

THE CHARLOTTETOWN GUARDIAN

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FRIDAY, AUGUST 8, 1930

Illustration Stations

It is encouraging to note, from a news item in Tuesday's Guardian, the interest which is being taken in the work of the Dominion Government illustration stations throughout the Province.

Farming today is a scientific profession in which success is dependent upon keeping abreast of the times. That the twelve illustration stations throughout the Province perform a valuable service in this connection will be seen from the published outline of the major projects under way.

The Turn of The Tide

Canada ought to be thankful to Premier King for resisting the temptation to defer the general election for another year. The strategic considerations that moved him to go to the polls on the 28th of last month did not work out as he expected, but the issue proved extremely satisfactory to the country.

It is doubtful, says the Mail and Empire, if any former general election held in this Dominion was immediately followed by such a general spirit of acquiescence in the outcome. The aftermath of our elections has generally been one of strong protest and long agitation on the part of the defeated.

Had Premier King not thought it to the advantage of his Government to go to the polls this summer and had he given the country another year of his administration, it would have been so much the worse for Canada.

The British Way

Mr. Walter Page once asked Lord Liverpool what America could learn from Britain. Lord Liverpool asked if he could speak without offense, and Mr. Page said certainly.

Something of what Lord Liverpool meant, so far as it applied to Britain, is revealed by the log of the R-100, telling of the experiences of the airship when she passed through a terrific thunderstorm coming up the St. Lawrence.

At 9:30 p.m. local time passed through thunderstorm. Violent disturbed air currents. Ship's height varied rapidly between 1,500 and 4,000 feet.

The Fisheries Portfolio

The Canadian Fisherman, which severely criticized the King Government's appointment of Hon. Cyrus Macmillan as Minister of Fisheries, expresses the hope that the right type of man for the portfolio will be found by the Bennett administration.

"We do not want a Minister who is going to spend his time gummed up in interpreting fishery laws and evolving new ones. Nor do we want a Minister who will employ his time handing out inconsequential political favors."

Editorial Notes

Forfeited deposits, says the Vancouver Province, might be donated to a sanctuary for election forecasters who scored zero.

British Columbia growers have shipped two tons of frozen strawberries to New Zealand. This follows an experimental shipment made some months ago.

The area of Canada is calculated to be 3,684,723 square miles, an area greater than that of Europe. Of this area only a small fraction has been adequately mapped.

The invitation of Hon. J. B. M. Baxter to the airship authorities to set a course over the Maritimes during the return trip, says the St. John Telegraph Journal, makes welcome reading.

Notes By The Way

Some Liberal Newspapers are finding some consolation in conning over the various seats which the Conservatives fail to carry.

How should we interpret bird-song? What is the motive behind it? Was the Christmas carol of the thrush a theme of thanksgiving? No; far from it.

The sharp note sent recently to Turkey is the man responsible for only a routine threat were it not for one fact: the Soviet Ambassador to Turkey is the man responsible for stirring up the trouble.

When Red Russian diplomats write the ultimatums which local statesmen obediently sign the outside world can be expected to sit up and take notice.

On the surface the present trouble between Turkey and Persia seems ordinary enough, says a contemporary. Wild tribesmen from Persia have invaded Turkey and were severely punished for their attempt.

As is well known, Turkey and Russia have recently worked closely together. But Persia has also been under the influence of Moscow.

With others it means a lot of extra work on stomach, intestine, liver, kidneys and skin, because the majority of these big eaters take little or no exercise.

Of course some of these big eaters boast that they belong to the breakfast organization. It would be better for them physically if they resigned from the no breakfast and joined the late supper or no late dinner class.

It is the extra food eaten at night, with no possible chance to have it used up by exercise, that causes overweight in some, and kidney, liver, and intestinal trouble in others.

Where the office man plays golf or engages in other vigorous exercise he may safely eat as much food as an outdoor mechanic.

After all it is just a matter of how much work you do. A tailor or a shoemaker doesn't need any more food than an office man.

So remember that in these days when you are reading about proteins, starches, fats and vitamins, that the quantity of food is just as important from a health standpoint.

Eat in proportion to the amount of work you do, or the exercise you take.



By James W. Barten, M.D.

That Body of Yours

FOOD AND WORK

A youngster one of my chores is to tidy up the back yard. It was her a large yard, and so I invited the boy next door to help me, in return for which I offered to help him with his wood.

While there was a certain novelty in me in handling the saw I had to admit that sawing wood was a much harder job than tidying up the yard. Thus I found myself stopping very often to 'grease' the saw so that it would go through the wood more easily.

