

HEALTH'S "FRUIT SALT"

Brings inner cleanliness and clear complexion

HEALTH'S

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

OUR DAILY BREAD

The man who is the owner of a broken heart is not conscious of the fact. His heart carries on its work without ever forcing its presence upon the attention of its owner. In a similar manner, the normal stomach and other parts of the digestive system do their duty in an unobtrusive way.

It is the digestive tract which receives, digests and assimilates our daily bread, in this way providing for the nutrition of all parts of the body. Proper nutrition depends, first of all, upon the selection of an adequate balanced diet. For the average normal person, this means the eating of a wide variety of foods, and the daily inclusion in the diet of milk and milk products, green leafy vegetables, and fruits.

Before the foods which are eaten can be used by the body as nourishment for the tissues, they must undergo certain changes, which may be called the process of digestion. The food is crushed and ground by the teeth in order that the digestive juices may act more readily upon small pieces of the foods eaten.

The first of the digestive juices is found in saliva, so that digestion begins even before the food is swallowed. Other juices are secreted in the stomach and the small intestine, being excreted by these parts or by other organs, such as liver and pancreas, which pour their juices into the intestinal tract. Each of the digestive juices has its own particular function and performs an essential part in digestion.

We are conscious of swallowing, but we are unaware of the passage of food from the stomach, or of the movement along the intestinal tube of thirty-foot length, which is coiled around in the abdominal cavity. The food is moved along by the contractions of the muscle in the walls of the intestine until it reaches the terminal end of the large bowel. Here the waste parts of the foods eaten collect to be evacuated at intervals.

Any upset of this long digestive tract or of adjacent organs will interfere with digestion and so interfere with the proper functioning of the use of our daily bread. When this occurs, we usually become aware of the fact that we have indigestion. Commonly, we speak of this feeling as "indigestion" or "upset stomach."

Practically, this means that if you are aware that your digestive system is at work, it is likely to be working properly. Now, the time to correct a disorder is at its beginning before serious damage has been done, or before the disorder becomes firmly established. It is a mistake to wait until acute pain demands attention; it is far better to give attention to the slight discomforts which usually precede the more serious conditions.

A child may have pains in his extremities as a result of some unusual use of his muscles, or for some other reason, but never because he is growing. If such pains recur, the child should be examined by a doctor. Chorea, or St. Vitus' dance, is a form of symptom of rheumatic fever.

The heart muscles and the heart valves are frequently inflamed as a result of the rheumatic fever infection. That is why rheumatic fever is a serious disease. There is one way to treat these cases, and that is by having them treated as the infection is active. This will be a matter of months in many cases. Convalescence must never be hurried if the heart is to come through without serious damage.

Unfortunately, the disease tends to recur, so the child's throat should be put in a healthy condition and his general health built up. He should avoid any infections of his nose and throat and if they do occur, he should go to bed until he has fully recovered.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

Blue Shark Worst Trickster In Sea

(Written For The Canadian Press by Stuart MacCawley)

GLACE BAY, N.S., Oct. 11.—With the harpooning of 1,000-pound tuna and the successful angling of mackerel in Nova Scotia, and tall tales of sea monsters and whales, lifting schooners and tossing them about, old fish yarns are being revamped. The boys in the fish houses tell of seeing a fish hawk attack a live lobster from a landing net and carry it away with it. When it had taxied about eighty feet it came tumbling in a nose dive to the beach. Mr. Lobster grabbed Mr. Fish Hawk around the neck and choked him to death. If you don't believe this one try your lobster; but be sure you buy a baseball mitt on your hand.

I interviewed Capt. Calder of the biological boat Zearens on fish stories. He said he believed almost all of them and proceeded to tell some.

"The sea is full of wonders and changes" that keep us busy. Sea-weed disappeared three years ago. It is back again. Fishing grounds are controlled a lot by the temperature of the water. Certain fish like certain degrees of heat and others, and our biological stations are studying that phase of ocean mystery.

