

THE CHARLOTTETOWN GUARDIAN

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SHOW YOUR COLORS

Charlottetown has even been modest with its bunting and this is one case in which modesty is misplaced. In every British city flags are freely displayed on public and special occasions and the custom is a commendable one.

This week, beginning tomorrow evening, the city is to be honored by a visit from Their Excellencies Baron and Lady Byng, representatives of His Majesty the King. The occasion demands that we show our loyalty as well as our appreciation of the visit and one of the ways in which this can best be shown is by displaying our British colors.

Our sister cities, in the other provinces visited, were ablaze with colour during the vice regal visit. Let us do likewise; let every British and Canadian flag be shown daily during the visit and let no building, public or private, be without its flags and the more the merrier.

SCOTTISH GATHERING

The annual Scottish Gathering, always an important event, will this year be of much more than ordinary interest being under the distinguished patronage of His Excellency Baron Byng of Vimy, the Governor General of Canada, His Honour Lieutenant Governor MacKinnon and His Worship Mayor Jenkins.

In view of the presence of the royal party and the larger attendance expected more than ordinary preparations have been made for this year's meet and a more varied and interesting program of sports, athletics, music, etc., has been arranged. The meet, which takes place on Wednesday of this week, is expected to be the largest and most interesting in the history of the Caledonian Club.

As has been the case in the past the proceeds of the meet will be appropriated for the benefit of the poor and those who attend will have the privilege of contributing to this worthy purpose as well as enjoying the days outing.

It is expected that the whole province will be well represented at this annual gathering and the occasion will be taken advantage of to renew old acquaintances and former friendships. Every body will be a Scotchman and every woman a Scotch lassie, so let it be a grand re-union of 'auld freens an' neebors.' The program appears elsewhere in this paper.

INTERESTING STATISTICS

A general summary of the vital statistics of Canada for the month of January last has just been issued by the Dominion Bureau of statistics. In view of the fluctuating population in Canada as a whole and the decline in some provinces, these statistics are of particular interest.

It is gratifying to note that in one particular Prince Edward Island has something to its credit; this is in infant mortality, our rate in this very important matter being the lowest in Canada with one exception, namely, British Columbia.

Figured on the basis of one thousand living births, Prince Edward Island's infant deaths for the month were 92.7 while in British Columbia there were only 72.9. In other provinces the deaths were New Brunswick 142.4; Nova Scotia, 125.3; Ontario, 115; Manitoba, 115.4; Saskatchewan, 93.5; Alberta, 97.5.

From these figures also it is safe to see that, with one remote and certain exception, Prince Edward Island is the best province in Can.

ada in which to be born. The death rate per 1,000 is given as 1.1 in Prince Edward Island, New Brunswick, Nova Scotia and Ontario; 7 in Manitoba; 6 in Saskatchewan and Alberta and 8 in British Columbia.

From the figures also it is a safe inference that, once born, Prince Edward Island is as safe a place to live in as the best of them and much safer than in British Columbia where only infant life is assured.

The total deaths in all Canada, from cancer, all forms, for the month of January numbered 400 as compared with 408 in January of the previous year and 404 in January 1921. The death rate from cancer averages month by month, one death in every 12 to 15 deaths recorded.

More marriages were reported for the month than for the same month last year, in Ontario and the western provinces while the rate in the Maritime Provinces has been declining year by year since 1920, from which we are compelled to infer that many who ought to be married at home go west to get married.

TIME TO GET OUT

Our esteemed contemporary, The Patriot, we regret to find, has not profited as it should have done by the recent defeat of its party. It reverts to a custom practiced by it during the campaign which ended in the disaster of July 26th, namely, the reiteration of statements previously shown to be absolutely incorrect. In its Friday's issue it again states that the Arsenault government was given forty seven days in which to vacate office. It is quite true, as stated more than once by The Guardian that the Arsenault government, not through any desire or necessity on its part, remained in office until September 9th for the simple and only reason that Premier-elect Bell was not ready to enter upon his new duties, his cabinet not having been completed. The Patriot knows this as there is abundant evidence to prove it, but, as always, it will bob up serenely from time to time with the statement that Mr. Arsenault "was given" forty-seven days in which to pack up, and the whining question Why should not Premier Bell be given the same time?

