

THE BRITISH WHIG SIXTY YEAR.



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What does an old-time barber talk about while hobbling?

The least expensive branch of government is the olive branch.

It's hard to find an old-time family doctor, or, for that matter, an old-time family.

Prize fighting is degenerating and degrading. Think of being hugged so much by one of those common chaps.

He isn't a genuine conservative unless he shudders when a rich man is sent to jail.

You can't really inherit nerves, but you can inherit money enough to afford them.

The early bird also gets some remarkably intimate views of people on sleeping porches.

In a hick town a man needs only \$10,000 to brag about the time when he wore patched pants.

High-class restaurants are over-looking a good bet. They haven't thought to charge for the air.

A man never realizes how little confidence he has in boys until his daughter gets into her 'teens.

If you have the right of way, you feel reasonably sure unless the other fellow happens to be driving a truck.

That judge who says a pedestrian may stand his ground should set the example and let us see how it works.

Even with the multitude of time-saving devices, the days are too short to contain all we would like to do.

Look up an old chap in Bradstreet's, and you will know whether he is playing golf or pitching horse shoes.

A moratorium is just the high-brow way of admitting that there doesn't seem to be any blood in the turnip.

It is rather fortunate that some people are bad enough to give good people something interesting to talk about.

Correct this sentence: "She's a beautiful girl," said the mother, "but I can't get her to have a photograph made."

Reformers who go to see motion pictures to make sure they will not hurt the public's morals are so often disappointed.

"A circular movement is noticed in the frounces of new frocks." Probably accounts for the fact that some of the later gowns seem to make us dizzy.

A naturalist says there are 200,000 rattlesnakes left. We don't know when he took the census, but presume it is fairly accurate. How's your supply of cure?

In abandoning his flight over the North Pole because of lack of sufficient funds, Capt. Roald Amundson appears to have a valid reason for his action.

BIBLE THOUGHT

LET THIS MIND BE IN YOU, which was also in Christ Jesus. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.—Philippians 2:5, 6.

SUMMER.

If one chose to be pessimistic about seasons in general and summer in particular, all that is now delightful and alluring in the current season would be overshadowed by real and imaginary discomforts and annoyances. Although Schopenhauer has authoritatively said that "Thinking men find nothing in life worth the living," the majority of human beings risk a personal application of the "divine pessimist's" imputation and thoroughly enjoy the warm days and hot nights of summer in spite of their many disadvantages.

It is frequently complained by even the habitual optimist that there is always something cropping up to spoil man's pleasures. Some of the common summer complaints are terrifying electric storms, humid and sultry working days, picnic-paralyzing showers, pestiferous insects, wriggling reptiles, congested motor traffic, dusty byways, post-vacation financial shortages and cold meals. Many factors detract from the fun of motor touring, camping in a tent, swimming, vacationing and resort sojourning.

Summer does have many discomforts and annoyances peculiar to itself, but perhaps they exist only to heighten by contrast the many luxuries that are summer's gift to mankind. Man must wrest everything from nature, even his pleasures, and invariably that which is achieved through the greatest effort affords the greatest pleasure.

Nothing is perfect in this universe, so the philosophers say, but this summer with its fair days, its good motor roads, its fascinating resorts, its facilities for camping and swimming and its vacation time is as near summer perfection as mere man can hope for.

CONQUERING NATURE.

Looking upon Niagara Falls one man said, "What a view," and another exclaimed, "What a waste." Which was it to be? In this one instance the stupendous waterfall has been preserved in almost its pristine grandeur, while engineers have harnessed its power for the manufacture of commercial power. But many of the world's natural wonders and primeval panoramas have faded less fortunately in the eternal war with man's science and commercial advance.

The conflict between beauty and power in nature is the motive for the calling of a world power conference in London. At this conference the best engineers, chemists and inventors the world has to offer are discussing that old and fascinating subject—how to harness sources of power that have hitherto remained as intractable as the zebra and the electricity of the air. As medieval alchemists toiled to convert base metal into gold, so the London conferees are seeking a way to turn the sun ray and the billowy sea into a motive agency.

The meeting in London, therefore, is in a measure an indignation meeting of conspirators against nature who are resolved that she shall no longer defraud mankind of a birthright to certain unutilized sources of power. The plotters are passing in review such uncontrolled main-springs of energy as "The Valley of a Thousand Smokes" in Alaska, the geysers of Iceland or the Yellowstone and the steam springs of Tuscany. Why, they ask, should volcanoes do nothing but ruin vineyards and villages and bring toppling down that man's industry and plenty have reared?

The future of civilization rests largely on the use that is made of many substances that have been carelessly labelled "waste" products. As attar of roses is distilled from the garbage of Berlin, there are jewels still discoverable in the innumerable variety of refuse, as well as in the prodigality of natural resources of which we are so heedless or so prodigal.

FRANCE'S DAY.