"I really believe the blue shark has some brains. He is the worst trickster in the sea. I have had my contact with him. I have off trail lines for pure devilment. Last summer off Liverpool a blue shark about nine feet long was swimming around the Zoares and I thought I'd try to fish for him. I baited a herring on his mouth, hook without a sinker and the blue shark took the first cast. I hooked him and gave the line a turn on a stanchion. He rushed away a hundred yards, then turned and raced back like a torpedo, snapped the line with his teeth and got away.

"We could see him with the line hanging out the side of his mouth, so I baited another hook and got him again. He went through exactly the same performance, and he took two herring in his belly and two lines hanging out his mouth. The game was getting interesting so I gave him the third herring; this time he swam past the floating bait, nipped the line and then swallowed the herring. He had now three lines hanging out of his mouth. I took a coil of wire and made a 30-foot wire leader to which was attached the fourth herring; this time he couldn't snap the line and I brought him to the side of the boat. Two of the crew were ready with gaffs, and he was hauled to the deck. He put up a pretty fight on the deck and was eventually dispatched by the axe."

Mr. Blair Andrew entertained the members of Mayfield Women's Institute at her home on Sept. 18th. The President presided. Minutes of last meeting read, adopted and signed. Roll call was responded to by twelve members and two visitors present. Report of Public Health nurse was read by Miss Bain. Report of the different committees were then given. New committees appointed, are: Stok, Mrs. Harold Toombs and Mrs. Blair Andrew; School, Mrs. Frank Houston and Mrs. Willard Nicholson; Entertainment, Mrs. Harold Toombs, Miss Ella Wyand and Mrs. Blair Andrew; Refreshment, Mrs. Millar Orr and Mrs. Lewis Toombs. The names of those in favor of being a member of the Carnegie Library were taken. Moved and seconded that a dust pan and can of varnish be got for the school. October meeting to be held at the home of Mrs. Harold Toombs. Roll call at next meeting. "Ways that women can save money." A contest put on by Miss Bain was much enjoyed, this being followed by a singing. The meeting closed by singing the National Anthem.

Sees Future For Prov. Industrially

Economic Opportunities Stressed By Mr. H.K.S. Hemming At Board Of Trade Quarterly Meeting.

(Concluded from yesterday's Guardian)

What Shall we Manufacture?

Now, someone will ask: "What shall we manufacture?" This, of course, is an important question and the more thought that is given to it the more numerous are the lines that come to my mind. There are, in the first place, two distinct classes, viz: those for home consumption and those for export. The former would include all articles made for export, usually termed "seconds", which are all right from a practical standpoint, but which, because of some slight imperfection should not be allowed to leave the Island. Then there are some such lines as bricks and imitation stone for building purposes. For the latter cement would have to be imported, but if found feasible, there would be the decided advantage of a lowered fire hazard, a higher architectural effect, greater living comfort, and longer life of the buildings. I understand, too, that the cost of construction with the use of fabricated stone compares favourably with that of wood.

I have been told that a brick factory for potatoes and turnips, fertilizer, coal, etc., could be made to pay, and that sales to New Brunswick and Nova Scotia could be effected.

For export purposes to other parts of the Empire, at the outset at any rate, I should suppose that manufactured goods would be the highest possible character, bottled, canned or boxed, both animal and vegetable, including fruits, dairy products, and fish, selecting such lines as will keep the factories at work continually throughout the year, so as to give the workers as nearly as possible constant employment. All factories have their busy and slack seasons. This difficulty can, however, be overcome to a considerable extent by interchanging the workers from one factory to another as the raw materials—fruits, vegetables, fish and flesh matter. Then again during the summer growing period, many of the factory employees of both sexes could work on the gardens and fields, for with more intensive agriculture a much larger number of people will be required in sowing, weeding, thinning, cultivating, picking, etc. From a health-point of view, work of this nature is especially desirable.

