

THE CHARLOTTETOWN GUARDIAN Notes By The Way

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THURSDAY, AUGUST 22, 1929

AS VISITORS SEE US

The Provincial Exhibition now in full swing, has given the people of this Province and particularly of this city much to be proud of.

A source of pride to our citizens is the frequent expressions of visitors in praise of Charlottetown. Many have expressed the opinion that Charlottetown is the most beautiful city of its size in Canada.

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How can weeds be eradicated? There are several standard ways, and all require close attention.

A GROWING PROBLEM

What has given country life its chief charm and was indeed the main source of its strength, says a communication from the Social Service Council of Canada.

THE WAR ON WEEDS

Alberta had a weed week recently, says the Vancouver Province, and there were lectures and demonstrations and radio messages and articles in the newspapers.

The damage done by weeds to the field crops of the western provinces is variously estimated at from 2 to 10 per cent.

Several circumstances make it difficult to combat the weed menace.

Before the Canadian Senate Commission, the Hon. A. C. Bell, referring to the province of Nova Scotia, said: "In many parts you will find nearly ever house occupied by an elderly couple or by a bachelor brother and maiden sister."

The reason I say the Conservative faith is because of the great history and traditions of our party. It is a history of which every Canadian might well be proud.

The pro-American Government now in power at Ottawa will never solve the problem of the economic war which Mr. Bennett has so forcibly described except by surrender.

EDITORIAL NOTE

Yesterday's glorious weather put the crowning touch to the Exhibition.

Stefansson, the famous explorer of the Canadian Arctic regions affirms that the Dominion is greatly maligned in its own school text books taught in the schools.

It is of interest to note that the secret of Scotland Yard and other great crime-detecting agencies of Europe are to be brought to Chicago for use in the battle against lawlessness.

Toronto is troubled with Reds, whose meetings have been dispersed by the police, and some arrests made.

Tourists who take a peep at the Exhibition in Charlottetown will not, if they are intelligent, judge it by the standard of similar fairs, in the great cities of the world.

Hon. R. B. Bennett in Vancouver told his hearers that "there is going on in this country, as in other countries, a great economic war."

The pro-American Government now in power at Ottawa will never solve the problem of the economic war which Mr. Bennett has so forcibly described except by surrender.

Canada's mountain regions are some of the world's great ice fields. "Those silent cataclysms of frozen splendor singing the eternal praise of God."

That Body of Deeds

By James W. Barlow, M.D.

WHAT A VERY LITTLE EXERCISE CAN DO

One of the little observations made about the use of insulin, on patients who have come into hospital to find out just how much insulin they need to keep them safe, is that after they leave the hospital the dosage of insulin could be reduced.

It was found that exercise actually increased the amount of insulin manufactured within them, so that they did not need as much insulin injected into them.

Further, when the muscles work hard as much as twenty-five times more blood rushes to it as when it is at rest.

This means then that work, work of the muscles, is really not only safe for the diabetic but actually helps him to produce more insulin of his own.

This knowledge is worth much to the diabetic who is afraid that he will weaken himself and use up too much sugar in his system, and have more lost by way of the urine.

He will now go about doing the ordinary things of life which will not only give strength of body, but will also give peace of mind.

However I am not thinking of the diabetic at present, but about the ordinary everyday healthy individual, that if he is willing to work, to exercise, he will flood his muscles with blood, giving them strength, but will also manufacture more insulin for use in the body, which means richer blood.

This does not mean hours of exercise or work daily but just a matter of five to ten minutes with the blood flushing through in such tremendously increased amounts, that you get the benefit of it the other twenty three hours and fifty minutes of the day.

There was no reading of the Riot Act. After a deafening bombardment from weapons of all calibres, the house was set afire, which was put out after the roof had collapsed and the desperadoes burned.

It is to this ten minutes you add a wall everyday, you may rest assured that heart, lungs, kidneys, pancreas, intestine, and skin are getting their daily exercise just as are the muscles with which you do the exercise.

All winter through I bow my head Beneath the driving rain; The North wind powders me with snow

And blows me black again; At midnight 'neath a maze of stars I flame with glittering pine.

And stand, above the stubble stuff As mail at morning-prime

But when that child, called Spring, And all His host of children, come, Scattering their buds and dew upon These acres of my home,

Some rapture in my rags awakes, I lift void eyes and scan The skies for crows, those ravering foes,

Of my striding master, Man I watch him striding lank behind His clashing team, and know Soon will the wheat swish body high

When once lay sterile snow; Soon shall I gaze across a sea Of sun begotten grain, Which my unflinching watch hath sealed

For harvest once again. —Walter de la Mare

THE LAND WE LOVE

By FRANK LEIGB

CANADA'S ICE FIELDS

Q. What are Canada's Ice Fields? A. Canada's mountain regions are some of the world's great ice fields.

Perhaps fiendish is a hard word for the semi-Oriental and fussy ministers deemed suitable to kings and nobles by the seventeenth-century architects of the north.

But to the gridle do the gods inherit; The rest is all the fiend's.

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In The Hamlet Country

(From Brown in the London Saturday Review.)

I suppose that if a world-vote were to be taken on the greater character in all imaginative literature or drama, Prince Hamlet would start among the favourites and draw away to win by a Danish mile, which, the traveller should prudently note, is equal to four English miles.