July 14th is France's national holiday. Although the event which it commemorates took place 134 years ago, nothing has dimmed the ardor with which the French undertake its celebration. The storming of the Bastille more than a century and a quarter ago is the occasion for this holiday. To one who knows little of French history the simple designation given the Bastille as a celebrated state prison in France is perhaps sufficient. But in the long period of its existence the Bastille acquired a name and fame much more significant than the words state prison indicate. More than a hundred years before Columbus discovered America the first stone of this prison was laid. The story of the Bastille is a long account of terrors and tortures, many of which have no doubt been exaggerated in the course of centuries of repetition. Such was the nature of the methods by which men of all stations in life were put and kept in this prison that the institution came to be regarded by the people as the symbol of oppression. Men must find concrete objects for the things they worship or loathe, and so naturally at the time of the outbreak of the revolution, the Bastille was one of the first objects of attack at the hands of those who

thought they were overthrowing autocracy.

In song and story and even in painting, the overthrow of the Bastille has been a famous subject. Even to this day wherever people are sorely oppressed, by those who urge them to rise against their oppressors the story of the fall of the Bastille is always a thrilling one. In some manner the destruction of this prison is symbolic of the slogan of the French revolution—"Liberty, Equality and Fraternity."

TIMELY RAINFALLS.

During the month of May Ontario suffered from untimely rainfalls and cool weather. In July the rainfalls have been timely. A great deal depends upon the moisture that the crops and vegetables obtain at this season of the year. If there is no rain for several weeks after the last of June, the harvest outlook will be serious. This was the case last year in this section of the country. But the past two weeks have given plenty of rain to the fields and gardens, and the prospects are for an abundant yield of foodstuffs. There have been three good rainfalls in a fortnight, and if there is a good shower once a week for the balance of July the tillers of the soil and the dwellers in the cities, towns and villages will rejoice over the plentiful harvest. The people of Canada have much to be thankful for. Rain in season has been vouchsafed to us, while in Russia, that vast peopled country of eastern Europe; there has been terrible drought and the crops have failed. If any should doubt Canada being a much-favored nation, the weather conditions alone should dispel that doubt.

THE DEATH PENALTY.

We are not familiar with the details of the Valleyfield, Que., slaying for which Walter Muir, young New York student, paid the penalty on the gallows yesterday, but this much can be said—that no Canadian jury would condemn one to be hanged if the evidence was not conclusive. That Walter Muir deserved the penalty of death we are prepared to accept because a jury of fair-minded men sat in judgment upon him. Canadian juries will not condemn a slayer to death without very strong proof. They differ from English juries which sometimes send men to the gallows on flimsy circumstantial evidence. Dr. Crippen, who was hanged in England some years ago for the murder of his wife, after a most sensational trial, would have had a better chance of his life before a Canadian jury. It is very doubtful if a jury in this country would have accepted the circumstantial evidence that convicted that English physician. The fact that Abbe Delorme has twice gone to trial in Montreal charged with the murder of his brother shows how particular juries of Canadian men are. There was the strongest circumstantial evidence against Delorme—evidence that would surely have convicted him in England—and yet the majority of each jury which sat on his case favored acquittal. It is possible that time may prove Delorme innocent of the slaying. The cabinet and the governor-general of Canada will probably never have to change the sentence of death passed upon a man or woman because of error. The commuting of a death sentence in this country will always be on the grounds of mercy alone. Canadian juries are merciful to a marked degree, and we have yet to hear of them erring in finding a verdict of murder.

Canada's Story Day by Day

Since 1679 the parish priests of the Roman Catholic church in the province of Quebec have collected tithes from their parishioners, amounting to one-twenty-sixth of the grain grown on their farms. The priests still have legal sanction to do so. As time went on and the French-Canadians began to sow flax, tobacco and root crops and to trade in these things, the "tithes," as the priests are called, attempted to extend their tithing privileges to include these very profitable additions to the farmers' produce. They placed their plea before the Superior Council at Quebec, but that body decided against the church's plea. Still determined to assert their rights over their increasingly prosperous parishioners, the priests carried the quarrel to the English king. On this day in 1707 their appeal was denied. The court decided against them and confirmed the judgment of the Council in Canada, and their tithing power was restricted to its previous proportions. This tithing is one of the curious customs surviving from the early days of French occupation.

KINGSTON IN 1851

Viewed Through Our Files UNIVERSITY OF QUEEN'S COLLEGE. May 3:—Every year finds this institution advancing to take its position in the first rank amongst our provincial seats of learning. On Wednesday, the 23rd, the public examination took place in the presence of the college senate and a number of

