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THE ORATORICAL CONTEST

The interest created by the Oratorical Contests held in the different centres on Friday, is a distinct credit to our people, while the performance of the contestants was a revelation. The excellence of the addresses at each of the centres was a matter of surprise to all who heard them and the opinion was freely expressed that similar exhibitions should be held more frequently than they have been.

It has been suggested that in connection with the regular school work more time should be devoted to extempore speaking on subjects previously set and no doubt this would materially assist in preparation for these annual contests.

THE AMERICAN TARIFF MOVE

Efforts to relieve the farmers of the United States are well under way. Congress is sitting at Washington, and its deliberations are awaited with eagerness by thousands in that country, and by thousands more in Canada with anxiety.

thing is as it were a monopoly, and monopolies are impatient of threats from outside. Therein lies the danger to Canada. Canada is praised by our neighbours as their best customer, but if they love us, they are proving it by the time-honored process of "kicking us downstairs."

CANADIANS IN BRITAIN

Canadians who try their fortune in British politics usually succeed in making their way there. At all events, they do not find their entry made difficult by insular prejudice. In so conservative a country as Britain it would not be surprising if young men from this dominion, who have not yet distinguished themselves in our own parliament, were received with some reserve as candidates for seats in the British House of Commons.

GARNET WHEAT UNDER TEST

The early-ripening Garnet wheat is to be given an exhaustive trial in one of the most exacting markets of the world. Its introduction has carried the wheat line 100 miles further north in Canada, by reason of its ripening from a week to ten days earlier, and thus escaping the frosts which so often reduce the quality of the grain.

Now however Garnet is to have the trial upon which its future depends. It was planned to send 10,000 bushels, in an open cargo, to be distributed among the millers of the British Isles and Germany, but after discussion between the wheat pool, and the Dominion Agricultural Department, it was decided to ship only 5,000 bushels in bags, instead of in bulk.

The consignment will shortly leave Fort William and by the time the present year's crop is harvested, reports will be at hand, deciding its future.

EDITORIAL NOTE

Much trouble might be spared to pedestrians and also to drivers whether of automobiles or carriages, if the silent policemen were placed in position at once. There has been a good deal of confusion recently at some of the busiest crossings, because of the want of direction of traffic.

Notes By The Way

"Freak" legislation is not unfamiliar in the United States, but it has been left to this province to initiate "fun" legislation—if we are to accept the explanation given by Hon. W. B. Lepage regarding a certain amendment of the Prohibition Law passed in 1928 and re-amended this session.

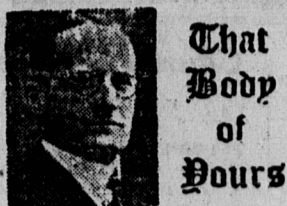
Altogether it may be said, the Government benches have been occupied by a group of kindergarten children in the matter of administration and lawmaking. They have had to be instructed, guided, chided and scolded by Hon. Mr. Stewart and his able supporters from the beginning of the session to the end.

Contrasted with the Government, the opposition has played a brilliant part. Ably and skillfully led by Mr. Stewart and Dr. MacMillan, the members to the right of the speaker practically walked over their opponents in every respect. What the legislation would have been like if passed in the form submitted by the Government only lawyers can fully appreciate. This we know that even as it is, and in spite of the advice of the Leader of the Opposition, the Government has made the collection of the Road Tax inoperative.

Then with regard to the Government Liquor Business profits. We know from practical experience of business management under a capable head like Mr. James Paton what the Government Vendors should produce in the way of surplus. Before Mr. Paton took over the chairmanship the business of the Commission was run loosely, the profits during the Bell regime practically disappearing without a simple explanation to account for the fact.

The Saunders Government is making a Rake's Progress, spending wantonly, extravagantly, foolishly and running to the money lender every year to make ends meet. There can be but one end to such a reckless course, bankruptcy and disappearance as a province. If we cannot meet our liabilities we shall have to appeal to Nova Scotia to take us under her protecting care—and that, alas, will be the end of our independence—we shall become the hewers of wood, the carriers of water, and the payers of taxes to a Government over which we shall have as much control as we have over the government at Ottawa.

Ev'ntly the Montreal Star is still ignorant of the fact that our roads are open to autos every day in the week. In a recent issue in which complimentary reference was made to our happy freedom from divorce the editorial said: "In that realm of pure delight, where automobiles are allowed to run on the roads only three days in the week there has been only one divorce granted since confederation."



As James W. Barton, M.D. CORRECTING CONSTIPATION WITHOUT DRUGS

Waste matter in intestine can be absorbed into the blood when the liver fails to remove the poisons. However, there are other things that happen in constipation that are not generally known.

