

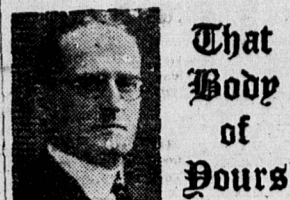
THE CHARLOTTETOWN GUARDIAN

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WEDNESDAY, JANUARY 25, 1928

Notes by the Way

THERE are two subjects of which leaders of both parties are shy in the United States in view of their approaching national conventions and the Presidential election which will follow.



By James W. Barton, M.D. STIMULATING THE BILE FLOW.

One of the unsolved points about that little sack called the gall bladder, is just how it empties itself.

It has been thought that some special impulse was sent to this point which stimulated it to open.

Research men in Cleveland, Chicago, the Mayo Clinic, and elsewhere, are working most faithfully on this apparently simple matter of the causation of the flow of bile from the gall bladder.

One point they have discovered as mentioned before, was that when food was administered, especially food of a fatty nature such as egg yolk and cream mixture, that the gall bladder appeared to empty rapidly.

In one of the experiments by the use of a tube inside and pressure over the gall bladder from the outside, this pressure was sufficient to drive some of the bile out of gall bladder into intestine.

Now what does this little bit of information mean to you? That any pressure over the liver and gall bladder will stimulate action in the gall bladder and some bile will flow into intestine.

And you will remember all that the bile does while there; breaks up the fats, stimulates the sides of the intestine to move the contents along and is a natural antiseptic.

But the point I want to stress is that this outside pressure stimulates the flow.

And how can you exert this pressure? By using the old liver squeezer exercise, which is simply standing with feet together, knees straight, and reaching down first to right side then cutting down to left side.

It will be a great investment for the time and effort spent.

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A DIFFICULT TASK - Set a watch, O Lord, before my mouth; keep the door of my lips. - Psalm 141:3.

PRAYER - O Thou Almighty God

Of all forms of Chewing Tobacco the PLUG is the best!



The PLUG is better in every way

Of all the forms of chewing tobacco, the PLUG gives you the best chew and is the most economical.

It is always fresh and moist; its rich flavour does not dry out.

The PLUG is smooth and even; does not chip or crumble, so there is no waste.

It is handy to hold; handy to slice; and fits every pocket.

BIG BEN PLUG Chewing Tobacco

Your dealer sells BIG BEN from a Vacuum (air tight) Tin, which keeps the PLUGS in the same perfect condition as they were when packed at the factory.

only Thou canst keep us from speaking unadvisedly with our lips.

ECHO.

(Christine Rossetti.) Come to me in the silence of the night; Come in the speaking silence of a dream;

O dream how sweet, too sweet, too bitter sweet, Whose waking should have been in Paradise,

Yet come to me in dreams, that I may live My very life again though cold in death;

Character Budgets Condensed from Ladies Home Journal (October, 1927.) - An Editorial.

You hear very little urging from any source to keep a character budget. Whole libraries have been written on the subjects of household budgets, city, state and Federal government budgets, but for the individual scant heed is ever paid to keeping books on development of character.

Samuel Pepys came nearer to the actual fact of recording the evolution of his character than any literary man of any time. His diary is undoubtedly the frankest revelation of human weakness and its manifestations that has ever been written.

Day after day he wrote down pledges and oaths to improve his moral conduct. He recorded his extravagance and pledged himself to greater thrift. He recorded his selfishness, his avarice, his vanity, his outbursts of temper and his injury to others.

At times he ate gluttonously, at times he drank too much, at times he was kind and generous to relatives and friends, at times he was ungenerous and even brutal. Yet he recorded each act, and miraculously to say, did not always attempt to justify his lapses—wherein differed from the usual diarist and autobiographer.

Pepys was keeping a character budget to enable him to know himself and to improve himself. He was a self-made man in a period when self-made men were of the greatest rarity.

Here is a suggested simple form of a character budget, with only two columns to add up by day.



My Dear! Its perfectly marvellous! And you say you made it with REGAL FLOUR

REGAL FLOUR

Character Budgets

SERVICE

PAINTING DECORATING PAPER HANGING. LETTERING and SIGNS

Estimates & Drawings Furnished

Waller & Doyle 195 Grafton St.