However as we were good friends and wanted to get away to play or fish it was to our mutual advantage to help one another at our respective chores.

Why do I mention this? Because as there is a difference between sawing wood and tidying up a yard, so likewise is there a difference in the amount of work between that of a hard working mechanic and an office man.

And yet we find the office man often eating three large meals a day, with an extra meal at night at a party, bridge game, or even as a regular habit at home.

What does this mean? That his system has to handle this extra quantity in the best way it can. The usual way of course is for his body to simply store this extra food away as fat, and so we find such a large number overweight.

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SKY SCRAPERS

(From the New Yorker) ... Some people have a fear that the weight of the numerous buildings put up in New York of recent years is going to cause the earth's surface to crack and that the island may buckle up and sink into the ocean any time.

New York is built on solid rock, as is generally known, and nobody can tell how deep it goes or what is underneath. Our engineer says he suspects one might bore for miles and still find rock.

Wheat Harvest has already begun in some parts of the Island. This is perhaps the earliest date at which harvesting has begun—but the whole season has been almost a month earlier than average.

Turkey has changed the characters of its alphabet from Arabic to Latin. China has taken a step toward a national tongue, in place of the present multiplicity of dialects, by ordering kuo-yu speech to be taught in all schools.

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The Poet's Corner

MASEFIELD'S NEW POEM

NOTE:—John Masefield, the new poet laureate of England, begins in September Cosmopolitan the life story, in verse, of the famous ship Wanderer. The manuscript was secured by Ray Long, Editor of Cosmopolitan, a few weeks after Masefield's appointment was announced.

After magazine publication, the story of the Wanderer will be printed in book form in a special edition, by the finest craftsmen in England. One copy for the King, another for the Queen, one for the Prince, another for the Duke and Duchess of York. Then another very limited deluxe edition, and finally a popular edition. We quote, with permission of Cosmopolitan Magazine, the following lines which describe the Wanderer's behavior in a storm:

In darkness of tumult the danger came suddenly down. Some sudden attack of the sworders that smite from the wind, Some gallop of spears that smite upon ships from the sea, No man beheld it, or heard it, or knew it but sharply, Suddenly, somehow, the steel-towing hawser was broken. Snapped, in some heave or descent, and, as suddenly, danger Leapt at those vessels; the Wrestler was towing no longer But prone on her broadside as helpless as blossom in weir, As may-blossom caught in a current and whelmed in a sluice; Swept from the Wanderer far, to the brink of destruction, While she, the fair Wanderer, wallowed, not under command, In breakings of billows that lifted her ropes from her rail.

Devine Sarah's Kisses

(Labor Magazine)

The late Sam Davis, editor of the Carson "Appeal," was known as the oracle of the Nevada Sagebrush. Once he was instructed by the San Francisco "Examiner" to meet Mrs. Sarah Bernhardt at Reno and bring her over the Mountains of California on her first tour of the Western slope.

Davis was a most likeable person. The great French actress became a friend of him that thereafter she declined to be interviewed by any other newspaper man during her tour on the coast. If she had anything to say for publication, he was it for her.

The day came when the train bearing her private car was about to start back East. As the locomotive bell was ringing she put her hand upon his shoulders kissed him upon either cheek, and then squarely upon the mouth, remarking:

"The right cheek for the Carson 'Appeal,' the left for the 'Examiner,' the lips, my friend, for yourself." "Madam," said Davis, "I also represent the Associated Press, which serves 380 papers west of the Mississippi river."

THE LAND WE LOVE

By FRANK LEIGH

CHAMPIONS OF RESPONSIBLE GOVERNMENT

Q. Who were the chief champions of responsible government in Canada? A. The four chief champions of responsible government in Canada were Lord Durham, Lord Elgin, Baldwin and Lafontaine, based on the famous Durham Report following a study of governmental conditions. Lord Elgin helped as Governor General to bring the Durham plan into operation and Robert Baldwin in Upper Canada and Lafontaine in Lower Canada sponsored the new plan in parliament. This new policy marked the beginning of a new era in Canadian public life which has since been greatly extended.

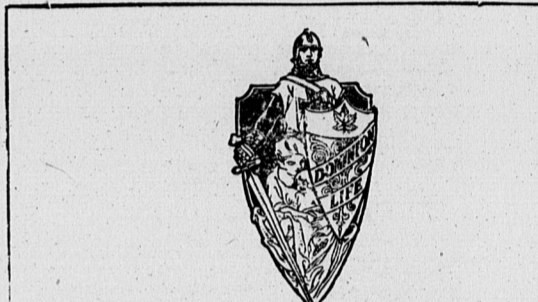
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