THE BRITISH DIST YEAR.

Published Daily and Semt-Weekly by THE BRITISH WHIG PUBLISHING CO., LIMITED, KINGSTON, ONT. M. Campbell President Editor and Managing-Director

ob Department 2613 SUBSCRIPTION RATES. (Daily Edition)

Attached is one of the inting offices in Canada.

The circulation of THE BRITISH WHIG is authenticated by the ABO Audit Bureau of Circulations

Final proof of spring's arrival afforded by white shoes on the window sill.

A man never realizes what a burden dignity as until his back itches in a crowd.

Dictionaries are funny. Ours defines a cabinet as a place to keep Mings in.

"The south has no definite aim. says a critic. Evidently he means the southpaw.

It frequently happens that the antouches for loans.

the third class who is called sissy. His ears are clean.

e population ove the ears.

ou an enemy if you can't be as unreasonable as he is.

Another thing that should be the public treasury.

Nobody really enjoys ridiculing hicks except the countryman who but recently moved to town.

What we can't understand is he a rain-maker gets results without Sunday school picnie.

There were "great critics" in Pr ritan days, but they were called cor mon scolds and ducked.

The test of being a free country is the privilege of being unorthodox ty of Canadians, of spending all their It is by no means the most important without dodging bricks.

If a modern child has it tistic temperament; but in the cl days it was swell-head.

The worm turns, but he usuall: turns over his pay envelope when perpetually sending us gold nor we It is undoubtedly true that the corhis wife finishes talking.

thinks the referee would let Demp- ficiaries of existing tariffs or the ulties than does the reading of sey use a hammer next time.

stay up will now know how, to sym- their personal income outside of value in addition to the aesehetic pathize with the Prince of Wales.

or something. You never can tell.

Nature doesn't like a vacuum When she finds an empty space in a cheques and starts off to spend four

Correct this sentence: 'And, dar- is not the workingman or the farling." he whispered, "I'll never be mer who returns from this excurthoughtless like other husbands."

It is probable, however, that Nosh began to look with longing at his enter duty free. It is not the workcolf clubs before the rain was over.

They must hurry the investigations at Toronto if they wish to make more capital before public wrath turns on the umpires.

BIBLE THOUGHT

Creator in the days of thy such as coal and ores and oils and

his unsophisticated palms by the car- recipients. pet beater. The Housewives' Festival is in spate.

In Greece of old there were certain religious mysteries performed sleep?" in the sacred groves by women alone. rides the dusty billows.

year, by mail to rural effices, \$2.50 the woman is resolute and indefatake fright at the thought of proyear, by mail to rural effices, \$2.50 tigable. Secretly he is probably demeans of a blow, hypnotism or
lighted to see the last of all those lighted to see the last of all those chloroform. could not make him admit it.

to reappear in the usual corners. habit. Life is normal again and spring is If so, the tendency is to indulge it the non-athletic cadets.

THOSE WHO SPEND ABROAD. Whenever there is an active campaign in progress either for the procuring of an increase in the tariff or for the combatting of a decrease, we are sure to hear a lot about the argument that it is the duty of those it in Canada. We are hearing

ishing touches on friendship are for the purchase of Canadian goods, plus some portion of what they receive in payment for exported Cana-It is easy to pick out the boy in dian securities. But this is a matter though, for the luxury of soft pillows which is pretty efficiently regulated about one's ears and the quiet fingers by the sponsmit laws of internation- of sleep disengaging the cares of the all trade. The nation which buys day and drowning the weary mortal The office cynic insists that where more than it sells loses its gold sup- in restful oblivion. ust ply to pay for the surplus of imports, or if gold is embargued, its currency is depreciated in gold-using coun-A partition is a man who thinks tries. The nation which sells more than it buys will soon find itself obliged to sell less; for it will accumulate more gold than it needs and its half a dozen other kinds of teams price level will eventually rise so as planted now is the grafter who rifee to make the export of commodities and securities difficult. This is the condition which is beginning to felt by the United States, and which would be felt a great deal more but for the disturbed and insecure state Festival? They go forth untried, in- body with its accompaniment, good (There were at this time thirtyof the finances of a large part Europe, causing European owners of lose, it will be a gorgeous experience by on leaving college rides in a some fifty boys in the preparatory gold or of exportable commodities to for the thirty youngsters, of whom motor car, takes no exercise what school). exchange them for American invest- the city is justly proud. ments even at an immense disadvantage in price, just because they can

