

The Charlottetown Guardian

President, Lieut.-Col. W. Chester S. McLure
Vice-President, J. H. Burnett, F. J. A.
Secretary, Lieut.-Col. D. A. MacKinnon, D. S. O.

Political Conferences Useless

MR. BENNETT has wisely counselled the KING GOVERNMENT that any future conference to discuss changes in the British North America Act should be representative, not only of the Dominion and Provincial Governments but of all political parties in the country.

A Splendid Showing

Encouraging local talent is the prime object of the Little Theatre Guild, and its existence and support here have been amply justified by the success of our play and players at Saint John, N.B.

Old Fashioned Treatment

There is no fuss or fuming within the Ontario Reformatory at Guelph these days, reports the Globe and Mail. Over the big institution there reigns a calm and order that is in marked contrast to the rioting and half-baked attempt at mob rule which for a time threatened there a week ago.

At the slightest outburst from one of the C.C. cells, in go the guards, and out come the particular offender or offenders. Every whack the regulations permit is administered. Three such effective strappings, or "paddlings", or, if you wish, good old fashioned spankings, were ordered and executed last Monday while Hon. Harry C. Nixon, Acting Premier and Provincial Secretary, was in the reformatory conferring on the recent riot with the Superintendent, Dr. J. D. Heaslip.

Editorial Notes

Helpless as ever, Prime Minister King is fortunate in having Mr. Bennett in Opposition to direct him the way he should go. It was similar locally when the Lea government was dependent upon the late Mr. J. D. Stewart, Opposition leader.

The Canadian Press reports a Bank scare at Taber, Alberta, but this time not due to "Uncle Abe" and his Social Credit scheme. It appears a batch of the deadly black widow spiders' eggs on display in the manager's office unexpectedly hatched.

A considerable gain in the export of cheese during December was mainly responsible for increasing the total value of milk and its products sent abroad during the month to \$1,054,835 from \$378,972 in the same month last year.

The results of a survey of the preferences of 12,000 New York children between six and sixteen years old have just been made public by Dr. Shirley W. Wynne, president of the Children's Welfare Federation and shows that potatoes were the favorite vegetable of both boys and girls, and that spinach ran a close second.

Mr. Edwin Fisher, chairman of Barclays Bank, of London, made a plea in his address at the annual meeting of stockholders, to the United States to proceed further along the line of adjusting its economy to conform to its position as a creditor country.

Failure to advertise has been one of the obvious reasons for the decline in the consumption of apples, Mr. Rene Trepanier, Okla., told members of the Pomological and Fruit Growing Society of the Province of Quebec in his presidential address at the society opened its two-day convention in Montreal.

Sir Frederick Pollock, distinguished jurist and writer on legal topics, has just died at the age of 91. He was the second member of the great legal family to die in recent weeks, having been predeceased by his cousin, Lord Hanworth, who retired as Master of the Rolls shortly before his death.

Notes By the Way

Herr Hitler was faced with something he had not expected. Instead of being able to announce to the world a completed fact, with his usual question, "What do you intend to do about it?" he found the shoe was on the other foot.

This is what one girl only 19 years old did during her vacation. She raised a patch of potatoes. That may not seem romantic or thrilling, but her achievement is attracting attention.

This paper is quite convinced that Canada's banking system is the best in the world, but this opinion is not shared by the general public. In their own interests, the banks should see to it that a better understanding of their policies is placed within reach of their customers and prospective customers.

Like this country, the British Isles have had the grip. Eight per cent of the London police, or 1,400, reported sick on one day this month; the usual number is a third of this.

Thoroughly to understand the importance of the incidents at Guelph, it should be noted that this prison establishment bears the name of "reformatory," that special efforts are made there to reform the inmates, chosen apparently among the best subjects, to turn them from a doubtful past and to make them honest and good citizens.

More than anything else, we believe, the country would like to see a short and businesslike session with minor attention being devoted to what might be called academic discussions and being placed upon the despatch of public business with as few delays and as short debates as possible.

Yes, the economic conditions of the whole world have changed. Nations can no longer get on without one another. And there is a sovereign method, surer and more powerful than the method of reprisal by arms,—it is that which consists in isolating a nation which is dangerous to peace, to have no contact with it, to leave it alone, in quarantine, to send back to it all the nationals living abroad for the purpose of doing business and aiding its prosperity; to separate it from the rest of the world; to have no connection with it; to let it vegetate without pity, weaken and die in its shame and its remorse.

King Boris has ruled that only women who have children and only men who can establish that they are Bulgarians will have revolutionary ideas may vote in local elections.

