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Empire Day Message

Empire Day, which was celebrated at the city schools yesterday in conjunction with Arbor Day, falls this year on Sunday, and will be observed as a public holiday on Monday, May 24th.

Much has been said about the meaning of Empire Day. Its significance is well expressed by Admiral Jellicoe, who succeeds the late Earl of Meath as President of the Empire Day Movement, and who has broadcast the following message on this occasion:

"The spirit in which the celebration of May 24th was founded was never more necessary than today, when the British Empire is confronted with most difficult and weighty problems, and it is my earnest hope that the people of the Empire will face these problems with true sympathy and comradeship.

"We have a vast responsibility; the greatest Empire the world has ever known has been handed down to us by our forefathers. It is an Empire which stands for all that is good in the modern world. Let us be worthy of our destiny."

Ferguson's Message

The inauguration a few days ago of the rapid mail service between Canada and the British Isles brought to the Montreal Star an inspiring message to Canada from Hon. G. Howard Ferguson, High Commissioner for Canada in London, which is particularly appropriate to the Empire Day Movement.

Never in history, writes Hon. Mr. Ferguson, has there been more widespread interest throughout the British Isles in Canadian development and business affairs than at the present time. The executives in industry, the heads of great commercial institutions, the leaders in finance, and in fact every class of Britisher, is looking to Canada for an early recovery from the present depression, which will enable her to play a larger part in the great movement for Empire development.

There can be no doubt, declares the High Commissioner, that the exchange of visits between Great Britain and Canada that have increased so greatly in the last few years, has created contact and aroused interest, which will result in substantial benefit to both Canada and the British Isles.

Hon. Mr. Ferguson concludes with a rousing appeal for a greater measure of co-operation throughout all sections of the Empire, and sums up his message to the Canadian people in the words: "Hold fast to our British ideals."

Resent Blue Ruin Cry

Reputable newspapers in Western Canada are doing all they can to correct the false impression made upon Eastern Canada by blue ruinists who represent that part of the country in Parliament. The Calgary Herald, in its issue of May 9, declares that Spring seeding proceeds vigorously throughout Southern Alberta; that the farmers of that region are not blaming governments for all their troubles; that they are not looking for financial relief from the public treasury, and that they are determined to work out their own salvation in spite of the present hard times.

The Herald charges the western oppositionist members directly with overdoing the calamity cry for their own political purposes. To this end they have pictured the western farmer as a spineless creature devoid of initiative and lacking in personal enterprise. The sturdy pioneer spirit which developed the great West, often under discouraging circumstances, is still dominant. Agricultural-

Notes by the Way

The extension of Preferences says W. A. Hinsler in the Empire Review, London, is perhaps the most feasible measure likely to produce a great expansion in Empire trade, but its application is limited. The main obstacle lies in ancient shibboleths, which retain their influence long after the conditions that produce them have passed away. The price of bread is of little more concern to anyone than the price of tea, and yet no party ventures to adopt effective measures of Preference because it dreads the cry of dear food. A five-shilling duty on foreign wheat and a two-shilling duty on Imperial wheat would also encourage Empire wheat growers. But these matters are not judged in the light of facts, but in the grey twilight of prejudice. No one troubles to consider what is the price of food, even in countries where food is heavily protected, as compared with the price in Great Britain. It is no wonder that the public is getting tired of politics, when politicians live in the past and conduct sham fights in conditions that differ totally from the battlegrounds of the past.

Our country (Britain) is commercially depressed. R. C. Sherriff in good housekeeping, but those qualified to know have said that this will pass as surely as the sun will rise tomorrow. But our load of care and responsibility will not pass. We have carried this burden since our people took upon themselves an Empire; the burden will remain so long as we give more than we receive. But an honourable burden gives the strength to bear it. No man, I think, would willingly lay it down. Empires grow lazy and shift the burden upon their dependencies. We are scarcely likely to do that. From the burden we have grown rich in everything but money, and that is to say we are rich beyond the dreams of avarice.