It is fitting that such a compliment to England should come by way of Denmark since, if the Englishman is ever capable of feeling at home when he is abroad, it is surely in this land of beechwoods and dairy-farms of shipyards and beer and bicycles and leisurely benignant citizens.

The tempo of the two nations is very much alike, not so slow as it seems and even surer than it looks.

The Danes, like the English, get things done without shouting; a train slips out of the station with an almost alarming quietude.

You feel that it must have started by mistake. There is none of the furious arm-waving, hallooing and horn-blowing deemed so indispensable by French officialdom, not even the modest door-banging, and the whistle of an English station.

The waiter does not bellow his orders to the kitchen nor scuffle about his work in a menacing state of perspiration.

He feeds you slowly, carefully, and immensely. If you avoid the international type of restaurant and seek the Danish fish-house you will find an incomparable banquet, but it is well to remember that one Danish "portion" equals two or even three English plattersful.

I can well understand that Prince Hamlet grew fat before his prime.

There is a drastic Danish honesty which I would like to think is English too, but can hardly claim as native.

Shopkeepers smilingly reject your money if, in the confusion of a strange tongue, you offer too much, and the head porter of my hotel, every inch an uncle who has been quietly rendering immensities of service, telephoning, interpreting, and counselling without ever a sign of weariness, has just refused a tip with the explanation that it is not permitted.

We have paid ten per cent on the bill, of which he takes his share; no more will he take. It is enough to be helpful. They order things otherwise in France, whose hotel winter-gardens are a forest of itching palms, whose doorsteps, on your departure are a far-flung mental line.

One can leave Copenhagen like a guest and not as a supposed official of a Charity Organization Society.

LIQUID ENGLISH

The language, abounding in intricate problems of pronunciation, is not easy but it is English in its intonations; you may not know what people are saying, yet you feel that they are speaking a species of dream-English, liquid and pleasant to the ear and far less guttural than German.

The vocabulary has often a close kinship with Scottish and if a parent were to say "Noo bairn, gang ta kirk" he would be very nearly speaking correct Danish. But it is the tint and texture of the countryside as you go north from Copenhagen to Elsinore that makes you most appreciate the fact of Hamlet's English greatness.

The beach-forests and the parkland suggest the Chilterns with the hills left out, a kind of flattened Buckinghamshire with the placid waters of the Sound replacing the lazy Thames and here and there a stork to remind you of Hans Andersen.

The Sound, being almost tideless, has no sea-beach; the trees and the gardens of the maritime villas run down to the sea's edge and end in slender wooden jetties for bathing and boating as though it were Cuckham or Marlow. Obviously the Swedish shore, which you see through the summer haze, is a good shelter. There can be no storms or these jetties would be shattered every winter.

Elsinore is curiously English. White with a touch of Tyneside. There is a small shipyard and the riveters keep up a crackle of blows on the gaunt carcasses of boats to be as you are ferried over to see the castle. This affair is all post-Hamlet; they were just setting to work on it as Shakespeare was writing his play.

The walls over the moat are of mellowed brick and have a Tudor look; after that comes the odd baroque of the Nordic Renaissance style.

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strength. The place is now a naval museum, full of the ship-models that Americans buy up at startling prices when they find them in English antique-shops, full too of old uniforms and portraits of the admirals who took their schnapps and storms bravely when Nelson was smashing up Copenhagen after as dirty a piece of work as ever smirched a great name.

HAMLET'S GRAVE

They make no fuss about Hamlet at Elsinore. With studious Germans and Americans on the prom you would expect a brisk business in "minders" as souvenirs are called here. Why not a Cafe Gertrude, and Claudius Bar, the Laertes Cocktail? There is not a sign of it. Ophelia has a fountain and Hamlet a curious tomb with an heraldic monster graven thereon.

Whether it is authentic I certainly do not know; I can only repeat the gossip which calls it "The Cat's Gravel." The all-too-Shakespearean visitors kept worrying for a Hamlet's grave, so they obligingly buried a cat and erected a monument. In any case I have not seen it.

It was a stuffy, thundery day and a naval museum takes it out of the feet as much as any other kind of museum. There had, too, been serious disillusion. A word which had an encouraging look of "restaurant" led us thirstily onward and upward and then we found that it was only a closed portion of the castle which was being restored.

Chagrin, fatigue and the news that Hamlet (or the cat) had been inconveniently interred at the distance of twenty minutes' walk finished the matter. We went to the hotel for Pilsener and picture post-cards.

The town itself was rewarding, a charming little pattern of red-tiled houses grouped about a square; it carries the marks of all the centuries and harmonizes the difference. Very old and eldritch some of it looks; the grave-diggers took their beer in such a square on the summer evenings while Hans and Gretel played round the trees. When Yorick was off duty he had a glass with them and was blissfully solemn. Polonius walked stilly through on state occasions; the houses have little window-mirrors so that inquisitive women may lesson the tedium of sitting at home by seeing who is coming down the street. Perhaps it is an ancient custom and maidens were all eyes and expectation when young Hamlet was in town. To an English wanderer the little place is full of ghosts, though.

I suppose, that of Hamlet's father has been laid by now. We have seen Bernardo on the battlements, a boy-conscript with sentinel's bayonet; in the evening he will be over here, looking for Ophelia's maid and taking

Continued on page 5

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