

THE CHARLOTTETOWN GUARDIAN

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Morning Maxims

He who steals his neighbours customers is no better than he who steals his purse.

SATURDAY, FEBRUARY 25, 1933.

MUST HAVE GUARANTEE

A strong point made by Premier Bennett in discussing reciprocity with United States was that any trade pact entered into with the neighbouring republic must be for a definite period and not one terminable at any moment by the action of either party.

SCALING EVEREST

The summit of Mount Everest, high up in the Tibetan Himalayas, which has defied all of man's attempts to reach it, is soon to be the centre of more daring adventures than hitherto have marked its tragedy-pursued history.

NOTES BY THE WAY

There is some admirable plain speaking in the report of the Preparatory Committee for the World Economic Conference. It describes the present situation in unvarnished terms; points out what must be the inevitable consequences of a failure to secure economic co-operation between the nations; and declares that "these developments, if they occur, will be the result, not of any inevitable natural law, but of the failure of human will and intelligence to devise the necessary guarantees of political and economic order."



That Body of Yours

By James W. Barton, M.D. AN ENLARGED HEART MAY BE A STRONG HEART

You may have been a very active man or woman and on being examined by the family physician or by an insurance examiner you are told that your heart is slightly enlarged.

Now an enlarged heart under ordinary circumstances is not a good sign as it may be enlarged because of a leak in one or more of the valves of the heart. The extra work required in pumping extra blood enlarges the heart.

However if you have done hard physical work, or have taken vigorous exercise—tennis, running—it is only natural that your heart should be enlarged, because this extra work has demanded a stronger flow of blood to the active parts of the body—arms and particularly the legs.

Dr. C. Bramwell and R. Ellis, together with a number of other heart specialists examined a group of 28 Marathon runners in London, England.

They found that they were lighter in build and considerably older, as a class, than the other athletes.

They found the pulse rate with an average of but 58 beats to the minute, instead of the 66 to 72 beats in other athletes.

By means of the X Rays, the hearts of these runners were found to be relatively larger than those of any other group of athletes.

The conclusion in regard to this enlargement of the heart is that "the evidence of an enlarged heart in Marathon runners, skiers and others who engage in long continued exertion is not necessarily an evidence of disease, but is a necessary enlargement (compensatory) and is in agreement with what is found in animals which live under conditions of continuous exertion. These animals have a higher heart weight in proportion to their body weight than animals that take no severe or continuous exercise."

The big point is that these runners slow and strengthen their heart by "continuous" exercise, an exercise that makes a steady regular call on the heart to pump more blood to the parts of the body being used, usually the legs.

Communist Money

(Mail and Empire) Mr. A. A. Heaps, the Labor member for North Winnipeg, will scarcely be suspected of high Toryism. What he has to say about Communism in Canada must be accepted at its face value even by the most extreme radicals.

"I must confess that I have not the faintest idea where they get all the funds of which they are possessed. Only recently in Winnipeg, when about twenty of their associates were committed for trial on a charge of rioting, they were able to place in the courts of that city the sum of \$20,000 in cash as bail for those individuals. Where they got that money I really cannot say.

"In addition to their financial strength they are possessed of many buildings in various parts of the Dominion, and again I do not know where they obtained the funds to purchase those buildings. In my constituency they must own about six different buildings where they hold their meetings, where they gather together, where they have social events, and those buildings are usually paid for and maintained out of the funds owned and controlled by the organization."

Public Forum

This column is open for the discussion by correspondents of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinions of correspondents.