If the Bell government were now functioning as a responsible government, if it had not abandoned half finished roads and left them to become a menace to the travelling public, neither the newly elected Stewart government nor the people would worry much about the retirement of the present incumbents. As it is, it is the people throughout the province who are demanding that if the Bell government will not do something to save the roads from destruction and to make passable the sections torn up during the feverish weeks preceding the election, they had better get out and let some one else do it. The Patriot cannot gloss over the shameful abandonment of its half finished work by the Bell government, in a spasm of sulks because it was turned out of office, by repeating that old chestnut that the Bell government was the best the province had ever had and the other little senseless chestnuts about the schools and the finances. The people know all about this and the Patriot is only aggravating its own and its party's ridiculousness by repeating it. The public want safe roads to travel on and they don't care a continental who makes them safe. A car drove into an abandoned excavation near

or and the owners of other vehicles are loudly demanding the immediate retirement of a government that so flagrantly neglects its duty and the general public

Notes By The Way

It was so long ago as 1864 that the public men of Prince Edward Island began to take thought of joining their fortunes with New Brunswick and Nova Scotia. It seemed quite a simple proposition as the three governments of the provinces concerned were quite in favor of the union, and no hostility developed among the people. But before the maritime delegates had fairly begun the work of settling the terms of their agreement the Canadian delegates came down from the West and carried our men off to Quebec.

The thing that the maritime delegates did on that occasion was so entirely different from what they were commissioned to do and from what they set out to do that it still seems almost unaccountable and to this day there are many in Eastern Canada who believe that it would have been better if the smaller union had then been formed, whether or not the larger union of all British America were to follow it or not. Very probably the larger union would ultimately have followed.

The maritime pact that was contemplated in 1864 was a legislative union. The three provinces were to become one province, under one government and one parliament. The capital city would probably have been some town at or between Amherst and Moncton. There is little doubt that this first projected new Dominion would have borne the name of Acadia. And had the union been carried to completion there seems no reason why Acadia might not have prospered abundantly. But this was not then to be.

It may perhaps be worth while to say that it was not mere love for the maritime provinces, or their people that brought the Canadian delegates to Charlottetown in 1864. Not to presume that their goodwill was lacking, but the fact was the St. Lawrence provinces had long been engaged in a family quarrel and had come at last to a deadlock in their government. Our help would enable them to start the machine again and to carry on. It did that and in the process we helped them more than we helped ourselves.

It is useless now to speculate upon what might have been had the united province of Acadia been established in 1864. The three provinces would have formed a sovereign state. To unite them now after all their principal concerns have been handed over to the government and parliament of Canada would be futile. The day for maritime union passed once and forever when our delegates abandoned it and crossed the Gulf to Quebec. Even so nine years elapsed before our reluctant people consented to the final union with Canada in 1873.

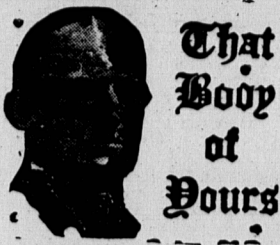
With nine years to wait before we accepted the larger union, we had forty-five years more to wait, down to 1918, before the terms of union were fulfilled by the establishment of winter transportation to and from the mainland. It was a long time to wait! And at the end of waiting almost all the public men who met in the Conference of Charlottetown in 1864 to talk of union maritime or continental, legislative or federal had passed on to the great Beyond.

DENIES GOLF IS DANGEROUS GAME

TORONTO, Aug. 18.—Branding golf as a hazardous game just because a man happens to fall dead while playing it is about as senseless as finding fault with going to bed because people sometimes die there. Such was the comment of a prominent heart specialist today when approached with a query as to the suitability of golf as a recreation for man in the prime of life and past.

"Figure up how many men have died in bed during the past five years, and contrast that with the number who have passed out while playing golf and you'll find out that sleeping is a whole lot more dangerous than swinging a golf club." The doctor agreed with the Toronto medical officer of health, Dr. C. J. Hastings, in stressing the great importance of all men who intend going in for any sort of strenuous exercise whatever, first submitting to a medical examination. "Certainly," Dr. Hastings is right," he said. "A man should always make sure that he is physically fit to participate in any active endeavour before he undertakes it, and this is particularly true in the case of every person who has passed 45th year."

of and the owners of other vehicles are loudly demanding the immediate retirement of a government that so flagrantly neglects its duty and the general public



That Body of Yours

BY JAMES W. BARTON, M. D. IS THE POTATO A GOOD FOOD?