And here let it be remembered that the lines of manufacture, there is nothing so desirable from a trading standpoint as foodstuffs, because of their rapid and constant consumption. Articles such as pianos, sewing machines, furniture, etc., last for years, while the same item in foodstuffs vanishes in a few days and has to be replaced immediately.

On the question of the lines that could not be manufactured to advantage, I have done some investigating and have certain ideas. For example, many lines of cheese that should be produced in our Province, but which are imported at higher prices. I have in my office recipes for no less than 23 varieties of soft table cheese, some of which I believe could be made to great advantage on this Island, in addition to which some special cheese entirely new to the world, could be developed. From cows' milk many products can be made that will give to our farmers better returns than can be obtained from butter. If, too, we could put out a breakfast food made from a combination of our wonderful potatoes and some of the coarser grains, with possibly the addition of some vegetables in the delectated form, we should be freeing ourselves from many of the necessities now being met with in marketing these products.

Set your minds thinking along the many lines of fruits and vegetables that can be bottled, canned, preserved, pickled, desiccated, made into sauces or reduced to essences or extracts, and I think that you will admit that the variety is almost endless and that in arriving at a safe decision regarding lines to be manufactured, the chief factor is the question of potato flaking. It seems to me, in order to which immediate consideration should be given, with a view to assisting our farmers in the sale of this year's crop. This is a question regarding which only scant information is obtainable on this continent, but I hope soon to have a full record of what is being done in Germany, where the flaking process has been developed to a very large extent during the past 30 years.

In the matter of raw materials in the vegetable world, there are several lines such as onions that this Island apparently cannot produce to advantage. On the other hand, because of our self-improving atmosphere, I believe that we can grow certain fruits and vegetables of a quality higher than can be produced either in the Niagara Peninsula or the Okanagan Valley. Except in England, I have never seen or tasted strawberries equal to those grown in the vicinity of Charlottetown, which other small fruits, although a little late in marketing, are of an equally high grade.

In addition to all these lines, there are chickens and parts of hogs and cattle that can be canned, while there are many ways in which eggs and milk can be converted into articles such as powders,

spite heated opposition by thousands of clergymen, many of whom have been sent to concentration camps, the new bishop was appointed primate of Nazi Germany by his friend, Reichsfuehrer Adolf Hitler. Back in 1926, Mueller convinced Hitler that a unified Church would help Hitler's swastika. At the right we see the Reichsbishop harmonizing with the storm troopers.

for the first time since Martin Luther died in the fifteenth century, Germany has a single bishop ruling over the entire Protestant Church, in the person of the Right Reverend Ludwig Mueller, left. De-

The above idea of the appointment of a Provincial Industrial or Economic Advisory Committee is, of course, by no means new. In almost all civilized countries—and particularly throughout the Dominion—Government-appointed Commissioners have for years done the most valuable work of many kinds, for the execution of which neither the Cabinet ministers themselves nor their staffs have the time at their disposal.

In the work of investigation, the first point to be decided would be the particular products of the land and sea in which the Island excels in quality and of which an abundant supply could be depended upon.

With these data at hand, valuable assistance could be obtained from the National Research Council at Ottawa. Much information could also be procured from Washington, while Government bulletins issued in many countries including Germany, and technical books of a wide range could be studied.

From among the members of the Committee sub-committees should be formed to specialize in separate investigations, while local Government officials, and others in charge of the different channels of agriculture and the fisheries could be depended upon to give the Committee the advantage of their valuable funds of information. Those engaged upon the work would, I am sure, find it to be of intense interest.

The main object would be, from the outset, to produce as high a quality of finished food products of a quality not exceeded, if I dared equalled, elsewhere in the world, in health-giving properties, in flavour, and in appearance, not only of the contents themselves, but of the packages, containers, labels, etc. In the designing of the latter, I feel that no expense should be saved and that artists of the highest ability should be employed. It might also be possible from our Island clay to produce jars of unique and artistic designs that from the outset would place the Island foods upon a plane exclusively their own.

