

THE CHARLOTTE TOWN GUARDIAN

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Mr. MacPhee's Nomination

The Cardigan convention is to be congratulated upon its unanimous choice of Mr. H. Frank MacPhee as Conservative candidate for the Third District of King's in the forthcoming provincial by-election. Mr. MacPhee has all the qualifications of an able and brilliant representative. As a platform speaker he has few equals in the province. His grasp of public affairs was practically demonstrated during the period in which he occupied the responsible position of Minister of Public Works in the Stewart Government. He is a past president of the Charlottetown Board of Trade and a prominent member of the legal profession. Born in King's County, Mr. MacPhee is thoroughly familiar with the requirements of the constituency which, if elected, he will represent, and his nomination at Wednesday's convention is a deserved tribute to his outstanding merit and popularity.

Conservative standard bearers have now been selected in each of the three constituencies in which the Government will shortly be obliged to face the electors. On each occasion the selection was made at largely attended conventions at which the utmost unanimity and enthusiasm prevailed. The Government candidates, on the other hand, have not yet been nominated, nor has there been any announcement as to the dates on which the by-elections, already due, will be held. The Liberal press stubbornly refuses to discuss provincial issues and it is evident, with the Government facing inevitable defeat at the next general election, that the immediate prospects are regarded in Liberal circles with anything but confidence. The significance of the lead taken by the Opposition in placing its candidates early in the field and in choosing men of the calibre of Mr. G. Shelton Sharp in Second Prince, Mr. W. Allan Stewart in Charlottetown and Mr. H. Frank MacPhee in Third King's, will not be lost sight of by the electors when they are called upon to cast their ballots.

Must Keep Promises

In the House of Commons a few days ago Mr. King referred to the promises made by Mr. Bennett in the election campaign as if they had been made recklessly. The time to twist a public man about his promises, says the Toronto Mail and Empire, is after, having had a fair chance, he has not redeemed them. Mr. King's remarks on the subject were unseasonable, made as they were at the beginning of Mr. Bennett's administration and in a special session of Parliament called at the earliest moment, in pursuance of a promise to deal with an unemployment situation of immediate urgency. The reason for the people's bringing about the change of Government on election day was that they had lost confidence in the King administration and, in particular, had found they could not rely upon its promises. Promises freely made by Mr. King had remained unfulfilled. In some cases, indeed, a course the very opposite of that promised was taken. The Bennett Government begins well in this respect. When the time for another general election comes round the electors will have the record of the Bennett Government which will show how it has kept its pre-election pledges.

It is a simple fact, lost sight of by too many public men, that their promises at election time are taken seriously by the people. And, notwithstanding the opinion of such public men to the contrary, the mass of the people have not short memories. They do not forget the promises made by a leading politician, whether on the public platform or from his place in Parliament. Voters may be keen for their party leader's hasty bidding for support at critical moments in the campaign; but, after

all, there is in the great body of the people a moral sense that politicians have to reckon with. If it were not so there would be no such marked change in the popular voting as we had in the last election. People will go so far on purely party lines, but the leader who counts on their overlooking flagrant breaches of his pledged word to them will miscalculate.

Men in public office may have great gifts that are admired by the mass of the people, but the one thing they must have if they are to hold the people's confidence is honesty. If they are promise-makers, they must not be promise-breakers. And we believe in this country that the people are becoming more insistent on good faith on the part of the men they entrust with public office. Living up to one's promises is praiseworthy in the business man, in any man, no matter how minor a position he may hold in the community, and it is by no means below the dignity of the highest in the state. Failure to keep its promises was one of the rocks on which the King Government's craft split.

40 Hommes, 8 Chevaux

Arriving in New York from Paris this week will be a French box car, marked 40 Hommes, 8 Chevaux; it will be exhibited during a service men's reunion and will then be presented to one of the city's museums. What good will come of this is not quite clear to the New York World, which seeks to justify its stand by a description of the article in question. This will recall memories, more or less fond, to a large number of Canadians who spent an unforgettable portion of their four years overseas bumping about France in these cars.

