

Notes By The Way

Nova Scotia faces a deficit for last year of \$860,772. In 1927 the deficit was \$190,828. That looks pretty serious but it is only fair to consider it in connection with some past records. Before the Rhodes Government assumed office successive Liberal Governments had been in power for 42 years continuously and had left behind them a provincial debt of almost \$40,000,000. No doubt the provincial revenues during that period were and still are quite insufficient to meet the requirements of the public service.

capitalists and investors, but this, we take it, was not the ultimate aim of the Biological Board or the purpose of the great expenditure made by the government in its research work. There has been much boasting regarding the great things done by the government in the development of the Atlantic fisheries, but if this development means only another opportunity for the capitalist and the speculator without any corresponding benefit to the fishermen, the expenditure and the discovery by the Biological Board will be largely love's labour lost.

It is true that the new process will increase the demand for fresh fish and thus indirectly benefit the fishermen but in all fairness the fishermen should receive their just proportion of the enhanced price.

MR. SAUNDERS' FAUX PAS

Following Premier Saunders in the debate on the Draft Address on March 21st, Dr. W. J. P. McMillan reviewed the question of increased subsidies and pointed out, as the Hon. J. D. Stewart had done on the previous day, the proper method of procedure in securing a consideration of the claims of this Province under the recommendations of the Duncan Commission. He said in part:

"I would ask him (Premier Saunders) if he made any effort in this regard, at following the only logical course to get an increase in subsidy during the past year. If he did, then he probably accomplished something. If he did not, we may expect that he will come back to the House next year and make the very same statement. He comes into this House with glowing reports of the way in which he and 'Attorney General Inman' pressed the claims of this Province at that great Inter-Provincial Conference at which there were so many subjects discussed, and so far as we can judge, at which no conclusion at all was reached. I would ask the Premier if he made an effort to get together the different Premiers of this Dominion in order to have an inter-provincial conference and inter-provincial understanding, or to ask that a final adjustment of our claims be made such as was recommended by the Duncan Commission, during the past year?"

"Will my hon. friend answer?" Premier Saunders did not reply. Dr. MacMillan: "I submit, Mr. Speaker, that the statement in the Speech from the Throne, that this Government pressed our claims 'vigorously' at Ottawa was meaningless. The Premier visited Ottawa a short time ago, and after he had fulfilled the prime object of his visit—which was to address the Canadian Women's Club—he incidentally saw some members of the Federal Government about some matters. Is this what this paragraph in the Speech refers to? Did he try to get the co-operation of the Premiers of the other Maritime Provinces? Did he try for the co-operation of Premier Gardner, who, at the end of that conference of 1927 said he would be glad to see this Province get another \$200,000? Or Premier Brownlee, of Saskatchewan, who also expressed sympathy with little Prince Edward Island, the small sister of Confederation? Don't you think it would have been a simple matter for this 'little sister' through its Premier, with all these men expressing so much sympathy to at least get a conference together, to get this thing settled? Does the Premier think that putting a paragraph like that in the Speech, without being able to substantiate it in any particular, will be acceptable to the people?" Premier Saunders did not reply. Yet on the very same day he wrote to the Teachers' Federation, informing them that he had followed precisely the course mentioned by Dr. McMillan, and fully outlined, on the previous day by the leader of the Opposition.

EDITORIAL NOTE

Who can doubt, as Dr. MacMillan said in the Legislature the other day, that if the Stewart Government had been in power for the last two years there would at least have been an honest and intelligent attempt to get a final adjustment of our claims at Ottawa?



By James W. Barton, M.D.

That Body of Yours

WHY THE RAPI INCREASE IN WEIGHT?

As you know health writers are giving much advice on the dangers of overeating. And the advice very naturally is along the line of diet.

You are advised not to eat too much bread, pastry, potatoes, starches, of all kinds.

You are advised also to limit the fat eaten, as this helps to make flesh by preventing wear and tear on the tissues of the body.

