

THE CHARLOTTETOWN GUARDIAN

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Notes By The Way

No sooner had time—the great healer begun to dry up the tears of the local Liberal organ over the defeat of its party and its hopes in the recent election than a new source of sorrow has arisen. This is the discovery that Prince Edward Island has no portfolio in the new Bennett Cabinet.

The organ's sorrow is all the more remarkable when it is recalled that during all the years of the King administration it bore with becoming resignation similar neglect of the interests of this Province. No doubt reminiscent Liberals will look back during the coming years to the time when this Province had a full pledged Minister of Fisheries for the period of two or three weeks. It will also, no doubt be a life-long source of satisfaction to the ex-minister himself to remember that he was Honourable once.

Though the police and troops may have the situation in hand in Alexandria, the country is still seething with excitement. Private advice received from British officers in the Cairo garrison state that since the return of Nahaas Pasha from London unrest has been fomented by his extremists, and open threats made against the existing monarchy. Many Wafdists want a republic and have little compunction as to the steps taken to gain their ends. The presence of British troops in the drawback against their taking extreme measures for the British can and will defend, if necessary the lives and properties of all foreigners, and the Egyptian mobs, whilst they have little fear of Egyptian police and soldiers, have a wholesome respect for the British.

Great pressure is being brought on Washington to intervene in India. Though it is hardly likely to succeed, the astounding campaign of vilification behind it may gravely jeopardize friendly relations. In innumerable American papers such grotesque libels are appearing as that India's famine stricken millions are robbed by British bayonets of their own wheat crops in order to aggrandize bloated British capitalists.

The latest Loyd's shipping figures are not too rosy. Foreign shippers have 1,665,672 tons under construction as against 1,392,063 tons in British yards, which gives only 45.5 percent as our share. During the year before the war our shipyards claimed 57.2 percent. There is again a large increase in tanker tonnage, and a growing proportion of motor as against steam vessels. Foreign shipowners have always favored the motor, but now British owners are being converted to the internal combustion engine.

If agriculture could be made as attractive a field for progress as a city avocation, it would doubtless hold the countryman more firmly. And there is no reality no reason why it should not. But that can only be achieved by the adoption of modern methods, modern trading, and modern principles of development. It is to the interests of the people at large to help the agriculturist to progress, for in his prosperity lies the basis of the nation's standing before the world.

The London County Council has laid down for some time past now that preference shall be given to Empire foods. In furtherance of this policy it has given permission to those responsible for buying foods to pay up to 10 per cent more for an Empire article than for a similar quality foreign product.

The London County Council provides food supplies to over 80 large hospitals and 70 institutions of various kinds, and its decision is in line with the policy advocated by Mr. Bennett in the recent election campaign in this country.

British consumers are paying \$60,000 sterling (\$300,000) daily for eggs and poultry at this season of the year. Supplies of this commodity are imported from countries as close as hand as Belgium and as far away as China.

The Liberal press is not quite satisfied with the new Bennett Cabinet. Some newspapers of that ilk have gone so far as to suggest that others than those chosen would have made more competent Ministers. Mr. Bennett, however, had not consulted the prophets of the opposite party and the country will probably abide cheerfully by his selection.

It is no doubt dutiful on the part of our Liberal friends to recall the alleged greatness of the defunct King Government. This greatness was duly emphasized during the election campaign, but some-how the people did not believe in it and they voted accordingly. It is useless now, and must be aggravating to recall virtues which the people failed to recognize.

An Aroostick boy discovered a crow's nest with five eggs in it. He took out three of these, substituting hen's eggs. When Madam Crow returned she judging apparently by the



By James W. Barton, M.D.

That Body of Ours

DANGER OF SAGGING ABDOMEN

In these days when there is such a fad for reducing weight, and reducing it quickly, it is not to be wondered at that physicians everywhere are finding patients with a 'dropped' stomach, 'dropped' intestine, and 'dropped' kidney.

The symptoms are a draggy, tired out feeling, lack of appetite, sometimes pain in abdomen and small of back, and constipation.

What these individuals forget is that the surplus weight, of which they are trying to rid themselves, did not come in a few days, a few weeks, or even a few months, and yet they will try to rid themselves of the entire excess within a period of eight or ten days to two or three months.

Now what happens is that with the disappearance of the fat lying in and around the abdominal organs, and also in front of abdomen itself, the abdominal wall weakened by this excess upon it, remains in a 'sagged' condition, and the internal organs simply drop downward and forward.

In former days it was not unusual to have a certain amount of surgical work done to 'tack' up these organs into their right places.

In these days however, in the majority of cases, a wide abdominal belt is used which lifts abdomen upward and backward, thus getting the organs into their proper position. This enables the organs to do their work better, and relieves some of the indigestion, constipation, abdominal and small of back pains, with which the patients were afflicted.

