

The Charlottetown Guardian
 President, Lieut.-Col. W. Chester B. Nelson.
 Vice-President, J. R. Burnett, F. J. I.
 Secretary, Lieut.-Col. D. A. MacKinnon, D. S. O.
 Editor and Managing Director, J. R. Burnett, F. J. I.
 Associate Editors, Frank Walker and D. E. Currie.
 Morning Daily (founded 1857) \$4.00 per year (in advance)
 delivered in City, \$5.00 per year (in advance) mailed to
 Prince Edward Island, \$4.50 per year (in advance)
 Mailed to Canada and United States.
THURSDAY, AUGUST 6, 1936.

Transfer Truck Regulations

A subscriber draws attention to the necessity of the Government regulating the Transfer Truck business if there is not soon to be chaotic conditions. At present a truck owner pays his auto truck license at the registered weight irrespective of the fact that, say, a one-and-a-half ton truck can carry four tons. The oil and gasoline trucks have to pay an additional license because it is assumed their traffic is harder on the roads than ordinary transfer trucks. This is not necessarily so. At present there are all sorts and conditions of freight-carrying trucks doing business throughout the province competing unfairly with the railway. Not a few of these are of the character of fly-by-night ventures. That is the owners have little knowledge or experience of the cost of carrying freight, and bid for it against the railway at a price that is suicidal. By the end of the year, they are financially and mechanically broke, and then direct their energies along other and more profitable lines. It would save considerable expense, loss and trouble were the Government to draft satisfactory regulations governing transfer traffic, and thereby keep control of a business which, besides competing unfairly with the railway, is as hard on the roads and bridges as are the oil and gas motor trucks.

A New Island History

The first historians, like HERODOTUS, were primarily story-tellers. Perhaps they were too credulous or indifferent as to facts, and too eager about stories; but at any rate their works were immensely popular, appealing to young and old, and passing safely down the stream of time which is strewn with the wreckage of so many ponderous literary ventures. Who has not seen, in any large library, those great unread monuments of historical erudition, reposing out of reach on the bookshelves like mammoths of another age? They are there now for reference purposes—not for entertaining reading. Yet their authors may have been admirable fellows in their way. What they lacked was that capacity for brevity which SHAKESPEARE says is the soul of wit. When they sat down to write history they sank under the weight of their own material. They could not see the wood for the trees. They lost track of their story, or perhaps they never even realized that it is the story element which is all-important in recording human events.

Nowadays historians are showing a tendency to get back to the story-telling style of the earlier classics. Nowhere is this more evident than in school text-books, and nowhere has it proved more successful in stimulating interest and attention, without which, of course, the acquisition of knowledge of any kind is quite impossible.

All this by way of preface to introducing to our readers' attention a booklet of some 80 pages just issued, entitled "The Story of Old Abegweit: A Sketch of Prince Edward Island History." The author is Mr. GEORGE EDWARD HART, teacher of History in Prince Street School. He had in view particularly the need of such a work in the classroom, and he has adapted his subject matter to this purpose with the skill of a born story-teller. All the relevant facts, names and dates of Island history are here, in accessible form; but they are woven into a series of connected stories retaining the romance and the atmosphere of the past. The latter chapters deal with modern events in the Province, right up to the end of 1935.

Another class of readers who should find this little work of great interest and value is our summer tourists. The need has long been felt for just such a volume, which can be slipped into the pocket and carried around like a guide-book. There are some good illustrations, including woodcuts, and an appendix giving a synopsis of the Island story, together with a list of important dates and events for ready reference.

There is also a foreword heartily commending the work to the reading public by His Honour Lieutenant Governor DELOIS, himself a sound authority on the art of story telling, and on Island history too.

The Vanished Surplus

One of the pledges given by the Liberal party in the federal election last year was to get rid of Canada's wheat surplus. The Winnipeg Free Press (Liberal) announces with satisfaction that this new policy, "the policy of selling instead of holding," has been successful; that Canada's wheat surplus has been much reduced and that the market price now exceeds by around seven cents a bushel the price which the Government guaranteed to the farmers pending the sale of its holdings.

Similarly, the Financial Post exclaims with satisfaction, "Canada no longer holds wheat." It points to the fact that the holdover in this country at the end of the crop year will be 115,000,000 bushels. Last year it was 203,000,000 bushels and the year before 193,000,000 bushels.