Government Supervision.

Once set going, the whole undertaking should be placed under strict Government supervision. Government-appointed inspectors watching constantly in each of the factories to see that only good materials are used and equal in all respects to those advertised as allowed to leave the Island.

The same brand or trade mark, some such name as "Prince Edward", might be employed for all lines, so that the name would become known in all parts of the British Empire as a guarantee of the best food in the world.

Island Balance of Trade.

A point worthy of special mention is that, from the point of view of the Island balance of trade, the value of the exports should exceed enormously that of the imports. The labour and the great bulk of the raw materials being supplied by the Island. Salt, sugar, spices, extracts, and some bottles and containers would have to be bought in, but as the quantities increased many of these could be manufactured locally.

Above all, let us remember that whatever we plan to do must be for the common good of the whole Island, free from party politics, favouring no one because of race or religion, and calculated not only to benefit one city, town or district, but the whole Island.

Finance.

Now the next question to be considered is that of finance, and one of course of prime importance. Some of you are not receiving dividends as regularly as you would like from your investments in local corporations, and will perhaps feel inclined to sit back. I think that you will agree with me that the lack of success in our local industries is due mainly to the fact that in the past they have had to cater almost entirely to our small Island market.

In any event, I have to admit that I have lost a good deal of faith in individual efforts in matters of this nature. I feel that the so-called "high finance" and "big business" may be attributed most of the blame for the serious depression through which the

world has of late years been passing. Applying this idea to the Island, I should favour the largest possible measure of co-operation, commensurate with as little interference as possible by the individual co-operators in the direction and management of the Company.

Provision would, in the first place, have to be made for the purchase of land, buildings, machinery and equipment, the cost of which might be covered by the issuance of bonds on a sinking fund basis, guaranteed by the Provincial Government. In this way, not only would the interest rate be low, but the Government would have a right of oversight and supervision, the best guarantee of 100% efficiency.

The working capital of the Company or Companies would be of two kinds—

First—That required for the defraying of all preliminary expenses up to the actual point of making a fair volume of sales, and from the money might be obtained or preferred shares, which would be stated annual dividend, and redeemable from the net profits of the Company prior to the payment of any dividends on the common stock in excess of 5%. As each factory would come into existence this primary working capital would be required, and it would seem to be only reasonable that the particular community in which the factory would be located should guarantee the bonds or preferred stock.

Second—The permanent working capital, which could be raised by levying upon the producers, the farmers and fishermen of the Island a small percentage of the money paid for all raw materials purchased from them, and allotting for this levy common shares of the Company.

When the bonds and preferred shares had been paid in full, the holders of the common shares would be the sole owners of the Company or Companies, just as with the great British oil companies, but it might be as well to provide in advance that the Government should have a continuing right of supervision of the Company's activities, even after the redemption of the bonds.

By allotting common shares for a percentage of all raw materials supplied, the net profits of the Company would accrue to the producers in direct proportion to their individual contributions of raw materials, and not to the amount of money subscribed, as in the case of individual shareholders on a more or less speculative basis, and that is generally regarded as the most equitable form of co-operative effort.

WOMAN CONTRACTS FOR SEWER JOBS

(By The Canadian Press)

NEW YORK, Oct. 10.—Miss Julia Gallo, the only woman sewer contractor in Queensborough, obtained four contracts for sewer jobs in the borough when bids on 22 contracts were opened. Miss Gallo, who learned the business from her father, James, has been busy for five years, entered bids on 22 contracts and her estimates varied from high to low. Only one contract of the lot involves more than \$5,000.

