

The Charlottetown Guardian

President, Lieut.-Col. W. Chester B. McLaughlin
Vice-President, J. E. Burnett, F. J. L.
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Still Piling Up Liabilities

In 1935 the CAMPBELL Government increased our liabilities by \$952,202.15
Last year their increase was 215,522.51
or in two years \$1,167,724.66

In the year closed December 31, the Government shows a deficit on ordinary accounts as well of \$24,654.30, so that neither in ordinary nor combined ordinary and capital account have our Liberal promoters lived up to the conditions of their election, viz.: balancing the budget without additional taxation.

Why Latin?

Discussing the vexed question of the utility of classical studies to modern youth, the New York Sun cites the case of a young lady in a Princeton high school who solicited the opinion on the matter of Dr. Nicholas Murray Butler, president of Columbia University, and was reminded that Latin was the basis of the Romance languages.

The Chances Of War

Replying in the House of Commons to Mr. BENNETT's proposed plan of coordinated Empire defence, involving aid from all the Dominions, PREMIER KING made this rather remarkable statement: "Conditions in the world have so changed that it is doubtful if any Dominion will ever send an expeditionary force to Europe again."

No one desires to see another great war. Above all no Canadian, no Briton, wants to see either England or any part of the Empire involved in an appeal to force on land or sea. But it is safe to say that, if Britain's rights are ever assailed or her security menaced by formidable attack, if she cannot maintain the peace and is driven into a formidable war, nothing that Mr. KING or anyone can say now, no resolution or line of legislation this Parliament can adopt, will have the least influence on Canada's course of action when the crisis arises.

Editorial Notes

Our local legislators are making haste slowly. No eight hours day for them—perish the thought, "ca' canny" is their motto.

the interests of Manchester and the Midlands, the factory producing centres of England, which sacrificed England's farmers and metal industries for England's textiles.

The free publicity we are getting in the House of Commons and Senate these days is not altogether to our liking or advantage.

A R.C.M.P. reserve force could easily be provided from this Province alone, which has not a few brawny college graduates anxious for remunerative employment.

In the death notices yesterday were six names with ages ranging from 72 to 90—the average of the six being 82 1/3 years. Nothing decadent in that for the span of life, is there now?

Tenders for some 15 miles of fencing for the National Park were called for the other day from a certain favoured few when contracts were awarded to two Summerside men for two miles each and to one city firm for 11 miles.

Some of his colleagues played an April Fool joke on Mr. Speaker when he was opening the Legislature yesterday. They could be more profitably employed in putting questions on the order paper.

"Admiral" William Duff made a most sensible suggestion in the Senate when he recommended that our Maritime fishermen should have an opportunity of becoming naval reservists. What better type of men can you get anywhere than our fishermen, and what better encouragement could be given them than to subsidize them as reserves in our first line of defence?

Evidently Senator Hamilton Lewis of Illinois wants to annex St. Pierre, Miquelon and the Maritime Provinces as part payment of France and Britain's war debts. In the classic phraseology of the Mayor of New York in conversation with the ex-Queen of Romania—"You have said a mouthful." But perhaps the U.S.A. Senator had been reading the discussions over the ill-fated Transport Bill.

There is one thing may be stated with confidence, that while His Honour the Lieutenant-Governor with his party will be dined, wine and feted to their heart's content in London during the Coronation festivities nowhere will he be provided with a better menu more admirably served than the dinners he himself gives at Government House—barring the wines, of course.

While the Dalry estate has been duly taken over for National Park purposes, it is not likely the mansion house will be operated as a tourist hotel this season. Much work has to be done to make the National Park presentable, and the approach roads must be hard-surfaced, before the C. N. R. railway would dream of attracting patrons to their new seaside hostelry. But next summer should see the North Shore on the map as one of Canada's most attractive summer resorts.