One is that this waste matter makes pressure against side of intestine that upsets the natural rhythmic movement of the muscles of intestine. As you know movement is affected along large intestine by what is known as peristaltic action, a worm-like motion with first a contraction or tightening of one part of intestine, and a relaxation in another part; the contractions external in a wave-like motion along the intestine.

Now various kinds of foods may interfere with, or "slow up," the action of these muscles, and also mental actions such as hurry, anxiety, and so forth.

- 1. Relieve all general debilitating influences—bad teeth and tonsils, and bad daily habits of neglect. 2. A diet that will have a moderate amount of roughage—fruits, salads, raw and cooked fruit and vegetables, and a moderate amount of bran (too much is irritating.)

The exercise of bending from side to side, with knees straight twenty times each side and lying on back and raising the legs, knees straight, to a right angle with body ten to twelve times, night and morning, are most effective.



Life's such a round of little things, How can we stop to see The vast, still splendor of the sky, The high stars' mystery? For all our days are filled so full Of little fretting cares, Of little unexpected joys, And sudden small despairs.

THE LAND WE LOVE BY FRANK YEIGH

Q. What did Canada raise through voluntary war funds? A. Canadians raised by voluntary effort and through various organizations nearly \$100,000,000 up to 1918. The largest sum came through the Canadian Patriotic Fund, including the Manitoba Patriotic Fund, of nearly half the total amount.

Helium-Strangest Gas in the World

Condensed from Popular Science Arthur A. Stuart

A few weeks ago the little Navy blimp J-3, descending to its hangar ran afoul of a weather vane. With a ripping noise her gas cells parted, and 25,000 cubic feet of helium gas disappeared to wander among the elements.

Only ten years ago that mishap would have cost the Navy approximately \$36,000,000. In fact helium then was so rare as to be virtually priceless. All lighter-than-air craft were filled with the highly inflammable hydrogen gas. Yet today the loose change in your pocket might buy a barrel of helium, a cubic foot costing only about three cents.

Within the last few years new fields of natural gas, from which come high percentages of helium, have been discovered and cheaper methods of extraction developed. It is said, for example, that the new Government plant near Amarillo, Texas, will be able to supply the entire needs of the United States for many years to come.

And the United States is the only nation having, as far as anyone knows, any considerable quantity of helium. Practically the world's entire supply—which is to say, the United States, for its export is forbidden by law—comes from the natural gases of Texas, Oklahoma, and Kansas.

Helium (from the Greek "helios," meaning "the sun") is a colorless, odorless, tasteless, non-inflammable gas with about 2.5 percent of the lifting capacity of hydrogen, the lightest gas known. It was first discovered in the sun by means of the spectroscope, in 1868, and discovered on the earth, in supposedly infinitesimal quantities, in 1895.

Because of its lightness and non-inflammability, it's chief use has been to fill the gasbags of airships. Such ships do not have to risk the appalling disasters experienced by some hydrogen-filled airships.

When the Graf Zeppelin made its recent flight from Germany to the United States, smoking was forbidden. No food was cooked. Precautions were taken even against the flashing of a tiny spark from a tack in the heel of a passenger's shoe by contact with metal in the deck. At the Lakehurst, N. J., landing field every spectator was handed a printed request not to smoke, even in the open air. The huge silk and rubber sausage was filled with hydrogen probably the most highly inflammable substance known. Meanwhile the Los Angeles nestled safely in its hangar—filled with fireproof helium.

Of late years, other uses for helium have come to light. It will prevent the "bends" or caisson disease that affects deep-sea divers. It is used in metallurgy, fills radio tubes and finds a place in scientific instruments. It cools electric transformers. It aids in chemical drying plants.

Helium is the least soluble of all gases in water or other liquids. The excessively painful "bends" felt by a diver emerging too suddenly are believed due to bubbles of nitrogen gas, normally part of the air, which are forced into his blood under high pressure and which froth out as he reaches the surface. Pure helium will not dissolve in the blood, an oxygen-helium mixture is supplied to the diver instead of air, and experimenters indicate that the menace of the "bends" is ended. Helium is invaluable, too, in motion picture, and so is a valued tool in metallurgy.

Helium, although lighter than air, is a stunner. This peculiarity makes it ideal for filling the interior of musical and scientific instruments. In these, delicately balanced parts seem to swing interminably before they stop sufficiently for readiness to be taken. An atmosphere of helium instead of air "dampens" the vibrations and makes reading easy.

Radio tubes, and glow tubes used in television make use of helium because of its insulating qualities, and the fact that, in a low pressure tube, it produces a brilliant glow. Helium conducts heat six times as well as air; you would shiver if you were surrounded by it. For the gas, permeating your clothes, would draw off your body's warmth in no time. Hence it forms an excellent cooling blanket for high-speed dynamos. If you could hang up your clothes to dry in a tank of helium gas, they would dry in double-quick time. It is used in this way to dry chemicals.