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money to spend. To our banks, it means more loans, more discounts, more exchange, and better security for their advances, because of a proved balance sheets of their customers. To the press, it means a larger circulation and the sale of more advertising space. To our moneyed classes, it means safer investments, and better and more regular returns. To our farmers and fishermen, it means a larger, steadier, and more profitable demand for products of the land and sea, and remunerative employment for their sons and daughters. To the employed classes, it means not simply an increase in wages, but the earning of living wages and salaries. To the Provincial and Municipal Government and to the School Boards, it means larger revenues and a greater inherent ability of the people to pay their taxes. Furthermore, it means a greatly increased value of property, both farm land and city building lots, and the erection of many new residences and commercial buildings.

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Eczema on Child's Forehead. In Watery Pimples. Cuticura Healed.

"Eczema broke out on my child's forehead in watery pimples. The skin was red and inflamed and itched so that he would scratch and it would cause a sore eruption. It made him restless so that he could not sleep and it disfigured his face."

"He had the eczema three weeks before I used Cuticura Soap and Ointment. After the fourth application I could see they were helping and before I had used one box of Cuticura Ointment with the Cuticura Soap he was healed." (Signed) Mrs. Arthur Peach, Mount Denison, Nova Scotia.

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Cuticura

MADE IN CANADA

Jugoslavia Proclaims Prince Peter King

(By Charles Meister)

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(A. P. By Guardian's Special Wire)

BELGRADE, Yugoslavia, Oct. 10.—Sitting in solemn extraordinary session tomorrow, both houses of the Yugoslav Parliament will proclaim 11-year-old Crown Prince Peter King over Yugoslavia's 16,000,000 Serbs, Croats, Slovenes and Montenegrins.

Until the new King arrives the newly appointed Regency Council will be without power.

After Peter comes home from England and France the members of the Regency—Prince Paul of Yugoslavia, cousin of the dead King; former Minister of Education Stankovitch, and Governor Banterovitch of Zagreb—will take individual oaths of allegiance to him.

The cabinet then will resign. So uncertain was the political situation that even observers refused to predict whether the old members of the cabinet would be reinstated or whether the regents would replace some members in the new government.

Several sources expressed misgivings as to the members of the regency, who were reported in King Alexander's political will, inasmuch as they are regarded as men little known outside their own districts.

Army in Power

This was taken to mean that the Yugoslav army built up under Alexander would remain all powerful even in civil affairs.

Mourning for the dead King, bitterly opposed though he was in life by some factions in Yugoslavia, was a nation-wide thing as seen in his former opponent's admiration for him. His brilliant Great War record was recalled by many.

There was anxiety, too, for the future, sure to contain many dangers as to the members of the regency, who were reported in King Alexander's political will, inasmuch as they are regarded as men little known outside their own districts.

Relations Unsettled

It was made known unofficially here today that existing friendly relations between France and Yugoslavia will not be altered in any way by the King's assassination but the man on the street outspokenly condemns what he describes as "the inexcusable carelessness" of French police.

Yugoslavia also tended to suspect Italian influence in the crime but the government, however, sought to deprecate any attempt to place blame abroad because of the definite international situation.

The theory that the assassin belonged to the "Imro," Macedonian terrorist organization which was dissolved in Bulgaria largely as a result of Alexander's furtherance of friendship with Bulgaria, received some support here.

It was pointed out that the assassin had an extra large revolver of the same type as those used by Macedonian terrorists and also had their mark tattooed on his wrist.

Officials declared, however, that thorough investigations at Zagreb, capital of the Croatian province, failed to reveal any indication that the man (whose name was given as Petrus Kalemek) in Marsaglia, supposed to have been visited at Zagreb) ever lived there.

Rabbit trappers of Scobe, Alberta, are now earning nearly \$80 a week.



SINGLE BISHOP NOW RUL ES GERMAN PROTESTANTISM

For the first time since Martin Luther died in the fifteenth century, Germany has a single bishop ruling over the entire Protestant Church, in the person of the Right Reverend Ludwig Mueller, left. De-