Captain Archibald S. Pither, Vancouver war veteran, with his wife was visiting Toronto, and on Sunday went into a store and bought a tin of tobacco. On emerging he was interviewed by the police, and on Monday summoned to Police Court where he was fined \$2 or 24 hours in jail, with a week to pay. He refused to pay, and so far nothing has happened. Such a furore was roused, that evidently the authorities thought discretion the better part of valour.

Larger-sized and better quality strawberries, as well as heavier yields, have been produced by thinning and spacing the runner plants, the Federal Department of Agriculture reports. Until recently, the department said, strawberries have been grown thickly matted in beds, with the idea that the more plants in the bed the more berries it would produce. Most growers still employ this method, it was said. Tests made in Missouri, Tennessee, New York, North Carolina, Rhode Island and Maryland have shown yields were multiplied two to three times in some instances by spacing, the department said. In the tests the spaced rows of plants were kept the same distance apart as the matted beds. However, the plants were spaced six to 12 inches apart in the rows to allow the plants a greater amount of soil in the bed from which to draw moisture and plant food. The spacing was found especially beneficial in years of drought. Growers also have found it easier to harvest the spaced-row crop, as a smaller number of the berries are left to become over-ripe, the department found.

Everything comes to an end, even the temperance reputation of "the cup that cheers but does not inebriate". Charged before Judge Enright in Montreal Sessions Court, Joseph Lefebvre, 40, admitted he had threatened his brother while under the influence of tea. It seems the brothers Joseph and Emile were together in the modest Lefebvre homestead at 10866 London street, Montreal North, calmly partaking of the cup that cheers but—it has always been supposed—not inebriates. One sip led to another and ere long Joseph threatened Emile, who hid himself posthaste to police headquarters to swear out a complaint against his tea-groggry brother. It was a meeker Joseph who appeared before Judge Enright. "Yes," he sobbed, "I threatened him, but drink was responsible." The judge eyed him. "Drinking, eh?" "Yes," Lefebvre admitted sheepishly. "I was drinking—I was drinking strong tea and smoking and whenever I do that it goes to my head and makes me dizzy. I don't realize then what I'm doing." The court seemed nonplussed, and several moments elapsed before a word was heard. "Well," Judge Enright said, "I shall have to find you guilty, and I shall let you go with the time you have spent in jail." And, as an afterthought, "But stop drinking."

Notes By The Way

Safest time to drive—or walk—evidently is between four and six A. M. It may not be convenient to do so, but the fact is that less than one per cent of accidents occur in each of those hours. In no hour from 12 midnight to 11 a. m. does the number of accidents compare with the total in any hour after noon, and the proportion between 11 a. m. and 12 noon is equal only to the lowest total of any afternoon hour.—Woodstock Sentinel-Review.

It is appalling the amount of needless suffering and deaths of little children caused by burning and scalding through their being left alone or because of carelessness on the part of adults. One would think it would be a lesson to others, but it seems it is just like a "tale that is told"—soon forgotten.—Moose Jaw Times-Herald.

Community cleanliness is a great thing. It has destroyed the breeding places of disease germs, drained malarial swamps, and turned them into fertile fields. Personal cleanliness has followed closely in its train and the private and public bath has taught us that dirt is foreign to our natures and hurtful to health.—Chatam News.

The armament business is flourishing. Great Britain did her best to induce continental Europe to try to get away from the war complex. She failed. The young men of Italy and Germany began to reek the European boat. All the work that Stresemann and Briand did for the good of European relations, and especially the relations between Germany and France, has been upset by Hitler and Mussolini. The world is armed. It would seem to the uninitiated that it wants bigger and more costly wars. Just where is civilization headed.—Victoria Times.

Canadians and Americans are much exercised over whether it will be possible for them to keep out of a new European war, if one starts. How much more cause, then, does England have for alarm! She is not separated from Europe by 3,000 miles of ocean, but by 30 odd miles of English Channel. The airplane, as Rt. Hon. Stanley Baldwin has said, has made the Rhine her real frontier. Like it or not, she has to be ready for trouble.—Chronicle Telegraph.

