

President—W. Chester S. McLaughlin... Secretary—Lieut. Col. D. A. Murray... Vice-President—J. E. Burack... Associate Editor—D. E. Currie

FRIDAY, JANUARY 17, 1930

Our Trade With U. S.

As reported in yesterday's Guardian, there has been a noticeable increase in the value of exports from the Province to the United States during 1929, the total of all commodities exported to that country amounting to \$3,561,016 as compared with \$2,025,062 in 1928.

Our natural resources being confined to the brain and brawn of our people and to our soil and climate, it is natural that we should look to agriculture as our great source of development and prosperity.

Wanted—A National Park

The suggestion, which has frequently been put forward, of a national park for Prince Edward Island is one which might well be considered at the present time by the Federal Government.

and Government pond could be made a veritable beauty spot. All the natural advantages are there, and the expense of maintenance would be a mere bagatelle compared with the money expended for similar purposes in other provinces.

Another favorable site, of much historic interest, would be Fort La Jole, west of the entrance of Charlottetown harbor, where there still remains one of the few relics of French occupation in the Province.

Another suggested site is Scotchfort, the historic landing place of the early Scottish settlers. Here also, a bus service from Charlottetown and other centres could be operated without difficulty.

In Western Canada thousands of square miles of public domain have been set apart for national parks, and large sums of money are expended annually in improvements and upkeep.

We have a right to expect liberal treatment in return, and the Minister of the Interior is evidently inclined to this opinion. The present occasion is therefore a most opportune one.

A Wet National Anthem

The National Federation of Music Clubs of the United States has started a movement for the abolition of "The Star Spangled Banner" as the American national anthem.

They have made the ghastly discovery that the tune of this anthem is the air of an old English drinking song. As may be imagined, hundred percenters are not likely to look kindly upon a national anthem the music of which was written by a Britisher.

An exchange suggests that when somebody discovers that not only is the music of English origin, but that the very words are written in the English language, then goodbye to "The Star Spangled Banner!"

Editorial Notes

Hon. Mr. Saunders, Premier and Attorney General, has gone to Ottawa. Mr. George H. Barbour, chief customs preventive officer for the Province, has gone to Ottawa.

In Woodstock, Ontario, during the month of December last, only one man was arrested for drunkenness. Woodstock has a population of about 10,000.

The Minister's statement might be construed as a hint that he would not be averse to discussing the matter with our own provincial representatives. There should be no difficulty in finding a suitable location, even in the vicinity of Charlottetown.

Notes By The Way

Within the current year certain federal appointments are expected to be made in this province which are of especial interest to a considerable number of more or less prominent Liberals, as well as to others who are not seeking or expecting any favors from the powers that be at Ottawa.

No citizen who has due regard for the dignity and traditions of the Government can afford to take it unless he is possessed of a considerable private fortune, as is the happy lot of His Honor, the present holder of the office whose first official term of five years expired some months ago.

The low salary of seven thousand dollars is much below that of any other Governor in the Dominion all of which range from \$9,000 in Nova Scotia and New Brunswick to \$10,000 in the larger provinces westward.

It is certainly refreshing to see what the British minister of transport is doing to reduce motor noises. The new regulations apply to all heavy motor cars and motor cycles.

As you know the three essentials to health are food, rest, exercise, and as I frequently talk about food and exercise, I want to say a word about rest.

Rest is really food. When an increase in weight is needed, the treatment is not only good food, but rest, which allows the tissues to store a little fat. A little fat is essential to health.

One of the first things to cause a "breakdown" is lack of rest or sleep. The tissues need these precious hours of rest to get rid of wastes and rebuild themselves.

Before the war Russia was a leading exporter of wheat and then shipped abroad more wheat than Canada. Under Soviet rule these conditions have been reversed.

For the promotion of peace in the world that more influential agency exists than the League of Nations! And yet since 1924 Great Britain has contributed \$3,500,000 toward the working of the League while the United States has paid \$22,000 toward some special conferences and commissions favored by the League.

British immigrants settled in New Brunswick in recent years appear to be doing well. It was by an arrangement between the Federal, provincial Governments that some 200 families from the Mother Country were located on farms in the province and of these seven have diverted their attention to other lines of labor than farming and two have recrossed the Atlantic to the land of their birth.

While this experiment is not on a very large scale the results have been proportionately better than in any other province of Canada. What is true of N. B. would doubtless prove true of Nova Scotia and Prince Edward Island if a fair trial of a similar plan were applied.



That Body of Yours

By James W. Barrie, M.D.

NOISE TIRES

The reason that your brain and body get tired is that they are sensitive to their surroundings, and noise, by actually striking the brain and nerves, little or large repeated knocks, actually exhausts them.

