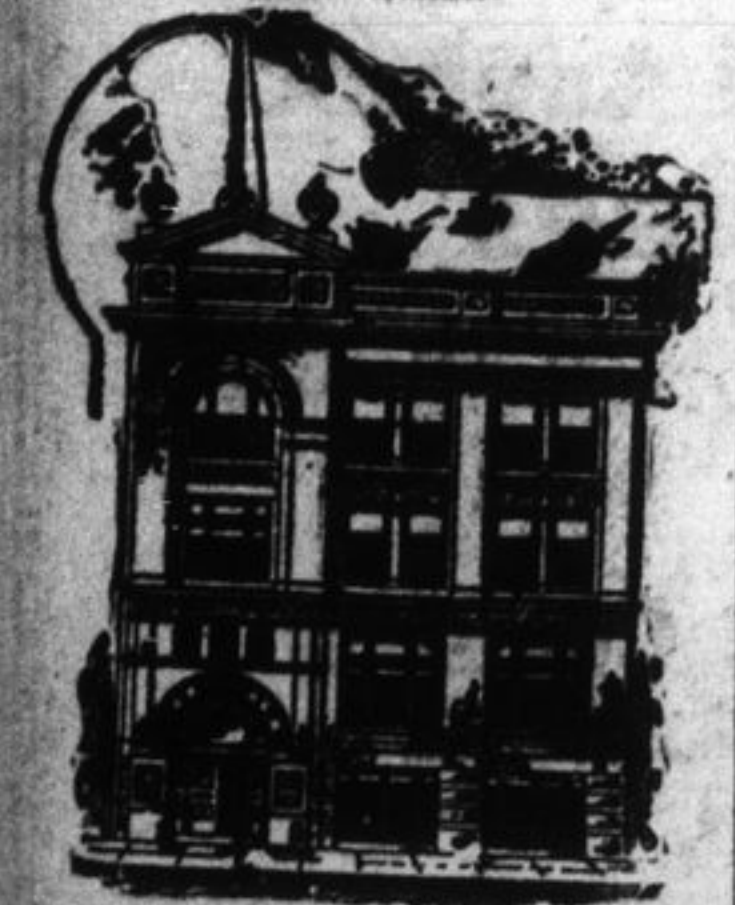


THE BRITISH WHIG 90TH YEAR.



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Fining the bootlegger merely increases the overhead.

If a man cannot get relief for his feelings from a doctor or dentist, he goes to his minister.

An osteopath is college tennis champion. Taking the rubber game came natural to him.

Dieting alone won't give you a willowy figure unless you begin with your grandmother.

Exercise: A kind of work; enjoyable because hard necessity isn't barking at your heels.

A third party can't get along without a grievance. It frequently takes hot water to start a Ford.

The work of stabilizing industry and business would make more headway if others would act first.

If you cannot interest a man in a proposition to make money, he is probably not long for this world.

Success isn't always spelled with a capital. But in this hard-bodded age it can't be attained without it.

The fine edge of the honeymoon is gone when first the bride must swallow hard and say, "Gimme."

If a man is too lazy to think for himself, he retains his self-respect by being proud of his party loyalty.

It is a disappointing world, and on careful analysis few stories prove as terrible as the headlines promise.

As time passes, all yearnings grow less acute except the yearning to get back on the public pay roll.

A bashful man is one who supposes that the two girls in the seat just back of him are giggling about him.

Through the agency of the corner drug store a lot of girls are able to make roses bloom throughout the year.

How times change. In the old days the serf cheered lustily for the winner. Now the monarch does it.

When the average man isn't hating the hard scheme that forces him to toil for a living he is despising loafers.

Righteousness is seldom altruistic, however. All laws are made and enforced by those who hope to profit by them.

Correct this sentence: "I'd like to have a tiny blue-white," said she, "than a very large stone with imperfect coloring."

If you have some occult power, that enables you to pick out a man's busiest day, you will make a good life insurance agent.