"The box car known as 40 Hommes, 8 Chevaux," says the World, "was used to transport men, horses, food, ammunition, military police and in fact almost anything, during the Great War. However, it was not suited to the transport of anything. To begin with, it was quite short, so that about 200 of it were required to make a train. Next, it was so designed that air could be applied only on the first twenty cars; the other 180 apparently had no brakes whatever. Next it was equipped with old style ring-and-pin coupling, so that each car had a play of about a foot and a half. Now the first twenty cars stopped by airbrake, as already noted; but the twenty-first car stopped by bumping against the twentieth and the 200th car stopped by bumping against the 199th, with the procedure reversed when the train got going again; men in the 200th car have been known to have all their teeth knocked out by the jolting, so that they had to dunk their head in coffee before they could eat it."

"Next, it wouldn't run on any railroad but that one. Every few miles it encountered track of narrower gauge than it was built for; thus all its cargo had to be moved into another car with a different set of wheels. Next it had fleas. Next, it had a flat wheel. All in all, it was an unpleasant institution and it does seem a little strange that anyone should take the trouble to bring one all the way across the Atlantic."

Editorial Notes

New York customs officials report that ninety per cent. of the tourists returning from abroad caught smuggling are women. The men are equally keen to escape paying duty but lack the courage and facilities for concealment of the resourceful sex.

The voting of \$20,000,000 for unemployment relief, the extension of the anti-dumping powers of the Government for the protection of Canadian producers, and tariff increases for the immediate enlargement of employment opportunities for Canadian labor, are the three major measures the Bennett Government is submitting to Parliament. These are three of the most important pledges Mr. Bennett gave to the people of Canada, and they are being implemented within two months of the election. No wonder the discredited Liberal organ is sore! Not often has defeat made a poor sport in sporting parlance—more groggy.

Great Bear Lake in the Northwest Territories has long been known to be very deep, but previous to 1927, when officers of the Northwest Territories Branch, Department of the

Notes By The Way

Under what is supposed to be a low tariff the people of Canada have been paying in taxes on imported goods at the rate of more than twenty dollars per head while the people of the United States under a highly protective tariff have been paying out more than five dollars per head. This results from the fact that the United States places high duties on things that can be made or produced in that country, keeping down importations, while admitting free or at a low rate of duty raw materials necessary for manufacturing and such things as cannot be produced in the country.

"Canada paid the entire cost of her troops during the war from the time of their enlistment until they were discharged from the service, including transportation across the ocean, pay and allowances, food and the ammunition they used at the front."

Premier Bennett's statement that he will stay at his post in Canada until the business of the special session is concluded appears to have convinced Mr. King and his followers that it will be unwise for them to make any move in the direction of delay.

There was "nothing so disgraceful in the history of Canada" declared Premier Bennett as the late Government's sudden pre-election increase in pay to 828 Ottawa charwomen in the civil service. "If this Government endures," the Premier stridently warned, "a law will be placed on the statute books of this country within the next few months to stop forever the practice of Governments making appropriations by order-in-council between the issuance of writs and the day of an election." It was by such an order-in-council, he pointed out, that the Ottawa charwomen, receiving their pay on the Saturday preceding the Monday election, had each found an extra \$10 in their envelopes.

Sir Thomas Lipton has spent approximately \$4,000,000 since 1899 in challenging for the American's Cup.

There is new life in the fruit and vegetable industries of British Columbia. The action of the Bennett Government in fixing adequate values for duty purposes on apples, pears, peaches, plums, prunes, cantaloupes, onions, tomatoes, cabbage and celery, is interpreted as the inauguration of a policy of protection of the fruits and vegetable industries which will give them a fair chance of success. It assures Canadian growers access to Canadian markets without having first to jump the hurdles imposed by the dumping of foreign products.

