

THE CHARLOTTETOWN GUARDIAN

President, W. Chester S. McLaughlin... Secretary, Lieut. Col. D. A. MacKinnon...

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MONDAY, JULY 21, 1924

CARNIVAL WEEK

We feel sure that all will be satisfied with and will for many days to come look backward upon Carnival week with pleasing memories.

While the whole week's programme will be remembered with pleasure there is one feature which will be looked back upon with pride, pride in the city, pride in our public spirited citizens and pride in the city's resources; we refer to Friday evening's decorated parade.

The whole exhibition was a credit to the city and a demonstration of what can be done under capable direction. It was, so far as the outside world is concerned, the most effective advertisement the city has ever had, and, for the citizens, an awakening of a public spirit which has too long been dormant.

THE POTATO BUG

In a recent issue we referred to the absence of potato bugs in a number of localities and the growing hope that we are about to see the end of a pest which has been one of the greatest pests the farmer has to contend with.

Our information is not yet sufficiently comprehensive to express any opinion on the probability of the final extinction of this pest but there is much to learn from what has been ascertained.

Correspondents in Hope River, Darnley, Augustine Cove, Bayfield, Lot 46 and several other localities, speaking for their own farms but without positive information as to the community, inform us that no potato bugs have as yet put in an appearance. One Hampton farmer found a few in his potato field.

Naturally farmers who have throughout a life time fought this enemy which apparently had come to stay, speak with modified hope; others express the belief that the detested and costly bug has come to the end of his career and shows us only where conditions were especially favorable. There have been instances of the disappearance of the pest in some localities which prairie provinces put greater burden account for the disappearances on the Eastern provinces. It is once in any locality. Last fall, potatoes our rights, and leaves winter and spring were in every us with the high rate of war times way normal and although previous on our shoulders. — Halifax Herald

Notes By The Way

Since the war of 1870 France has grappled with the problem of population. The birth-rate has been low, but unlike most European countries there has been but a limited exodus. On the other hand France has invited and welcomed immigrants and workers from abroad.

The national health, of which great care has long been taken, is excellent, the birth rate shows a small but hopeful increase and the death rate is the lowest ever recorded in France. Yet patriotic French men are not satisfied, seeing that the birth rate in Belgium, Spain, Austria and Italy is still much greater than it is in France.

The absence vote in British Columbia has resulted in a gain of two seats for the Liberal party in that province. This has caused rejoicing in the party camp and has raised hopes that in two other ridings where the contests were close there may be further gains. It is not certain that these hopes will be realized, but there is a possibility that they may be and if so the Liberal Government will have 24 supporters in a House of 48 and so "hold on by their eyelids" to power and patronage.

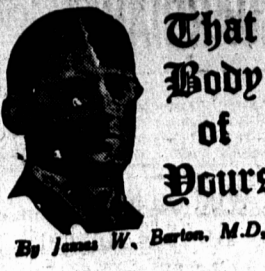
The date of the plebiscite in Ontario on the liquor question has been fixed for October 23, a little over three months hence. As the day approaches the campaign will be a strenuous one. Temperance sentiment in the province is strong but the brewing and distilling interests can command almost unlimited money and their hopes have been raised by the "wet" victories already won in Quebec and the four Western Provinces. Public opinion on the liquor question during the past four years has shown a remarkable measure of instability.

The reported safety of McLaren, the British air pilot and his companions in their round-the-world flight, after the absence of any tidings from them for many days comes as a great relief to a host of people who have been interested in their arduous and perilous adventure. Much of the journeys of both the American and British fliers is yet before them. Broad oceans are yet to be crossed, winds and fogs and dangers from falling machinery to be encountered, but strong hopes are entertained that one or the other of the two parties, and perhaps both may yet succeed.

Already the American party have been months on the way and McLaren nearly as long. The former are conducting a national enterprise while the latter is "on his own" as a private venture. Only a most generous and friendly rivalry exists between the two parties. So far as voyaging round the world, quickly is concerned that could be done in shorter time by rail and steamship which must still be the principal means of travel and transportation in the future. But to round the world by flight and to be the first to do it will be to win enduring fame.

The Ottawa Parliament in its dying hours and with thinned ranks can vote away millions with even greater ease and rapidity than when its full membership was present. Fifty-six millions for the National Railway and some hundreds of thousands more for the Government Merchant Marine were thus disposed of at the midnight hour on Friday last. This large sum four times as great as the entire revenue of the Dominion at the first is now required to pay the yearly deficit on government Railways and steamships. It leads us to the fear that the time when these services shall be self-sustaining is yet in the distance.

If ever economy and retrenchment were needed in our public affairs, surely it is now. And how far short of that ideal order of things the record of the past session has come! The subject is



That Body of Yours

By James W. Barton, M.D.

SLEEP CENTRES

In liking that body of yours to a motor car, your brain and the nerves leading from it were likened to the battery and wires.

The battery is in a case, and the wires are all insulated. However, your nervous system seems to have a number of auxiliary stations which control various functions, and the brain proper doesn't have to bother much about them.

Some of these centres, are our sleep centres, and are therefore very important. When you are asleep, they seem to be recharging themselves, just as the storage battery does when you are not using it up for starting and lighting.