You are also advised to limit the fluids.

Now this is all good sense, but two other very essential factors enter into this matter.

I was visiting in the country a few months ago, and remarked to the farmer that a certain dozen pigs had put on considerable weight during the preceding few weeks.

"Yes," he said "they are sleeping a great deal now, and don't run around so much."

"Why don't they run around so much?"

"Because they are so heavy now that it tires them to move about, so they just eat and sleep, and are getting heavy fast."

Now this farmer said he was not feeding the pigs any more than he did when they were small, in fact was not feeding them quite as much and yet they were putting on weight at a more rapid rate than at any time previously.

Why?

Because they were now so heavy they didn't want to move around, and slept most of the time.

I believe you see the point clearly enough.

You and I, if we are the weight gaining healthy type, must remember that rest has exactly the same effect upon us as food.

Even if we cut down on our food, and then rest all night and a good part of the day we can't expect to lose much weight as the body uses up only about one-fifth as much food stuff—food and oxygen—when we are lying down as when we are walking about doing some work, or taking exercise.

You can readily see then how quickly weight can be cut off if in addition to cutting down on our food, we cut down on our hours of rest, and increase our hours of activity.

Further, look at the muscular strength and increase in well being that comes by replacing fat with muscle.

The Poet's Corner

POMPES FUNEBRES

This old lady, Who was "so old that she was an athlete," Is now surrounded

By six candles and a crucifix.

While the second wife of a nephew Makes hay with the things in her house.

Her two cats

Go before her into Avernus;

A sort of chloroformed stuttee,

And it is to be hoped that their spirits will walk

With their tails up,

And with a plaintive, gentle mewling,

For it is certain that she has left on this earth

No sound

Save a squabble of female connections.

—Ezra Pound.

Paris will experiment with a street pavement consisting of asphalt laid in a steel framework upon a concrete base, forming small squares, the steel edges of which support the loads.

our dealings with the United States. It has twelve times as great a population as Canada and buys from Canada in round figures barely half as much as Canada buys from it. Still Washington is not satisfied, and is devising means to cut off buying from Canada and to dump more American goods and products into Canada. In this part of the transaction Washington is aided by its admirers at Ottawa.

Thunderstorms in March are unusual in Canada. This year they have been quite frequent almost from coast to coast. On Monday afternoon the thick clouds suddenly turned day to night while lightning flashed and thunder crashed in a mighty uproar over Parliament Hill. Perhaps it was intended as a warning to the Lords of Misrule who there sell to us, The list might be greatly extended.

Compare our trade balance in our dealings with these countries and

The Coffin Family

(By H. D. McEwen)

(CONTINUED) LONG ANCESTORY

Some people would consider it quite an honor to be able to trace, as this family is, their ancestry back for almost a thousand years over 400 years before America was discovered and still going strong both in England and Canada as well as in the United States where they occupy high places in the business education and professional world. Here, many of the younger men are clergymen of the Presbyterian (now United church). Some are in the medical profession and others are professors in various parts of the continent and others are among our best farmers but the tendency today is to drift away from the land into the different professions. We remember when there were, at least, nine or ten Coffin homesteads at Savage Harbour while today there are only three or four. Steam, steel and jack of timber has ended the once great industry of shipbuilding.

