

The Charlottetown Guardian

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Fostering Art Interest

The Act of Parliament incorporating the National Gallery of Canada lays upon the board of trustees as a duty in addition to those directly relating to the development, maintenance and care of the National Gallery in Ottawa "the encouragement and cultivation of correct artistic taste and Canadian public interest in the fine arts and the promotion of the interests generally of art in Canada."

Included in the trustees' report is the text of an address delivered in Canada last year by Mr. J. E. BARTON, M.A., of Bristol, England on the use of art galleries. We quote two characteristic paragraphs:

"Art galleries and museums naturally work together. You may say that art galleries exist mainly for taste and museums exist mainly for knowledge. That's true enough, but you can't draw a hard-and-fast line between taste and knowledge. The two things go together and neither is much good to us without the other. The man who has taste without knowledge is a feeble creature, at the mercy of all his impulses; and the man who has knowledge without taste is a learned ass. Learned asses are very numerous. Having spent my life in what are called academic circles, I know dozens of them."

Trade With Britain

None now doubts that Rt. Hon. R. B. BENNETT, when Premier of Canada, drove a good bargain for the Dominion at the Ottawa conference. Exports of Canadian goods to the Old Country have been going up ever since that time.

Canada was first in the British market in wheat, in oats, wheat meal and flour, grain and flour combined, canned lobsters, copper ore, total wood and timber, aluminum ingots and blocks, unwrought copper, copper plates, nickel, unwrought zinc, non-ferrous metals and their manufactures, rubber boots and shoes made to cover the ankle, box and willow calf dressed leather, patent leather.

Canada was second in cattle, bacon, hams, canned salmon, lard, unmanufactured unstripped tobacco, softwood not planed and dressed, lead, manufactures of wood and timber, rubber boots and shoes not made to cover the ankle, newsprint in rolls, vehicles.

Canada was third in cheese, apples, unmanufactured tobacco, stripped hides and skins, machinery.

Canada was fourth in barley, fresh and frozen fish.

Canada was fifth in meats of all kinds.

Canada was seventh in gold coin and bullion.

This statement should convince any Canadian of the business value of the Motherland as a market for Canadian trade.

Five Cent Meals For Japs

Dr. TADASU SAIKI, director of Tokio's Imperial Institute for Nutrition, wants to monopolize the trade in food for the nation and to organize collective meals on the largest scale possible, in view of war. Factories, schools, barracks, even entire municipalities would be fed from one kitchen, if necessary. And the Japanese would spend for his food not more than 5 cents a day. Wages would of course be adapted to this low food price.

The sensation of Dr. SAIKI's work is his extraordinary laboratory. Food materials which hitherto have not been used are being stocked there. When Japan is in danger, they are to be distributed.

The introduction of a people's unified nutrition is insurance against economic misery in Japan, he says. Exports are thereby guaranteed because merchandise can be produced cheaply. The cheapness of merchandise after all is conditioned by the cheap standard of living of the producing masses. And the aim is to have a high but inexpensive standard of living.

Dr. SAIKI does not want 70,000,000 Japanese to be the same as the Japanese people's meals.

500 different meals which can be made for 5 cents.

The Emperor himself eats only the sort of rice SAIKI sponsors, that is, rice which is 70 per cent polished. It is rougher but more nutritious than the 100 per cent polished rice.

War nutrition is being experimented with. Plants and animals which so far have not been included in the food of the Japanese are being examined. An entire closet in the laboratory is filled with books on grasshoppers. And charts explain the nutrition value of grasshoppers in comparison to fish, meat, rice and soy beans. According to these charts, grasshoppers are better food than fish.

Editorial Notes

After having come the festivals

There are more visitors here now than at this time last year.

Dr. CLARENCE WEBSTER is the best friend history has in these provinces.

Quebec Liberals are now claiming that a scandal usually helps the party scandalized.

The Governor-general celebrates his birthday on the 20th of this month. He was born in 1875.

Farmers are being asked to sign for their potato crop at 60c per bushel—30c down and the balance on delivery.

The movement for a museum has been resurrected; it surely should be successful this "the third time of asking."

Social Credit is on the eve of having a practical test in Alberta. Then we will know how it fits in with the various theories.

Spain in turmoil of revolution; Italy suffering the effects of a "famous victory" in Ethiopia; Germany spilling for a fight; Russia darning Japan in China, all tend to prove that the world is not yet "safe for Democracy," or Sovietism either.

There has been plenty guessing, but nobody actually knows what transpired at the secret conversations between President ROOSEVELT, Governor General TWEEDSMUIR and Prime Minister KING. But it is generally credited that Quoddy development was merely camouflage.