get no such degree of safety in their

own countries. them; and they can neither go on voices accurately and intelligently tariffs—are the precise Canadians ly the study of music possesses Canada. It is not the workingman enjoyment it yields. or the farmer or the member of the The education of a modern prince smaller professional classes (dis- but not till the day after to-morrow, should include lessons in plumbing tinctly below the level of the corpor- when these lads and lassies are ation lawyer) who packs up his famnear, buys a book of travellers' parent. Then our choirs and musihead she sticks in a few prejudices. or five months in the Southern States or California or the West Indies. It sion with a pretty complete outfit of the latest New York clothes for every member of the family, just sufficiently worn to enable them to ingman or the farmer who adorns his house with the rugs of Bokhara, the paintings of Paris, the sculpture of Rome, the glass of Vienna and the silks of Tokio; nor who loads his table in early spring with the strawberries of Georgia and in win ter with the grapefruit of Florida.

It is not-but why labor the list

THE BESOM OF DESTRUCTION. | out of Canada just as effectually) of their condition. Nevertheless, it It is time to address the annual eternally calling on the rest of the is a remarkable fact that the proapostrophe to spring cleaning. The population of Canada to spend their ductive capacity of the nation durreek of old hats and rubbers pours money at home. It would be interfrom chimneys, blue mattresses are esting to know just what percentage exposed to the sun and the public, of the dividends and executive salaand the tired business man thought- ries paid by Canadian protected infully fingers the blisters raised on dustires is spent in Canada by the

> RECHARGING. "Good morning; had

With so simple and ordinary a No male eye might ever witness question we touch upon one of the those ceremonies save at the risk of greatest of those mysteries with death. The old creed may be out- which this strange life is thronged. worn but the instinct which prompt- What is sleep? No one knows exed it still finds outlet in houseclean- actly, although everyone is more or ing. Man is relegated to the menial less addicted to it. At the accuscondition of a serviceable nuisance tomed hour we lie down, The and woman, militant, triumphant, muscles relax and the heart action slows down perceptibly. The thoughts It is assumed that men abomin- become incoherent as the branches ate this open season and that women of the nerve cells separate from revel in it. This is one of the rules each other and curl up like butterof the game, which adds greatly to fly tongues. And then-unconthe general enjoyment. Where sciousness, mystery. It is curious zers would be the fun if two teams were that we welcome and seek out this both trying for the same goal? So form of unconsciousness though we the man growls as is expected and take fright at the thought of pro-

mulate about a room. The gleaming ship between sleep and fatigue, but Colder. 22 St. John St. Montreal floors, spotless curtains and trans it is not a fixed one. One often hears United States Navy produces figures parent windows are as refreshing as the expression "too tired to sleep," depicting the life of the naval offimly ever the actual same of the a spring rain. But wild horses while it is well known that some of cers from boys in their teens up to the greatest workers get along regu- the age of sixty-two, you can't ig-So at last the rite is concluded, larly with five hours or less. Others the house swept and garnished from who do very little, sleep a great deal. garret to cellar and the dust begins To a certain extent, sleep must be a

too little rather than too much. The human system is like an electric battery which is charged during sleer and exhausted by activities. If a battery is discharged below a certain point it is injured, and the restless, excitable human batteries one so frequently meets proclaim the same law. They are suffering from who earn money in Canada to spend chronic sleeplessness, self imposed It is suggested that since the progreat deal of it at the present min- cesses of mind and body are electroute. Like most arguments of the chemical, science will soon be able kind, this one has a certain degree to re-charge our systems electricalof validity when applied with reason ly, thus making sleep unnecessary. and discretion. It is desirable that We could toil day and night at our Canadians should not spend outside professions and pleasures with only of Canada more than the amount brief intermissions for eating and which they receive from outsiders recharging. Probably the two processes could be combined by electrifying the foot-rail of the lunch counter. What a poor exchange.