"Over the whole world still it is Thor's Day." So Longfellow sang, and, if the pre is to be believed, it is true in Germany. The Neo-Pagans will probably go welcoming in the yellow-haired Freya, and feast on the white horse, while Christians there and in other lands are welcoming a resurrected Saviour.—Hamilton Spectator.

Those who feel free to manufacture their own "facts" can always count on an unlimited supply of ammunition with which to blaze away at the men and things they single out for attack. But collective bargaining was never yet advanced one iota, not a dime of wages ever yet obtained, or ever will be, by reckless talk and unrestrained misstatement. The worst enemies of unionism are those who try to misinform its membership, who are themselves incapable of effective service but are always ready to obstruct those who are carrying the burdens and the responsibilities of leadership.—Sydney Post Record.

The virtue of evolution is that it implies consent, adaptation and growth; the vice of the revolutionary method is that which is imposed by force is never organic. But whether we pity or condemn, it should be in no spirit of intolerance or condescension. We had the good fortune to begin our progress to freedom early; the law of freedom is bred in us. Because Russia began late, and in a desperate hurry, tyranny and slavery, which has been expelled by the front door, have reentered by the back.—London Times.

Feeling very much like the chap whose gold stocks had risen in value from five cents to a dollar a share, a customer of the Bank of Nova Scotia brought in a twenty-dollar gold piece the other day expecting to receive thirty-five dollars for it because gold had risen from around twenty dollars an ounce to thirty-five dollars an ounce. Informed the banks paid no more than the face value for gold coins, he went away lamenting the fact that the law prevented him from mutilating the coin and selling it for its gold content.—Pictou Advocate.

The recent production in London of Shakespeare's "The Taming of the Shrew" has, in no uncertain manner, brought up the question whether there should be a Club for Forgotten Characters. After all, the movement has the support of no less a person than Aristotle. That famous Greek declared that men were gregarious by nature, by which he meant that they were essentially clubbable. Why, then, should not forgotten characters be allowed to form a club? The first member would undoubtedly be Sly the Tinker in "The Shrew." Shakespeare wrote a superb part for him in the opening scene and then permitted him completely to slip his memory. But the latest production of the play makes amends by keeping him on the stage during the entire performance.—Boston Christian Science Monitor.

The bugaboo that the present generation has deemed physically, as compared with the youth standards of former times, receives a jolt from a twenty-year survey conducted at the University of Cincinnati. It is shown that present students of both sexes are taller and heavier, with fewer physical defects and far less malnutrition. In addition, practically all have escaped typhoid fever and diphtheria. As Harvard and other universities have found similar results it can be safely concluded that the human race is improving and not going in to reverse.—Brantford Expositor.

That Body of Yours
By James W. Barber, M.D.

GAS IN STOMACH AND INTESTINES DUE TO LIVER OR NERVOUSNESS

It is likely that everyone has or has had at times a "pain in the stomach." With most individuals no attention is paid to it unless it comes on often or remains for some time when it does come. And, as mentioned before, it is only natural when it does come to blame it on the stomach. Yet the commonest cause of pain in the stomach is some irritation of the liver and gall bladder; not inflammation, ulcer or cancer of the stomach. Air is swallowed to increase pressure in stomach, to overcome the tendency of the small intestines to send their contents downwards into the stomach instead of downwards. So common and yet so important is this "gas" and stomach discomfort that at the last meeting of the British Medical Association the section on medicine gave a whole day's session to discussing the flatulence and epigastric discomfort of gas and discomfort in the region of the stomach. Prof. J. A. Ryle, Cambridge University, in opening the discussion, suggested that attention should be directed to discomfort rather than pain, and the region should include the lower end of breast bone, and also to left and right of the lower end of the breast bone. The patient should be allowed to tell his story, but a care and exact analysis of his symptoms was all-important. For example, a sensation of fullness is most often due to "nervous" dyspepsia and yet if the pain continues for a long time, aggravated by lying or turning, together with loss of weight and appetite, it might be due to a serious condition in the liver itself.

