THE CHARLOTTETOWN GUARDIAN

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MONDAY, JANUARY 27, 1919

INDUSTRIAL UNREST

The demand of certain labourers in Great Britain for a forty hour week, increased pay and holidays thrown in,looks unreasonable at this distance at least. Forty hours a week means an average of six hours and forty minutes a day, little if any more than the ordinary busy man's half day and less than the half day many give to their work.

It is quite possible that if things were as they might be, a man should earn his living and provide for his family by working less than seven hours a day but things are evidently not as they ought to be, certainly not as most of us would wish to have them.

Wages originally were based on a full day's work—from sun to sun. They were later in certain cases reduced to ten, then to nine and later to eight. The eight h our day is the present Railway schedule. And with each reduction in the length of the day came an increase in the wages until today production has resulted in the tremendous "high cost of living" which all employers and employees so heartily deplore. High cost of living is the only result that could reasonably be expected from such a cause and it must necessarily go on increasing until something turn up.

How is the change to be brought about? Clearly not by shortening the day's work; clearly also not by the producer demanding his pound of flesh in the matter of profit and in that of a minimum wage. The laborer is worthy of and entitled to his hire but not to a full day's pay for a half day's work; the producer is entitled to a legitimate profit but not to an exorbitant one. The present industrial unrest is due as much to the exorbitant profits exacted by the employer as by the demand of the latter for a full day's pay for a half day's work The remedy for the increased cost of living—which is the common excuse for the demand for higher wages and for larger profits—can only come from a compromise between labour and capital, between employer and employee.

The cost of living cannot go on increasing indefinitely. Some day it will have reached a point where something will happen which will compel both labour and capital to adopt a new course. What that course shall be remains to be seen but it is safe to predict that in neither case will it be by voluntary selection. Things have a habit of adjusting themselves, or of being adjusted oftentimes not smoothly but always effectively. Excessive profits whether in the millionaire's office or in the laborer's shack,and to both of which the present unrest is due, must be eliminated sooner or later and the sooner this is recognized the easier will the elimination be.

BOLSHEVISM

According to recent despatches the contending factions in Russia, including the Bolsheviki are asked to meet in conference with representatives of the Great Powers and state their case. This action was taken on the suggestion of President Wilson and supported by Premier Lloyd George.

After all this is perhaps the only way in which these factions can be brought to reason. The factions in Russia, outside of Bolshevism no doubt have grievances,real or imaginary, probably both. When examined calmly, away from the influences created by the respective contentions they will assume a different complexion. As to Bolshevism, it would seem at this distance at least, to need only a little wholesome airing to make it appear even to its protagonists as indefensible as any crime in the decalogue and utterly unreasonable and repugnant to all who believe in decency and in order. The Russian and German Bolsheviki are the product of the villainy studiously propagated under the name of kulture in Germany before and during the war and of the hatred and disappointment engendered by defeat and blasted hopes.

We have it on good authority that Bolshevism is raising its ugly head in Canada and the United States. It has not reached the stage of taking up arms here, contenting itself thus far with denouncing all recognized forms of government and urging upon the workingmen to assert their rights, take possession of the government and distribute the capital of the country among the people. So plausible to the unthinking are the fulminations against capital and aganst existing institutions, so appealing to the poor laborer the prospect of sharing in the accumulated wealth of the country that many in the largest cities are seduced by them from the beaten paths of honest toil and decent law-abiding citizenship into the ranks of Bolshevism.

It is a reflection upon human nature to admit, as it must be admitted, that there is more unrest in labour circles today than there was when the majority of labourers were hewers of wood and drawers of water to those who employed them. In these latter days labour has asserted itself has raised itself to a higher plane than ever before in its history. By wisely and honestly laid plans of union it has come into its own is represented in parliament, has delegates at the Peace Conference and yet we find its ranks today permeated with the poisonous gases of anarchy and Bolshevism and the foundations of society, even in this peace loving Canada of ours threatened. True the Bolsheviki propaganda in Canada is yet in its infancy but the thing to do with an infant that threatens to become a devouring monster it to strangle it. The sooner this is done with Canadian Bolshevism the better. So far it has affected only the foreign element of which there is probably too much in Canada. It may become infectious as it has in Europe.

