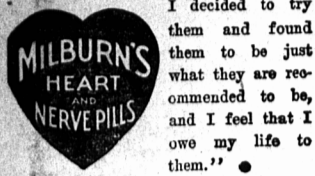


Short of Breath  
Dizzy, Sinking Spells  
COULDN'T WALK FAR

Mrs. L. A. Oliver, Granville Ferry, N.S., writes: "A few years ago I had dizzy, sinking spells so bad I could hardly stand up without taking hold of something to support me, and I could not walk any distance on account of being so short of breath. "I had taken a lot of doctor's medicine, but it did me no good, only for the time being, so reading in the B.B.B. almanac about



I decided to try them and found them to be just what they are recommended to be, and I feel that I owe my life to them."

Price 50c. a box at all druggists and dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

INSIDIOUS  
EYE STRAIN

We use this adjective advisedly.

Sufferers from Eye-strain may have perfect vision and therefore do not suspect the presence of any eye defect.

The motive power of the entire human organism is Nerve Energy.

Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye-strain is present, a much larger proportion is required. Hence defective eyes, through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

HAVE YOUR EYES EXAMINED  
G. F. Hutcheson  
OPTOMETRIST



Mellow  
As Wine

Sussex Red Oval is aged in the bottle. Thus the delicately flavored ginger is mellowed still further and the full, frosty, fruit flavor brought to its best.



The finest drink at the fairest price. 8 and 12 ounce bottles. There's additional economy in the 28 ounce size, and in buying by the case. Allowance on returned bottles. Some prefer the pungent flavor of the Extra Dry—others the fruity flavor of the Red Oval.

Distributor  
CARVELL BROS., LTD.,  
Charlottetown, P. E. I.

Sussex Mineral Springs  
LTD.,  
Sussex, N. B.

THE CHARLOTTETOWN GUARDIAN

Morning Daily (founded 1887) \$5.00 per year (in advance) delivered. \$4.50 per year (in advance) mailed in Canada and United States.

President—W. Chester S. McLure. Vice-President—J. R. Burnett. Secretary—Leut. Col. D. A. MacKinnon, D. S. O. Editor and Manager—J. R. Burnett. Associate Editor—D. K. Currie

MONDAY, JUNE 18, 1928

WELCOME TO THE DOCTORS

ON behalf of the citizens of Charlottetown and the people of the Province, The Guardian extends a hearty welcome to the members of the Canadian Medical Association, and their conferees from other countries and the friends who accompany them. It is somewhat early in the season to see our Province at its best or to enjoy the summer climate of which we boast, but of what we have in climate, in scenery, in hospitality we invite them to partake. We have no control over the weather which at this time of year is mainly concerned with caring for the growing crops, but such as we shall have during their short visit with us we share ungrudgingly with them on a fifty-fifty basis.

The Canadian Medical Association is one of the largest and most important organizations in Canada. Every province and every city and town and rural community is represented in its membership. Their friends, individually and collectively, are legion. Every door in cottage and palace is open to them. They minister to poor and rich; their mission, as well as their profession is to minister to the sick and the suffering, and few professions there are which so faithfully and often altruistically carry out their mission or fulfill their obligations.

There are many reasons why we should hold out welcoming hands to our distinguished visitors. They comprise some of the world's most distinguished physicians and surgeons. Many of them are Canadians, not a few of them distinguished sons of our own province. We owe the profession much, and it is a privilege to make at least a partial payment on this occasion by hospitality and a kindly welcome.

We wish our distinguished visitors a very pleasant sojourn among us while here and trust their short stay with us will be an inducement to come again.

KEEP THE CITY CLEAN.

EVIDENTLY there are still a few men and women among us who have forgotten—or perhaps never knew—that old wrapping paper and floor sweepings are not a suitable street decoration, especially at this season of the year, also that there are other uses for peanut shells and chewing gum wrappers than for littering our squares and parks. Yet one or two of these, armed with a broom or a bag of peanuts and such other luxuries as they may require in their business, can in a few hours make the city look as if it had been in the hands of savages over night.

Many complaints have recently been voiced with regard to this thoughtlessness on the part even of store-keepers as well as of the peanut-devouring occupants of seats in our parks. The attention of the police has frequently been directed to this nuisance which is an eyesore to decent citizens. The police have done what they could to prevent old wrapping paper being swept out on the streets, but even this easily preventable nuisance is still too common. The wind carries the litter along the streets generally depositing it at the doors of our principal stores and residences to the disgust of all decent citizens. The pilgrims of the night who decorate the park and public garden seats with their persons and the surroundings with peanut shells, fruit skins, etc., have no regard for cleanliness and, evidently require more drastic treatment. It is illegal to throw debris on the streets, and they should be taught to regard the law.

