oyster performed as great a feat as the most daring acrobat.

Some people find certain kinds of cheese outside the pale of polite society, though other folks rave about them. Wines Spaniards care for are not palatable to Italians, and the wines of the Italian strike horror to the taste of the Spaniard. When beer was first introduced into Italy from Germany, many Italians found themselves unable to comprehend how anyone could drink it. The question at one time arose in Rome whether it was permissible to take beer on fast days. The cardinals who tasted it proclaimed that not only did it seem permissible but that it was a mortification to drink it, and that it was therefore a proper Lenten exercise.

Personal habit dictates our likes and dislikes with reference to food. Eating too little or too much is also a matter of habit. By far the greatest number of food dislikes are based entirely on subjective feelings, which can be overcome by habit and training.

Custom is also responsible for a great many dietary peculiarities. In some places the kidney and liver are eaten with relish. The French like brains and other special parts. What are dainties to some people are repulsive to others. The Anglo-Saxons, as a rule, stick to the muscle cuts of meat. McCollum has shown that this type of animal food is, however, by no means as nutritious as the organs like the liver, spleen, lung and other internal parts. To a great majority of mankind the idea of eating horseflesh is repulsive, yet numbers of people in various parts of Europe are finding this animal food quite as pleasant as cow's meat. Snail soup is relished in Italy, while down at Marseilles gourmets feast on argle worms and find them appetizing.

The Chinese and Japanese prefer rice to wheat as a grain food. They seem to like polished rice even better than unpolished rice. We know that polished rice is injurious to health. Instinct should have demanded unpolished rice, since the polished rice leads to a fatal disease called beriberi.

We all know that lack of carbohydrates in the diet, that is, sugars and starches, leads to serious disturbances. The Eskimo diet is extremely poor in sugar and may entirely lack starch. Yet it is surprising to learn that sugar is much disliked by Eskimos and that it takes a long time before they get used to it.

Eskimo dogs brought up on seal

(Continued on page 5)

Spring Cleaning Time

You will need good coal. We have the best Inverness Screened, Albion Nut, Albion Lump, Old Sydney, Besco Coke and other kinds. Your order will have our best attention.

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The Action

of our organs is all taken apart, worn parts are replaced with new. Even the couplers are re-bushed. All felts that are worn or moth eaten are replaced with new. After the organ is finished it is returned and tested out by a musician to see if any part will give trouble before being shipped out to a customer.

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