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Morning Maxim: Some people eat a lot of food they don't want just to keep it from going to waste.

TUESDAY, APRIL 25, 1933.

EYES ON WASHINGTON

The whole world joins in the hope expressed by Premier Bennett that the Washington conference preparatory to the World Monetary and Economic Conference to be held in London later, may be attended with far-reaching success. No recent development has been more impressive than the apparent change in the attitude of the United States towards other nations.

SELF-SUSTAINING

It looks, says a Nova Scotian contemporary, as if Canadian farmers during the coming year will produce a far higher proportion of their own foodstuffs than has been the case for many years. An ever-increasing percentage of farmers are grinding their own flour, keeping more eggs and milk for home use, canning and preserving more fruits and vegetables and slaughtering more animals for their own consumption.

MORE CENSUS FIGURES

It will come as a surprise to the average reader to learn that more than half of the people of Canada are under the age of 25. They numbered 5,331,991 at the last census and those who were 25 or over totalled 5,044,795. There were more persons of the age of ten years than any other age group.

U. S. OPINION

Discussing a suggestion that the United States tariff on Canadian cattle, fish and lumber might be reduced, the New York Journal of Commerce observes that apparently "the search for innocuous tariff reductions has been crowned with success"; but it goes on to say that worthwhile tariff concessions are not obtained by alterations that do no harm to domestic interest.

EDITORIAL NOTES

The Toronto Globe was formerly the leading Liberal organ. Now its proclaimed editorial objective is to boost policies beneficial to Canada. So perhaps, after all, there is something in the complaint of Mackenzie King Liberals that the Globe has "turned Tory!"

NOTES BY THE WAY

The Russian people are savages, but they are not fools. Would they want to have a foreign scavenger for the corpse of their much-valued Five-Year Plan they know which nation they can utilize with impunity. So they choose Britain.

THE TIRED WORLD

Human faults are legion, as all humans know but often are loath to acknowledge. Some of these shortcomings are not hard for the charitable to overlook and others are to be charged to the age and "our civilization," but there is one that is unpardonable and yet is the rule rather than the exception. This virtually universal defect in the human mechanism is a lamentable lack of consideration for others.

Commenting in the British House

of Commons upon the exclusive, aggressive spirit now afflicting Germany, Sir Austin Chamberlain warned Premier Ramsay MacDonald to go slow in his disarmament negotiations with the other great powers. He said: "Before we can afford to disarm or urge others to disarm the powers must see a Germany with its mind turned to peace. I ask the Prime Minister to beware of what he is doing."

The Nazi Government, says an

exchange has had the impudence to protest formally against some well-merited strictures upon its conduct by Sir Austin Chamberlain in the House of Commons. Sir Austin is now only a private member of the House, and is therefore privileged to say what he chooses. The British Government is responsible only for utterances by its own members, and it could not if it tried suppress freedom of speech among private members so long as the speech is within the bounds of decorum.

There is a touch of pathos in the

news from London that Horatio Bottomley has applied for the old-age pension of 10 shillings a week. While a member of the British House of Commons Mr. Bottomley was instrumental in bringing about the legislation which now enables him to eke out a scant living. This erstwhile stormy petrel of British public life had a tempestuous career until halted by a sentence of seven years imprisonment for brazen fraud in the manipulation of national war bonds, by which many innocent people lost their hard-earned savings. At that time he was a power in the land, and his conviction provided vivid proof that British justice is no respecter of persons.

One of the most interesting and

scientific studies under way in Canada today is that concerning the feasibility of turning 20,000,000 or 25,000,000 bushels of Canada's annual wheat surplus into motor fuel for automobiles. On the floor of the Commons Mr. George G. Coote, Progressive member from MacLeod, Alberta, submitted opinion that there was a ten-cents-per-bushel increase in wheat price in it for farmers at little or no cost to the motorist. In response to Mr. Coote's urge to Government investigation, Hon. Robert Weir, Minister of Agriculture, promised inquiries, but it seems that the National Research Institute, a Government-financed organization carrying on scientific experiment in innumerable fields, has had the investigation in hand for some months.—Toronto Globe.

The German Red Cross has issued

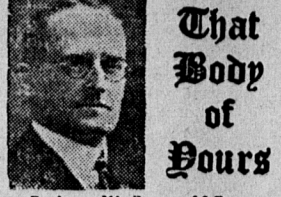
a statement to Red Cross Societies in other countries that "the reports of atrocities which have been spread abroad for reasons of political propaganda are in no way in accordance with the facts." It adds: "Arbitrary and unauthorized acts, a few of which occurred in the first days of the national revolution, have been effectively stopped by energetic measures on the part of the Government." While they lasted, however, the sensation-hunters had a great time.