But there is another side to the situation, which is thus presented by the Vancouver Province: Canada is not hoarding wheat because Canada has not sufficient wheat to make a hoard. Nor, for that matter, has any other nation. There has been a pretty general crop failure throughout the northern hemisphere. The world's hoard of foodstuffs is down. The lean years have eaten up the fat. Last year the world produced 5,289,800,000 bushels of wheat; there is available for consumption this year, including holdover and current production, only 5,274,726,000 bushels. This does not mean, of course, that the world will starve during the coming

twelve months. There are a great many things that can be substituted for wheat and that are always substituted when wheat is scarce and prices high. But it does mean that the nest-egg is practically gone—that the world is back to hand-to-mouth consumption again.

One result of the return to famine conditions or something approaching them is that wheat prices will go up. They are already going up; and it is hard to say where they will go.

It is hard to say, too, what they are going to do to the Grain Board which the King Government has set up to administer the surplus. With the surplus no longer in existence, half the board's work will be gone, and with prices advancing toward a dollar a bushel or beyond, it will hardly be necessary for the board to establish a standard price. It will be the height of irony if the Grain Board, which was created to liquidate an embarrassment of plenty, finds that its principal duty consists in supplying farmers with seed grain and administering relief to the burned-out farms in the prairie provinces.

Editorial Notes

Official poultry culling is now the order of the day.

Germans are good at making "courtesy" calls on the battle front.

Visiting agricultural officials marvel at our abundant crops in a year of scarcity elsewhere.

Anyway, the National Park will be in time for the year after next, and meanwhile both Federal and Provincial budgets will be that much in pocket.

A rousing welcome should be given the Federal Cabinet ministers visiting us. Let them see we appreciate their personal interest in us and our problems.

All horse and bicycle owners should bear in mind that on and after next Monday all vehicles on the highways must carry rear red lights after dark.

In his new book, "The Story of Old Abegweit," Mr. GEORGE EDWARD HART notes that 100 years ago we had seven plenteous years, 1824-1831, which matched those of 1924-1931.

It must be very annoying to Italy, just as she is attempting to spread her Christian and civilizing influence to Spain, to find that the Ethiopian Christians are knocking rudely in protest at her back door.

No longer is Skagway, Alaska, the city of bad men. Once the arena for JEFFERSON (SOAPY) SMITH and his gang of desperadoes during the gold-rush days, the city has not had a tenant in its jail for more than a year. Deputy Marshal LOUIS RAPUZZI revealed that two cats have made their home in the jail house—but they can slip through the bars. Prosperity and crime went together in Alaska; now depression and mousers hold sway.

Canada, if she wishes, says Mr. BENNETT, can rely upon others who are stronger for her defence. But the day will come when we will find our security has been bought for a price to which all did not agree, and on terms not of our making. The truth of this all thinkers admit, for it is but a paraphrasing of the maxim, the price of liberty is eternal vigilance. We cannot sleep on our obligations and expect our friends all the time to fulfil them.

There is to be a race for oxen in Nova Scotia on September 1, states the Montreal Gazette, and as there, like in Quebec, the ox is still much in evidence, there should be a goodly number of teams entered. This animal of the bovine genus may not be swift, but he is sure. When he is hitched up to a load of logs or other heavy material, he does not pull and jerk like the horse, but rather pulls steadily, and the load moves and continues to move. Whichever Gee-haw wins on September 1, the race will be to the strong.

The death has just taken place in London at the age of seventy-nine of Sir ALFRED KEOGH who was Director-general of Army Medical Service during the Great War. He was the outstanding authority on army sanitation and diet, and thanks to him thousands of lives were saved, not only in the British Army but in all the Allied armies as well. When the United States entered the war, he strongly urged the organization of a large medical corps for the American Army. "The new American Army should take the field as thoroughly prepared as a first-class baseball team," Sir ALFRED asserted. "To do this it must have sufficient doctors to keep the men in condition. Doctors are as necessary in an army as pinch-hitters are in the great American pastime. They are there to repair the damage and revive the sick and wounded, just as the star players oftentimes pull the rest of the team together."

Science today offers the drought-stricken Mid-West an immediately practical relief, a new "sweet-pickle" method of converting half-burned crops into superior fodder. "Sweet pickles" for cows, horses and sheep equal in food value to sauerkraut, and superior to some of the best fodders, is made by adding sirupy phosphoric acid to high protein crops. The new method was announced at Cornell University. It has been thoroughly tried out in 1,000 silos, both at the university and on private farms. It was developed by Dr. J. K. WILSON, professor of bacteriology in the department of agronomy. The announcement says that the acid can be added in silos at a cost of 50 to 75 cents a ton of fodder. Even the most completely burnt-out crops in the high protein class, it is declared, can be preserved so that they will furnish an all-year green fodder. Grass cuttings only a few inches high, too small in most cases for forage, have been converted into a palatable and highly nutritive food. The "high protein" crops particularly responsive to the new treatment include alfalfa, red or alsike clover, sweet clover and soy beans.