Books are a very substantial world. They introduce us to people. Are there not characters in books as real as those whom we meet on the road? There are friends in books that do not grow old; they are like the characters engraved on the "Greenian Urn" that John Keats wrote about: "Forever warm and still to be enjoyed, Forever panting and forever young."

American exports to this country fell of \$289,000,000, or 31 per cent in 1930. During the same period Canada's exports to the United States decreased \$101,000,000 or 20 per cent. The industrial depression doubtless accounted to a very considerable extent for declines in both exports and imports. But the Bennett tariffs must also have played no small part. The difference between 20 per cent decrease on Canadian goods sold to United States and 31 per cent decrease in goods bought from United States furnishes the necessary evidence. Uncle Sam no longer finds Canadian markets lying open to him while his own are closed to Canadian products. And the Bennett tariffs only worked about one-quarter time in 1930.

There are, of course, all sorts of practical reasons why we should have no truck with Russia. We do not propose to place our Canadian labour upon the same footing as the wretched slaves of Russia. We do not propose to help a nation which confidently looks forward to converting the whole world to Communism, and which cheerfully admits that she is warring economic war upon capitalism. Why should we provide troubles which will later be employed to foster discontent and propagate Communism throughout the world? If Russia were merely an isolated sore upon the world's body politic, she would not be so serious a menace. But she is a plague spot, a centre of infection, a constant menace to the world's health. When Communism leaves the world alone, there will be more justification for an attitude of philosophic detachment towards Russia, but not till then.

A little leaven leaveneth the whole lump. The Loyalists came to New Brunswick and brought with them ideals of fidelity, tested in the crucible of affliction and maintained despite persecution such as would have extinguished a flame less ardent than that which burned unquenchable in their loyal breasts. They left homes, possessions, careers, kith and kin because they would not forewear a loyalty they prized as an honorable heritage, precious above all earthly goods, above fortune and friendship, above, in many cases, life itself. Gallantly they refused to pander with things rather than be branded rebels and traitors. They were ostracized and despoiled. Impoverished and uprooted they faced the terrors of the unknown. But their loyalty sustained them. Many brought with them little else besides that fiery spirit.

The local Liberal organ has no use for the opinion of those independent outside newspapers which have commented upon the election prospects in this Province. This is little to be wondered at, since the comments in these newspapers, without exception so far as we are aware, forecast the defeat of the Lea Government.

An English business man who re-



By James W. Barton, M.D.

That Body of Yours

FOOD MORE THAN CALORIES

A few years ago it was the habit of health writers to talk about calories or health units. A food was spoken of as being rich or poor in calories; butter for instance being rich in calories for its size or weight, and cabbage poor.

The five classes of foods were proteins (meat eggs, cereals) carbohydrates or starches (potatoes, bread and vegetables), fats (butter, cream fat meat; salts; and water.

It was quite naturally believed that a certain proportion of these foods used in the diet daily would make an ideal diet.

And to a large extent that was true and is true to-day. However some scientists began to make up or manufacture foods containing these various foodstuffs and fed them to animals.

What happened? The animals began to get sick, developed various diseases, and some of them died.

What was the matter? There was something in the natural foods besides proteins, carbohydrates, fats, salts and water. And that something was vitamins.

Now the exact chemical nature of these vitamins is not known but much is known of their physical properties and what foodstuffs contain one or more vitamins.

And when certain vitamins are not in the diet despite the amount of food eaten, the body will show it. For instance if animal fat or green vegetable are not eaten, the individual will not grow properly, and will not resist infection well because vitamin A is deficient. This is also one cause of "rickets" in children.

Lack of vitamin B (whole wheat cereals) interferes with the appetite; lack of vitamin C (fruit and vegetables) causes scurvy; lack of vitamin D (fats and oils) causes softening of the bones and teeth.

This knowledge of the value of vitamins to the body, doesn't mean that we should not count the calories or number of heat units we take in every day, but it does mean that certain foods—fruits, vegetables, and some fat—should be included in the daily diet.