The contention that there are too many automobiles in this country will continue as long as there is any person without one.

If the farmer seems morose and depressed, you can always cheer him up by persuading him to talk about his new closed car.

If the average girl doesn't play the harp any better in the next world than she plays the piano in this, there's going to be trouble.

GOOD HEALTH NO MYSTERY.

Except in cases of persons who are affected by organic ailments, the business of keeping in a reasonably good condition of health is not one that should puzzle persons of average intelligence. Plenty of exercise and fresh air, nourishing food, in moderate quantities and protection of the body against the weather, constitute about all the precautions the individual need take.

Physicians practically agree that most of the so-called colds and infections that develop into influenza and pneumonia, are caused by neglect of the things that keep the human machine functioning in a normal way. Over-heated, poorly-ventilated homes are the chief cause of the colds that so frequently develop serious conditions.

Most persons dress too warmly for indoors and then neglect to protect themselves sufficiently when they go out into the weather. The result in numerous cases is congestion that lowers the vitality of the body and makes it easy prey of the germs that infect the atmosphere under certain conditions.

The greatest danger in the winter season probably lies in the tendency of so many persons to keep their rooms heated to a temperature above that commonly accepted as the most healthful—68 to 70 degrees—with frequent changes of air during the day in order that all foul air may be driven from the living quarters.

Many persons fear to go out-doors because they may catch cold, but the greatest danger is in depriving themselves of the fresh air that is necessary if the lungs are to carry on their function of supplying the blood with oxygen and in return carrying from the blood the effluvia that is poisonous to the system.

Too much coddling of the body in-doors, over-eating or indulgence in food not adapted to the needs of the body, with failure to protect the body when going out-doors, probably lie at the seat of most of the ailments that have their origin in the respiratory organs or digestive tract—and the combination is often most serious in its effects.

Good health is not purchasable, nor is it easily regained when once lost. There is only one way in which to secure it, and that is by right living.

FOREST FIRE LOSS.

The Dominion Forestry Branch has recently issued an interesting and valuable report under the caption, "The Forests of Canada." It presents in considerable detail the story of forest activities in the Dominion. The forest wealth of Canada is indeed abundant, but there is a grave danger that it will not long remain so unless some drastic and far-reaching methods are soon adopted. The annual loss by fire, fungi and insect pests runs into the millions each year, while indiscriminate cutting and the lack of reforestation methods is seriously depleting our natural resources in this respect. We owe it to future generations, no less than to ourselves, to adopt more stringent laws in regard to forest preservation. All of this the report, of course, points out, and adds:

"Though the loss of merchantable timber by fire and disease has been very greatly reduced in recent years as a result of the organization of forest-protective services, it still constitutes a serious drain on the forest resources. The annual consumption of standing timber for use amounts to about 2,600,000,000 cubic feet. At a very low estimate, fire destroys annually about 800,000,000 cubic feet of merchantable timber and the young growth on 1,300,000 acres. During the last ten years the destruction occasioned by the spruce bud-worm has averaged 1,345,000,000 cubic feet per annum besides the injury from bark-beetles and other insects. The loss due to fungi is not known but is undoubtedly large. It may be safely estimated that the forests of Canada are being depleted at the rate of upwards of 5,500,000,000 cubic feet per annum. With about 475,000,000 acres of potential, but at present unmerchantable, forest land, an average increment of 11.5 cubic feet per acre would supply this amount, but in view of the destruction of young growth which occurs and the deterioration of the forest and the soil, caused by repeated fires, there is little ground for the hope that this increment is being produced."

COLLEGES AND DEMOCRACY.

Some educators, including several college presidents, have recently declared that many students are not benefited by a university course and that, in future, such teachings should be confined more and more to the few of marked promise. But is this attitude fair or just? While democracy does not imply equality in intellectual ability, it does demand equal opportunity for intellectual training. It is a pleasure, then, to find a man like United States Secretary of State Hughes, at a dinner given President Angell, of Yale University, coming out squarely for

more and more education for the people.