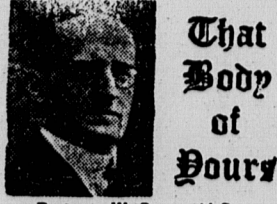
Mr. King's verbal adventures in the House of Commons suggest that he is more concerned over the petty details of procedure than over the emergency unemployment relief Parliament is to provide. His every word and action have emphasized the soundness of the country's judgment on July 28.

American fuel to the extent of 3,500,000 tons is annually used by the locomotives of the C.N.R. and C.P.R. American bituminous coal to the volume of 9,000,000 tons a year is being imported into Quebec and Ontario. These big items show what a vast home market there is in Canada for additional sales from the coal mines of Nova Scotia, Alberta, and British Columbia. This market, can, a-d should, be exploited to the limit for the development of the Canadian coal mining industry. One is confident that the means for its exploitation will be devised and put into effect by the Bennett Government, and that no time will be lost in working out so obviously sane and patriotic a policy.

Within the next three months the last remaining defense force of French and Belgian troops will be withdrawn from the Saar district, the League of Nations has decided. It is almost twelve years since the end of the Great War and it would seem reasonable to expect that by this time the Allied forces could be withdrawn with safety.

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By James W. Barton, M.D.

MEAT FOR GROWING CHILDREN

I recently mentioned the fact that there were so many health writers objecting to the use of meat in the diet, writers who go out of their way to tell of the terrible dangers of meat eating, that I immediately have the impulse to take up the defence of meat, and show that it should really be a part of the diet of everybody. Naturally I have to admit that old folks, folks who are bedridden, folks too sick to do anything but lie around the house can do without meat and get the necessary protein food by eating one or two eggs daily. However a very interesting experiment has just been completed during which 83 undernourished children of school age were kept under observation, and everything possible was done to bring them up to normal weight.

The children selected were those in whom the Elizabeth McCormick Foundation had found it impossible to bring about a gain in weight.

The staff of the Sarah Morris-Hospital for children in Chicago examined the children carefully before entrance and if there were other troubles aside from underweight the youngster was not admitted to the experiment.

It was found that although results were not obtained at school or in the home, an increase could be made if the children's diet was very carefully supervised at the hospital. The periods of stay in hospital ranged from three weeks to twenty eight weeks, and yet no definite reason why they had not previously gained was found, because during this careful supervision of the diet in hospital there was a progressive and satisfactory gain in weight.

Now your first thought would be that the youngsters were filled up with milk, sugars, potatoes, and other starchy foods, and also fats.

As a matter of fact they were given all kinds of foods in this experiment and what was the result.

The undernourished children made a much better and a more rapid gain in weight on a high protein diet (meat and eggs) than they did on a low protein intake."

The report of this experiment ends with this significant statement:

"Positive observations of practical value are that the underweight child can be made to gain in weight if sufficient attention is paid to its diet and food habits, and that the growing child requires a high protein intake." Mothers should then remember that milk and other foods are good, but that the growing child requires meat or eggs.



THE SHEAVES

Where long the shadows of the wind had rolled, Green wheat was yielding to the change assigned; And as by some vast magic undivined The world was turning slowly into gold.

Like nothing that was ever bought or sold It waited there, the body and the mind; And with a mighty meaning of a kind That tells the more the more it is not told.

So in a land where all days are got fair, Fair days went on till on another day A thousand golden sheaves were lying there, Shining and still, but not for long to stay— As if a thousand girls with golden hair Might rise from where they slept and go away.

—E. A. Robinson.

"Life goes according to fashions and fads."—Winston Churchill. "Labor without brains will never be the master of capital."—August Hockscher.

"If a man is to grow to be old, I think he should love his work."—David Belasco.