The gas has other queer characteristics, which may some day be put to work. Chilled until it changes from a gas to a liquid, for instance, helium is the coldest known fluid. It liquefies at about 450 degrees F. below zero, and has been chilled by Professor Onnes, at Leiden, Holland, to the coldest temperature ever produced by man—477 degrees below zero, or within two degrees of that "absolute zero" that physicists call the rock bottom of the temperature scale. Some of this liquid helium,

placed on ice, would boil like water on a red-hot stove. It would make a tin cup as brittle as glass, and freeze mercury so solid that nails could be driven with it. Moreover, helium is one of the loneliest of the chemical elements, and has only once been suspected of combining with another element—Mercury. Perhaps these properties will suggest new uses in time.

In 1912 just before the war, only 15 cubic feet of helium were known to exist. This supply was owned by the cold-temperature pioneer, Professor Onnes, and he valued it at \$30,000.

During the war a curious incident is said to have occurred that set nations thinking. A Royal Flying Corps pilot met a Zeppelin in the clouds one day in 1917, and opened fire with incendiary bullets. The ship should have burst in flame, but didn't. The amazed pilot reported the mystery, and an eminent British scientist said that the dirigible was undoubtedly inflated with helium gas. There were no more fireproof Zeppelins during the war, for this single "mystery ship" probably exhausted the last cubic foot of the stuff in Germany. But it started world-wide hunts for the gas. The United States set up the first helium extraction plant at Fort Worth, Texas.

Later, helium was found at Dexter, Kansas, in a curious way. In 1903, two drillers digging for oil, had struck a heavy flow of gas. Local boosters talked of an industrial boom and prepared a celebration. But when the time came to light the gas, after appropriate oratory, it wouldn't burn. Visitors from surrounding towns snickered and went home. Their newspapers kidded Dexter wickedly.

It was Professor Cady, of the University of Kansas, who happened to discover that this "worthless" gas contained nearly two percent of helium. Drills found still richer helium at greater depths, and at the end of 1917 a plant was running there.

To extract helium from natural gas, the gas is squeezed and chilled to a temperature of 300 degrees below zero. At this scaring cold, everything but the helium turns to liquid. The helium is then drawn off, still a gas and squeezed into cylinders, under pressure of 2000 pounds to the square inch, for transportation to the air field. Twelve carloads of helium, thus compressed, will fill the Los Angeles. Formerly the chilling process had to be performed in several stages, at great expense. But the Bureau of Mines has so perfected the system that the whole process is now a single operation.

P. E. I. Teachers

(With apology to all personal references.) While reading in the Pioneer just the other day Somebody from Lincolnton Road turns loose his speech to say A bit about the Institute of women down 'round there, I wonder what about the men, it can't be they're all "quair" These women are industrious of that there's not a doubt, So not so when it comes to help a needy person out, The women of the present day are educated folk 'm most afraid I can't say that 'bout these 'er were needy 'tis the teachers of P. E. I. They cannot buy an old clay pipe, now here's the reason why: The big bucks of this Province step around with collars white They work for their own interest with all their darndest might, A salary of two thousand bucks to them, is only small, From where the treasured money comes they do not care at all, The politicians they know how to double their own pay, But when it comes to teachers, why they've not a word to say, I do not want to batter down this government a bit Because, perhaps you know, that I'm the rankest sort of "Grit." I wish that our fair premier had a salary 'sbig as me, He'd stay at teaching one year and then put out to sea, He'd travel for a year or more, the interest then to spend He'd go to Venice, Palestine, yes even to Ostend, Then once again he'd come back home, he's able to retire If now there's any work to do, he can well 'ford to hire, It is a matter just like this my friends, here's what they say "If you work hard my fine old horse, you'll get some oats some



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But what about this poor old horse, perchance that he should die? What good would be the oats to him, if in his grave he lie? The teachers of this province want their breaths before they're dead So government officials you must get and use your head, Devise a scheme's magnanimous a penny bid to save (It's not so hard to get it when there is a road to pave), Give every teacher on P. I. two hundred bucks or more And then we men can keep a wife, and family of four, Let teachers all be graded fine, Let all small schools be closed These only my suggestions are, perhaps they'll be opposed The former rules this province fair, He will not make a fuss

Advertisement for Insidious Eye Strain. Text: 'Insidious Eye Strain. We use this adjective advisedly. Sufferers from Eye Strain may have perfect vision and therefore do not suspect the presence of any evil defect. The motive power of the entire human organism is Nerve Energy. Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eye Strain is present, a much larger proportion is required. Hence defective eyes through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.'