The Sterns family are closely connected with the Coffins and their coming here is somewhat of a romance. This family, also Loyalists, came from Old Hampshire where they are related to some of the first families of that State. This mother of ex-President Coolidge was a Sterns of that old State. Here, they spell their name "without the 'a.'" Doctor Sterns came from there long ago and settled at or near Truro N. S. He had a large family of twelve all of whom but one daughter, Abigail, settled in various parts of the Maritimes. One brother, a clergyman, went to Liverpool. It happened that the Rev. Robert Douglas, a Presbyterian Minister from Scotland came and settled in the congregation of Onslow near Truro, and became friends of the Sterns family. Some time later the Rev. Mr. Douglas went to St. Peter's, and Morell, P. E. I., and settled in the old manse at Morell which is still standing but in other hands. Nancy Sterns came from Truro to visit with the Douglas family and while there "fell in love with" and married Kimbie Coffin a big farmer and shipbuilder whose farm adjoined the "Manse" property. Sometime later, Caroline Sterns her youngest sister came to visit Nancy and while there, met and married Benjamin Coffin of Savage Harbour, also a farmer and shipbuilder. Later, two brothers, Frank and William sterns also came to Morell and settled and married there and carried on for many years the business of carriage building. William also operated a general store. They were the founders of the Sterns family of this Province. The descendants of "Aunt Nancy" are still on the old farm at Morell and are among our most prosperous farmers and respected citizens. Of the large family of Benjamin Coffin and Caroline Sterns only one is living, the Rev. Dr. F. J. Coffin of Charlottetown. A grandson, Milton Coffin, occupies and operates very successfully, the old homestead at Savage Harbour.

and mackerel until you are satisfied. If you want lobsters, the plant of the "Savage Harbour packing Co" is right here. With a first class car road right to the spot what more could be desired. On the eastern bank of the bay is the site of the "kitchen maiden" where the old "Micmac" warriors held their "Fow Wows" and made their laws. Nearby, is Canovoy Island, the cemetery of these aboriginals. Flint arrow-heads and stone axes have been picked up along these shores. Still quite near is the site of the first residence of the most highly esteemed Bishop, McEachern the first Roman Catholic Bishop of the Island. A few miles along the Gulf-shore, eastwardly is the site of the old French Town St. Pierre the Capital of Ile St. Jean during the French regime for many years before the fall of Louisburg in 1758. St. Pierre was a great trading town direct with France. Yearly, one or more large brigs were loaded with salmon here direct for Rochelle in France. All along the shores and around the lakes and creeks between here and Savage Harbour can still be seen old French cellars, mute reminders of the time when 10,000 French people occupied Ile St. Jean the great majority of whom were located in this vicinity. At St. Pierre, there was a windmill used by the French to grind grain which mill was used after the conquest. A brother of Bishop McEachern was killed in this mill by being struck by one of the arms. This mill was situated on "Stuckely farm" point now owned by the Sinnot family and the birthplace of Archbishop Sinnot now of Winnipeg. For these and many more reasons which space will not allow us to enumerate can you conceive of a more interesting place? Next summer, take a run to Savage Harbour and see for yourselves. It is only about 22 miles from the city.

RELATED FAMILIES

One hundred and fifty years in the history of any country must bring changes and it is almost that length of time since the first Coffin family landed here. Marriages with other families would naturally take place so that today almost all the old families are related. Among those thus connected are:—The Websters; MacEwens; Andersons; Douglasses; Dingwells; Sterns; Pigotts; Coffins and many others. Besides these, there are many fine old families of the Roman Catholic faith among whom are:—the McDonalds; McEacherns; MacIntyres; MacPhees; MacMillans; MacAdams; Morrisons and many others. Some years later, a number of fine old Irish families came and

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settled more inland, the shore farms being all taken up. Among these were the names of Sinnot, McCarthy, Dunphy, Ryan, Ronaghan, Byrne, Murphy, Donavan, Kenny, Mullally, McGuire, Phelan, Keefe, Hogan, and others. They hewed from the primeval forest nice homes and became prosperous farmers and excellent citizens. Some of the young men are clergymen and some in other professions but too many caught that malady "wanderlust" and left for the U. S. or the far West. Every one of all these families have a history of their own, interesting to their descendants, but strange to say, in this age of rush and pursuit of the phantom of pleasure, too few are interested in these old things. To us, there is nothing more interesting than old places, old graveyards, old scenes with a history, old stories of the struggles and hardship of our

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