Dun and Bradstreet report fewer

failures in the United States last month than in any March in eight years. There was a decrease in every important centre, the total for last month being 1,948, as against 2,951 in March of last year. The best showing was made by the New England and the Southern States.

Popular Mechanics says clerks

post offices have mail boxes and machines that sell stamps. Service is available day and night, the vending machines and letter boxes being illuminated.



By James W. Barton, M.D.

THE TIRED WORLD

"A large part of the present troubles of the world arises from the fact that its affairs are being conducted by tired men. Business executives are so worn out with conferring that they can no longer act."

These are the words of a popular magazine writer and it must be admitted that they are certainly true. Rest is what is needed by these tired men.

You can't do your best work if your mind is tired; thus sleep or rest is the best cure for this condition (called neurasthenia by physicians) which means loss of nervous strength.

If the tired individual tries to keep on working he finds it necessary to use coffee or drugs to "pep" him up so that he can carry on.

Dr. C. R. Schlayer, Munich, directs attention to this condition in business men who are of the hard-working, energetic and somewhat impatient type. They complain of fatigue and drowsiness even during the forenoon. Some of these patients also complain of pressure in the head, increased irritability and dizziness.

Dr. Schlayer found that there was really no organic trouble in these cases but that there were some digestive disturbances.

Instead of using drugs in these cases he advises that watching the diet, and cutting down on all liquids including coffee, and cutting down also on cigarettes is the most effective method of correcting the condition.

To overcome the thirst, buttermilk or sour milk should be taken in small quantities. Fried and roasted foods are likewise inadvisable.

For these tired or neurasthenic individuals, in addition to rest and proper diet, I would suggest a little outdoor exercise every day, if only a good walk.

The three things that keep us strong and well are rest, food, and exercise, and all are equally important.

This threefold treatment was recommended by Sajous some years ago when he said, "Rest, distractions from work, nutritious food, removal of baneful influences and a short walk daily which aids appetite and digestion, constitute the main features of treatment."

Too much exercise by inducing too much fatigue would be harmful rather than helpful.

To Annihilate Grasshoppers

(Mail and Empire)

Manitoba is threatened with one of its worst grasshopper invasions in certain areas. It is estimated that it will cost the province about \$150,000 to fight this plague over an area of 1,000,000 acres. To kill the hoppers a bait is used consisting of sawdust, bran and sodium arsenite. It is stated that the introduction of sawdust in the bait is a Canadian discovery which saved \$40,000 last year. To provide the lure 70 machines are in operation in Manitoba turning out 100 pounds of the stuff every five minutes.

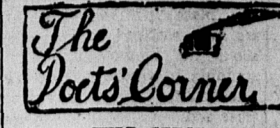
Experts at the British War Office Chemical Department on Salisbury Plain are studying methods by which locust swarms may be exterminated while on the wing. It was in connection with these experiments, just lately, that it was desired to obtain as quickly as possible a considerable number of live locusts.

To meet this demand the Government of Kenya shipped several crates of insects to London by Imperial Airways. The insects were placed in wind-tunnels and subjected to a spraying treatment with creosote, and also with sodium arsenite dust.

The idea of the experiments is to discover improved methods for dealing with the locust plague in Africa, and more particularly to evolve methods whereby airplanes can attack the insects when they are on the wing and destroy them by releasing clouds of chemicals which are found to be most deadly in their effect. African administrations are collaborating actively in this new campaign, which is a matter of considerable importance to them, seeing that during the past few years the damage caused by locusts has amounted to over \$30,000,000.

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WILD GEESSE

Chill winds and dampening fogs on high, Keen fitful gusts, that from the northward sweep Blowing the mould'ring leaves into a dank wet heap; Borne on the air is heard a honking cry, As dimly through the mist the wild geese fly Across the dreary wastes and boundless deep, Or near the shore where angry billows leap. Yet ever on and onward wheeling by: Through visionary moonlight they pursue A path that leads again to pastures bright; No beacon throws to them a welcome light The while they bravely steer with compass true: Yet fearlessly through clouds of darkest gray, Unwearying they wing their homeward way. —E. Lisette Herring

The Russian Embargo

(Montreal Star)

It is of peculiar interest to Canada, which stands to gain materially by the British embargo on Russian exports, to note precisely what that embargo may mean. Russia is a country which sells largely to Britain but does not buy from her to anything like the same extent. Last year, for instance, Russia purchased a little more than \$9,500,000 of British goods and sold to Britain \$19,700,000.