Not only do the vitamins help to prevent ailments, but they seem to have the power to put foodstuffs into such a condition that the body gets more food value out of them. Vitamin B, found in milk for instance makes the cereal-oats, corn, wheat-give up twenty percent more food or heat units for the body's use.

The wind had no more strength than this, That leisurely it blew, To make one leaf the next to kiss That closely by it grew.

The flowers, like brave-embellished girls, Look'd as they most desired, To see whose head with orient pearls Most curiously was tyred.

The rills, that on the pebbles played, Might now be heard at will; This world the only music made, Else everything was still.

And to itself the subtle air Such sovereignty assumes, That it receives too large a share From nature's rich perfumes.

—Michael Drayton, 1563-1631.

Reminders and Reviews

I've been reading again the short stories of Robert Louis Stevenson, that brilliant Scot whose 44 years of life were shadowed by ill-health, but who won to eminence among English writers despite that handicap. "Markheim" has always been a favorite of mine; every reading seems to reveal new beauty. It has been classified as one of the best—if not the best—psychological studies ever written, and one literary critic proclaims it the "Ideal example of the impressionistic short story" which, to the general reader, doesn't mean a thing if the story is interesting.

"Markheim" is interesting; it is the story of a human soul in conflict;—the struggle of man's higher nature with his own baseness;—the triumph of good over evil, and it frankly conveys a moral.

No synopsis does this story justice; the theme, briefly outlined does not intrigue, and a casual reader may, reading the entire story, pass lightly over its rich imagery; these, for example:

"Every second is a cliff, if you think upon it—a cliff a mile high—high enough, if we fall, to dash us out of every feature of humanity."

"The inner door stood ajar, and peered into the leaguer of shadows with a long all of daylight like a pointing finger."

"Time, now that the deed was accomplished—time, which had closed for the victim, had become instant and momentous for the slayer."

Terror of the people in the street sat down before his mind like a beseeching army."

"He was sunk beneath seas of silence; and his name, which would once have caught his notice above the howling of a storm, had become an empty sound."

"He threw a ton's weight of resolve upon his muscles, and drew back the door."

"I have lived to baffle my nature. All men do; all men are better than this disguise that grows about and stifles them."

But I have still my hatred of evil; and from that, to your galling disappointment, you shall see that I can draw both energy and courage."

"His past went soberly before him; he beheld it as it was, ugly and strenuous like a dream, random as a chance-medley—a scene of defeat."

"Markheim" was published first in Unwin's Annual, London, 1885, and was immediately recognized as a masterpiece of short story fiction. One biographer places Stevenson above Kipling as a writer of short-stories, and he asserts that "in charm, in dash of style, in a sense of form, in pure romantic spirit, and in penetrating human interest, Stevenson ranks among the ten greatest short-story-tellers of his era."

Who hasn't read the Strange Case of Dr. Jekyll and Mr. Hyde, (a novelette in length), or "Treasure Island," a novel beloved of boyhood. Then there are "Kidnapped," "David Balfour," the "Master of Ballantrae," and "Weir of Hermiston," which he left unfinished.

Stevenson did not confine himself to prose entirely; he left some delightful poetry for children. In his "Child's Garden of Verses" we find beautiful thoughts expressed in the simple language of childhood: "Happy hearts and happy faces; Happy play in grassy places— That was how, in ancient ages, Children grew to kings and sages."

In "Underwoods", a collection of poetry "or grow-ups, we find "The Celestial Surgeon"

If I have faltered more or less In my great task of happiness If I have moved among my race And shown no glorious morning face; If beams from happy human eyes Have moved me not; if morning skies, Books, and my food, and summer rain Knocked on my sullen heart in vain;— Lord, Thy most pointed pleasure take And stab my spirit broad awake; Or, Lord, if too obdurate I, Choose Thou, before that spirit die, A piercing pain, a killing sin, And to my dead heart run them in!

In "Underwoods", also, we find "Requiem" which is used as Stevenson's epitaph;

Under the wide and starry sky Dig the grave and let me lie. Glad did I live and gladly die, And I laid me down with a will.