OYSTER REPORT

Sir,—In your issue of the 21st, appears an editorial entitled "Trade With Wales," in which Captain Griffiths is quoted as writing: "The first consignment of oysters imported into Wales, and probably into this country," is not correct. I was in the employment of Hon. James Yeo for the years of 1872-73 and 74, when William H. Pope owned and cultivated the oyster beds at the Point of the Narrows at Lot 12, which he sold to Hon. John Richards. When he was appointed County Court Judge, he used to ship oysters to England in Mr. Yeo's vessels. I was on board those vessels looking after the loading to see that the oyster barrels were placed on end and secured, that they could not upset. The oysters were packed in green seaweed with the blige down, so they would retain the liquid as long as possible. I notice Mr. Griffiths requests the oyster be washed before shipping. I would say that is a mistake as anyone can prove it for himself. Take oysters and wash them, place the muddy ones alongside and a week or two after look at them. You will see which kept the best. There is a great difference in the advantage of shipping now and at that time. It took a sailing vessel 20 to 30 days to cross the Atlantic, now in steamers 5 to 6 days. And the Yeo & Richards used to bring the Welsh Anthracite coal for ballast for their vessels as it was cheaper to them than buying stone, as the stone they would have to cast away, or the vessels had to and dump away beyond the harbor. And it was coal worth buying; every lump as big as your shut fist. No rubbish or dirt, pure unadulterated coal. In my furnace I am using what was sold to me for Welsh Anthracite coal. 50 per cent is about the size of a goose egg. 25 per cent from 1/4 inch to 1 inch and 25 per cent pure dust, fine as ashes, which just runs into clinkers, and I paid fifteen dollars per ton for it. I think if you were in the old salt store yard at the wharf, you would find scattered there some of those lumps of Welsh Anthracite, or at least you could ten years ago.

I am, Sir, etc., JAMES E. BIRCH, Alberton

P. S.—I forgot to add that William H. Pope was the first man on P. E. I. to start the cultivation of oysters in the year 1869.

ists. What we are surprised at is that the organization is permitted to continue in the ownership of so many buildings in Winnipeg, Toronto and other Canadian centres—obviously bought with money from Moscow—and to use these buildings as centres of conspiracy against the established institutions of the Dominion.

In the course of his speech Mr. Heaps stated that the Communist party has control, directly or indirectly, of a number of organizations. Affiliated with them, he said, are the Canadian Labor Defence League, the Workers Unity League, the Farmers Unity League and the Workers and Farmers Educational Association. Speaking in the debate Mr. G. B. Nicholson, the member for East Algoma, contended that the money which these people are spending in the City of Toronto, in Northern Ontario, in Kirkland Lake, in Sudbury, in Copper Cliff and at Hearst to bring about public disturbances comes from Russia. These people advocate the use of force. The speaker went back to the Communist revolution of 1919 in Winnipeg to show that, in the language of the One Big Union's general organizer, the practice of these agitators is to take advantage of economic distress to inflame the workers; to promote unsuccessful strikes, and to destroy organized labor as it exists to day because it is one of the chief obstacles to successful revolution.

First Postage Stamp

(National Revenue Review) The first postage stamp was put on sale to the public on May 1, 1840, and bore the well-known Victoria head. Six years before this, James Chalmers of Dundee, Scotland, invented the first adhesive stamp, the forerunner of the postage stamp of to-day. Parliament, however, did not sanction the use of stamps until 1839, when the Uniform Postage Act was passed. The first issue was produced through the combined efforts of Wyon, the medal sculptor, Corbault, the artist, and Heath, the engraver, under the direction of Sir Henry Cole, who was chairman of the committee appointed to investigate the best method of using stamps.



THE END OF THE DAY

I hear the bells at eventide Peel slowly one by one, Near and far off they break and glide, Across the stream float faintly beautiful The antiphonal bells of Hull; The day is done, done, done, The day is done.

The dew has gathered in the flowers, Like tears from some unconscious deep, The swallows whirl around the towers, And light runs out beyond the long cloud bars, And leaves the single stars; 'Tis time for sleep, sleep, sleep 'Tis time for sleep.

The hermit thrush begins again Timorous eremite, That song of risen tears and pain, As if the one he loved was far away; "Alas! another day—" "And now Good-night, Good-night, Good-night."

—Duncan Campbell Scott.