Notes by the Way

"New York . . . The trend of economic factors affords no explanation of the increase in strikes since 1932, according to an analysis by the National Industrial Conference Board." The explanation in the United States is probably the same as in Canada. The Canadian delegate to the Third International Congress in Russia let the cat out of the bag when he said: "From a narrow sect (the Communist party in Canada has developed since 1930 into the leadership of 90 per cent of all strikes."—Financial Post.

It is our mission as soldiers of the front, remembering the sacrifices of the dead and remembering our own sacrifices in this world, to cast out the force, injustice, insincerity, and ignorance which are always the sources of the greatest harm. We must, you and we, teach our nations to be acquainted with one another and to understand one another. We must awaken in our nations the good will by which there must be inspired the frank weighing of the wishes and important points of each. Thus there will be produced the good understanding which will assure our future.—St. Mary's Journal-Argus.

A motorist was fined \$6.25, with an option of ten days, because "he was only going twenty-two miles an hour," the magistrate remarking, according to a news story from Oakville, that s'ow driving "is one of the greatest troubles we have on the open road," causing "accidents, cutting in and head-on collisions." To date this year in Toronto alone twenty-four people have lost their lives and 1916 persons have been injured in traffic accidents. It would be interesting to learn just what percentage of these fatalities and injuries was attributable to s'ow driving.—Toronto Globe.

There is talk everywhere of political candidates for this and for that and of the "type of man" who should be selected to hold public office. What we seem to forget, occasionally, is that public service demands something more than mere honesty and ability. A man of integrity and talent and no training cannot plead a conscientious objection; he cannot plan a machine. Why then should we expect even a prodigy of honor and capability to undertake the intricate task of governing a country unless he possesses some special training or flair for such complex and delicate work?—Vancouver Sun.

Sunday observance has changed mightily in the past few years, due largely to the motor car. The first day of the week, as a day of worship and rest, appears to have lost ground. We sometimes wonder whether the average person today realizes what a valuable asset a quiet Sunday is to that portion of the human race which retains some vestige of it. If we allow our Sunday to be lost, and to drift into an open Sunday such as they have in many lands, with open theatres and business as usual, we will handicap the coming generation in the age-old search for "fulness of life."—Ex.

We recently commented upon an article entitled "Shall I Work or Go to Varsity?" Whether or not a young man attends the University may fairly be pointed out that sa'esmanship is perhaps the most highly-paid vocation in this modern materialistic world. We often think that it is rewarded out of all proportion to its importance in the scheme of things. But as long as the field brings its high remuneration from day to day it will naturally attract individuals who possess personally and a gift to persuade others to buy what they have to sell.—Toronto Mail and Empire.

There is no reason for any serious anxiety about Mr. Eden's health. He obviously needs a rest after the gruelling experience of the last few months, but he displayed on his return from Geneva all his usual skill and authority in dealing with the barrage of questions and supplementaries with which he is faced every Monday afternoon. His answer to the repeated suggestion that renewed efforts should be made to secure an answer from Germany to the British note obviously impressed the House by its dignity and restraint. There is welcome evidence that the Opposition are beginning to realize the seriousness of the international situation, and that far more important issues are at stake even than the failure of the League to save Abyssinia. There is a new restraint at the question time, and the old gibes about the rearmament policy of the Government are now heard far less frequently.—London Spectator.

The answer, one feels, is easy. Capitalism, if it is to be defended and maintained—and it ought to be—must be able to justify itself as a system capable of bringing the greatest good to the greatest number. That is the challenge it has to meet—the challenge of Communism and of Socialism (and peril to freedom) and that challenge will hardly be met by those who, keeping the government for themselves, are content to rail against government men seeking to achieve more equality. There is all too much truth in the charge that the greatest enemies of capitalism today are some capitalists.—Ottawa Journal.

Anthony Eden now states that the British Government carefully considered the possibility of military action to assist Ethiopia as an alternative to lifting sanctions against Italy. It is obvious that we were nearer a world war a month ago than we imagined. Who dare say that Britain made the wrong choice?—Stratford Beacon-Herald.