No one, he says, who wants a higher education along humanistic, as well as along vocational or professional lines, should be denied it for lack of resources. After regretting the present over-crowding of colleges, he asserts that "in some way we must continue to provide the opportunities of liberal education for the average man. We must train leaders, we must give the best to the best; but democracy needs not simply a chosen few, but the elevation of the standards of life and thought among the masses of the people to the fullest extent practicable."

The benefit that a student gets from a college training is, of course, hard to estimate. It may be true that it is sometimes a handicap to what is usually known as success in life, not only because it delays one's entrance into the actual affairs of the world but because it sometimes arouses interests that conflict with one's main aim in life. Education, in that view, is luxury for those that have leisure. But that is a private phase of education. It also has its public aspect.

The attitude of those who would restrict college attendance is that of the two great English universities a century ago. The opportunities for a higher education were then limited, more by custom than by law, to the ruling classes. Even with this restriction, England was assured of the training of her public men. In this country authority rests with the people. Each citizen should have all the training possible to make him acquainted with the problems of the nation and of the world. It is only through education that real democracy can continue.

PRESS COMMENT

An Age of Faith

It is wrong and absurd to say that this is an irreligious age. It is very far from that. The modern spirit is indeed rather credulous than sceptical, and the ancient warfare is no longer waged between Science and Revealed Religion.—London Daily Express.

Government and Trade Disputes.

The Government is bound to hold the balance even as between different sections of citizens divided by an industrial dispute. But they are also bound, as Professor Whelehan pointed out, to safeguard the interests of the citizens generally. Under modern conditions, practically all strikes and lock-outs aim at achieving their purpose by bringing such a degree of pressure upon the community as will compel it to range itself upon one side or the other. However reluctant they may be to interfere, Governments under these circumstances cannot avoid interference, and not the least intricate problem that confronts statesmen is to discover some means by which intervention in trade disputes will give effective results without creating undue friction.—Dublin Freeman's Journal.

MONEY AT WORK

Brief but important lessons in Finance, Markets, Stocks, Bonds and Investments



The grocer buys mining stocks, the miner takes flies in oil, the oil man may be investing in securities of food companies. Why is it that the average man is so eager to invest in an industry about which he knows nothing?

If you are familiar with shoes, why buy stock in an oil company? You are better qualified to choose wisely among shoe or feather stocks.

It is a far better policy, when venturing in lines that are unfamiliar to confine yourself to conservative bonds.

There are so many risks to be borne by one who buys stocks that it is extremely unwise to increase those risks by investing in stocks of businesses that you know nothing about.

The Restless Balkans.

By Clarence Ludlow Brownell, M.A., Fellow Royal Geographical Society, London, England.

One idea to which all Canadians can subscribe is that no one knows what is going to happen next in the Balkans. Most of those who do not know, also do not care. But as a matter of fact, because of the significance to all Europe, and hence to humanity, they should know, and they should care.

De Blowitz, at one time Paris correspondent for the London Times, and one of the shrewdest of guessers in discovering causes and in making predictions, declared that in the territory that once bore the name of Austria, some little incident would one day prove to be the lucifer match that did that very thing was there, and there are still more matches. Europe and North America, too, should watch continuously to see that one of these lucifers does not flare up a gas well, and so begin another holocaust.

The Balkan states are a puzzle and a menace. Jugo Slavia is what her own politicians describe as a mess, and is surrounded by other messes. If no one stirs her, she may settle. The other messes may settle, too. Saying that they may settle is not saying that they will settle, or that they are likely even remotely likely to settle. It is suggested that America, that is Canadians and citizens of the States, working together might do much to quiet one of the messes—namely Bulgaria—and its population of 5,000,000, over whom Boris III. reigns, but does very little ruling.