At a very modern social party in New York the pigs, cows and sheep brought into the ballroom to add to the gaiety made the noises peculiar to their kind, according to the newspaper reports.



By James W. Dorton, M.D.

That Body of Yours

YOU CAN LOSE WEIGHT IF YOU EAT LESS FOOD THAN YOUR BODY NEEDS. When you ask your doctor what causes you to be overweight he simply tells you that you eat more food than you use or need, and so this extra food is stored in the body as fat.

It is estimated that the average individual uses up about one-half of the food he eats to supply the body's needs—beating of the heart, breathing of the lungs, the digestion and absorption of food, separating harmful wastes from the blood and carrying these wastes to the skin, lungs and lower bowel to be thrown out of the body.

This means then that the overweight individual taking in 3600 to 4000 calories of heat units of food, uses up 1800 to 2000 of these units in just supplying various processes of the body with their needs.

If, then, the overweight individual were to cut his food exactly in half he would not put on a single pound of fat. If he took a mile daily exercise—walking a mile daily—resting one hour less in the 24 hours, he would take off some weight because it would require some of the fat tissue on his body to supply the energy for the exercise taken and for the loss of the hour's rest.

If, however, the overweight individual were unable or unwilling to take exercise or to do without one of his resting hours, but cut down his food by more than half (say from 3600 calories down to fifteen hundred every day, then 300 calories or heat units would have to be supplied by the fat on his body to make up the 1800 units his body needed every day to do its work.

The Doctrine Of Slaves

(Vancouver Province) There has been set down on the order paper of the House of Commons a resolution, in the name of Mr. J. S. Woodworth, which, intentional or not, is all the same a resolution to take Canada out of the British Commonwealth of Nations.

The people of Canada, hearing the language, have every right to know what it means. They have a right to assume that the responsible leader of a recognized political party, using this language, knows and intends what he says. In what, then, does this resolution say?

It says that Canada, in the event of any war at all, for any purpose at all, whoever is involved, whatever the issues may be, shall not take part. It says that Great Britain may be at war, and that Canada may stand aloof. It says that the Empire may be involved—and that Canada may not be involved.

It will be said that this is absurd and of course, it is absurd. It will be said that no sensible man could possibly mean such an attitude as that—and that is true. But that is what Mr. Woodworth says. More than that, what Mr. Woodworth says in this resolution is perfectly and logically the position of the pacifist—any-price. And if Mr. Woodworth does not mean this, why should it be left to others to put the words in his mouth that perhaps he does mean?

Nothing except their own fanatical dogma is teachable to the apostles of this perversity. It is nothing to them that the Empire

JUST INSTALLED THE MOST MODERN Dry Cleaning Plant

IN EASTERN CANADA The First Chlorex Using the Continuous Flow Which Ensures Perfect Cleanliness and Immaculate Work at all Times

The Solvent Used in This Modern Plant is PERCHLORETHYLENE which is ODORLESS and HARMLESS to the Finest Fabrics.

All Work Under Personal Supervision of GEO. CUDMORE

PROMPT, EFFICIENT SERVICE

CUDMORE'S Individual Dry Cleaners

Phone 692-L

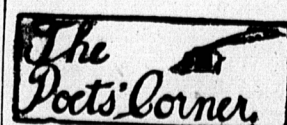
Great George St.

For Vitality always use BRAHMIN ORANGE PEKOE TEA

So far as youth goes, very few children in any community are denied an opportunity to indulge in any game they care about. They may not have the ability to make the school team, but that need not eliminate them from the games.

The Dictatorship

(Vancouver Province) There is a touch of pathos in the announcement contained in the first issue of the Saturday Review to be published after the death of Lady Houston, who owned it and determined its policies.



The Poets' Corner

WINTER NIGHTS

Now winter nights enlge. The number of their hours, And clouds their storms discharge Upon the airy towers.

This time doth well dispense With lovers' long discourse; Much speech hath some defense, Though beauty no remorse.

FAREWELL TO BACKACHE!

Her back ached—she felt miserable—no pep—she couldn't be bothered—to go out—lost contact with her friends and was lonely. Her sister advised her to take Dodd's Kidney Pills.

ATTENTION SWINE BREEDERS

NOW is the time to stand against PIG - WORM by using the most effective remedy on the market;

Mac's Pig-worm Tonic Powder

It will thoroughly abolish all traces of worms, and improve the health of your herd.

Price 3 Cts. per lb. Don't delay! Order by Phone or Mail. All orders promptly attended to.

Phone 315 THE TWO MACS Prescriptions A Specialty

—Thomas Campion.