Mr. Sommerville On Red Cross Work

(Toronto Mail and Empire) Striking statements about the work of the Red Cross today are made by Norman Sommerville, K. C., chairman of the Society, who has just returned from a visit to the Red Cross branches in the three Maritime Provinces. "No one who sees the Red Cross in actual operation," said Mr. Sommerville, "could fail to be impressed not only by the enormous amount of work being done but by the untiring enthusiasm of the workers. Never since the days of the war have so many people been devoting themselves to the assistance of their fellow citizens in distress. Just as in the war the Red Cross unified and co-ordinated the labors of its thousands of members, so it is doing today. Naturally the major activity of the Red Cross in all parts of Canada is the assistance it is giving in relief work. Its special task is the care it is providing for the sick and the disabled ex-soldiers and their families. When one realizes that over half a million nights' lodgings were provided last year and a million and a half meals were served, one begins to have some idea of the great volume of relief work which is being done by the Red Cross."

Mr. Sommerville said that he was greatly impressed by the splendid way in which the Red Cross in the Maritime Provinces was carrying on with its regular work. The relief work was perhaps overshadowing this in the public mind and had involved greatly increased expenditures, but, nevertheless, there had been no lessening of regular Red Cross service. In all three of the Maritime Province there had been gains last year in the number of active Junior Red Cross members and Mr. Sommerville pointed out that the quarter of a million Red Cross Juniors in the schools in Canada, actively engaged in caring for their own health and that of others and practising unselfishness, were through their crippled children's service doing more for handicapped children than any other organization. Since the origin of Junior Red Cross in 1921, Canadian Juniors had cared for over ten thousand of their crippled contemporaries. In establishing friendly relations with their twelve million fellow members in forty eight countries, the Juniors throughout the world are laying foundations for international understanding and tolerance which will eliminate those national antagonisms that have been the cause of so much war and suffering.

Though the Red Cross had not been called upon to establish any outpost hospitals in the Maritimes, Mr. Sommerville's audiences were thrilled by the story of these "Outposts of Mercy" in Ontario and elsewhere, within whose sheltering walls not only have over 1,500 babies been born during the last year, but nearly 50,000 sick people have been given the most skillful nursing care. Though his journey was delayed by one of the worst snow storms in the last 20 years, Mr. Sommerville addressed service clubs and other audiences in each of the Maritime Provinces, as well as attending the annual meetings of the provincial Red Cross societies. Everywhere he was given a most cordial reception and found the warmest appreciation of the work being done locally by the Red Cross.

Of interest to Torontonians is the fact that in the province of

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Fire, Life, Accident, Sickness and Plate Glass Insurance at Lowest Rate.

Agent at Summerside, Lloyd Lewis 146 Richmond St., Charlottetown

The New Issue of the ISLAND TELEPHONE DIRECTORY

Is Now Being Prepared

A new issue of the Island Telephone Directory is scheduled for publication on the 15th of April. Listings will be closed on March 8th.

Persons who intend to become Telephone subscribers at this time, and subscribers who wish changes to be made in their listings, are urged to send their requests to the nearest Business Office at once, and in any event, not later than March 8th.

The Telephone Directory... because of the extensive field which it covers and the frequency of its use by the public... has long been recognized as an ideal medium for advertising. Limited space in the new Directory is now available for this purpose.

Please note carefully the closing date.

ISLAND TELEPHONE COMPANY LIMITED

Prince Edward Island, where for ten years the Red Cross acted as the public health agency, 60 per cent of the school children have been immunized against diphtheria. The provincial health officer believes that 90 per cent or more

BY GEORGE! IT'S TIME I PUT SOME COAL IN



Do not be disturbed if you suddenly realize you have allowed your coal supply to dwindle. We can provide you with the very best, at reasonable prices, and on quick delivery.

"The Maximum of Heat" PHONE 176 W. D. Gillis & Co



DRUG SPECIALS

FREE! 50 Piece Jig Saw Puzzle with Purchase of Prophylactic Tooth Brush 50c.

- 25c Box Bayer's Aspirin Tablets 22c 50c Box Bayer's Aspirin Tablets 39c \$1.25 Bottle Bayer's Aspirin Tablets 89c 25c Bottle A. B. S. & C. Tablets 19c 50c Jar Vicks Vapo Rub. 44c \$1.00 Bottle Enos Fruit Salts 79c \$1.00 Bottle Beef, Iron and Wine 88c \$1.50 Bottle Fellows Hy-phosphites \$1.29 \$1.00 Bottle Nujol 89c 40c Bottle Lysol 23c

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