THE BACON CRISIS

Referring to the crisis in the bacon market the Toronto Mail and Empire says, a cessation of buying orders from Britain for bacon and other cured pork would be a serious blow to Canadian packing-houses and to the live stock trade. But it should not necessarily induce a closing down of the packing plants. The packing companies had abnormal prosperity during the war. Before their profits were restricted to 11 per cent by the Government they were earning profits as high as 80 per cent. If, on the first breath of cessation of orders for bacon at the high war prices the plants were to close or to throw thousands of employees out of work, the packing companies would earn a condemnation no less severe than that expressed toward their excessive war profits.

If the strong representations of the Canadian Ministers and trade officials in London and Paris do not bring a restoration of the orders the packing companies no doubt will have a serious problem in unloading accumulated stocks at prices high enough to let them out. In 1916 they sold about $36,000,000 worth of bacon for export, in the year ending last November about $34,000,000. But surely Canadian bacon is not going to lose its export markets as easily as reports indicate. Government credits have been established to finance orders for export. Europe needs food, especially on credit and Britain's influence with the Allied Food Commission headed by Mr. Hoover is strong enough to compel attention to Canadian offers. At the time of the bacon profits investigation however, British purchasing bodies did not seem to view with much favor the methods of some of the packers, but kept on placing orders. Their disposition toward these packers now that war pressure is gone remains to be seen.

From the Canadian point of view however, the packing companies should be amply able to keep going, though perhaps on a reduced scale until the export situation is remedied. Even if surplus stocks have to be marked down big profits are left in some form or other and can be used to "carry on" until the readjustment period is over. Certainly, so valuable a food as bacon must always have substantial markets.

Horace Fletcher's Ideas About Eating

Horace Fletcher was not able to prove by an unusually long life that the dietetic principles with which his name is so generally associated made for health and vigor, for when he died the other day he was just 69. Nevertheless, he did a real service to humanity, and happening to be an American, his discoveries and observations were advertised all over the world. Any claims that Fletcher may have had to be regarded as a benefactor of the human race must be fairly divided with the newspapers, for they advertised his theories until they had given the world a new word, "Fletcherize." To "Fletcherize" the food means to chew each mouthful until it becomes liquid. Then it is swallowed, the refractory roughage being treated as a shell or a core and rejected. The Fletcher idea that no food that cannot be reduced to a liquid should be swallowed is an erroneous one, and if generally observed is more likely to shorten than to increase the span of life. Man's stomach, like the stomach of many other animals, for example, the cow's needs a certain amount of bulk in the food swallowed. Man cannot live healthily on highly concentrated essences alone.

Traced to Gladstone.

Fletcher was not the discoverer of the dietetic theories he helped make famous. He relates that at the age of forty he felt like an old man and appeared to be going into a rapid decline. He went to visit a friend in Louisiana, an epicure, and from him he learned something about Gladstone's table rules. On of them was that each mouthful of food ought to be chewed thirty-two times. Another was, that one should always arise from the table feeling slightly hungry, the idea being that he would surely sit down to the next meal with an appetite. Fletcher was much interestd in the rule as to mastication, and whereas his friend had experimented with it from the point of view of an epicurean, who delights to prolong the savor of the delicately prepared food, Fletcher seized upon it in the role of dyspeptic. After eleven years of experiment he had reduced his weight from 217 to 170 pounds knew nothing of ill-health and felt more vigorous than he had felt for twenty years.

Fletcherizing.

It was some sixteen years ago or so that Fletcher adopted a a subsidiary motto to unlimited mastication the phrase, "I'll tell the world," and so he confided in the newspapes. The result was that millions of people in the United States and Canada made experiments, most of them being abandoned after one meal. Some of the experiments found that if they followed literally Fletcher's advice they would have to give up their carnal cravings for hot food. By the time a single mouthful of beef steak had been reduced to liquid form, the rest of the steak had become cold and congealed. By the clock it sometimes took ten minutes to dispose of a mouthful. Fletcher said that 700 gestures of the jaws were necessary to prepare a mouthful of onion for the stomach. Another objection was that a meal became an exercise People could not talk while they were Fletcherizing, and those who were not Fletcherizing were held spellbound by the spectacle to such an extent that their right hand, in a manner of speaking, cleaved to the roof of their mouth. Not a sound would be heard but the businesslike champing, then a sigh, as the operator turned the cud to the other side of his mouth in order that one side of his face would not become permanently distortd and a rsumption of the stoldid grinding.

The Human Hinterland.

