

THE CHARLOTTE TOWN GUARDIAN

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MONDAY, MARCH 31, 1924



That Body of Ours

By James W. Barton, M.D.

THE HABIT OF SLEEPLESSNESS

In a former article I stated that the man who worked with his hands was usually a better sleeper than the man who worked with his head.

I believe that most of us get all the sleep we need. If we're in good health, have passed our early youth, six or seven hours is really all that is necessary.

There have been cases where they actually worked on a correspondence course of study after they awakened, thinking that the time might better be used than wasted.

Physicians treating these cases say that as it is a bad habit it should be broken. Accordingly if the patient has a habit of going to bed at eleven and awakening at two o'clock, they should be advised to go to bed at ten and the next night at twelve.

That it is better to lie awake in a relaxed state of mind and body than to use up your energy by reading or study.

However, there can be no question but that anything that takes the blood away from the head induces sound sleep more readily

The Public Forum

This column is open for the discussion of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinion expressed by its correspondents.

CHURCH UNION BILL

Sir.—In today's issue of your esteemed journal is a letter under the signature of the Rev. Geo. A. Christie and the Rev. W. M. Ryan, relative to the Church Union Bill which is shortly to be introduced in the local legislature.

As that summary is manifestly an ex parte statement issued with the evident object of influencing public opinion if not the legislature it is necessary in the interests of truth and justice that certain objectionable, unfair, unjust and coercive features of the bill should be pointed out.

It is not merely a bill to incorporate a new church, it is also a bill which proposes to take trust funds and devote them to purposes not intended by the donors. It is a bill designed to make legal certain breaches of trust. It is a bill which proposes to sweep into a new church thousands of members who do not believe in its doctrines, its government and some of its avowed objects.

It is a bill which violates both the letter and the spirit of the law of the land as at present existing as the following law report proves. This case was up for trial at Port Arthur last summer and one of our island boys, "Bud" Lamont, a class mate of my own, was chief counsel in the case. Considerable interest

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than any other method. And so the idea of warm milk or soup is a frequent method with sick people. For well people nothing quite takes the place of light exercise before retiring. Raising on the toes, sitting on the heels, and a few bending or twisting movements taken to the point of "slight" fatigue, will be your safest and sanest method.

CIVIC PATRIOTISM

A number of citizens and horsemen interested in the city of Fredericton, N. B., sometime ago organized the Fredericton Driving and Sporting Club and took over the management of the race track. Last fall they staged one of the greatest race meets ever staged in Canada, bringing over 15,000 people into the city.

NOTES BY THE WAY

The people are practising economy, that is the masses of them—there are exceptions to the rule. The masses have been driven to it to save themselves. People who before the world-crash were in good circumstances, find themselves compelled to save as never before.

Our point is this: Do our Governments and Legislatures realize what economies, voluntary or compulsory, the poorer half of Canada's people have been daily practising in order to live? Do they realize what taxation means to half the people they represent? We say, and we say it boldly, that they do not realize it.

A part, and a large part, of the public expenditure of the Dominion is not controllable. Interests on public debts must be paid, necessary public services must be carried on. But much public expenditure is quite under the control of our representatives. Especially is this true of what they take out of the public treasury wherewith to pay themselves. That is why we have laid stress upon this point and continue to do so.

COMPETITION

In a recent issue of the Boston Sunday Advertiser there appears a somewhat alarming article on the increase of the Japanese population in British Columbia. Figures are given to show how Japan with its population of 77,000,000 and China with its 400,000,000 of people are literally pouring their overflow population across the Pacific to the shores of America and how they are foot by foot gaining possession of the country and of its industries.

Peaceful penetration is evidently the purpose of these teaming Asiatics and the time may come when both Canada and the United States may regret the admission of these people who by race, tradition, religion and irreligion differ so widely from our Western civilization.

But there are two sides to this Asiatic invasion and possession. In conversation with a gentleman who lived for years in Vancouver, B. C. we have learned something of the secret of the Japanese and Chinese hold upon our western border. This example is given: Many of the Japanese engage in market gardening. The Japanese comes to the city with his modest cart filled with vegetables, nicely done up in packages which he sells at a fixed and unchangeable price.

Native British Columbians in the same business have not been found to be so punctual. They can promise but they fail to keep their promise and many of them have the new but growing thirst for the present dollar, a thirst which will not scruple to hide the defective vegetables between good ones.

There is more than a hint in this for Canadians elsewhere as well as in British Columbia. Competition everywhere is keen and its demands are exacting. The slovenly, unpunctual and the over-reaching cannot compete successfully with the tidy, punctual and honest. We are not apprehensive of an Asiatic invasion, peaceful or otherwise but we have other competitors and unless we learn the Japanese method which is succeeding so well in British Columbia our customers will leave us. This is our principal lesson from the Japanese invasion of British Columbia.

The word indemnity does not mean salary. It does not mean pay for a Member's time or his talents, or his public services. It simply means payment of his necessary outlay in money during his attendance upon his legislative duties. That was the meaning in law and in fact for almost 150 years through out all the Provinces and in this Province. The salaries of members—for it is salary and not indemnity—is controllable. It is entirely under control of the men who receive it and in our opinion the Ottawa Members ought to be ashamed to take it.