Another physician stated that often it was some disturbance in the small and large intestine that caused the gas and discomfort up in the region of the stomach as the small loops of the small intestine and a large section of the large intestine were directly below the stomach and gas in the intestines would give pain and discomfort in the region of the stomach. When gas accumulated in the large intestine below and to the left of the stomach region, it was very often due to eating too much starchy food.

Another point brought out was that flatulence or gas must be distinguished from what patients believed to be flatulence, as they were unable to distinguish the pain from angina pectoris from that due to indigestion. Thus a pain coming on after a very large meal may in some cases at least be due to angina pectoris—a heart condition. In most cases this heart pain is due to effort or emotional disturbance, but it can be caused by overeating.

The point often is as most cases of gas or flatulence are due to sluggishness of liver and gall bladder, cutting down on starch and fat foods, should lessen the pain and discomfort due to this gas formation.

The Poet's Corner
NIGHT EXPRESS

A train that whistles wildly down the night
Bears me beyond the destiny of steel,
Bears me involuntarily in flight
To lands that seem too vague to have been real.
And I, I am a drowsy, dreaming lad
That lies upon a moonlit cot and sees
Orion of the heavens, spangled, clad,
Beyond the stirring, silhouetted trees;
While on the wind that cools my sleepy cheek
Is borne a blend of orchard, earth and night
And that familiar fragrance from the creek
And sounds that are not noticed in the light.
The crickets chirp, the nightbirds swoop and boom,
A mist hangs o'er the mead where nest the lark
And then—a whistle—squares of light race in the gloom—
The night express goes roaring through the dark.
And on that steel Pegasus of the world
My boyish hopes ride high from star to star;
My day dreams and my night dreams merge and whirl
To realms that are so far—yet not so far.

By Stanley Poss Bartlett in the Canadian National Railway Magazine.

DODD'S KIDNEY PILLS
TREATMENT FOR BACKACHE, RHEUMATISM, BLADDER TROUBLE, GRAVEL, NEURALGIA, MIGRAINE, HEADACHE, AND ALL THE PAINS OF THE URINARY TRACT.

P.E.I. Potatoes
By A. M. Bell M. D.

The alkaline reserve of the blood is constituted from the three acid salts—the bicarbonate, the diphosphate and the oxy-hemoglobin. The alkaline reserves absorb and neutralize acids as they may be produced before they can appreciably upset the acid-base equilibrium balance of the tissues.

Acid forming diets stimulate the loss of calcium and phosphorus. They also depress the rate of growth, development, metabolism and assimilation.

On the other hand the alkaline forming foods accelerate metabolism activity and development and growth. The potato possesses this alkaline quality, being seven per cent alkaline forming in the system.

This one quality alone would prove it to be a food of the highest value, but in addition to this most essential quality, it also has very many other elements that are most essential to the well-being of the human organism as we shall describe further on.

Meats and fish of all kinds, cereal grains, white wheat flour, rice, especially when polished, oatmeal, rye, corn when dried barley, egg all kinds of fish and also shell fish and bivalves as oyster, clams, scallops are all highly acid forming in the human body; especially when processed, as so many are today which impairs and often destroys much of its nutrition value.

Although all these foods are acid forming, yet they are very good and really essential foods in some other respects, as many are sources of some of the essential elements of nutrition elements, and when properly balanced by some alkaline forming foods as, potato, milk and the green leafy vegetables and fruits comprise quite a satisfactory dish.

Meats of all kinds, often alternated with some kind of fish, are perhaps the most universally used foods all over the world. When used in a properly balanced diet, furnishing a good quality of protein which is necessary for development and growth in the young, and in the adult for building up tissue cells to replace that which is worn out and discarded as waste, this being the inevitable result of the life processes.

