

THE CHARLOTTETOWN GUARDIAN

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TUESDAY, MAY 20, 1930

Highway Precautions

This week has been proclaimed by the Nova Scotia government as Highway Safety Week, a period during which the attention of the public, and more particularly the motoring public, is specially directed to the question of greater safety on the roads.

Significant figures are given by Mr. Charles Gordon, the new managing director of the American Railway Association, who has written a magazine article in which he points out that deaths from automobile accidents for the year 1929 in the United States alone totalled 31,500, according to preliminary estimates released by the National Safety Council.

In this Province car drivers are as a rule very considerate and the fact that in Charlottetown last year there were no serious accidents on the streets has been favorably commented upon in the press of our sister provinces.

A Stampede

The King Government announced in the Speech from the Throne that a measure would be presented to Parliament providing a re-constituted financial structure of the Canadian National Railways.

This however is a mere subterfuge. If the outgoing Minister of Railways Mr. Dunning, and the new arrival in the Department, Mr. Crerar, could not between them present a bill to the House which had been prepared for them by Sir Henry Thornton and his subordinates, there is a lot of good money being wasted at Ottawa in the payment of salaries to incompetent administrators.

since the session commenced,—in other words that he did not intend to hold an election this year till Mr. Bennett's repeated challenges left no other course open to him.

An Important Meeting

Forty-six years of public service is a record of which the directors of any institution have reason to be proud. The Prince Edward Island Hospital during this period of time has served the people of this Province in manifold ways.

Editorial Notes

According to the Christian Century, the United States has more drug addicts per capita than any country in the world, not forgetting India, whose opium consumption as detailed in Mrs. Mayo's "Mother India" so greatly shocked the sensibilities of American social reformers.

when the ladies of the I.O.E.E. will make their annual appearance on the streets, personally or by amiable young lady proxies, selling roses or rather giving them in return for a small cash contribution.

The latest game is to define the Dunning budget. According to Hon. Ernest Lapointe in a recent speech at Woodstock, Ontario, "it is not a western budget, nor an eastern budget, nor a manufacturer's budget, nor a farmer's budget, nor a workingman's budget."

Notes By The Way

According to recent statistics the average Canadian family consumed in 1928 over nine-tenths of a beef, over two and a half hogs, and over four-fifths of a sheep or lamb.

Hon. Ernest Blythe, Finance Minister of the Irish Free State, in introducing his budget in the Dail, made the happy announcement that no additional taxation would be required.

Mr. Baldwin does not intend if he can help it, that the next general election shall be fought on the question of food taxes. In order to avoid this issue, therefore the Conservatives have made it part of their present policy that if any trade agreements with the Dominions should involve taxation of foreign foodstuffs, they shall be submitted to a referendum of the people before being put into operation.

Five deputies came to blows during a debate in the Czechoslovakian Parliament at Prague, which resulted in suspension of the sitting, after which the pugnaic members continued the fisty battle outside. In view of the many peace conferences of late up to long the muscles become practically paralyzed until they are rested for some time.

The expected clashes between Hindus and Moslems has resulted in death to many of the rioters. These two elements are kept from one another's throats by the British rule, and at any time when that rule experiences difficulties, the animosity breaks out and killing results.

The election for the British House of Commons at Fulham resulting in the gain of a seat for Labour by the Conservatives may or may not indicate a swing in popular opinion. The opinion is largely influenced by political views. The result certainly indicates that in one English constituency the electorate has turned against the Government of Ramsay MacDonald.

Prof. William Lyon Phelps of Yale University believes that the standards of honesty, charity, tolerance and ethics practised by the business and professional men who establish the code for the average community are higher in 1930 than they were in 1880.

"Perhaps," says Professor Phelps, "the best thing you can say of the world at this moment in comparing it with the world of 50 years ago, is that in business affairs there has been a marked increase in honesty and in courtesy, both Christian virtues. The moral standards in business and professional life are much higher—more nearly Christian than they were in my youth."

If there is anything particularly the matter with our climate it is probably the short period that elapses between the last snow and the first dandelion.

One of the significant powers resident in the governors of some of the states of the Union is to remove from office the chief of police of any city within that state. It is but seldom exercised, but the theory is the latter authorities will cause the chiefs to be assiduous in the discharge of their duties, especially if they belong to the opposite political camp.

It is expected that Hon. Robert Rogers and Sir Thomas White will contest seats in the next fight. Hon. Robert in Manitoba and Sir Thomas in Ontario. Sir Thomas was Minister of Finance during the war and the success of the Canadian loans was largely credited to his skill as a financier. With the decision of Hon. H. H. Stevens, of British Columbia to remain in politics though he had desired to retire on account of his large business interests, Mr. Bennett will be greatly strengthened in the central and western provinces.