A most successful open air Akela Course for Cub leadership in the Boy Scout Movement has been concluded at DeRoma, Brudenell. Several attempts have been made to have such a course in Nova Scotia and New Brunswick, but it fell to Prince Edward Island to put it over.

"What I always feel about this world," said Mr. Justice BENNETT in the Chancery Division recently, "is that it would be quite an impossible place to live in if people all insisted on their legal rights. A sensible man who consults sensible solicitors desires to keep out of litigation, and the best work of lawyers is done by keeping their clients out of litigation."

Farmers here are protesting vigorously against the plan of Premier MACDONALD to import 400,000 head of cattle from Alberta. They say the cattle industry here is just getting on a paying basis; and flooding the market with the remnant which the U. S. A. refuses to take at any price under the reciprocity pact will react to the grave disadvantage of our cattle industry.

Volume One of a new Liberal publication named The National Liberal-Reformer has on its frontispiece a portrait of MACKENZIE KING. On page two an announcement of a "Monster Birthday Celebration in honor of Premier MITCHELL F. HEBURN at Port Stanley" at which there will be "Sports . . . Clowns, Amusement, Novelties, Premier HEBURN and His Entire Cabinet and Impressive Fireworks Display."

Sums estimated at \$2,000,000 were bequeathed to Montreal institutions by the will of the late Mr. WILLIAM GILMAN CHENEY, who died at Pasadena, California, on July 17. He was in his 78th year. The largest beneficiaries are the Montreal General Hospital, McGill University and the Royal Victoria Hospital, Montreal. Mr. CHENEY was a life governor, receives an amount estimated at \$600,000; McGill University will benefit, it is expected to the amount of \$400,000; and the Royal Victoria Hospital will receive two legacies totalling \$200,000. Besides other hospitals, the Montreal beneficiaries include the Salvation Army and the Montreal Sailors' Institute, Christ Church Cathedral and Erskine and American United Church, the Y.M.C.A. and the Y.W.C.A. and the Art Association of Montreal.

C. C. F. fared badly in Manitoba elections, and now it is up against serious trouble and defeat in British Columbia. Rev. ROBERT CONNELL, leader of the Co-operative Commonwealth Federation in the Legislature, has declared his intention to accept the platform adopted by the recent C. C. F. convention. Mr. CONNELL declares the platform was totally unsuitable as a statement of immediate policy for a C. C. F. Government in British Columbia; it was calculated to excite hopes that could not be fulfilled; it was fantastic and impracticable in its financial plank of "socialized finance," it omitted certain fundamentals of honest government; it failed to emphasize the need of adult education so essential to successful co-operative enterprises. Mr. CONNELL added he was unalterably opposed to any dealings whatever with the Communist party or any of its organizations, "because history and experience prove its betrayal of all who trust in it." He said he resented the implication of certain resolutions of C. C. F. clubs, "that because I am not ashamed of being loyal to God and my King, I am therefore a traitor to the people's cause."

Notes by the Way

The Trailing Arbutus, designated the official emblem for Nova Scotia in 1901, was highly regarded as early as 1825 when the flower was represented in a decoration that appeared on the front page of the Nova Scotian. Thirty years later it was associated with the rose, the thistle, and the shamrock on postage stamps. This flower is also the State Flower of Massachusetts where it is better known as the Mayflower. There its name is associated with the Pilgrim Fathers who, at the end of their first winter of great privation, on seeing the first flowers of the spring appearing from soil called the plant the Mayflower after the historic ship that brought them to Plymouth Rock.—Ex.

However, there is not in this case the unity of purpose and of discipline which characterized the Bolshevism in 1917. The present situation among the radicals in Spain more closely resembles that in the North of Italy shortly before the March on Rome, when the radicals were so strong as to be able to take over control of cities and factories, and yet were so divided among themselves that they fell before the onslaughts of Mussolini's troops. In Spain the Anarchists and Syndicalists contribute a large part of the Leftist strength; although incapable of assuming governmental authority, they might prevent the truly Marxist element from doing so. This is the more possible in view of the fact that the latter are by no means prepared economically, politically or tactically, for the assumption of power. In any event, this question may remain academic, at least for some years, if the Fascist coup succeeds. If such is the eventual denouement, such "democratic foolishness" as voting the victorious party out of power will cease to exist, as will the radical workers organizations.—New York Wall Street Journal.

To avert the consequences of the madness which is rapidly gripping the governments of almost every country will require, as Colonel Lindbergh said, "a security which rests in intelligence, not in forts." The forts are no good any more, but where is the intelligence? The colonel must have noted that in Germany efforts to achieve it are brutally suppressed. In other countries it is being stifled. The voice of reason in comparison with the forces which are leading the nations to war and destruction. The men of the air might have solved it had they banded together internationally and insisted that flying should never be used for war. Perhaps that would be too much to expect, but Colonel Lindbergh's impressive warning suggests that aviators have at least the right and the duty to urge upon the political leaders of their countries the peril to every country's existence if a means of employing higher intelligence is not found.—Baltimore Sun.