However if the patient is not old or sick, he or she is instructed to do abdominal exercises to tighten up the abdominal muscles, so that they will have an abdominal belt made up of their own muscles.

The simplest and most effective exercise is lying on the back and raising the legs, with knees straight, to a right angle with the body, keeping hips on floor. If this is too difficult at first, one leg at a time is raised.

This should be done twice a day, and the number of times should be about six, gradually increasing it up to about twelve times, with both legs raised together.

Also sitting tall and standing tall at all times will help to strengthen the abdominal muscles.

This drawing back or drawing in of the abdomen gives the proper position to the whole body, as the chest goes out, and the shoulders back.

Stand sideways to your mirror and see what a difference to your carriage you can make by drawing abdomen in.

Remember the exercise above if persisted in will so develop the abdominal muscles that they will be able to hold the abdomen in always.

The Poet's Corner

THE LITTLE SHIPS THAT NEVER SAIL

At work on inland farms he must have dreamed,

In restless youth, of sailing ships that came

With lifted prows where still the wonder gleamed

From seas and ports he loved but could not name.

In him was some old trace of blood that knew

The lift of sails and thrill of blowing spray—

But land had held him and the harvest grew

And he had never dared to go away.

Too old at last for work, his knotted hands

Have turned to dreams his youth saw shining by,

And at a window facing prairie lands

He sees the cloud-ships billowed down the sky.

Each day he sits there, till the light must fall,

To build his little ships that never sail.

—By Glenn Ward Dresbach

The British Broadcasting Service will attempt to broadcast the roar of Niagara Falls.

amount of space occupied by the eggs threw out her own and complacently hatched out three small downy chicks. After one look upon them, she refused to acknowledge them. She sat disconsolately on a limb of a tree and bewailed her changeling family. The boy took the forlorn orphans home to another biddy who wisely asked no questions and cheerfully mothered her charges.

The Public Forum

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

L. M. MONTGOMERY'S IDEAS

Sir:—This is my second summer on the Island. I love it here; appreciate its people and look forward to coming again. As an interested visitor, I was anxious to get some books that intimately spoke of the life and traditions of its people.

I was informed that Miss L. M. Montgomery, a native of the Island has graphically written many books on the Island. This writer is very popular in the States. However I have never read her books and when her name was suggested to me I immediately procured a book.

As I scanned over the pages lazily before commencing to read, I was pleasantly pleased to see the names of Charlottetown, Summerside and Harmony mentioned in her book. By the way I was fortunate in getting her latest book, 1930, and so I felt I would get a modern version of the Island and so with a pleasurable emotion sat down to read.

Imagine my wonder and may I allow to add "laughter" when I read twelve pages of her "Magic for Marigold" to find such peculiar, antiquated customs here. Her asserions were so mosaic—I really must confess they were a revelation to me and of course were delightful and fun, but coming from the States where such customs were never known and such behaviour I put my thinking cap on and began to ask myself a few stern questions.

I should like readers in Charlottetown and nearby to write in to the newspaper advising its foreignness as to whether or not Miss Montgomery is sincere or not. After all outsiders are entitled to know the Island sincerely. If her book is true, then we have no right as strangers to criticize the thoughts and life of its people, but if Miss Montgomery's writings are fictitious and untrue, then this lady has no right using the names of its villages and towns and belittling its inhabitants. After all her books travel here and abroad. If I lived on the Island—belonged to that "purple clan" of aristocracy that she so well emphasizes, I would certainly resent her exposing such bigotry if it were untrue!

I would resent her touching on the intimate lives of its pioneers. I am going to give a few excerpts from her book so that those who have not read it may know. These few incidents ought to start the ball rolling. If the Islanders know of such people as Miss Montgomery describes, in all fairness to her, they should advise us. It will thus clear up a matter for those visiting this Island and seeing it through the eyes of Miss Montgomery's book.

She writes of a family, "born to the purple" all related to one another. They even know the pedigree of their cats. And yet the uncle, an unmarried wealthy man, who has travelled a lot, comes back to the Island and finds its girls unsuitable for marriage. They either have too thick ankles, pudgy hands, ornamental by candlelight but unbearable at breakfast—a purring, blinking, sidling, clawing bunch, gifted with tongues of gossip and temper.

In this well known family, that are all intermarried, a name must be given to the latest offspring and the most prominent relatives are invited to decide upon a fitting name. After hours of debating, everybody's feelings are hurt and the clan leaves for their respective homes. "tails up" as Miss Montgomery words it, and wives go on hunger strikes because they were slighted—affectionate sisters refuse to talk to one another. There are a dozen marital ruptures. A thirty years of happiness in one home is destroyed and the wife goes home for three weeks. An engagement trembles. Throbbings in the neck of a prominent aunt become more frequent. A poetess even stops writing because the suggestion of a name was unheeded. Now can it be possible that such families are on the Island among the "deep purple." I wonder.