The Kingdom of Bulgaria has Roumanian to the north, Greece on the south, Jugo Slavia (or Yugo Slavia as the English spell it) on the west, and Greece and the Black Sea on the east. She wishes an outlet on the south, through Greece, that would connect her with the Aegean Sea. It is a natural desire, for such an outlet would put her in touch more directly with the outside world. Her present connection is roundabout, through the Black Sea, the Bosphorus, the sea of Marmora, the Dardanelles, into the Aegean Sea, and thence into the Mediterranean Sea, where the route is through the Suez Canal and the Red Sea, or west through the Straits of Gibraltar into the Atlantic.

She is agricultural. Nearly three-fifths of the Bulgars are farmers raising barley, oats, rye, wheat, tobacco, fruit, as well as goats, asses, mules, pigs, horses and cattle. There is also gold, coal, copper, lead, iron and silver. If she had her own self only to consider, and the desired outlet to the Aegean Sea, she would be prosperous. Perhaps one can say that of the other Balkan states. But none of them is free. Roberts College in Constantinople has educated many of the men who now occupy prominent positions in Bulgaria, and through these men who have received what we might call an almost American training, Canada and United States could at least get the ear of the government. That the government would listen is certain, but that it would be able to act is not so certain, for relations with Bulgaria's neighbors are in unstable equilibrium. Some one is always just on the point of "spilling the beans."

Roumania and Jugo Slavia do not stand high in the estimation of several travellers who visited those states recently. They declare there is a great deal of graft, that officials are untrustworthy, and that the common people are uncertain as to their government—do not understand the law and are suspicious of its justice. Many of these people were formerly subjects of Austria-Hungary. They do not like either the Roumanian government, or that of Jugo-Slavia. They do not fit in with the new order of things.

It would seem that nature had been generous with Roumania, and that her hills are all human in origin. Her soil is rich, some say the best in Europe. That in itself should be a guarantee of financial stability. In 1919, her wheat crop was upwards of one and a half million tons. She has 12,000,000 acres of forest; she grows maize (corn), wheat, rye, oats, flax, hemp, tobacco, melons, fruit and grapes. No one should be in want in a land that fowth with milk and honey." But besides this, there are oil fields employing 50,000 workers, and salt, coal, lignite, gold and mica mines. If its government rules fairly, and outside interference nil, Roumania should be a happy land. Its population is 17,000,000.

In population, Jugo-Slavia is midway between Bulgaria and Roumania—about 12,000,000. She is most Slavonic, Serb and Croat—partly Hungarian, partly Serb, partly Montenegro. It is a mixture due to the war. Austria and Hungary are on the north, Albania and Greece on the south. Bulgaria and Greece on the east, and the buffer state of Finme-lania-Dalmatia, on the west.

Finme, which is under a committee of two Italians, two Jugo-Slavs, and one resident of Finme, is a puzzle. It has been ever since the poet Gabriele D'Annunzio occupied it in rather theatrical fashion, and governed it as a stage manager might perform in a playhouse.

One must bear in mind, if possible, though doing so is not easy, that among these several races exist prejudices comparable to those which the southern whites have against negroes on this side of the Atlantic, and which the self-approving Californians have against the Japanese. These prejudices are far older than the similar prejudices in the States, dating back perhaps ten centuries, and like them, have no foundation in logic, but are willingly nursed anti-