In other words if our brains could be free from excessive jars or knocks during the day, we could get along with seven or eight hours of sleep and keep efficient.

That this noise business is a serious menace to health is being recognized in Europe and Great Britain.

It is certainly refreshing to see what the British minister of transport is doing to reduce motor noises. The new regulations apply to all heavy motor cars and motor cycles.

It is an offence to use a motor car or a motor trailer drawn by a motor car, which causes excessive noise owing to defect in design, lack of repair, or faulty adjustment.

Sounding a motor horn when the car is standing, except when necessary on grounds of safety, is also an offence.

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One of the first things to cause a "breakdown" is lack of rest or sleep. The tissues need these precious hours of rest to get rid of wastes and rebuild themselves.

Accordingly all of us should get from 8 to 10 hours of sleep according to our age, and what we have learned that our bodies actually need.

However with our modern civilization with the tremendous amount of noise everywhere present, it would seem that if we are to keep efficient we must have rest during the day as well as at night.

I do not mean that there should be couches or beds everywhere, but that our brains and nerves should not be subjected to unnecessary noises.

Horns with an "unpleasant or strident" note are now being investigated and will be the next thing prohibited.

Noise tires and nothing is gained. If you and I are to keep efficient we must do all in our power to see that unnecessary noises are prohibited.



THE POET'S CORNER

EVENING LIGHT

This is the hour of evening where we come Between the sunshine and the solemn stars; When flowers are closed and birds are flying home, And, like a golden lily in a vase, Day drops on the jade edges of the sky— The hour of sleep is nigh.

A quiet wind is stirring in the trees, Soon to be silent, and the birds are still; And silence comes upon the shore and seas, And in the valley and along the hill; And, like a child upon a loving breast, Earth nestles down to rest.

This is the hour of evening, when the toll Of day is done with, and the weary song Of labor's ended, and the stubborn soil That we have striven with the whole day long Yields now, and takes us in a soft caress, And gives us quietness.

—D. F. McGuire

THE LAND WE LOVE

By FRANK YEIGH

THE WORD "CANADA"

Q. What was the origin of the word "Canada?" A. Several derivations of the word "Canada" have been suggested— one an Indian word from the Algonquin "Canata" meaning "Welcome,"

LITERARY SKIMMILK

(Manitoba Free Press)

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SCIENCE AND THE WEATHER

(The Weather Bureau)

In these days the weather prophets are galore. It would be wonderful if this fraternity did not increase its personnel, considering the fillip our modern sciences have given to the inquiring mind.

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Salada Orange Pekoe has by far the finest flavour



The sense of our littleness. Vaguely all our knowledge has been taken into account, it does not amount to much. We are told that animals have no faculty for speculation, in which condition they may be fortunate. But if we may be permitted to use that dreadful word, "meteorology" the professors of the science it is supposed to represent have ample room for further effort and research.

Farmers Week

January 27th. to 31st.

PRINCE OF WALES COLLEGE HALL

- Monday afternoon and evening ..... Meeting of Cheese and Butter Makers and Provincial Dairy-men's Association. Tuesday morning and afternoon ..... Dairymen's Banquet. Tuesday evening ..... Meeting of Sheep Breeders' Association. Wednesday afternoon and evening, Potato Growers' Association meeting. Thursday morning ..... Meeting of Potato Shippers. Thursday morning and afternoon ..... Meeting of F. E. I. Co-Operative Egg & Poultry Association. Thursday evening ..... Swine Breeders' Association meeting. Friday morning and afternoon, Meeting of Central Farmers' Institute Seed Fair and large Poultry Show during this week. Prominent speakers are expected at all meetings.

FARMERS, MAKE YOUR PLANS TO ATTEND

Hickey's advertisement: The best leaf and the longest cure give you the most lasting and delicious chew when you ask for H & N Black Twist. You'll have the time of your life trying to chew the flavor out of this fine tobacco.

Black Twist Chewing advertisement: HICKEY & NICHOLSON

E. R. BROW advertisement: 146 Richmond St., Charlottetown. Fire, Life, Accident, Sickness and Plate Glass Insurance at Lowest Rate. Good Strong Stock Companies. Agent at Summerside, Lloyd Lewis

Mr. Fisherman advertisement: This is Simply a Reminder That You Cannot Get Higher Prices, Better Service or More Courteous Treatment than When Dealing With CHESEBRO BROTHERS & ROBINS. The Largest Dealers in Canadian Fish in the United States. At This Season, Special Attention is Given to SMELTS — EELS — SCALLOPS — ETC.

DODD'S KIDNEY PILLS advertisement: 60 CENTS PER BOTTLE AT THE 2 MACS