THE BOYS' CHOIR. Kingston is thoroughly accustomed to sending off teams to try conclusions in other cities. Hockey, regularly take part in district, provincial and intercollegiate series. But has Kingston ever before been repre-

This is only one of the benefits of appointing a competent music instructor in the schools-a step which when it was taken caused much misincome in Canada. If we really did result. The real value of this branch it, the result, as we have already of instruction does not consist in seen, would be to prevent foreigners developing a picked band of singers. from buying Canadian exports, since This piece of justifiable display is the foreigners would have nothing only incidental to the main work of (except gold) with which to pay for teaching whole classes to use their perpetually receiving it. But the rect and pleasing rendering of a pasamazing part about this argument is sage of music demands much more Firpo may retire. Perhaps he that the people who use it—the bene- co-ordination and exercise of the facwould-be beneficiaries of hoped-for passage of literature. Consequent-Bush leaguers who are unable to who spent the largest proportion of direct and important educational

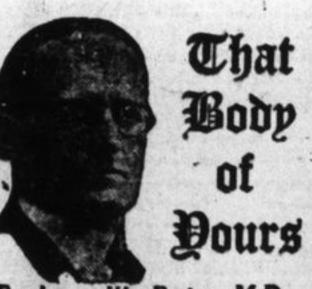
To-day we brag of our boys' choir, reaching their twenties, will the full ily as the Canadian winter draws value of this instruction become apcal organizations will reap the rich harvest of the good work which is now being done.

PRESS COMMENT

Not Enough to Go Round The fundamental problem that seeds facing (in Great Britain) is that the workers are asking omething which they are humaniz justified in requiring, but which the now, is incapable of granting. The nation to-day is not producing enough to satisfy the natural human demands of the workers. Althrough Everybody knows that after a few the nineteenth century the production per head of the populationthanks to improved machinery and few flyscreens will make all the difnor the years draw nigh, when thou shalt say, I have no pleasure in them that us hear the conclusion of the whole matter: Fear God, and his is which buys most -of these luxury came to an end, the men and women the whole commandments: for this is the commandments: for this is the commandments: for this is the commandments and raw cotton are increased; the human standard was allowly raised, the human demand for minima of comfort and decency went up; and when that contary mate friends about it.

As kickers, some men I have in he whole duty of man.—Ecc. 12:1, goods (and many other luxuries such of the nation did not cease to ex- mind, have the mule, beaten to as foreign travel, which takes money pect improvement and amelioration stand-still.

ing this century has ceased to increase. The population has grown, but the wealth-producing power per head has not grown. The demands for a decent standard of life have been increasing, but the means of satisfying them have not increased; and to demand what is not there is crying for the moon.-London Chronicle.



By James W. Barton, M.D. Do Athletes Die Young? You have read from time to time that athletes die young, that they have a higher rate of mortality than non athletes.

Just as often, you have read articles, also based on statistics, showing that the athletes as a class live longer than those who were not

When the Surgeon General of the

He states that officers noted for their athletic prowess during their cadet life at the Naval Academy. were breaking down sooner than

On the other hand Dr. Anderson of Yale reports, that after investigating the known deaths of all students who have graduated during the past fifty years, that the mortality amongst the athletes was just about half that of the non-athletes. Now what are you going to do with two statements so directly opposed to one another?

I don't believe the ordinary statistics along this line can give you much choice.

For instance you'd naturally expect men who were prominent in aheletics, who had won their color, would be of superior physique, superior fibre as it were, and should resist Illness much better than one of poor physique. In other words the athletes are practically picked men.

On the other hand, the non-athletes would not mean just men who did not like or go in for athletics, but all the non-athletic participating students of the college.

pete for a color, Men who might try cated in hired buildings. The plain for it, but were hardly good enough fact of the matter is, Queen's College for it. Further, one man might win is a great failure, arising out of sevhis color for simply doing a nigh eral causes. The disruption of the months of intensive training as foot- land did it immense injury; and the ball. One might get his color in base- vacillating policy of the government, ball, another in boxing, where the at one time endowing it and making rugby, baseball, bowling, curling and training might be light, and another it a branch of the University of Toon the heart of any other known was of no less damage to its pros-

sented by so youthful a band as that light exercise, to walk a bit, and tenets for the milder ones of Episcowhich set out Thursday to compete keep an eye on himself generally, pacy and those of Arminius are doat Toronto in the Ontario Musical really preserves the asset of a good ing it a permanent injury. experienced but hopeful. Win or health. The athlete who, immediate- five students in attendance with ever, and yet preserves his big appetite, has made his athletics liability, because he has a large long letter from W. L. MacKenzie, strong heart that will be asking in dated Washington, April 10th, and vain for work to keep it from gett- discussing the latest political and ing flabby, and lungs that will be financial gossip of the American But to return to the alleged du- giving among the penny savers. But asking for air to completely fill capital. them, because Nature abhors