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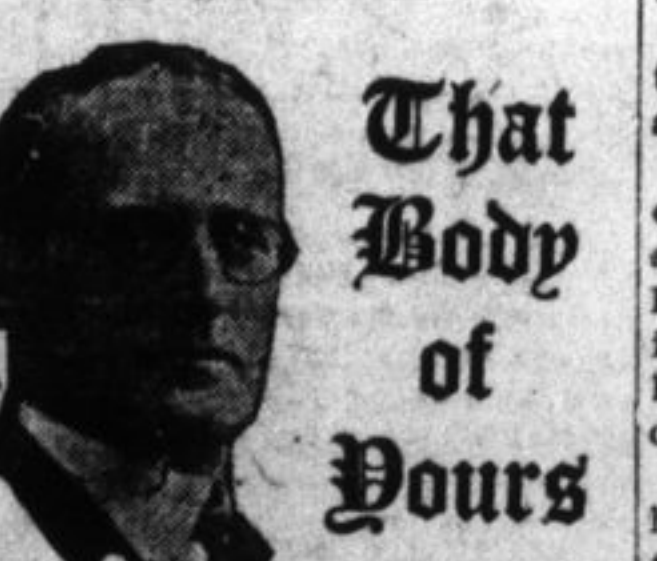
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pathies which it is almost a religion of their possessors to foster.

These prejudices work great harm to all parties, and do no good to anyone. They are as bitter as the mountain fends that one generation passes on to the next in the Appalachians. Both sides are wrong, but neither side will consider making amends. In these distant Balkan states, with their numerous nodes and differences in speech and in traditions, despite the fact that they are such near neighbors and that they mix daily in the ordinary business of life there is no one point round which all can rally. He would be another Napoleon who could establish a principle all would follow, and set up a confederate government to which all would swear allegiance.

It will be a feather in the cap of the League of Nations if it can placate the people now subject to periodical fits of rage and jealousy, and the deliberate periods of hating such as Germany used to exhibit. The League has done much good work and has not evaded duty when the madman of Italy made as if he would eat up all the Greece in sight. The Balkan states are commended to the League's best attention.

Uncle Remus described Brer Rabbit as being so "skeered" he did not know what minute was going to be the next. That has been the case so often in southeastern Europe that the "being 'skeered'" condition is in danger of becoming chronic. Remove as that is to North America in the minds of the average citizen it is by no means remote in point of fact. The possibility of war is ever present. It should be eliminated. It would be much less of a possibility to-day if the people of the American Republic had supported their government when it put its hand to the plow. But they did not support it; they compelled it to look back. That is a misfortune. Lord Northcliffe said misfortune is the meed of the half-educated.



That Body of Yours. By James W. Barton, M.D. Where Does Your Head Ache? These are of such frequent occurrence and are always called by the same name, that I often wonder more thought is not given to their causation.

They certainly make life miserable. Now these headaches are not due to the same cause always, because the "ache" may be in different parts of the head.

There is the neuralgia about the upper part of the face and forehead, sometimes over the nose and cheek and down into the lower jaw. Now just one nerve is causing any or all of that disturbance according to the part affected.

The "Flu" epidemic left a lot of these aches in its train. Then there is the "ache" at the back of the head running right up into the crown, which is due to something irritating another nerve. Something has gotten into the blood stream and the nourishment to the nerve is thereby impaired. Sometimes in anemia, or man-

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blooded people, it is the actual poverty or poor quality of the blood that is at fault.

Frequently headaches are due to eye strain, or even active disorders in the eye itself.

The relation of the intestine to headache and the prompt relief from same by the proper evacuation thereof is so well known that comment is unnecessary.

Following colds and the grippe, a very definite headache is now prevalent.

The pain is in the forehead between the eyebrows, and is very intense.

Sometimes the skin is actually painful to the touch.

This form of headache often calls for intervention by a nose specialist. It would be impossible to give a general treatment for headache, for as you see there are so many different causes for it.

You can never go wrong in the treatment of all forms by paying attention to the daily evacuation of the intestine. Constipation accompanies nearly all forms, although not the cause of them all.

Then if the trouble be in or above the eye, have a real examination by an oculist.

If between the eyes following a cold or grippe the usual soothing spray up the nose may be of help. If the pain persists, see a nose specialist, who may illuminate the hollow bone and see if there be any obstruction.

For the painful points in the head, gentle massage for a day or two followed by deep massage is the most effective treatment.

So, if you have a persistent headache, think of its exact location, and try and figure out an effective way of controlling it.

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