More Than Platitudes Exchanged At Quebec

(Norman M. MacLeod in The Mail and Empire)

Taken at their face value, the exchange of greetings between Premier King and President Roosevelt at Quebec should have been great reading. One should have been able to turn away from perusing them to picture the nations of Europe, having duly paused in their quarrelling to contemplate the mammoth spectacle of good neighborliness staged expressly for their edification, being suitably overcome and rushing with one accord to beat their swords, tanks and armaments into plowshares. Somehow the Parliament Hill correspondents were unable, however, to catch the vision. The suspicion still persisted that despite Mr. King's beautiful example of good neighborliness, unregenerate Europe will be found rather unresponsive to the force of precept.

The while hardly original, the mutual references to the three thousand miles of undefended border line should have yielded, when read, an imaginative thrill. They didn't. The truth about this boundary borders too closely on the fact that the United States doesn't fear it because she knows a nation of ten millions is not going to attack one of one hundred and twenty millions, while Canada is secure in the knowledge that the United States is not going to take any step which would involve hostilities with Great Britain. This being approximately the situation, it is not surprising that the high-sounding Quebec declarations ran somewhat hollow upon Parliament Hill ears.

Citadel Parley Different

The probability is, however, that more significant words were exchanged between the two statesmen in the privacy of the historic Quebec citadel. What passed in public may be dismissed as the ordering of the usual platitudes with which democracy insists on signifying (?) formal occasions without explaining any good purpose which they serve. Presumably they are the substitute for old-time pageantry, a rather dreary verbal alternative for the eye-filling spectacle of other days when statesmen used to meet.

That President Roosevelt had some more serious purpose in his Quebec visit than to add his words to the saga eulogizing the undefended borderline, or to assist Mr. King in staging an object lesson for Europe, is hardly to be questioned. The President is facing an election within a reasonably short period, and it is already evident that the campaign is unlikely to prove the absolute "walkover" which once was expected. Under the circumstances it is only logical to suspect that some political motive entered into the Quebec meeting.

Mr. Roosevelt intimated as much fairly plainly when he stated in interview on his way to Canada that he proposed to discuss the St. Lawrence development and Passamaquoddy power issues. Both these topics are of some present degree of political importance to the President, and from the fact that they were under consideration, the nature of the private—and really important conversations between him and the Canadian Prime Minister can be reconstructed with fair assurance of their accuracy.

Treaty Revision Sought

Presumably, the President wanted a revision of the terms of the St. Lawrence treaty, negotiated during the period when Hon. Hanford MacNider and Hon. W. D. Herdridge were the respective ministers plenipotentiary for the two countries. It has since been conceded that Canada made the better bargain in that agreement, and this is the feature which Mr. Roosevelt is undoubtedly bent on rectifying, since the Republic does not normally do business on those terms. He will probably want some modification of the clauses providing that the materials and labor in the Canadian sections should be wholly Canadian, even although the funds, due to the credit which Canada received on account of the St. Lawrence, might be American. This is an alteration which the late Conservative administration consistently refused. If Mr. Roosevelt could secure it now, and negotiate an amended treaty which would promise substantial employment to American workmen in the enterprise, he would unquestionably strengthen his position in those states which are favorable to the development.

The Passamaquoddy project is one to harness the tide in the Bay of Fundy between New Brunswick and the State of Maine. It fits into the President's crusade against the American power barons and, although in a state of temporary abandonment at the moment, should be ripe for revival with the election pending. Canadian approval of the undertaking will be necessary in view of its international character. There have been sporadic attempts in past years to interest the Canadian Parliament in it, but without any great degree of success.

The extent to which Roosevelt-King co-operation in these enterprises may result from the Quebec meeting will be closely watched by political Ottawa. It will be recalled that in the last Federal election in Canada the charge was heard that the Democratic administration in Washington were co-operating with the Liberals to the extent of blocking the Bennett Government's overtures for a trade treaty. The allegation was denied at the time, but a good many observers here will base their judgment upon its accuracy on the extent to which Mr. King is found acquiescent to suggestions from the Capitol in the next few months.