There are children also who, knowing no better, frequently amuse themselves by uprooting flowers and over-running flower beds. We need a general crusade against vandalism and street debris. Such a crusade, if carried on in our schools, would do much to offset this nuisance. The pupils could be enlisted in a "keep the city clean" movement, and we feel sure they would enter into such a crusade with enthusiasm. The idea of making the city a source of pride would appeal to them, and their example would have a beneficial effect upon the unfortunate children who know no better. We respectfully urge that the teachers impress upon their pupils respect for the property of others, the desirability of keeping the city clean and free from unsightly littering. The men and women also, who are too often negligent in this respect might be admonished by the police and a general enthusiasm for cleanliness could thus be engendered, all to the good of the city and its people.

Notes by the Way

PEAT bogs abound throughout Canada and the hope has long been cherished that peat might yet contribute largely toward solving the fuel problem in this country. Only a few years ago an expert was sent from Ottawa to examine the deposits in this Province and found them quite as promising as those in Ontario. Beyond question there is good peat in the Island bogs and in a small way it has been prepared and proved to be quite equal to good coal for heating purposes. In the meantime, experiments have been made from year to year in Ontario, to solve the question whether peat fuel production could be made a successful industry. So far this has only resulted in disappointment and failure.

The most conspicuous failure, says The Mail and Empire, has been the peat bog at Alfred, near Ottawa, on which successive Dominion Governments have spent upwards of \$1,000,000, extending over a great number of years. Session after session parliament is told that experiments there are on the very eve of success and that this will probably be the last call for more money. Last session, Mr. Stewart, Minister of Mines, was quite emphatic that important results were to be attained within the coming twelve months. This session there was another item of \$50,000 in the estimates and the Minister admitted there had been no production. The explanation was that the company which took over the plant was not able to finance the undertaking and could not make a satisfactory agreement with the owner of the bog.

In consequence of this, the Government bought an adjoining piece of bog for \$5,150 and spent last year \$64,158 in hopes to produce 15,000 tons of fuel this year at \$3.50 a ton. Mr. Stewart admitted that the government had come to the conclusion that only air-drying by spreading a thin coating over the ground shows any possibility of success. But the Government intends yet to demonstrate "that peat fuel can be produced at what it can be sold for." But if the summer is wet large production will be impossible.

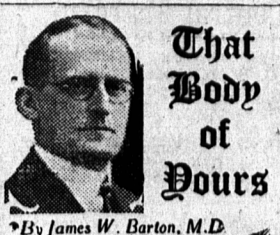
Still, further experiments seem to be desirable, and may yet succeed. In our northern latitude fuel is one of the great necessities of life. More than half the people of Canada live in provinces that have no coal within their borders, and where wood fuel is scarce and costly. All of those provinces have extensive peat bogs easily accessible, containing potential fuel at the surface. Surely some means of drying and making it transportable will yet be devised.

Interest in the Waterways project between Montreal and the lakes is very general in Ontario and Quebec, although leading public men in the two populous provinces are by no means in accord in their views on the subject. If the work is carried through the Maritimes will be compelled to share in the enormous cost, of which Ontario will be the chief beneficiary both in navigation and the vast resultant waterpower that will be made available. Just now Mr. O. E. Fleming, K.C., of Windsor, Ont., who is President of the Waterways and Power Association in Ontario, has been in Saint John in pursuance of a vigorous "campaign of education," he has been carrying on to promote that project. He made known his belief that the Maritimes "have much to gain" from it, which is doubtful. He also believes that "Saint John would derive still greater benefit if the proposed Chignecto Canal were constructed."

That both Saint John and the Maritimes would profit by the cutting of a canal through Chignecto, is a matter of general conviction in the Maritime Provinces. Our people should, and we believe they will, make a point of it to resist further expenditure on the St. Lawrence canals until our rights to equal treatment for needed waterways are recognized and construction work at Chignecto is begun.

An English member of Parliament

Modern Etiquette  
By ROBERTA LEE  
Q. What does an invitation to a card party demand?  
A. A prompt answer, as the hostess wishes to know the number of players for whom to arrange.  
Q. What color stockings should be worn with a white evening dress and white pumps?  
A. White, though at the present time flesh-colored slippers and stockings can be worn with anything.  
Q. Is corn on the cob served at a formal dinner?  
A. Never.