When you are awake and your brain active you use up this stored energy. If you get sufficient rest after this mental work, which might include physical work, also, as this often entails, the use of the brain, then the centre this storage centre gets a chance to store up energy again.

If you don't get sufficient rest then the recharging is interfered with and your nervous system suffers. Some physiologists have estimated that if you lose one complete night's rest, that it takes seven days to restore the body to its normal condition of nervous health.

The loss of an hour's sleep may mean very little, or the loss of half the night's sleep is soon rectified, but one complete night, with not even five minutes sleep is of serious import.

And this is the reason that sleep is so important then, because real sleep, unconsciousness on your part, actually turns off the power supply, and actually gets a chance to recharge or restore itself during that time.

If you sleep poorly, are troubled with dreams you can easily see that there is really not a good chance for your storage battery to re-charge itself, because you do not turn off your mental activities completely.

And just another important point. You have often been under strong emotional excitement, worry, anxiety, or the exhilaration of a football game or boxing contest and wonder why you can't sleep.

Your battery runs down, doesn't it? Similarly then under strong excitement or emotion you are using a tremendous amount of nervous energy taking all that your little nerve centre can supply.

Now if in addition to this, you can't get your sleep you can see what your nervous system is up against.

Just when you need complete recharging of the centre, you keep awake, thus using energy, and it charges up poorly instead of completely.

Daily Selections FOR Guardian Readers

THE SUN IN MY GARDEN

One evening in my garden Where my roses blow in June, I thought me, of a rhyming line And set it to a tune.

I looked aloft and examined the sky For thoughts to set my measure by. I saw a golden glory All with deepest crimson splash;

With opal and with amethyst; While from earth's edge there flashed, A brightness passing words of mine;

But filling me with thoughts divine. The sunset spread its fingers, Across the sky's expanse, To set its rosy lamps alight. For fairy fireflies' dance;

And gave me that great privilege, To see it decked from edge to edge. Was ever there a ballroom On earth so bright and gay?

The sky seemed filled with radiance Of Heaven's eternal day And clouds with such rich splendour shone Too bright for eyes to rest upon. I kept this golden picture Enshrined within my head, I see it in my visions And midnight on my bed.

And mine, with mind thus richly stored, Upon the glory of the Lord! —A. G. A. P.

N. S. Man Killed In Ontario Mine

(United Press) TIMMINS, Ont., July 19.—Henry Martin, 56, dropped 150 feet into the workings of the Hollinger mine, dying three hours later from his injuries. Martin was repairing a stibble at the top of a chute on the 400-foot level, when the plank of which he was standing broke. He was a native of New Germany, N. S., to which place his body has been sent. He leaves his wife and four children.

painful one. There is no hope for better things until a change of government is brought about. Fortunately the time is not far distant when the overturn must be made.

Your Birthday

JULY 20.—Good brain power, but there is often a tendency to fritter away on little things instead of concentrating on something really important. Probably a little shy. Better capacities than you give yourself credit for. July 20 women are generally good homemakers, and often marry—very happily—December or January men.

Your birth-stone is the ruby, which means contentment. Your flower is the water-lily. Your lucky color is green.

JULY 21.—You love travel and are adventurous, strong and vigorous, and are very fond of athletic sports. You are intellectual, independent and self-sufficient, and like to assume a leading role. You have the courage of your convictions, and will not yield a point without good cause. Don't try to "boss" the person you love, and never give way to jealousy. Your birth-stone is the ruby, which means contentment. Your flower is the water-lily. Your lucky color is green.

LAUGH AND GROW THIN

(By Dominion News Service)

LONDON, July 14.—Fat people are not jolly. Most of them are melancholy hypochondriacs, particularly in the case of women.

The reason for this is that exaggerated fat deposits are invariably a symptom of internal disorders, chiefly of the digestion and alimentary canal.

These are the conclusions of Dr. Dan Trumusan, a French practitioner. To smile, he says, is one of the recipes to restore health and beauty to the superabundantly rotund.

Treatment which Dr. Trumusan claims to have applied with exercises. He contends that each of these cures is doomed to failure, and may lead to the death of the patient if it is applied or used independently of the others. Re-education of the mind, however, is as important as the cure of the body. This is where "the cultivation of indulgent serenity of mind comes in.

Among the striking cures cited is the case of Mrs. P., who at fifty-eight was five feet four inches, weighed 224 pounds and "considered herself wound out, and waited for death resignedly."

THIRTY POUNDS LOST After six weeks of the treatment.

Payment of Pledges

On Tuesday, JULY 15th, the SECOND payment on the pledges given to the P. E. Island Hospital Campaign will be due, and in order to facilitate matters for both the city and country subscribers, arrangements have been made whereby all amounts can be paid into or sent by mail to the Canadian Bank of Commerce, Charlottetown. Of if anybody should prefer, either in the city or the country, they can send their subscriptions direct to Miss Ada Harris at the P. E. I. Hospital.

The amount due on JULY 15th will be one-sixth of the amount subscribed, but any portion over and above the one sixth, or the balance of the whole amount of the pledge can be paid at the SECOND period.

FRANK B. HEARTZ, Chairman, Campaign Executive.

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