Here in our Legislature things are more hopeful. The large majority made up as we believe of earnest, thoughtful men, patriotic and of generous impulse, are pledged to reduce their pay. The big deficit of last year, the heavy taxes, the country's needs and expectations, all are calling for a reduction of the controllable expenditure. The occasion offers too, a golden opportunity for our Legislators to distinguish themselves by their unselfish generosity and by setting a shining example. Such an example would have a beneficial effect at home and would not fail to have a powerful influence for good at Ottawa and in the sister Provinces. It would be one of the best advertisements our Province ever had. It would place the Island on the map as the subject of widespread and admiring comment.

Such an example would prove that our Legislators had a real sympathy for the burdened taxpayer. It would facilitate the collection of taxes, which would be made more willingly. And the generous spirit that prompted the unselfish action would not be without its reward when another election comes round. But such desirable results will not be attained if the subject is dealt with by the House on the principle of cutting the indemnity by a minor fraction. That would be "to keep the word of promise to the ear and break it to the hope."

Your Birthday

MARCH, 30—You are too much inclined to search for motives underlying other people's acts, and there is danger of unhappiness coming into your life through it. You should excel in a professional career. Beware of jealousy, and cultivate contentment and helpfulness. You should be happy in your married life if you "give and take". Your birth-stone is a bloodstone, which means presence of mind. Your flower is a violet. Your lucky color is white.

In British Columbia our customers will leave us. This is our principal lesson from the Japanese invasion of British Columbia.

Interesting and Efficient Organization of P. E. Island Financial Concern

An Island organization of which we may well be proud, is that of Messrs. Hyndman & Co., Limited, old-established insurance firm of this City. The success of this concern goes to show what may be done even in our small Province when rigid business principles are adhered to, and efficient and courteous service is the keynote. Since its inception over fifty years ago the firm has paid out in losses to policy-holders millions of dollars in Marine, Fire, Life and other branches of insurance, thus helping to conserve and stabilize industry. In addition to a very large number of clients in our own Province, the firm has policy-holders in many parts of the world, including a large number in all the other provinces of Canada, in the United States, in Great Britain, and even in far-away India.

The firm was established in 1872 by the late Mr. F. W. Hyndman, R.N., who began business here as Secretary of the St. Lawrence Marine Insurance Co., a native company which did a large marine business in the days when the wooden sailing vessel flourished. Since that date the firm has continued to grow and prosper. Mr. J. O. Hyndman, the present Manager, states that the year just closed was the biggest in their history, which would seem to suggest that local business conditions are not as bad as they might be. Mr. Hyndman is optimistic concerning the future, and looks forward to the Island making great progress within the next decade. He also tells us that owing to the steadily increasing volume of business passing through their offices at 61 Queen Street, it was recently found necessary to reorganize the Staff, which is now

Manager; Mr. J. B. Hughes, who has been associated with the firm for the past twelve years, and who has given invaluable service in promoting and organizing the Agency Force, is Superintendent of Agents; Mr. H. M. Stewart, who has been representing the firm for several years and has proven himself a most capable salesman and a large personal producer, now occupies the position of Supervisor of General Sales Department; Miss S. G. McGregor, Accountant and in charge of Marine Dept.; Miss Anne Egan, Cashier of Life Dept.; Miss S. Brown, Asst. Cashier; Miss T. Grant, in charge of Fire Branch; Miss Olive McInnis, in charge of Automobile and Casualty Branch; and Mr. Walter Hyndman, Secretary.

The Field Force consists of over twenty representatives, one in each community, who look after the interests of the insuring public and the firm in their respective localities. Approximately a million and a half dollars of new Life Insurance was issued every day last year in Canada alone—which shows the immensity of the business, and the popularity of this means of saving and protection. In this regard it is interesting to note that the Agency Force of Hyndman & Co., Limited, made a reputation for the "Island" in 1923, for the production of new Life Insurance. The aim of Hyndman & Co., Limited, always is to be of service to their many clients and to the community at large. They have splendid office facilities in their own office building, of which they occupy the entire first two floors. Their service, however, is not confined to the selling of Insurance and Bonds, as they are at all times prepared to furnish information and advice on matters pertaining to insurance and investments. Messrs. Hyndman & Co., Limited, are large and consistent advertisers, and credit advertising with a large measure of their success in business.

Lest We Forget

SUNDAY, MARCH 30.

PHOCION Noted Athenian statesman and general, was put to death on a date corresponding to March 30, 317 B. C. As the leader of the aristocratic party, he advocated a policy of peace with Macedonia in opposition to Demosthenes, and was condemned to death by the democratic party on a false charge of treason.

JOHN CONSTABLE Celebrated English painter, noted for his landscapes, died at London on March 30, 1837. He was directly English, being uninfluenced by foreign masters, and his inspiration and material came from rustic life.