"Hope you sat a good supper before you go visiting aunt Harriet from Charlottetown," says Grandmother Lesby to her children. "You won't get much at Harriet's. She thinks starving her guests is living the simple life. Aunt Harriet always fills the cups too full on purpose so there'll be no room for cream. Harriet can make a pitcher of cream go farther than any woman I know."

Then grandma today remembers how her marital happiness was destroyed by Grandfather who spilled soup over her purple dress because he did not like the color and to this late date she tells it to her grandchild, Miss 1930 who is 8 years of age. "He has been dead for over 40 years but if he were here now I'd like to slap his face for that drama."

One cousin in Harmony had quite a lot of children. The mother-in-law felt that her son had to keep to the

Luck and Progress

An interesting article in the Montreal Gazette points out the element of chance in scientific discovery. How blasting-gelatin, celluloid, and safety matches, were stumbled on is included.

When Alfred Nobel, the Swedish chemist, cut his finger one day he found that the supply of colloid in the laboratory had been exhausted. Thereupon he took some gun-cotton and dissolved it in a mixture of ether and alcohol; and while he was watching the process of solution the thought came to him that here might be the substance for which he had been looking, namely, something that would unite with nitro-glycerine and form a solid. He tried it and it worked. "Blasting gelatin" was the result.

John Wesley Hyatt, a journeyman printer living at Albany, N. Y., discovered celluloid by an odd play of chance. One day when his fingers had been made raw from the handling of type, he went to the cupboard for some colloid, just as Alfred Nobel had done. The bottle containing the colloid, had been upset and the contents had run out and become solidified. As he tried to gather up some of this substance he noticed that it was tough and elastic. This gave him the idea that here might be a base for artificial ivory. While Hyatt, says the Gazette, was proceeding with his experiments, although without success, a newspaper paragraph one day caught his eye. From it he learned that some Englishmen had been trying to make colloid and amber unite to form a solid, but they had failed. They had confined their efforts to the use of certain substances as uniting agents. This gave Hyatt an idea. He put colloid and camphor into a hot press, and out of the press came an opaque solid to which he gave the name celluloid.

About eighty years ago one of the partners in the English firm of Eyrant & May went on a long holiday to the continent. He was the practical man in charge of the match factory. When he returned he found that the year's stock of matches had been made up, but not

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THE LAND WE LOVE By FRANK LEIGH

HAMILTON'S INDUSTRIAL RECORD

Q. What is Hamilton's Industrial Record?

A. Hamilton has a notable industrial record in first things such as making the first sulphur match, the first Canadian made threshing machine, the first locomotive provided for Canada, the first sleeping car manufactured there as well as the first touring car, the first passenger freight car made in Canada, the first world, acetylene gas was given to the world by a Hamilton chemist, the first fresh water turbine driven ship operated between Hamilton and Toronto, the first Canadian made sewing machine was manufactured there as well as the first file. These are samples of Hamilton's unique claims.

grindstone and so did not want her laugh on-in-law to have such a large family. "I had twins twice just to spite her," this lady says.

Must we outsiders form our opinion of the inner life and circle of this Island through Miss Montgomery's books? She is a real Islander, born to the "purple" and lived here and is her destination of its people right, I wonder.

I am Sir, etc. MRS. EDITH FRANK FISHER

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E. A. Foster CENTRAL DRUGSTORE

ACTUAL BUSINESS DEPARTMENT. A visit to the Union Commercial College would almost make one think he had stepped into an actual business establishment where book-keepers, stenographers, and other executives were busily engaged in performing their usual services. From the entrance on Richmond Street, to the top floor of the Royal Bank Building, everything presents a clean and tidy appearance—wide hardwood stairs with burlap and painted walls on each side from the ground floor to the College Rooms. Here 2500 square feet of floor space is given over to the different classrooms, cloak-rooms and lavatories. The whole building is heated with hot water and fitted with all modern conveniences. No expense has been spared in placing it among the best equipped Business Colleges in Canada. In the main corridor is to be found the drinking cup-holders filled with sanitary drinking cups—sanitary paper towels are placed in lavatories. All the classrooms have hardwood floors which are treated with a special preparation for keeping down the dust. One fact which forcibly presents itself to the visitor is the splendid order in the different classes—Everything seems to be systematized with the view of getting better results. Prin. Moran says: "We get our boys and girls interested in their work and then we have no fear of results." This is the secret of the wonderful success achieved by Union Commercial College graduates. Write PRIN. W. MORAN for full particulars. Royal Bank Building, Charlottetown.

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