

THE CHARLOTTETOWN GUARDIAN

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Morning Maxims
The wife is forced to reduce when her husband gets a cut in salary.

THURSDAY, APRIL 6, 1933.

PROROGATION

His Honour Lieutenant Governor Dalton will today prorogue the second session of the 42nd General Assembly of the Province. The time set for the prorogation is 12 o'clock noon.

Yesterday the Public Accounts Committee submitted its report. The minority members of the Opposition took exception to the majority report as adopted; but it is interesting to note that their exception was not in accord with the content advanced in 1931, when the Liberal members of the Committee, then in the majority, brought in a report in which deduction was made from the liabilities for such "assets" as uncollected taxes, farm stock at Falconwood, road machines, trucks and cars, motor cycles, road drags, Newport ferry, Montague ferry, Grand River scow, etc. Mr. Lea at that time insisted that a "mistake" had been made in previous years in not deducting these "assets" from the liabilities of the Province. The Opposition leader was not in the House yesterday, but his followers, who supported his contention in 1931, were quite silent on this matter.

The financial situation of the Province was fully dealt with in the discussions during the Budget debate and in committee. The Opposition members were able to add little to what Hon. Dr. MacMillan, acting leader of the House, had stated in his Budget speech. Frankly admitting that the financial position was serious, he nevertheless showed where rigid economy had been practiced in controllable expenditures in every department of Government, and challenged the Opposition to show wherein further reductions could be made without impairing the efficiency of the service.

One of the last bills to go through committee yesterday was an act to provide for a Family Court for juvenile offenders. The intention of the Act, which has been asked for by the Children's Aid Society, is to reclaim rather than punish juvenile offenders.

Other bills which passed the committee stage yesterday were the Insurance Act, and the amendments to the Teachers' Pension Act. Rapid progress was made in clearing up the remaining legislation, and this morning will see another active session before the hour of prorogation.

RAILWAY COMMISSION

Canada's Board of Railway Commissioners has just passed its 30th birthday. It was on March 20, 1903, that the bill to create a railway commission was introduced in the House of Commons by the late Hon. A. G. Blair, Minister of Railways in the Government of Sir Wilfrid Laurier. Up to that time disputes between the railways and the public as to rates and other matters had been dealt with by a committee of the Dominion Cabinet.

As traffic developed and complaints increased there arose an urgent necessity for an independent body, free from partisan, political and private influence, whose duty it would be to adjudicate such issues. Thus, the Railway Board came into being. Mr. Blair became the first chairman of the new body. A number of distinguished Canadians have served as commissioners with a good deal of credit to themselves. These include the late Judge J. S. Mabee and Sir Henry Drayton, both of whom served as chairman. Commenting on the operations of the Board, the Vancouver Province has this to say: "Perhaps had the Commission had the say, instead of the politicians, Canada would not have the mess on hand which the new legislation now before Parliament

has to clean up. Certain it is, if Mr. Blair's advice had been taken there would have been no national transcendental and no duplication of lines, as happened with the Canadian Northern and the Great Trunk Pacific. He warned Laurier, but his warning was not heeded, and from that time succeeding governments have multiplied the evils resultant until the Duff Commission's investigation forced the legislation which is now under consideration, and in which the Railway Commission will play its part."

A MAFEKING SHILLING

A scrip shilling issued during the siege of Mafeking in 1900, was auctioned at a Toronto Scout Fund campaign dinner, and brought \$35. This recalls with new interest the way in which Colonel Baden-Powell solved the problem of the town's currency shortage. The later originator of the Boy Scouts had printed and signed by his army paymaster a voucher "good for the sum of 1s," and backed by the promise to exchange it for coin "on the resumption of the civil war." At the top of the voucher appeared the Lion and the Unicorn of the British coat of arms. The voucher sold in Toronto reads: "January 1900. No. A 3266. Issued by the authority of Colonel R. S. S. Baden-Powell (Commanding the Rhodesian forces.) This voucher is good for the sum of 1s. and will be exchanged for coin at the Mafeking Branch of the Standard Bank on the resumption of civil war. (Signed) H. Greener, Capt., Paymaster."

CUBA'S FOREIGN TRADE

Mr. E. L. McColl, Canadian Trade Commissioner at Havana, writes in the Commercial Intelligence Journal that the foreign trade of Cuba in 1932, though amounting to the considerable sum of \$131,888,000, was only about one-fourth of what it was in 1929. Imports last year were valued at \$57,014,000 and exports at \$80,872,000. The welfare of the island is completely bound up in sugar, and in the main this must continue. At present 70 per cent of her exports are of this product. Prices are so low that a large number of mills have been forced to close down, while those which have kept going have only done so by adopting the most drastic measures of economy. The industry, prodigal in its affluence, has through necessity become keen, intense, and frugal. Owing to the shrinkage in buying powers, imports have been affected very adversely. But the Cuban is very partial to certain food products which are only obtainable abroad. One of the results of the depression is that he is growing more at home. Wheat flour, potatoes, dried codfish, mail and hay are the principal imports from Canada.