Interior, Canada, visited the lake, no actual soundings had ever been made. In their several traverses of the lake, they took in all 65 soundings. The average depth of the lake was found to be between 50 and 60 fathoms. The greatest depth was 75 fathoms, and since Great Bear Lake is only 391 feet above the sea, the lake bottom at this spot is below the level of the

COLD CARCASSES

(The London Times)

A considerable proportion of the Empire's trade has grown up as a direct consequence of discoveries in the field of low-temperature research. But the science of refrigeration, upon which depends so much of our trade in meat, fruit, dairy produce, and other perishable commodities, has only come to be applied commercially on a large scale within a very brief period. The extraordinary fascinating complications of the problem, the successes already won and the importance of the obscurities still remaining to be cleared up, are quite unknown to the general public.

Without refrigeration our economic system would be like a river without locks. There would be floods drowning the producer, followed by droughts starving the consumer. The resources of the Southern Dominions so far as perishables are concerned, would be as useless as the potentialities of the planets. Cold storage has quietly effected a revolution. It has converted delicate foods like eggs and pears into semi-permanent food-stuffs capable of storage for six months or so, and has almost turned perishable products into non-perishables like wheat.

A Hint From a Glacier

Pioneers of cold storage were Empire-builders of a practical if unscientific kind. One of them, Thomas Cutcliffe Mort, was a young emigrant to Australia from Boston. As he sat at breakfast, on a day about the fifties, a paragraph in the Sydney Morning Herald caught his eye. I described the discovery in a glacier of a pre-historic animal in a perfect state of preservation. He thumped his fist on the table, so the story goes, and exclaimed: "I have discovered the secret of how Australia's abundance may supply Europe's need." In 1861 he established in Sydney one of the first freezing works in the world. He is said to have spent £80,000 on his experiments, and to have been bitterly disappointed by the failure of a freezing plant installed in a sailing ship in 1876.

But his work was followed up, and this year is the jubilee of the first successful shipment of frozen meat from Australia. Now, only 50 years later, a million and a quarter tons of meat are transported every year across the sea, and our annual import of meat alone amount to £110,000,000 in value. Cold stored fruit, butter, eggs, fish, cheese, and vegetables are of no less importance.

The cold storage of meat is an entirely different affair from that of fruit. Fruit is alive after being picked. It breathes, taking in oxygen and giving out carbon dioxide, and this alters the composition of the atmosphere around it. Fruit gives out moisture, and this changes the humidity. At the same time it continually gives out heat, and this affects the temperature. As much as one half of the energy of refrigerating machinery is frequently taken up in counteracting the effect of the fruit and in merely keeping the temperature of the hold steady before starting the cooling process. Of these three factors only one—the temperature—is accurately regulated under the modern conditions. Future developments lie mainly in the direction of bringing the other two factors under a similar control.

One of the most delicate experiments carried out at Cambridge by the Low Temperature Research Station is the measurement of the heat given out by an apple. A single apple gives out, at cold storage temperatures, only microscopic amounts of heat. If none of this escaped, it would take the apple two or three days to raise its own temperature by 1 deg. C. But in a large hold, where there are millions of apples, the problem of self-heating is a tremendous one, especially if the fruit is warm when loaded. In the early days it caused many disasters. The more rapidly fruit breathes, the more heat it produces. Increased heat in turn stimulates respiration, for an apple breathes faster at higher temperatures just as a dog pants on a hot day. Soft fruits like bananas breathe more rapidly than apples. Short-lived fruits, like raspberries, are the most rapid respirers of all, and are consequently very hard to keep in cold storage.

The self-heating problem is only partially solved. There is still the difficulty of getting an even temperature all over the hold. The better distribution of cold air is one of the problems to be studied in the model ship's hold at the new East Mallory laboratory. A chamber to contain about 120 tons of apples—one-fifth the size of an ordinary hold—has been built, in which fruit will be stacked in various ways, the object being to find the most efficient and cheapest way of distributing the cold air and removing heat. Practical improvements, which would effect a very large saving in trade by reducing the small but extensive percent-

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More freezing of fish may mean that all sorts of deep-sea fish will become an adept with the ice machine rather than with the knife. The second possibility is to extend the period of chilling. Beef can now be kept satisfactorily for 25 days, or even longer, at slightly below freezing point. Scientists believe that the period could be extended to at least 40 or 45 days.

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