A little thought about diet and exercise will give the athlete a little dvantage all his life.

SOME HOTELS SIMPLY DIRTY.

Vancouver Sun Too many hotels in the small towns and villages of British Columbia to be classified as bad, worse, or still

small hotels, real hostelries that the traveller remembers with satisfaction and revisits with pleasurable anticipation, are the more numerous cate-In the objectionable minority re

Fortunately, excellently conducted

ferred to, however, it is not only that poorly-cooked food is served in fly-infested, frowsy dining rooms, but that the bedrooms are intolerably dirty and the sanitary appliances out-

By the male traveller they are found almost unendurable, while for ladies they are impossible.

Quebec is taking steps to remedy a similar state of affairs by insisting that the privileges of catering to the public shall entail the obligation providing decent and cleanly service. British Columbia might well fol-

low suit. The right to provide board and lodging at stopping places on our tourist roads should be given only to establishments that will conform to certain sanitary standards. But while waiting for the author ties to act the townsfelk in places

where the local hotel is a reproach hould take the matter up in their own interest. They will find that it pays to attract tourist traffic and that a bright, clean hotel is a good And in many cases a little soap and water, a can or two of paint and a

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KINGSTON IN 1850

Viewed Through Our Files

Queen's, the Great Failure. April 13 .- Queen's College, the university of the Kirk of Scotland in Canada, is also located at Kingston. Its scholars are not so numerous as at its Catholic neighbor (Regiopolis College) neither is tuition, except to There would be the men who students in divinity, so cheap. would not be strong enough to com- has no edifice of its own, but is lojump, whilst another would put in Free Church from the Kirk of Scotin basket ball which is the hardest ronto, and then repealing that act, perity. And last, but not least, the Then again an athlete, who when growing tendency of the Christian he graduates, continues to take world to renounce high Calvinistic

April 17 .- This issue contains a

Discipline May 18 .- The Editor tells of a convict at the provincial penitentiary, who during the previous year is said to have received 60 lashes of the cat, was twice heavily ironed. confined five times (10 days) in the black hole, on one of these occasions hours and was 47 times on bread and:

water, once for ten successive meals

DR. CHARLES F. BROOKS Secretary, American Meteorological Society, Tells How.

Storms Slow to Clear. When a storm passes and wind shifts to the northwest, we

ually look for clearing and coid weather. If however, the storm is very slow moving one, this optimism may prove unjustified. A low may travel slowly or even remain stat onary at times and yet be accompanled by gales, blowing spirally inward. The speed of advance of the high, cirrus clouds before a storm will, however, indicate to some extent its rate of progress. Where the Great Britain, is to visit Canada at forward motion of the storm is aved, a vigorous northwest wind behind will run into it and will pile and zinc. on the air, underrunning and lift- Doubtless the flea was the original ing the warm moist air in front and backbiter.



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Office Hours: 8.30 a.m. to 6 p.m. extending the rain-making process Some of the moisture in this warm laver condenses and falls as rain through the ordinarily cool, dry, northwest wind below. Therefore, the general rain continues even after the sudface wind has shifted. On the other hand, the rapidly

passing low may travel faster than the winds behind follow on its course. In this case a down draft is produced behind the storm, and the sky quickly clears of high clouds: though low ones, sometimes with light showers or snow flurries may form, especially on leeward coasts and windward mountain slopes. This is usually the case on the Pacific coast, the western slopes of the Rockies, the east and south shore of the Great Lakes and the western slopes of the Appalachian highlands.

Agnes McPhail, Canadian M.P. was received on Thursday by President Coolidge at Washington, Ex-Premier Stanley Baldwin.

the end of July.

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