EDITORIAL NOTES

During a sitting of the Ontario Legislature last week there was not a solitary member of the Opposition in his seat, so a couple of Government supporters "crossed the floor of the House" just to make things look a little less desolate. The local Opposition was nearly in a similar predicament yesterday morning when Mr. McIntyre moved an amendment to the majority report of the Public Accounts Committee. There were so few Opposition members in their seats that a member of the press gallery had to go into the hall to sound the tocsin and drum them back to their places.

British films, says the Ottawa Journal, are developing fast. Hollywood's proud dominance over the screens of the world is not being rivalled but recent developments in English film industry appear likely to threaten the leadership of the United States films. Within the

NOTES BY THE WAY

An unusual case is reported in England. A woman who saw a two-year-old child run out in front of a car, threw the little one clear, but was seriously injured herself. While she was in the hospital, her husband committed suicide and now, totally incapacitated, she finds herself with only a pension of ten shillings a week. Because her injuries were due to her own deliberate act, she has of course, no claim against the owner or driver of the car. It seems ironical that a deed that might have been awarded a V. C. if done on the field of battle, should prove the very instrument of punishment in civil life.

Evidence is frequently given of the toll that is taken by public life, of the terrific tax upon energy and health imposed by modern government. There are people who think, or who seem to think, that government is a sinecure, that it is mostly pomp and pageantry, with those engaging in it thriving on the exhilaration of applause. No conception of anything could possibly be more false. For the truth is that government, as carried on in these days, is a crushing burden and a heartbreak, so thronged with worries and anxieties, and failures and broken hopes, that it is too much for human endurance.

It wasn't much of an earthquake—that disturbance of March 10 in Southern California. The Los Angeles Chamber of Commerce is authority for the statement that it was not to be classed "as a major earthquake," therefore it must have been but a minor earthquake, a "minor quake is nothing more than an incident, and what is an incident in the life of a great state? The Chamber of Commerce is reassuring. The quake originated in the Pacific, it is said, and there is no likelihood of a recurrence for many years. "Only" a small area of Southern California was affected. "Only" one life was lost in Los Angeles, "due to collapse of a building." The shock was "only" sufficiently great "to destroy" this is a nice touch—"those buildings which are unsuited to resist earthquake shock."

Borrowing trouble—that is the last extreme of soul-torturing folly. And, strange to say, it is the commonest of all practices, even among well-balanced, normal, sensible, wholesome human beings. There are some loans that are difficult to make, but this is not one of them. The loan brokers who deal in trouble are always ready to accommodate us: they are open for business night and day, Sundays and holidays, and at all other times. No collateral or other form of security, or even good credit, is required; we can borrow all the trouble we want and no questions asked.

The British destroyer Westminster has returned to port after having burned oil successfully during an experimental voyage—not ordinary fuel oil, but oil made by British chemists from British coal. Now, it is said, the Admiralty has contracted for a twelve months' supply. This is another step in England's effort to become independent of petroleum-producing countries.

Rumors do not grow, as a rule, because somebody deliberately sets out to concoct an interesting yarn. They arise from the human liability to err in understanding, and from the very human desire to make a good story out of an uninteresting circumstance. Says the Reverend Mr. A: "Some of these people seem to be paralyzed." Says Listener B, at the dinner table: "Mr. A says some of the people in the church are paralyzed." Says C to D: "I hear paralysis has broken out again; Mr. A announced it today." Says D to E: "There's a bad outbreak of infantile paralysis. Eighteen or twenty cases. Mr. A. told them about it this morning at his church." Says E to F: "Twenty cases of infantile paralysis broke out here over the week-end. Mr. A. says two of them are in his parish. Must be serious." And so on.

Mr. Andrew Mellon's farewell speech to "The Pilgrims" says the London Daily Telegraph will awaken a sympathetic response in British hearts. He puts the basis of

Empire British films are fast taking precedence over the Hollywood product and, perhaps grudgingly, recognition is even being extended by United States theatres. British films, indeed, after years of slow progress, would seem at last to be in an enviable position. They are getting better every day, and that in itself will be the greatest advertisement



By James W. Barton, M.D.