That this is true can be proven by anyone willing or strong enough physically to try it. However the majority do not like a diet made up entirely of coarse foods, nor are they willing or able to do hours of hard physical work. What does this teach us? That in our present civilization with our desire for the attractive, appetizing refined foods now available, and with most of us engaged in light work due to machinery,

elevators, automobiles, and other labor-saving devices, there is not really enough work with our bodies to cause constipation. These bodies simply do not get what Nature intended them to get to prevent constipation, that is coarse foods and exercise. I am speaking of course of the common form of constipation, the stonic ('a' meaning not) due to lack of "tone" of the muscles of the intestine. Fortunately it is not necessary to eat "much" coarse food to stimulate the intestine; in fact two helpings daily of one of such fruits as berries, figs, peaches, pears, melons, oranges, prunes, and one helping daily of one of such vegetables as tomatoes, onions, Brussel sprouts, asparagus, celery, carrots, beets, lettuce, cabbage and spinach should be sufficient to arouse or stimulate bowel action. In regard to exercise, all bending exercises with knees straight will exercise the abdominal muscles, increase flow of bile, and actually stimulate action in muscles of the intestine itself.

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 any 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 15½ 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 Klingle Swim Suits. All 25% off during August Sale.

STRAW HATS ½ PRICE. All Straw Hats. Clearing ½ Price During August Sale.

SUMMER SPORT SWEATERS 79c. Regularly sold at \$1.00 in white, yellow, blue, etc. To clear During August Sale ————— 79c

MANY OTHER SUMMER LINES AT DEEPLY CUT PRICES DURING THIS SALE

Henderson & Gudmøre
 101 GRAFTON STREET

That Body of Yours
 By James V. Barton, M.D.

WHY CONSTIPATION IS COMMON AND HOW TO CORRECT IT

There isn't any question but that the majority of the population is troubled more or less with constipation. And there isn't any question but that constipation interferes with mental and physical activity. However it is a mistake to think of constipation as an organic or serious ailment and that if the intestine is not emptied once or twice every day that poison in the blood will cause serious sickness or even death.

Now no one would be constipated if he ate coarse foods and did a few hours of hard physical work. The effect of the coarse foods in irritating the intestine and the effect of the hard physical work in stimulating the circulation of the blood and the flow of digestive juices (particularly the bile) would be to keep the intestine active, with a movement after every meal or two movements daily at least.

That this is true can be proven by anyone willing or strong enough physically to try it. However the majority do not like a diet made up entirely of coarse foods, nor are they willing or able to do hours of hard physical work. What does this teach us? That in our present civilization with our desire for the attractive, appetizing refined foods now available, and with most of us engaged in light work due to machinery,

That Body of Yours
 By James V. Barton, M.D.

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

NEARER HOME
 Sir—H. L. Menckin writes, analyzing the mass mentality of Germany, Italy and Russia that submits with such docility to Dictatorial tyranny. What would he say to a country that does not have to put up with Dictatorship but that yet does so without any of the forms of compulsion that are associated with Dictatorships in the countries he mentions? The dictatorship of the needlessly self imposed conditions that is open for inspection in Canada and other parts near at hand.

Canada, with an area equal to that of the United States and a population that amounts to only a tenth of the population of the States, finds herself overcrowded; her surplus forming the long lines of unemployed men and women for whom a frantic government is trying to find the way out. What an evidence that it is not territory or lack of territory that has to do with the troubles of peoples!

Humanity is sometimes strangely docile, but this docility may not be a condition as much as a symptom of a condition, a condition of mind or thought. It may be the elevators, automobiles, and other labor-saving devices, there is not really enough work with our bodies to cause constipation. These bodies simply do not get what Nature intended them to get to prevent constipation, that is coarse foods and exercise.

I am speaking of course of the common form of constipation, the stonic ('a' meaning not) due to lack of "tone" of the muscles of the intestine. Fortunately it is not necessary to eat "much" coarse food to stimulate the intestine; in fact two helpings daily of one of such fruits as berries, figs, peaches, pears, melons, oranges, prunes, and one helping daily of one of such vegetables as tomatoes, onions, Brussel sprouts, asparagus, celery, carrots, beets, lettuce, cabbage and spinach should be sufficient to arouse or stimulate bowel action.

In regard to exercise, all bending exercises with knees straight will exercise the abdominal muscles, increase flow of bile, and actually stimulate action in muscles of the intestine itself.

(Continued on page nine)

The Poet's Corner
 MISANTHROPE
 Yes, all the unicorns are white. And all are most abjectly strange. Forbidden is their pagan might. Narrow and strict their constricting range.

And hungry is their hapless lot. And hungrier pace no herds than they. Who beg from mules, and are for got. Who steal a snatch of musty hay.

Yes, lonely are their milky, who fight. Who shrug their livid hides, for I am lone.

Yes, lonely are their lives, but I. I am the one black unicorn!

—Audrey Wurdeman

Try REGAL flour
 wonderful for BREAD