Among the German rearmament projects which cause nervousness in England is the rebuilding of the Heligoland fortifications, razed after the World War. This work is going on, it was admitted in the British Parliament a few days ago, "without the permission of anyone." Since the island is an important strategic centre of the North Sea, it is clear that its fortification impairs Britain's claim to "rule the waves." Heligoland is the British form; the United States Geographic Board omits the "l." All the present trepidation would have been unnecessary, however, had the British been a bit more foresighted in 1890, when they traded Heligoland to Germany for African territories more than 50,000 times its square-mile area.—O. Louis Post Dispatch.

We congratulate the boys and girls of 15 on the new tang in the moral atmosphere of these days. Forty years ago youth was encouraged to believe the day of the bank robber or the home-despolicer or the gambler was one unclouded day of glorious life. The "iron nerve" and the "diamond mind" of the lawbreaker were extolled at every corner and given first page as "bold bundles" who "secured the loot and sped away from the clownd of the law, or get-away because of the master mind of the clever deceiver counsel. Modern youth knows better. He knows that if he breaks the law he'll get caught. If he seals while armed he'll be sent to the penitentiary, getting a sound hiding from the law in the hands of a guard who knows how after he has lived in prison for six months, and another climbing six months before he inflicts his unwanted presence on the public. If he insists on speeding dad's car he is likely to be caught and fined and lose his permit. You see, one very effective flea has been put in the ear of officers and a wisp finds its way into the ear of magistrates and judges. Pull? Oh yes, but it pulls the officers and the magistrate and the judge in the way of healthy law administration. Youth had better know this.—Exeter Times-Advocate.

Less than 500 persons are on the dole in Sweden. The total of registered unemployed was 43,000 when I visited Sweden last August, and of these about 30,000 had jobs on public works. Only about 13,000 men therefore lacked work. And since August, economic conditions have continued to improve. While America's industrial production is still about twenty-six per cent below the 1929 peak, Sweden's is ten per cent above it, and the Swedes are looking forward to enjoying an estimated surplus revenue of 22,400,000 kronor, due to the greatly increased revenue from prosperous business. Sweden is celebrating complete recovery with factories running full blast and her workers employed to capacity; in fact, she is better off than in 1929.—American Swedish Monthly.

That Body of Yours

SLEEP SHOULD BE A HABIT

Physicians who treat many cases of insomnia (sleeplessness) tell us that some of the things that keep the patients awake are (a) thinking of the foolish or unwise things they have been doing or have done, (b) fearing the near or far away future, (c) fearing that this sleeplessness has become a habit and that it may soon cause physical ill health and perhaps mental ill health.

The method of treatment is (a) showing the patient that time spent in worrying over or regretting past mistakes is costing valuable time and energy that should be spent in rest of body and calmness of mind, (b) that fearing the future develops cowardice or an inferiority complex and makes facing the future actually harder than ever, and (c) showing patients that while eight or ten hours sleep may be necessary for some people and at certain times for everybody, nevertheless two hours sleep and six hours rest of mind and body (even if not asleep) will preserve life and prevent any mental ill health.

I believe this third part of the treatment showing that we can live with less sleep than we think we need is one of the biggest factors in bringing on natural sleep.

The patient is first shown that during sleep the heart beats more slowly, the blood pressure is less than that the temperature is lower, and that the lungs breathe less often, and that it is this slowing up of all these processes—less work being done by the body—that gives his refreshment by morning.

Then he is shown that if he can keep his mind at rest (no worry about not sleeping or other things) and his body completely relaxed, arms and legs slightly bent, as he breathes slowly and deeply, this is 80 per cent as good as sleep in giving refreshment, then it is not hard for him to see that with this rest of mind and two or three hours of sleep between the times when he is badly, the fear of the consequence of lack of sleep fade away, and with these fears removed natural sleep comes on of its own accord.

Now there are times when circumstances where sleep must be obtained to ease grief and also to relax all muscles and nerves to prevent a physical and mental breakdown. Drugs may be quite properly given in these cases.

But for the average case of sleeplessness the methods outlined above make sleeping, not sleeplessness, a habit.

PUBLIC FORUM

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

SUPPLY AND DEMAND; INFLATION AND DEFLATION

Sir.—The popular belief that prices of goods are governed by supply and demand is a fallacy. For instance a crop failure makes food more valuable than other goods. On the contrary an abundant harvest makes food cheaper than other goods. That states the case in a society living by barter.