REAL EXERCISE NEEDED TO REDUCE WEIGHT

One of the things that would be amusing if it were not tragic about weight reduction is the manner in which some individuals take what they call their "daily strenuous exercise." This exercise consists of bending the body from side to side or forward and back during which they allow their knees to bend which may give the legs a little exercise but has no effect upon the middle third of the body—the abdomen—where most of the excess weight really lies.

Perhaps in addition to the bending exercise they will take a leisurely walk of one or two miles. Now this much exercise will take off a little weight but a very little, as nearly 80 per cent of all the food you eat is used up by the needs of the body itself. Thus if you ate 3000 calories of food each day 2400 would be used by the body for its ordinary needs.

If after a breakfast of cereal, bacon, toast and coffee at 8 o'clock, you weighed yourself and sat on a chair until 1 o'clock doing absolutely nothing, you'd find that from 8 o'clock until 1 o'clock your weight would likely be at least three quarters of a pound less. Similarly from lunch time until your evening meal, a loss of two pounds which means waste from the skin, kidneys, bowel, and lungs. What would be the loss if you walked around and did the ordinary duties of the household or office? You might reasonably expect to take off another two pounds.

Thus every day you take into your system water and food by the lungs and stomach to the extent of 5 or 6 pounds and the body throws it on again as waste.

If you continue to eat more than you throw off naturally your weight will increase. If you continue eating this much and wish to decrease your weight you must do real hard work and perspire freely. To take off a half a pound a day means not less than one or two hours of exercise.

You have thus the choice of denying yourself a little food every day, or if you do not deny yourself, then exercise must be taken.

Cold Comfort

(The Manchester Guardian)

Those who are in search of a little seasonal reading may like to be informed of a new volume of 738 pages which costs three guineas and which presents (according to the "Lancet") "in an orderly form the contents of 2,000 papers on the common cold, which appear to include everything of consequence which has ever been written on this subject." That seems to exclude various notes and verses which have appeared in this humble column from time to time on that perennial topic; but never mind—you can't expect everything (not even for three guineas), and two thousand papers from medical men on the common cold ought to last even the most rapid reader through the best part of a well-established catarrh. It is, of course, doubtful whether the work in question will do anything to alleviate, remedy or prevent the disorder to which it is devoted, but it will be nice for the sufferer to know that at least his condition has been under consideration. Somebody has been thinking about him—two thousand times over—and that, surely, is evidence of distinguished attention which ought not to be sneezed at.

Anglo-American friendship, which we rejoice to see that he described as "the cornerstone of America's foreign policy," on the most solid of all international foundations, which is something even stronger than common interest on its more material side. Immediate interests may at times interrupt this sense of solidarity. But always the strong "common-sense" to which Mr. Mellon alluded as characteristic of the two peoples, has kept breaking in, and recalled responsible statesmen to abiding realities and a remembrance of the overriding magnitude of the Cause.

Street cars of Dublin, Irish Free State, carried 94,158,471 passengers last year, the increase of 2,271,025 over 1931 being due largely to the heavy traffic during the Eucharistic Congress

PUBLIC FORUM

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

RAMBLES THROUGH FLORIDA

VI

Sir—As we leave Lake Wales and approach Mountain Lake—the highest point on which the Sanctuary and Singing Tower rests, we proceed through a maze of winding roads, by orange groves and nurseries, until we reach the gate of the Sanctuary adjoining the Tower. On entering we find an extensive parking place provided for cars. Then proceeding on foot through a bewildering but charming series of walks leading in many directions, and through banks of rare flowers and shrubs we find ourselves facing the tower itself. This tower has frequently been called "The Taj Mahal of America," after the world-famous tomb erected by an Indian Maharajah in memory of his wife, "this impression being heightened by the reflection pool directly in front of it."

"The inspiration for the Sanctuary and the Tower came of that stuff from which dreams are made," said Mr. Bok, who also quoted the injunction of his grandmother—"wherever your life may be cast, make you the world a bit more beautiful and better because you have lived in it."

I cannot do better to enlighten those of my readers who have never visited this far-famed beauty spot of Florida and its attractiveness, than to quote descriptions in summary from various sources:

"Created to provide a retreat of natural beauty for the human, a refuge for birds, a study of Southern planting and a harmonious setting for the Singing Tower . . . are some of the attributes of the Mountain Lake Sanctuary. In its several purposes, as in all its traditions, the Sanctuary differs from a public park."

"Beauty personified describes this Sanctuary with its rare flowers and peaceful surrounding walks. There are gardenias, roses, magnolias, acacias, azaleas, poinsettias, thousands of blooming trees, pines, and beautiful stretches of green sod, always in harmony with the purpose of the Sanctuary." (One climber especially drew my attention. It looked to me as an immense parasite with very large foliage, and was labelled "Monstera-Deliciosa." It was reputed to bear fruitage of a very large size and so rare that a single specimen would bring the sum of five dollars!)