By James W. Barton, M.D.

That Body of Ours

WHY FRUIT AND VEGETABLES ARE VALUABLE

A food specialist criticizing the food intake of the people of North America tells us that it is the lack of the bulky foods that is causing much of the stomach and intestinal trouble that is so prevalent. In our anxiety to get everything "pure and refined" and to have it very digestible, we do not eat enough food that is "indigestible."

In other words it is the indigestible portion of the food that Nature intended we should use in order to give bulk to the waste matter in the intestine, and to stimulate the large intestine into action. This action helps move the waste down the intestine to be removed from the body.

Most of us eat cereals but he tells us that they are put up in almost a predigested form with most of the husks or coverings removed, hence they are very easily digested and leave no waste.

Then meat and fish and eggs are likewise almost completely digested and absorbed.

Milk, cheese, and butter are also almost completely absorbed.

Sugars leave no waste.

Fats and oils likewise leave no waste.

You can readily see that if you were to confine yourself to above diet there would be very little waste to form any bulk to fill intestine and stimulate it to action.

What is missing from this diet? Fruits and vegetables. These foods have a large amount of what is called cellulose tissue, a sort of tough indigestible substance that forms the walls of the cells of the fruit and vegetables.

You can get a rough idea of what this tissue is like by thinking of the paper cartons in which eggs are shipped. Each egg has a separate compartment made of cardboard.

Similarly each cell of fruit and vegetables has a covering of harsh tissue, a sort of husk which gets broken up by digestion; the cell is absorbed into the blood, and the husk continues on its way down the intestine.

It is these husks, shells, or coverings that make up the bulk in the waste matter of intestine, giving the large intestine something to work on, to take hold of, and thus carry these husks and other waste matter with them down the intestine to be removed from the body.

In other words while refined foods are easily digested and are usually excellent foods, nevertheless fruit and vegetables should always be eaten to make up this bulk. This is the reason that fruit and vegetables prevent constipation.

HOUSEHOLD SCRAP BOOK

By ROBERTA LEE

The Measuring Cup

Brush out the measuring cup with a greased pastry brush before putting molasses into it. The fat will form a coating so that the molasses will slip out without leaving a trace of sweetness.

Fleas

To get rid of fleas, use spirits of turpentine in the water when rooms are scoured. If salt is sprinkled about plentifully it will also kill fleas.

Corned Beef Sandwich

Chop cold corned beef very fine, using a little of the fat of the meat. Season with a little French mustard and spread between thin slices of whole wheat bread.

has suggested that women emigrants going out to the Dominions under the assisted passage scheme should be guaranteed their return fare after a period of trial in their new homes. He believes many women fear to emigrate lest they may find themselves stranded in a strange land unable to find employment or to obtain money enough to pay for a return passage. This plan might work to stimulate many desirable women emigrants to cross the sea, but might be utilized to secure "joy rides" from the Old Country to Canada and back again.

That carriages without horse shall go; Accidents fill the world with woe," was a part of Mother Shipton's famous prophecy that is being shockingly fulfilled in our day. In the United States last year 27,000 persons were killed, and 800,000 wounded in automobile accidents and the economic loss was \$700,000, outside of the damage to vehicles. The year's butchery by cars was equal to the slaughter in one of the greater battles of the World War.

FOR SUCKING PESTS

For sucking pests, chief of which are the aphids, oil plant. Use, spray with whale oil soap. One pound of soap to six gallons of water; nicotina sulphate of "Black Leaf 40" or any other repellent advised by seed-men. Cold water from a fine nozzle under high pressure will some times wash off the pests.

The Land We Love

By Frank Yeigh

Ports of Montreal and Quebec

Q. What were the 1927 shipments from the ports of Montreal and Quebec?

A. The ports of Montreal and Quebec reached shipping records in the season of 1927. Montreal shipped 194 million bushels of grain, mostly wheat, and Quebec 9 million bushels, also a record. 1,605 vessels entered and sailed from the port of Montreal—ocean and coastwise. 118,000 travellers used the St. Lawrence route during the season in the European passenger trade.

DAILY LESSONS IN ENGLISH

By W. L. Gordon

WORDS OFTEN MISUSED: Do not say "I altered the room from a store to an office." Say from a store into an office.

OFTEN MISPRONOUNCED: paltry; a as in "fall"; the s as z.

OFTEN MISPELLED: attention; three t's.

SYNONYMS: watchful, vigilant, alert, ready, prepared.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: DOGMATIZE; to utter positive assertions without adducing proof. "It is useless to dogmatize about things which God has not revealed."—Farrar.