The ridicule heaped upon Fletcher by the industrious humorists of the time had no other effect than to advertise a proper chewing of the food. Doctors and dentists arose to say that the multitude had not properly chewed its food, and that many stomachs and dental ailments were the result. The discussions that were thus promoted did not, naturally, confine themselves to mastication. They embraced the proper cooking of food, the question of proteins of the balanced ration, stomach bitters, appetizers, the duodenum, seeds in the appendix, the amount of money necessary to purchase a highly normal an d nuritious meal and the kindred ubjects. People were led to take an interest in their hinterlands. The general result was good. People chewed their food better, even if they did not grind a mouthful of onions 700 times. They were less inclined to bolt their food and especially not to "gulp" or "golph," whichever it is. It was never satisfactorily explained to them why a dog bolts its food and yet never has been heard to complain of indigustion; nor why Christ, according to the Apomrypha, could say of a dead dog "pearls were not whiter than his teeth," although the cow which pays much attention to the business of chewing never had any such compliment paid to it.

Fletcher and Hoover.

One of the features of Fletcher's doctrine is that to eat very slowly is to heighten the pleasure of the table. Prolonged chewing of starchy food changes it to sugar. As Fletcher said, "As the juices of the mouth get possession of it, warm it up, solve its life-giving qualities out of it and coax it into usefulness, the delight of a new-found delicacy will greet the discoverer .... a final delicacy which sauces cannot equal." He also explained that a much smaller quantity of food was necessary when it was thoroughly chewed, and explained that he himself had lived on eleven cents a day by applying the principles he advocated. His theories were therefore to be recommended from every point of view — health, pleasure, and economy. In the past year or two the food restrictions imposed on most of the nations of the world revived interest in Fletcher's teaching. It may have helped win the war. Like other theories it ought not to be carried to its logical conclusion. strict logic being as fatal to bodily health as to anything else apart from mathematics. Used in moderation, Fletcherism is to be commended.

Minard's Liniment Cures Distemper.

Daily Selections for Guardian Readers

Furnished by W. S. Louson

.. TO AN OLD LOVER

There is silvery frost on your hair, old boy,
There are lines on your forehead, too;
But you clear eyes speak of the peace and joy
That dwell in the heart of you.
For the passing of youth you have no regret,
No sighs for the summer gloam
And the lovers' moon. They are with you yet
In the light of the lamps at home.

In the summer of youth, in that sunny hour
That will come to you never again,
When you wooed you love as the bee the flower,
The sweets that you gathered then
You have hived and stored for your later life.
And your heart is the honeycomb—
Ah! I've seen your face when you kissed your wife
In the light of the lamp at home.

Oh, you rare old lover! Oh, faithful knight,
With your sweetheart of long ago.
You are many days from the warmth and light
Of the summers you used to know;
But you need not yearn for the glamor and gold
Of the fields you were wont to roam—
Oh, the light for the hearts that are growing old
Is the light of the lamp at home.

Philadelphia "Evening Ledger."

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Your Problems Solved

BY REV. T.S. LINSCOTT. D.D.
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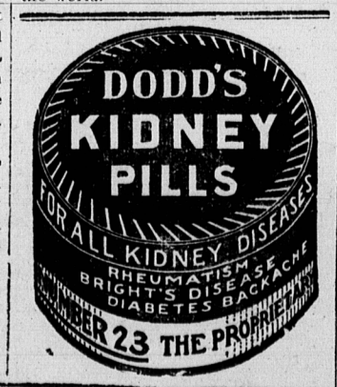
Dr. Linscott, in this column will help you solve your heart problems religious, natural, social, financial, and every other anxious care that perplexes you. If a personal answer is required, enclose a five cent stamp. No names will be published; if you perfer, sign your initials only, or use a pseudonym.

SABBATH DESECRATION: "An Elder" states that the attendance at church is getting less and less and that a large number of leading church members go for long automobile rides on Sunday. He asks whether I think such men are real Christians? I will not pretend to answer the question but will join "An Elder" in his lament that so many church members spend a large part of the Sabbath day in long automobile rides I wish some of these men would tell me how they can do this and be true followers of Jesus?

CHRIST'S EXAMPLE: "Is Christ's life an example for us to imitate, or is it a standard of excellence which none of us can hope to attain?" asks "A Deacon." It is self evident that God cannot ask from us the impossible and then blame up for not doing it. I take it that Christ did not have any more help from God to live his perfect life than the Heavenly Father is willing to give to all of us. Christ learned the secret of utilizing the power of God to live right, and this, in the last analysis is what Christ came to teach the world.



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