Moreover—and this is a very important point—the adverse trade balance has been accumulating since the close of the war up to the present time, and now totals the enormous sum of \$186,000,000. Whereas Britain takes 23.7 per cent of Russia's exports and sells only 7.3 per cent of her imports—Russia's trade figures with Germany almost balance. The United States is in a much better condition, taking only 4.4 per cent of Russian exports and selling to Russia 25.2 per cent of her imports.

Those favoring an embargo have been laying emphasis on the fact that at the present time a large proportion of Russian exports are dumped in the most emphatic sense of the word. The Soviet must pay for the plan required for industrial development in foreign currencies, and that is why Russia sells her products abroad anywhere and at any price she can get, regardless of any other nation's manufacturers or producers.

An example is afforded by the fact that last year Russia exported to Britain 2,720,000 hundredweight of barley, leading the list of barley exporters. In this connection Professor H. C. Grant, of Manitoba University, recently declared: "Russia's progress is in great part due to the ruthless lowering of prices, regardless of cost, in order to secure the market."

Canada's lumber export trade with Britain has been virtually ruined by the importation of Russian timber into Britain at prices which gave Russia no profit and often must have meant a loss, but which enabled the British lumber dealers to buy at prices that assured them of a much larger profit. From the purely Canadian viewpoint, therefore, an embargo by Britain is welcome news.

Many British publicists are convinced that the present situation is unlikely to improve. Russia has been buying what she has bought from Britain with the sole object of making herself independent of Britain, they say. When she has bought all she needs, her markets will be closed to British products. In the meantime, it is argued, she is doing her best to ruin British producers.

It will be seen from what has been said that the arguments in favour of an embargo against Russian imports by Britain are strong, entirely apart from the immediate issue of the sentences against the British engineers. There are, of course, protests on the part of those British producers who profit by the sale of their manufactures to Russia, but on the broad principle of balance of trade and debt the plea against an embargo does not appear to stand up very well.

In any event, even if there had been no embargo imposed, Britain was determined in any new trade agreement with Russia to take such action as would ensure a readjustment of trade balances. In the event that the embargo is lifted, that will be the only basis upon which Britain will consent

1832 1933 THE BANK OF NOVA SCOTIA OVER A CENTURY OF BANKING SERVICE Position... THE POSITION which this Bank holds today in the financial structure of Canada is not a result of mere chance. It has been acquired by meeting the needs of its customers down through the years—since 1832—always along the lines of sound banking practice. World-wide facilities in every department of banking. The BANK of NOVA SCOTIA

The Empire's Foreign Law (Exchange) We are all familiar with the part which French civil law plays in the Province of Quebec, but few are aware to what extent foreign law permeates the Empire. An article in a recent number of the Round Table reviews this situation. Next to the use of French law in our own country, we are most familiar with the fact that the Roman-Dutch law is in use in the Union of South Africa, but there are many other examples. In the law of Scotland, for instance, which is in many respects different from the law of England the French influence is due to the historic connection between those two countries. The influence of the French law is also noted in Mauritius, an island in the Indian Ocean which was formerly a French colony; in the Seychelles, also in the Indian Ocean, which was ceded by the French to the British in 1814, whose inhabitants are mostly of French extraction; and in the Channel Islands—Jersey, Guernsey, Alderney, and Sark—off the west coast of France, the last remains of our Norman possessions. Traces of the Roman-Dutch law run in certain of the West Indian possessions. Trinidad was taken by the British from the Spanish in 1797, by the influence of the Spanish law lingers. Almost a century previously Gibraltar was obtained by Britain, yet there are traces of the Spanish law. Foreign influences are also noted in Malta, whose people are mainly of the Arabic race and speak a kind of Arabic mixed with Italian. A whole body of Oriental law has been incorporated in both British and Native Indian. In every part of East and West Africa, native laws and customs "not repugnant to natural justice" have been sustained. The British have not been moved by a desire to sweep aside all vestiges of native law in lands under their control, and, as the Round Table says: "An innate genius of the English race for colonial administration, predisposed our ancestors to lend a willing ear to the appeal of peoples of whose destinies, by the fortune of war or the vicissitudes of diplomacy, they were about to assume control, that the maintenance of the subsisting law should be guaranteed in treaties of capitulation or cession, and even in the absence of conventional stipulations, to acquiesce in its continuance." OUR THREE SPECIALTIES WATCHES, RINGS EYE GLASSES Established 1870 E. W. TAYLOR 142 Richmond Street

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