

THE BRITISH WHIG 91ST YEAR.



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All that stands between us and a hot time is three months.

Blessed are the peace-makers. They will never be out of a job.

There may be art for art's sake, but it is often art for jack's sake.

Fable: "They lost their money years ago, but they are social arbiters still."

The man who loves his neighbor as himself is seldom crazy about himself.

The only fur-bearing animal that appears to be holding its own is woman.

Scheme for raising prices: First get the stuff out of the hands of the producer.

The only thing in the world that seems smaller as you draw nearer is greatness.

A "good neighborhood" is one where the houses are large and the families small.

Civilization is getting to be a mere mania for attending to the other fellow's business.

His arrogance is in exact proportion to the squalor of the level from which he climbed.

Out in the great open spaces it is easier to keep a shirt clean, but it isn't so necessary.

Mr. Bok has achieved his object: The whole world is again studying peace propositions.

Well, Vanizelos is a shrewd man, and if anything happens, he won't wait for a firing squad.

The regulars and the rebels in Mexico don't really hate one another. They are not allies.

Man says the world is 8,000,000 years old. That's how many times peach crop has been killed.

The greater service has been rendered by "tipsters" who advised people to let the stock market alone.

Fable: Once there was a husband who didn't burn more fuel in the evening than his wife burned all day.

It is fine to do a good thing every day, but when you find a good thing it is hard to do him more than once.

Correct this sentence: "I don't want the set of books," said he; "and when I say 'No' that ends the matter."

"Only the weak multiply fast," says a naturalist. Which shows that he knows something about law-making, also.

Fanaticism hasn't changed much. The second man killed the first because they disagreed concerning the right way to worship God.

Health experts report that there is less sickness under prohibition. Since it is not easy to get the remedy it may be regarded as of no use to become sick.

BIBLE THOUGHT

A MAN THAT HATH FRIENDS MUST SHOW HIMSELF FRIENDLY; and there is a friend that sticketh closer than a brother. Proverbs 18:24.

TO REPEAL PROHIBITION.

At least one country in the world has tried prohibition and found it wanting. The announcement comes from Christiana that the Norwegian government intends to propose to parliament the abolition of prohibition upon spirits, and as the ban on wines was cancelled nearly a year ago, there will be nothing left of the prohibitory laws which were enacted in that country. It is not stated what considerations led to this decision on the part of the Norwegian government, but it is a very significant action, particularly in view of the reaction against absolute prohibition in several of the provinces of Canada.

Any legislation of a prohibitory nature of this kind is bound to have its reaction. In Norway that reaction has reached the stage at which a repeal of the laws is necessary. The votes taken in Manitoba, British Columbia and Alberta show that the same reaction is at work, to a certain extent, in Canada. Just how soon it will reach Ontario in sufficient force to bring about another vote on the question cannot be prophesied with any accuracy, because the question here has become so bound up in politics that it does not stand on its own feet as a great moral question.

It is significant, however, that the prohibition forces are preparing for a fight in Ontario. On the evening before the vote in Alberta a few months ago, one of the prominent social leaders of the Methodist church, in a speech delivered in an Ontario city, said, "We fear the result in Alberta to-morrow, and a victory for the wet forces there will mean that their slogan will be, 'Saskatchewan next,' and after that, 'Ontario next.'" This shows that the leaders of the prohibition movement are preparing for the reaction to come, and are alive to the necessity of making an effort to stem the rising tide of opinion which is opposed to prohibition of the nature now in force.

There is not, in Ontario, nor any other province of Canada, for that matter, any desire to make so drastic a repeal of the prohibition laws as is being put into effect in Norway. There will never be a return to conditions as they were prior to September, 1916, but there is a decided possibility that ere long there will be some changes of a modifying nature in the prohibition legislation of the province.

A HABIT IN EVERY HOME.

Excellent reasons were given the other day in an address before the Rotary Club of Mount Vernon, New York, by Louis Wiley, business manager of the New York Times, for what he described as a habit, nowadays in every home, namely the regular reading of newspaper advertising. "Advertisements are now," he said, "so carefully printed and so carefully written, presenting in convincing language suggestions of merchandise needed by thousands of people every day, that to many readers they are as interesting as news. In fact, advertisements are of themselves, news. They announce new books, latest styles, inventions which have been perfected for useful purposes, special prizes. They suggest improvements to the home, new ideas in business. They stimulate sales and are a useful, necessary force with a tendency to make human life easier, better and more pleasant. Advertising in a newspaper may cover a continent or be restricted to a state or a city. It comes the nearest to the fundamental principle of successful marketing—the bringing together of buyer and seller in the quickest and cheapest way." One who only skims lightly over the advertising columns of his newspaper can never know what opportunities or bargains he may be missing.