But when money takes the place of barter it is noticed that sometimes everything becomes higher priced, crops and manufactured goods. It is absurd to suppose that everything could be scarce at the same time. On other occasions everything becomes cheap. It is hardly possible that everything can become abundant at the same time. Evidently when money takes the place of barter it has just as much effect on prices as the demand and supply of goods. Other things remaining constant the level of prices varies directly with volume and velocity of money, the means of exchange of goods. Inflation of money causes prices to rise and deflation of money causes a fall in prices which in the present state of debt existing in the world today makes it hard, if not impossible, for debtors to pay their debts and leads to the loss of the collateral securities held by the creditors which has the effect of reducing the volume and velocity of cheques, money or credit.

The World War cost \$250 million and created intense nationalism. Through selfishness and fear nations have tried to make themselves self-sufficient and in so doing increased their debt. Finally, in 1929, came the collapse. Federal, provincial, municipal and individual debts have increased enormously since the Great War. Debtors who cannot pay and creditors demanding payment.

Obviously when deflation is pushed beyond a certain point there must be an adjustment. Debts must be scaled down to a level which low prices will support or prices must be raised to a level which will support large debts.

Price is the expression of the value of goods in terms of money. When prices rise the supply of money in circulation is plentiful and therefore cheap, but when prices fall money in circulation is scarce and therefore dear. Put shortly—demand for money and control prices. Four factors influence prices: 1. Demand for goods. 2. Supply of goods. 3. Volume of cash and cheques in circulation. 4. Velocity of circulation.

August Sale of Men's Suits \$13.95, \$15.95 & \$16.95. Every August we clear out the balance of our Men's Suits. To enable us to do this we cut prices very deeply. Suits worth up to \$18.50 for \$13.95, Worsteds Suits worth up to \$22.00 for \$15.95 and hand tailored Hyde Park and Fashion Craft Suits worth \$22.50 and in some cases \$25.00 for \$16.95. This sale is for cash only and enables us to make room for our fall goods. At \$13.95 21 Light colored Summer Sport Suits by swing backs, \$16.50, \$17.50, \$18.50, all priced at \$13.95 to clear. At \$15.95 62 Men's Fine Worsteds Suits. Regular two button styles in Black and White, Grey, Browns, Navys, etc., Regularly worth up to \$22.50. During August Sale \$15.95. At \$16.95 38 Hyde Park and Fashion Craft Suits, hand made. The best makes we carry in many new and handsome patterns. Regularly worth \$22.50 and some \$25.00. During August Sale one price \$16.95. At \$9.95 10 Youths' Tweed and Worsteds Suits, either fancy backs or plain, two button styles, regular \$13.50 to \$16.50. Sizes 34, 35, 36, 37 only. To clear during August sale at \$9.95. ARROW SHIRTS \$1.15.—Broken lines; not many of any one pattern but plenty to choose from. Sizes 15 1/2 and 16 only. Collar attached or two separate collars. Regular \$2.00 value. August sale price \$1.15. BATHING SUITS 25% OFF.—Smart new Jantzen and Klingtite Swim Suits. All 25% off during August Sale. STRAW HATS 1/2 PRICE. All Straw Hats. Clearing 1/2 Price During August Sale. SUMMER SPORT SWEATERS 79c. Regularly sold at \$1.00 in white, yellow, blue, etc. To clear During August Sale \$0.79c. MANY OTHER SUMMER LINES AT DEEPLY CUT PRICES DURING THIS SALE Henderson & Gudmore 101 GRAFTON STREET

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The Poet's Corner MIGRATURUS Give me my pilgrim shoes, That so I must leave, The messenger who soon must halt Before my gate. And draw the omelette wide, That listening, I may catch The sound of his approaching feet, The lifted latch. Oh! comes he soon or late? Is he clear-voiced or dumb? Enough! By word, or hand upheld, He'll bid me come. Then swift will I arise, And on my way depart; Hasting with unmingled feet And willing heart. I am, Sir, etc. PRO BONO PUBLICO. AUSTRALIAN CITY'S BRILLIANT FUTURE Laurence Meynell, author and lecturer, speaking in England, described Canberra, Australia, as the wonder city of the world, and said that in the next 40 or 50 years it would be looked upon as the finest and best planned city in existence. It was one of the very few places in the world that had been carefully planned throughout, instead of growing up haphazard.—Australian Press Review. JUST RECEIVED A Fresh Shipment of Essence of Spruce Hires Root Beer Extract Hires Ginger Beer Extract Ginger Cordial Stroh's Malt Extract All the above make large quantities of drinks. PRESCRIPTIONS Bring your prescriptions to us. Dispensed carefully by experienced druggist. Mail orders C.O.D. promptly attended to. PHONE 315 THE 2 MACS 140 Great George Street