JOHN FISKE (Originally Edmund Fiske Green) American historical and philosophical writer, was born on March 30, 1842. Among his best known works are "The Discovery of America" and "The Paul of God."

PAUL VERLAÏEN French poet, one of the leaders of the "Symbolists" and the "Dadaists," was born on March 30, 1844. He followed the example of Francois Villon in using his misfortunes in hospital and prison as subjects for his poems.

MAISONNEUVE At the Place d'Arms, in the heart of Montreal, is a very beautiful monument, surmounted by the gallant figure of a soldier. It marks the spot, where, on the day in 1644, Maisonneuve made an heroic stand against the Indians. In 1641 Maisonneuve had come to Montreal imbued with the spirit of a crusader, to found a mission to the Indians. Furious at this advance into their territory, the Iroquois were bent on the extinction of the colony. On this day, his little band of fighting men had been forced to retreat to the walls of the fort. Maisonneuve, covering their retreat, pistols in hand, was slowly backing toward the gate of the fort, the last white man in sight. Enraged at defeat, a huge Iroquois sprang upon him, but the swifter hand of the Frenchmen felled the Indian, who crumpled up in the snow at his feet. Maisonneuve safely withdrew within the walls. For many years the devoted Frenchman was spared to rule his little colony.

W. G. Y. MONDAY, MARCH 31 790 Kilocycles (380 Meters) WGY (Schenectady, N. Y.) General Electric Company Eastern Standard Time 11:55 a. m.—U. S. Naval Observatory time signals. 12:30 p. m.—Stock market report. 12:40 p. m.—Produce market report. 12:45 p. m.—Weather report. 2:00 p. m.—Music and household talk, "Suggestions on Planting and Beautifying Home Grounds, Part II," (courtesy of Knight & Bostwick). 6:00 p. m.—Produce and stock market quotations; news bulletins. 2291-3-28-1mw1mh.

Advertisement for THE IMPERIAL LIFE Assurance Company of Canada. Includes text: "I'll take the chance of my early death," you say. But you don't take the chance—you compel your wife and little ones to take it. Do you think that's fair to them? Don't risk their future welfare! Invest a few dollars each year in an Imperial Life policy. It will provide for your family if you should die—it will care for yourself if you live to old age. Our free booklet, "The Creation of an Estate," tells more about it. Ask for a copy today. You'll find it interesting. THE IMPERIAL LIFE Assurance Company of Canada HEAD OFFICE - TORONTO P. A. FARQUHARSON, Branch Manager, Riley Building, Charlottetown.

Advertisement for Daily Selections for Guardian Readers. Includes text: TAKE HEART All day the stormy wind has blown From off the dark and rainy sea; No bird has past the window flown, The only song has been the moan The wind made in the willow tree. For well I knew o'er sunny seas The bluebird waits for April skies; And at the roots of forest trees The mayflowers sleep in fragrant ease, And violets hide their azure eyes. O thou, by winds of grief o'erblown Beside some summer's golden bier— Take heart! thy birds are only flown, Thy blossoms sleeping, tearful down, To greet thee in the immortal year!

Advertisement for The St. John's Abattoir Co., Limited. Includes text: The St. John's Abattoir Co., Limited St. John's, Newfoundland Authorized Capital \$150,000.00 Subscribed Capital \$102,100.00 Paid up Capital \$50,450.00 Bankers—Bank of Nova Scotia Auctioneers and dealers in Live Stock Consignments Solicited Prompt returns guaranteed Cable address, Abattoir.

Advertisement for Royal Securities Corporation. Includes text: If You Have \$500 or More to Invest you will be interested in our current Investment List, which includes offerings of government, municipal and corporation bonds at prices to yield from 5% to over 7%. Before placing your funds, ask for our recommendations. Royal Securities CORPORATION LIMITED 24 Great George Street CHARLOTTETOWN

Advertisement for Fertilizers. Includes text: For all CROPS, first car-load arrived. (Guaranteed analysis) in bags of 125 lbs. each. Book orders now for EMPRESS BRAND ANALYSIS 2 1/2, 8, 2. ANIMAL BRAND ANALYSIS 3, 8, 3. Get our low prices for CASH or approved CREDIT. Carter & Co. Ltd. WHOLESALE & RETAIL

Advertisement for Eye Strain Not a Disease. Includes text: Eye—Strain is not a diseased condition, but a defect in the physical formation and development of the Eye. Medical treatment is not indicated, except perhaps to alleviate resultant distressing symptoms. A careful examination should be made to determine just where the defect or weakness is situated, and with this information, the optometrist is able to prescribe the necessary remedy. At your Service. G. F. Hutcheson Optometrist.

Advertisement for Easter Photograph. Includes text: FOR EASTER SEND YOUR PHOTOGRAPH BY BAYER. 163 Great George Street

Advertisement for MapleLeaf Flour. Includes text: Any dealer is authorized to return price paid by customer on return of unused portion of bag if the flour is not as represented. We guarantee absolute satisfaction. Order a bag from your retailer next time and give it a trial. DeBlois Bros., Ltd. Wholesale Distributors