OUR SANITY.

The fifty-fourth annual report on the hospitals for insane and feeble-minded in Ontario, compiled for the year ending October 31st, 1921, gives us much food for thought. In it we find that while Ontario's population was increasing thirty-eight per cent., the insane population was increasing 135 per cent., which is out of all reasonable proportion and demands an explanation. There is a glimmer of hope in the introduction of W. W. Dunlop, inspector, when he says that the increases latterly can be explained as due to a period of war. But he also questions whether the United States National Council of Mental Hygiene was not right when it mentioned as other big reasons: "The mania for wealth, the craze for publicity, the loss of confidence in spiritual leadership, the wild enthusiasm out of all proportion to the importance of the matter in hand, especially in regard to sport; the mania for modern dancing and the disregard of the Golden Rule as a working principle in life."

We may thank God that in Canada this arraignment does not apply nearly so fully as in the United States, though the reflection of the extreme fads of that country are felt to an uncomfortable degree here at times. We may also take some of

that indictment as the non-comprehending attitude of those of an older generation towards the ways of a younger. But no matter how the situation is discounted, our own insanity figures here at home are serious enough to demand immediate thought and investigation.

The old stand-by of arraigning the "sheiks" and "flappers," as our boys and girls are dubbed in modern slang, does not hold for a minute. It stands to reason that if the children of the present generation are a wild and unruly lot, then there certainly must be something radically wrong with the parents, for no generation of children will fall from grace if the proper guidance and upbringing have been given. People who arraign their children continually should stop to make a careful analysis of their own mode of life.

The first and best treatment of any evil is the confidence of ability to fight and overcome it. Let us then adopt the opinion that the great increases in our insane population are due first, to the trying period of war and, secondly, and in much greater proportion per se, to the hard years after the war when economic, political and social conditions have been endeavoring to recover from one of the greatest shocks in the world's history. Let us accept the fact in all sobriety but without panic or fear and fight it slowly and scientifically, in the same manner as we would eliminate business and trade depression, by a search for the causes and a gradual rebuilding.

JANUARY.

Janus, the ancient deity, for whom this month was named, is usually pictured as having two faces, and this fact is not without its significance. Extremely cold days vie with those of milder temperature now, yet withal the ice and snow and biting winds are regnant and not at all backward in asserting their authority.

Winter is no longer an unfamiliar visitor, but an accepted guest whose stay for some weeks' duration is taken as a matter of course. Too bad that the aristocratic sleigh, the plebeian bob-sled and especially the merry jingle bells are but a memory. But the boy with the coaster is still with us, and to watch him take a hill "belly-buster" fashion is good for the eyes and better for the heart. Moreover, the skaters are holding carnivals, so heigh-ho for the rink, the river and the lake, the frolic and the fun and the clever capers cut by steel-shod boots.

January skies at night are ripe for the enjoyment of astronomy with the naked eye. Go out of doors at nine o'clock on a clear evening and the heavens will reward you lavishly. Almost directly overhead Capella shines with a steady white brilliance. Toward the southwest Tarus, the Bull, with his two celebrated clusters, the Hyades and the Pleiades, coruscates. Of all the star groups none is more famous than the Pleiades, seven in number, which, according to an Indian legend, are as so many lovely children who once danced themselves into the sky and never came back. Orion, the "Gondola of the heavens," is resplendent in his glory, and the starry river called Eridanus may be glimpsed west of Rigel, which glitters like a gem on the giant's left foot. And these are but a few of the diadems that stud the heavens on a January night.

The woods are drear and stark for the most part and bear the marks of battle. Nature has put on the weeds of widowhood, and every green thing save the fir, the balsam and other trees not deciduous is at a premium. The cotton-tails are joyous and much in evidence in the fields along the roadways. Coveys of partridges, while not abundant, are flushed occasionally by the chance pedestrian in isolated regions only to disappear in a flutter and puff of brown and a whirl of muffled music. Here and there a Junco, or show bird, is cheerily hopping about. A lonely and sombre crow flaps overhead, cawing as he goes—a raucous note, and in keeping with the wintriness of the January landscape.