Telephone Connection

ularly immoral court. Its greatness, however, lies in the fact that it is the most minutely honest character budget ever written. It is unique in that there was a man seeing himself with his own eyes clearly.

It is true to say that character is vastly more important than material wealth. No intelligent human being who has lived 30 years will dispute that. Furthermore, it is axiomatic in the vast majority of cases that a better than the average character is back of every personally won success in life. So why not keep a character budget day by day? If you fear that some one might find it and learn your secret sins, do as Pepys did—invent a shorthand cipher of your own. His diary was not deciphered until long after his death.

Here is a suggested simple form of a character budget, with only two columns to add up by day.

ACTS OF Kindness ..... Unkindness Politeness ..... Impoliteness Reliability ..... Unreliability Industry ..... Laziness Temperance ..... Intemperance

DODD'S KIDNEY PILLS

4087 THE PRO...

Take This When "Flu" Threatens

Don't wait until you're "down" with La Grippe or "flu" before positively ending that cold with Buckley's Mixture.

BUCKLEY'S MIXTURE

To be born a gentleman is an accident, but to die one is an achievement.

Emulsion of Cod Liver Oil with Guaiacol

If your little daughter is not so robust and sturdy as you would like to see her, give her "Foster's Guaiacol Emulsion" of Cod Liver Oil.

This is a fine old standard remedy—a great flesh producer—prescribed for either children or adults who lack flesh and strength.

Our customers tell us it is better than any other Emulsion they have ever used—it is easily taken.

E. A. Foster 50c and \$1.00 Bottles. CENTRAL DRUGSTORE

C. M. Lampson & Co. 64 Queen Street, London, E. C. 4, England. Public Auction Sales OF Raw Furs Represented by Alfred Fraser 212, Fifth Avenue New York.

COLD WEATHER WILL NOT STOP YOUR HENS LAYING IF YOU FEED Blatchford's "Fill-the-Basket" Egg Mash

Carter & Co. Ltd

Use Blatchford's Poultry Feeds

Sold by us they give great results. It pays to feed the best and Blatchford's have no superior.

For sale at our SEED STORE and by leading merchants

CARTER & CO. Limited

SOAP! SOAP! A WHOLE TON OF IT

And it is Castile Soap, the purest and most moderately priced on the market today.

SEE OUR WINDOW

The 2 Macs Drug Store 149 Great George Street Charlottetown, P. E. I. Telephone 215

EIGHT DRY YEARS.

ELSEWHERE in this issue will be found an editorial copied from the New York Times, of January 13, which throws valuable light on the prohibition situation not only in the United States but in Prince Edward Island.

The police court records here show an increase in drunkenness from month to month under the new restrictions imposed by the present Prohibition Commission in trying to carry out the pre-election promises of the Saunders Government.

Control the imaginary horrors of which and the promise to wipe them out placed the Saunders party in power?

Mr. Tanton's gesture is significant and strictly in keeping with the campaign of misrepresentation and falsehood which resulted in foisting upon the province a Government which is neither prohibitionist nor liquor control and claims to be both.

OUR SIDEWALKS. THERE has been a veritable epidemic of broken limbs in the city during the past few weeks—almost all of them due to slippery sidewalks, and the slippery sidewalks are due to the negligence of certain citizens.

Some of the injuries were caused by children playing hockey or coasting on the sidewalks. Unfortunately we have no playgrounds for the children and they must play somewhere, but the sidewalks are not the place for playing.

EDITORIAL NOTES A feature of the present season's meteorological changes is their short duration. A rain or snow storm may be heavy while it lasts, but it does not last long.

THE relations between the United States and Mexico have become distinctly more cordial of late owing to the settlement of the long-standing controversy over the oil lands owned by American companies.

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SIGNIFICANT GESTURE.

IN yesterday's Guardian we published a letter from Mr. L. P. Tanton, the stormy petrel of the so-called Temperance Alliance, and the self-appointed intermediary between that body and its foster child the Saunders Government.

Mr. Tanton is evidently writing as a friend of the Saunders Government rather than as a supporter of the principles of the Temperance Alliance, whose corporate soulshinders at the very thought of the Government accepting "blood money."

What is this Tantonian scheme but the much anathematized Government Control the imaginary horrors of which and the promise to wipe them out placed the Saunders party in power?

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