This be the verse you grave for me: Here he lies where he longed to be; Home is the sailor, home from sea, And the hunter home from the hill."

A well-known professor states that the earth's crust is continually moving. Others have made this a statement, and the next morning been fined \$2 or eight days.

Argentina's Progress

From an Article by Mr. A.H.C. Desirato, (late of Charlottetown) in the Toronto Saturday Night. (Editor's Note—Mr. Desirato, who is Vice-President of R. A. Daly and Co., Ltd., Toronto, was a member of the Canadian Goodwill and Trade Mission to Latin America in connection with the opening of the British Empire Exhibition at Buenos Aires, and while in Argentina gathered a great deal of interesting and valuable information on that great country.)

A visitor to the Argentine Republic cannot help but be most favorably impressed on arrival in the Capital City of Buenos Aires, with its population of over 2,000,000 to note on all sides evidence of wealth, as expressed by its wonderful docks, wide streets, and substantial buildings.

The Argentine people have been industrious in developing their own country, and have been assisted in this development by the advanced legislation of the National Government.

In this connection, it would be of interest to Canadians to draw attention to the operation of the Cedula Hipotecaria Nacional or the National Mortgage Bank of Argentina which was established in 1886 to make loans on real estate secured by first mortgages on income-producing property, and which plays such an important part in the development of that country.

The system of granting mortgages for a period up to 33 years, which are re-paid by 1 per cent. cumulative annual sinking fund, seems to have many advantages over the 5-year plan which is most commonly used in Canada.

The fact that the 33-year mortgage is amortized over such a long period, makes the borrower a systematic saver, and gives him a chance to pay his obligations out of earnings, without worry and increased chance of foreclosure which would come in many cases with the five-year plan. The short term mortgage does not give the young farmer a chance to develop his property, and, if he has a few bad crops, just acts as a discouragement, whereas the long term gives him a chance to better develop his property.

I feel that this system should be given a thorough study by the proper authorities in Canada, as perhaps we might, with considerable profit to ourselves, adopt a similar or improved method of assisting our people, more particularly the western farmer, in the development of the country, when it is becoming more and more apparent that we, in competition with the rest of the world, find it necessary to increase our efficiency and reduce our costs in connection with industry or agriculture wherever possible, in order to compete successfully in the markets of the world.

While the Argentina has not escaped the depression which is sweeping the world today, she is feeling it less than many other countries.

Advertisement for Simon's Above All. Features a product box and the text: 'WHENEVER YOU GO ABOVE ALL SIMON'S 10c They had to be Good'.

The basic condition of the country is unquestionably sound, in spite of inevitable fluctuations of prosperity arising from the predominance of grain and meat in the national economy. Her gold reserve is one of the largest in the world, and provided a cover for paper circulation as at January 31st, 1931, of 76 per cent.

Advertisement for CASH PRIZES. Text: '\$5.00 first prize and ten prizes of \$2.00 each to persons from whom the correct missing word is received in the following advertisement: Brahmin Tea is recommended for its Purity. Brahmin Tea is composed of small Broken Orange Pekoe leaves. Send your answers to Elggs & Co., Ltd., Charlottetown, with the word "Brahmin" on it. As many answers as "Brahmin" labels may be sent. Brahmin Tea is sold in red, airtight packages. This Contest Closes 25th May.'

Advertisement for DODD'S KIDNEY PILLS. Text: 'DODD'S KIDNEY PILLS FOR ALL KIDNEY DISEASES. BACKACHE, BLADDER TROUBLES, RHEUMATISM, GRAVEL, NEURALGIA, MIGRAINE, HEADACHE, 4087 THE PHARMACY. NOW— You Can Buy D. & F. SLICED BREAKFAST BACON (Enclosed in an attractive cello phane Wrapper) Manufactured from selected Island Hogs You are always assured of this Bacon in the best possible condition—as it is— SLICED DAILY and Supplied to Stores in Quantities to take care of their daily requirements. Ask for D. & F. Products DAVIS & FRASER Charlottetown, P. E. I. Their Flavor will Win Your Favor'.

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