The Little House. So tiny seemed the little house, Scarce room for bed and board; Yet here were love and happiness In heaping measure poured. But now too large the little house, For one has gone away, And through the high and empty rooms The joyless echoes stray. Still ever round the little house The sweetest memories cling Of laughing face and dancing feet. That made our hearts to sing. Oh, Father, keep the little house; Bring balm and tender care; May smiles again of happiness In Thy good time be there. —E. LILLIAN MORLEY.

Talk is cheap and the man who talks too much often gets liberal and gives himself away.

BRONCHITIS Leaves a bad cough. So does "flu" and a gripe. But these lingering coughs yield easily to the healing and curative qualities of CHAMBERLAIN'S COUGH REMEDY. Every user is a friend.



By James W. Barton, M.D.

That Body of Yours

The Three Ages. We read in our early days about the seven ages of man. I can't just remember the definite periods off hand, but in thinking of that oldy of yours I can think of three definite periods. The first is the age of fifteen in a boy, or thirteen in a girl, the age of puberty. The man and woman has emerged from childhood. The second is the mature age of twenty-five to twenty-seven, when both men and women have reached their full maturity. They may grow stronger or weaker, but insofar as natural growth and development is concerned Nature has completed her work.

You are then at your full growth and what happens thereafter is due to natural or inherited qualities of health, and what you develop for yourself.

And the third period is that of middle age—about fifty. I have often thought how these three periods are fraught with dangers, and also with privileges.

That the boy and girl at puberty should be taught by parents about the transformation that has taken place in their bodies and its significance.

The man and woman at twenty-five and twenty-seven should realize that they have reached the point of full maturity. If at this time they will take the ordinary thought as to food and exercise, they would avoid the embarrassing fat, and protruding abdomen that now ensues.

You see Nature is through building you up, and so your food now is not required for that purpose. If you continue to eat it, then it should be used up by work or exercise, or otherwise you will accumulate weight.

And so from twenty seven to fifty you are at your best—insofar as physical vigor is concerned.

And now the third stage—fifty years old. Nature has maintained you well. You have been sensible as to diet and exercise. You have perhaps escaped any severe illness.

What should be your programme? Really no changes in one sense. You will still continue the care of your body by diet and exercise.

But your exercise now should not be competitive. It should be plenty of walking, or golf, and the slower, more moderate forms of exercise. Because you feel strong don't go in for any endurance tests. Because you are still strong, don't try to show up some of the younger fellows half your age.

Because you are strong, don't imagine you are just as supple as you were at thirty. Your whole thought should be to preserve what you have acquired between your second and third periods. That health and that fair measure of strength will stay by you, if you eat less, exercise a little less, particularly along strenuous lines. Remember, you should be good for another thirty years of life, with ordinary care.

WHEN GLADSTONE WAS MOBBED

T. P. O'Connor in London Sunday Times. I have just been reading of the mishaps to which politicians are subjected when they come in contact with excited people in days of acute controversy. The case has been mentioned of Gladstone having the panes of his temporary house in Harley street broken by a mob on a particular Sunday when there had been a demonstration led by Bradlaugh against the Eastern policy of Lord Beaconsfield. I do not see mentioned another incident which I remember well. When Gladstone reached Dover on his way to one of his Continental trips, he found snow on the ground; and some of the ruffians in the streets began to snowball him. The old man showed great indignation. A mob of members—also during the controversy on the Eastern question—howled at him in the House of Commons as he was passing through the division lobby. There is also the old story of some member of the Carlton Club who threatened to throw him out of the window when, as a Peelite, he was beginning to show some of the Liberal leanings which afterwards developed.

We all remember the narrow escape Mr. Lloyd George had at Birmingham. A Welshman, who recognized him by his eyes under the policeman's helmet, pointed to the "criminal" the angry mob was seeking. Fortunately the denouncer was regarded as trying to play a trick on the savage crowd; and he was kicked and beaten himself, during which process Mr. Lloyd George was able to slip away. I have been told by Birmingham people that the city has never ceased to be ashamed of this performance. I have been there since in pretty hot times, and I was treated with the greatest courtesy.

WHO READS THEM?

London Express.—Since the beginning of the present year 1,058 books of fiction, all costing over six shillings a volume, have been published in this country. It is a staggering thought. Who are the authors? A certain number are known to every one, a few have their select clientele; but what of the remainder? Behind the writing of each of their books there is probably a far more poignant story than they could ever write. It is not difficult to

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