Many dietitians speak of the potato as a poor food, whilst others praise it very highly. Now what about it? Well, it depends entirely upon the manner in which it is cooked. Take the ordinary method at the home or hotel. The potatoes are peeled, placed in cold water for minutes or perhaps hours and then boiled for about twenty minutes.

The water in which they are boiled is then drained off, and the potato is ready for consumption. It is the potato prepared in this way that is a poor food. Why? Well, there are mineral salts that are absolutely essential to your health. The earth is full of these salts, and the potato like other foods absorbs them into its cells, into itself during its growth in the ground.

When you take the peeling off and boil the potato, these salts to a considerable extent are extracted by the water in the same manner as you would boil soup to extract its nutritive qualities. It does seem so unwise to throw away this water, doesn't it?

Many people however utilize the water in which vegetables have been cooked by making a sauce of potatoes. In the case of a baked potato these mineral salts are retained and the "roughage" of the peeling itself is helpful in digestion and constipation.

In the training of athletes, the potato baked with the skin on forms a regular daily article of food. You see, it is rich in these mineral salts which neutralize the acids in the blood and when the blood bathes as it does, every tissue in the body, it can be readily seen what this means to the body as a whole. And so, if you were to consult the menu tables of University teams you would see the baked potato holding an honored place.

I know that many people are fond of fried potatoes. The fat in which they are fried enriches them, but they are hardly the food for other than the very strong stomach.

So the potato is an excellent food if it is cooked properly.

Daily Selections FOR Guardian Readers

THE COAT OF LIFE.

From out the tangled threads of love and hate, The gold of laughter and the grey of tears, Fate weaves the cloth from which we all must cut The coat of life to wear in later years.

Ours not to choose the color of the wool; Ours not to grumble or to lightly praise; Ours but to sew the cloth in proper shape, To use time's needle and the thread of days.

We may embroider it with wondrous dreams, Or stitch it with ambition's silvery skein; Or we may dye it with our bitter tears, Or make it loose to cover faults or pain.

But every day we must put in a stitch, A goodly action or perchance a sin; And neither tears nor prayers nor any shears can rip Those daily stitches that we have put in.

And we must wear through all the years to come, The cloak we fashioned from the cloth of fate; So let us stitch it strong with faith and love, And goodly deeds before it is too late.

—Betty Trotwood.

Divorce Case Reports To Be Toned Down

(By Dominion News Service) LONDON, Aug. 18.—The Select Committee of the House of Commons which has been considering the question of publishing the reports of divorce cases has concluded taking evidence and its report will be in the hands of members of Parliament in the course of a few days. It is understood that the Committee recommend that the scope of the Bill be extended so as to include the prohibition of the publication of all matter which is indecent in any proceedings before a judicial bench. In the case of divorce it is recommended that newspapers be permitted to publish the statement of the petitioner, the defence judge's summing-up, and any points of law which may arise during the trial, and the jury's findings and judgment. The names of the many mothers sitting around

Sunnyside Beach No Atlantic City

Some of the girls of Toronto who have a fondness for Sunnyside can tell amusing yarns about the "sheiks" of the Board Walk, but flirtations, attempted or carried on, are very mild and discreet. Indeed, considering the thousands of young people of all types and dispositions who go for fun to Sunnyside, the resort is singularly free of conduct not thoroughly decorous. Americans accustomed to the liberty and the license of unpopulated restors like Atlantic City sometimes express amazement that no official censoring is visible at Sunnyside, and that the multitudes come and go, and have their fun, without red tape regulations and fussy efforts at supervision. Every Summer newspapers from across the line contain reports of new regulations at bathing beaches, concerning the length of suits, the extent of bare person allowed, and other subjects of opinion, but these do not trouble Toronto. Sunnyside sets an example to most bathing beaches across the border.

A Woman Beach Censor.