Daily Selections FOR Guardian Readers

June 18, 1928

THOUGHTS AND WORDS—The thoughts of the wicked are an abomination to the Lord; but the words of the pure are pleasant words.—Prov. 15:26.

PRAYER—May the words of our mouth and the meditations of our heart be acceptable in Thy sight, O Lord, our strength and our Redeemer.

A HERO

His coat is unadorned with gold, He wears no sword, no medals bright; His overalls are patched and old, Yet I beheld him in the night Surpassing crimson cloth and braid, Too grand for helmet, shield or spur, With lantern bending down to aid A mangy cur.

And all unshing he spends his days, Content to bear a simple name; Too great his heart to covet praise, Methinks how startled he will be

Too high his soul to stoop for fame; Uncouth and rough, behold he stands With dusty cap and tousled hair, Then kneels to soothe, with tender hands, A dying mare.

When voices sweet this hero laud; With dusty cap, I seem to see Him, shy, before the Throne of God, Surprised that anyone should know The anguish of his hidden sighs, When helpless creatures suffered so, With patient eyes.

—Q. M. DeValais-Brad.

Wash Frocks  
Lovely Styles—  
Low Prices

The most enticing collection that one could wish for. Short and long sleeved models, in all the favorite materials—including the ever popular prints, ginghams, batiste and rayons. Sizes 16 to 46, priced at . . . . . 5.75 TO 13.75

FROCKS OF CELANESE VOILE

The last word in fashion importance—the most acceptable garment for semi-dress wear. They strike the highest note in feminine attire. A special display, ranging from . . . . . 13.50 to 23.00

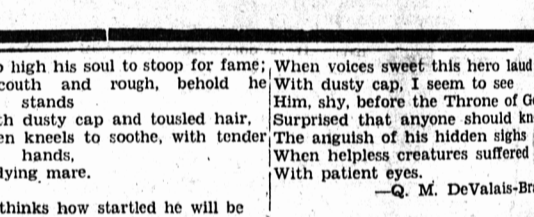
SPECIAL SALE OF Morning Dresses

Just the right dress to slip on during the hot weather for sports or porch wear.

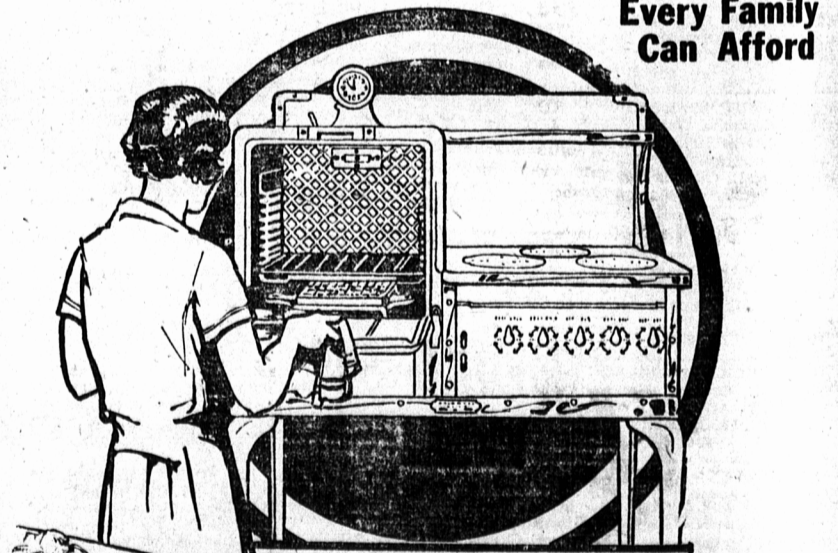
Trimly models in tub silk, linen, pique and smart cotton prints. Sizes for women and misses.

TO 2.10 5.50

S. A. McDONALD



Now An Electric Range Every Family Can Afford



This new Electric Range now being offered for a limited period at special terms and prices brings the advantages of electric cooking within the reach of every family.

You will find a new pleasure in the simplified cooking made possible by this well-known range. You can prepare dinner, place it in the oven and then forget it until meal time. You do not even have to go out to the kitchen until everything is ready to serve.

There are no fumes, soot or smoke, no matches or litter when you cook electrically. Utensils, walls, ceilings and curtains are easier to keep clean.

If you act now you can have this range installed in your home for a small down payment and the balance in easy monthly payments. It is a remarkable opportunity.

Maritime Electric Company, Ltd.  
of the  
Associated Gas and Electric System  
Charlottetown, Prince Edward Island