The muscle meats, such as beef-steak, although containing protein of a high quality, is very deficient in all other food elements, having no calcium, no phosphorus content. It also has a large amount of phosphorus and also sulphur, both of which are needed in the body in small amounts, but when taken in amounts in excess of the requirements of the system, may prove very injurious, as these then will overload the tissues with acids with disastrous results if not soon remedied.

Meats also contain nitrogen and when large amounts are taken the nitrogen toxin with carbon and oxygen to form urea which is excreted by the kidneys.

An adequate supply of Calcium is indispensable in the body and when not present in the food and in proper coordination with vitamin D, all body tissues suffer injury.

In the young developing child a large supply is absolutely indispensable and when calcium is in negative balance, the skeletal system is affected, the bones cannot properly form and develop in the growing child. All the other tissues, also are affected. The blood, and heart muscles, and tissues must have an adequate supply at all times. During the pre-natal life it is most imperatively necessary that the mother have an abundant supply of calcium in her food, not only for her own body requirements but for that of the developing foetus and this imperative need for calcium for the mother extends for at least eight months after birth of the child during the nursing period.

None of these protein foods named contain any appreciable amount of calcium, and they also are all acid forming which retards absorption of calcium from the food that contain it. In the adult the building up of the cells of the tissues to repair that broken down to form waste, as the result of metabolism, is thus impaired, as well that of the development of the growing child. The potato has considerable calcium content and when used with milk and its products and the green leafy vegetables and ripe fruits with the proteins limited to the body requirements, an abundant supply of calcium is assured. The reason meats are so universally and extensively used is because of their appetizing and satisfying flavors, and also easily obtainable almost everywhere. It is also very easily prepared, needing no skill or knowledge in its preparation and cooking. Its appealing flavour is due in part to a contained substance known as "Purins". These purins are not nutritious but are gradually transformed in the body into uric acid which is eliminated by the kidneys as waste product. (To Be Continued)

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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.

IT PAYS TO ADVERTISE
Sir,—I wish to thank all those who were so prompt in answering my Want Ad. in the Charlottetown Guardian. Out of the large number of applications I received, I have chosen my men and take this opportunity to answer all others.
I am, Sir, etc.,
WM. F. JARDINE, Head of Hillsboro.

FARMERS CREDITORS ARRANGEMENT ACT
Sir,—In the Wednesday issue of the Patriot some figures of a comparative nature were given regarding the reduction on secured debts as between Prince Edward Island at 10.64 per cent and Nova Scotia at 20.05 per cent. Would the Patriot please inform us as to the reductions on unsecured debts between these two provinces; also as to whether or not all the expenses of administration of the act are included in said statement such as stenographers, etc.
I am, Sir, etc.,
INQUIRER.

PAVED ROADS
Sir,—I note there is a great agitation for paved roads and within the last month meetings have been held at the rate of three and four each week, particularly in the districts where a certain amount of sub-grading has been done. Consequently there may be some paving done at the expense of the farmer, the truck and automobile owner, and no doubt it may take some time for those thirty noble statesmen to find ways and means of removing the necessary revenue from the tax payers to provide a few miles of paved road.
In the meantime let me bring to your attention the condition of the previously paved Southport highway, which today is in an almost impassable condition due to no other cause than pure neglect of the Department of Public Works. The influence of the Hon. M. W. Wood with the co-operation of ex-Premier MacMillan. As road paving in this province was in the pioneering stage at that time, and this was more or less of an experiment, the proper caution in regard to drainage was overlooked, and therefore the pavement in some low parts of the road cracked up as the frost was coming out in the Spring. But immediately after the frost was all out and the road dried up, the low places were all tile-drained and the shoulders and ditches put in perfect shape, then the asphalt was laid new

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