At Atlantic City there is a woman censor on the beach, who keeps a sharp eye on costumes, on "petting" parties, and other amusements that may go a little farther than they should. Her name is Marie Bennett. One Sunday recently she had to break up 1,500 petting parties. She received black looks, and sometimes warm comments from the scattered spooners, but that is her job. She has her methods, and her favorite is kindly advice to awake a sense of responsibility in the erring ones. But the "mashers" give her a lot of trouble. She says that as a rule they are between forty and fifty, dressed up to the minute, and they can be "spotted" a mile away on account of their consequential air. One particular little incident has to do with a prominent society man. For some time, dressed in spotless flannels, he loitered near the Board Walk, making himself especially obnoxious. He would stop occasionally and post himself where he could get a view of pretty ankles flashing by on the Board Walk. He was warned once, twice. Finally husbands and friends of offended women took a hand and he was made to walk out into the waves, beautiful buckskin shoes and his fashionable clubman's summer attire and all. When he was thoroughly ducked (no scold in the ducking stool period ever got a worse one) he was allowed to come out and get into the patrol wagon.

"Petting Parties."

Says Mrs. Bennett: "Most people think that bare knees and Venus de Milo bathing suits give us the most concern here on the beach, but that's far from right. It's true that scores of girls do come down dressed more scantily than the law allows and that many of the men bathers offend in this way, too, but oftentimes this is because people do not know our beach regulations. Many of them come from beaches where this sort of costume is allowed. As a rule when they are spoken to they are willing to rectify the error. No, it's what they style 'petting parties' or spooning that gives us our chief source of worry today. The lengths to which they go would amaze you. And yet even here I've discovered that most people want to do the right thing if you ask them in the right way." Mrs. Bennett paused, and her eyes rested for a moment on the bathers swarming the sands. "Why, do you know, I've discovered more about human nature in my summer and a half on the sand than I could in two lifetimes put together? And I've come through with the conviction that there are more good people in the world than bad ones. I've also found out that a great many young people act as they do on the beaches because they've never been taught how cheap and tawdry and full of peril such behavior is.

Drawing a Broad Line.

"Let me tell you about one bunch of young people. Now please, first of all, don't think I am one of these prudish people who runs up every time she sees a boy innocently throw his arm about a girl. I never mind a lad and lassie type of affection. Why shouldn't it be? If they can't be happy together in their vacations when can they be appy? But there are some capers at which even the broad mind must draw the line. So I went to these boys and girls and told them about all the little children on the beach and asked them if they had any little brothers and sisters of their own. I also called their attention to the many mothers sitting around

Temple For Magna Charta

(By Dominion News Service) LONDON, Aug. 18.—Runnymede, the Thames, swept meadowland where the Magna Carta was signed and sealed, will become the site of a magnificent Temple of Liberty, and a place of annual pilgrimage on Magna Carta Day, if the scheme which has been placed before the Prime Minister is approved. The father of the proposal is J. W. Hamilton, an American citizen, and founder and secretary of the International Magna Carta Day Association. Mr. Hamilton is now in London striving to obtain official British support for his project. He has devoted years of his life and a third of his business income to furthering what he terms "the great idea"—the securing of Runnymede in national trust for the nation, and the building of the temple. Every British Dominion, every State of the American Republic and the cities and towns of the British Isles will be asked to give a stone for the temple.

"In this way," said Mr. Hamilton "we should form a real memorial to liberty, and forge another imperishable link between the English-speaking races of the world. In the United States we regard Magna Carta as the keystone of all national liberty, just as much as the English people do. The Magna Carta Association has hundreds of thousands of members throughout the United States. If the British Government agree to the scheme, Runnymede, which is Crown property, would be made over in perpetuity to a trust formed of the representatives of the various Anglo-American societies, and we could then build the memorial temple. "We are also anxious to secure a copy of the Magna Carta for the United States national archives."

Politics And The Pulpit

(By Dominion News Service) LONDON, Aug. 18.—The Wesleyan Methodist conference, in

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spite of protests by two of its outstanding figures, passed a resolution recommending that, on the Sunday preceding the local option polls in Scotland, "special attention should be called to the necessity of Wesleyans using their vote on the side of 'no license.'" The Rev. Dinsdale Young was one of the protesters. "Surely," he exclaimed, "we are not going to tell people from the pulpit how to vote. It is a grave danger that the pulpit should direct on political questions." Sir Robert Perks hacked up Dr. Young's protest. "It is all right," he said, "to lay down a great principle, but not to tell people how to vote."

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