"Even the songs of the robins, the wren, the mocking-bird, the cardinal, and the nightingale seem to blend with the perfumed air." "Florida is one of the most complete bird states. . . . The nightingales in the aviaries have been brought from England. . . . The scarlet flamingoes in the Sanctuary are from Cuba. . . . It is hoped to induce the flamingoes to settle again in Florida, his native habitat, from which he was driven by the hunter and the plumage seeker."

"However, all this beauty did not satisfy Mr. Bok that his gift to his fellow-men was complete; there was something else needed to bring him contentment. . . . Then came the Singing Tower and the Bells, and Mr. Bok's goal had been attained."

"The Singing Tower rises in the midst of the Sanctuary to the majestic height of 205 feet. . . . The Tower itself weighs 5500 tons and is built of Georgia pink marble and Florida coquina stone. In it is located one of the finest carillons in the world, consisting of 71 bells, weighing from 12 pounds—the smallest, to the largest—11 1-2 tons. Mr. Anton Brees is bell-master, and is generally accepted as the foremost carillonneur of the world."

Our party had the great good fortune to reach the Sanctuary in time to listen to the regular programme of the bells, the silvery tones of which could be heard from far away and lasted, with intermissions, for an hour. It was a rare treat. (It might be stated just here that the carillon "covers a range of four and one-half octaves, whose scale is entirely chromatic.")

The many inscriptions to be seen on each facade of the tower, tell us of its inception and erection for the benefit of the American people, and as a tribute to the country which the founder regarded as his benefactor, for "Mr. Bok came to this country as a poor Dutch boy."

There are a great many other noteworthy features, especially on the exterior and interior of the structure which would take too long to enumerate here. Surrounding the tower, is the celebrated Moat, while in several directions extends the beautiful Lake and the "Garden of Resurrection."

And here, it seems appropriate to

That Body of Hours

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SPRING COMES

For I would know that spring had come, If I were deaf and blind; The budding trees would spill their breath And whisper to my mind. The pulse of life beneath the earth, The ancient throbbing feel of birth.

For I would know that spring was here, If no one told me so; I'd feel it in the sun and sky, The smell of melting snow, The warm sweet gusts of wind that blew Across the naked soul of you.

For I would know that spring was near, The blood within my veins Would sense the sweetness of the earth, The breath of April rains. So I would know without a doubt That Spring had flung her mantle out.

—Edna Jaques.

the approaching Easter season to quote from an appreciative writer on this spot of beauty.

"For many the Sanctuary has its most gracious moment at Easter when in the Garden of Resurrection, with its thousands of white and radiantly colored lilies, is at its fullest display in the early awakening of a Florida springtime. A Sunrise Service to which all visitors are invited is held each Easter morning in the Sanctuary.

"Except the original pines, practically all the planting has been introduced into the Sanctuary since June 1923. This includes over one thousand live oaks, ten thousand azaleas, one hundred Sabal palms, three hundred magnolias, over five hundred gardenias and some ten thousand Sword and Boston ferns. As over one-half of this planting has been collected from the wilds, and most of it within a radius of twenty miles of the Sanctuary, their massed effect contributes greatly to the desired natural appearance of Florida hammock scenery. . . . but cymbidium, a genus of interesting terrestrial orchids is native to the mountains of tropical Asia.

"The Sanctuary has an area of fifty-three acres and entirely comprises Iron Mountain which is three hundred and twenty-four feet above sea level; and is the highest point of land in Florida. . . . Fourteen lakes are visible from the Sun-set Plateau and thirty-six can be seen from the top of the Tower. . . . A slab on the Ekedre, or marble seat, a token of appreciation by Mr. Bok's neighbors of Mountain Lake, bears this verse which for many expresses the joy of a garden—

"The kiss of the sun for pardon, "The song of the birds for mirth— "One is nearer God's heart in a garden "Than anywhere else on earth."

On February 1st, 1929, Calvin Coolidge, President of the United States, dedicated the Mountain Lake Sanctuary and Singing Tower to the visitation of the people. Less than a year after, Mr. Bok died at Lake Wales, Florida, and was laid to rest in a crypt at the base of the Tower.

"I will make a covenant of peace with them,—and will set my Sanctuary in the midst of them forevermore."—(Ezekiel XXXVII-26). I am, Sir, etc., BENJ. BREMNER. (To Be Continued)

MAX FACTOR SOCIETY BEAUTY AIDS

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