By James W. Barten, M.D.

That Body of Ours

DON'T LET HEART GET STALE

When Dempsey, Tuney, Sharkey, or other boxer is getting ready for a bout he starts training in an easy fashion at first, a little jogging or slow running on the road, a little skipping or shadow boxing in the gymnasium, and two or three rounds of boxing.

He gradually increases his work until he is doing as much as he will have to do during the bout. In addition to this he is running three to five miles daily.

However a few days before the bout you will read that he is "down to weight" has eased up on his training, and for two or three days before the bout he does no real work, just a little walk or shadow boxing to keep him limber.

Why this "let up" on his training when you would think he would work right up to the last minute? Because he does not want to become "stale."

Staleness means that the athlete has been doing so much work that the wastes from his work have not been carried away by the circulation, and actually prevent the muscles working at their best.

And so to avoid any chance of too much waste being in the muscles—even a little too much—the athlete stops his hard training for a few days before the bout and the heart and circulation can thus carry away any wastes, should there be any.

Now why do I speak about this? Because your heart is made up entirely of muscle. True it is not within your control, but it is muscle just the same and so should be treated in the same manner as the other muscle of the body.

As you know, the heart gets a rest between the first beat and the second beat, and again a longer rest between the second beat and the first beat again.

But perhaps you have had an illness, or infection of some kind, and the heart has been beating at the rate of 100 or 140 to the minute, instead of 72 to 76.

It can keep up this rate for a long time because of its "reserve" power. However just as the other organs of the body need a prolonged rest after weeks of training, so also does the heart.

It may not become dilated, may not increase in size, may be working along pretty well as far as your physician can tell, but just the same it has lost some of its reserve during the ailments, and this reserve must be regained.

And just as the athlete rests for a few days before his bout, so also you should remain in bed, or at least sit up around the house for a few days after infection or ailment has passed away, before you go about your daily work.

Thus you will build up your heart reserve again.

Nearly 200,000 motor boats are in use in Finland this year.

Sherbrook St., Montreal are interesting historical reminders of the 17th century that alone survive out of four which form the bastions of the Mountain Fort constructed in 1694 by the Saint Sulpice Order to provide quarters where their Indian Mission might be lodged and defended.

Stripped of all purple robes, Stripped of all golden lies, I will not be afraid. Truth will preserve through death. Perhaps the stars will rise, The stars like globes. The ship my striving made May see night fade.

THE LAND WE LOVE

By FRANK LEIGH THE MONTREAL TOWERS Q. Where and what are the Montreal Towers? A. The two ancient towers, on

Prison Reform

In the course of the next few days we are likely to hear some interesting opinions by those who have given special thought to various social problems. Of these one of the most important is that of the criminal and his treatment. The horror at the Columbus State penitentiary has drawn world-wide attention to this and the daily newspapers continue to respond to echoes of that disaster.

Improvements in England... The curious fact has been noted that in hardly any other respect do American and English conditions differ more than in the matter of the criminal populations. In England the prisons are being closed. In the past 30 years their number has been reduced by half. In that period there has been the war and the reaction after the war. There has been no prohibition. The penalties have remained much as they were.

Bigger and Better Prisons... In Britain the idea is to keep people out of prisons unless it is absolutely necessary that they should be confined. The American ideal, according to Warden Lawes, is to get as many people in prison as possible. More and better and safer prisons is the current American solution of the criminal problem.

Lord Dewar's Wit... Lord Dewar, who died just recently, jested about everything, even about death. Only a few weeks ago he referred cheerfully to the day when an undertaker would look down on me with his satisfied grin closely followed by the man with the black mittens.

The Market Stabilizer... Figures recently published by the Dominion Live Stock Branch afford an interesting illustration of the part cold storage plays in the marketing of beef, veal, pork lamb and mutton. On April 1, 1930, there was 15,320,370 pounds of beef held in cold storage, or upwards of a million pounds more than the five-year average.

Why Pullets Don't Lay... One significant fact in the egg market reports this spring is the marked falling off in egg production. Asked for the reason for this the Dominion Poultry Husbandman states that the extreme dry weather of last year was the cause.

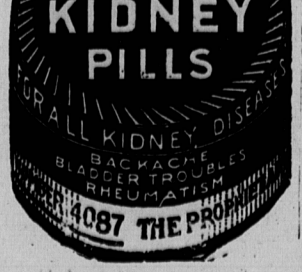
R. J. AMBLER WINS CUP FOR BEST SERVICE... At the annual meeting of the Advertising Association of Montreal, R. J. Ambler, General Advertising Manager, Northern Electric Co., was elected second Vice-President of the Association, by acclamation, and was also presented with the George E. Fraser Cup for the most valuable work for the Advertising Club of Montreal.

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