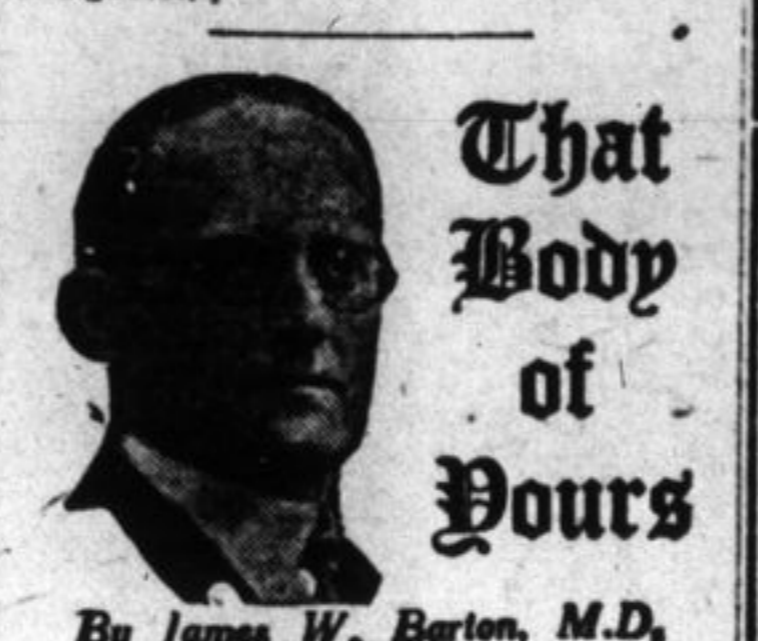
the clergy and other inhabitants of the city, and the result was highly creditable to the students, and reflected honor on the college and its professors. The prizes having been distributed to the most deserving students, the Rev. Principal Machar closed the session with an eloquent and impressive address, which we regret, from the late hour at which it was handed to us, we are unable to find room for.

GOOD TIMES.

May 9:—Shipwrights, carpenters, joiners, stonemasons, bricklayers and artisans of all descriptions are very scarce in this vicinity, while work of every kind is plentiful. Farm laborers are also very hard to be obtained even at a great advance in wages. It is scarcely possible to rebuild any of the houses recently destroyed by fire for want of workmen.

A GIFT TO KINGSTON.

May 10:—As the steamer Ontario was leaving the wharf yesterday afternoon for Ogdensburg, a woman made a dash and got on board. After the steamer had got out from the wharf so far as to prevent her coming back, it was discovered that the woman had left her infant child behind, a legacy to the commonality of Kingston.



By James W. Barton, M.D.

Increasing the Fats in Joint Conditions.

For years you have thought that most of our rheumatism and painful joints was caused by an excessive meat or protein diet. Accordingly eggs and meat have been taken off the dietary of the rheumatic, or arthritic patient, as he is now called, and he has loaded himself up with starches to make up for this. It has been learned lately that an excessive diet of starches—bread and vegetables—can derange the intestine, and the resultant product in the blood causes arthritis or rheumatism. If you are afflicted with these painful joints and have had your meat and eggs cut off, and now find that your bread and vegetables are to be cut down, you will wonder what is left. You will remember that the main food stuffs were meat and white of egg, starches and sugars, fats, salts and water. It looks like a fat, salt, and water diet.

And as a matter of fact, physicians and institutions doing special work on these painful joint conditions, are now using a diet in which the fats take the place to a large extent of the meats and starches.

The diet for the ordinary person in good health is about as follows, one part meat or eggs, two parts fat (butter or milk), and three parts starches. This spread over the three meals of course. This new diet for the rheumatic patient does not interfere with the meat and eggs, but cuts down the starches until they are about one-third of the amount taken by a normal person, and the fats are increased nearly four times.

With this idea in mind, and with that tendency to painful joints as a part of your make-up, it would then be good sense on your part to give this diet matter a little attention.

I will not weary you with any set diets because if you are real ill you are better in the care of your own family doctor. But to avoid the condition, or to help clear it up, a little idea of the foods that are rich in fats, and poor in starches is important. Because this is what you are seeking to attain, a low starch, and a high fat diet.

Accordingly the fruits low in starches are peaches, lemons, grape fruit, oranges and strawberries.

The cereal low in starches are rice, oatmeal, and the wheat products. The vegetables low in starches are asparagus, beets, cabbage, lettuce, radishes, squash, spinach and carrots.

The meats and fish rich in fats are bacon, beef tenderloin, lamb chop, goose and turkey, and sardines and salmon.

You know of course that milk, cheese, butter and cream are rich in fats. With these foods in your mind's eye, you can readily see, that you'll not starve yourself and yet attain your object.

WHY THE WEATHER?

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

Ball Lightning.

Ball lightning is "a glowing mass, without any solid constituent, stationary or moving slowly in mid-air." Sometimes a bright planet or the moon seen through the clouds is mistaken for the rather rare ball lightning in the British Meteorological Magazine, show ball lightning a highly variable phenomenon. Where the ball was seen close at hand the estimated diameter was between three inches and a foot. The reported duration of the balls varied from two seconds to twenty minutes, the shape was usually round, sometimes pear-shaped, the color ranged from bluish white to red, though most balls were described as reddish or yellowish. In some cases a glow was seen around the ball, perhaps indicating a discharge. The nature of ball lightning is somewhat obscure, as few persons

HOW MANY TIMES?

How many times do I love thee, dear? Tell me how many thoughts there be in the atmosphere of a new-fallen year. Whose white and sabled hours appear the latest flake of Eternity. So many times do I love thee, dear? How many times do I love thee, again? Tell me how many beads there are in a silver chain. Of the evening rain. Unwalled from the tumbling main. And breaching the eye of a yellow sun. So many times do I love thee, again. Thomas Lovell Beddoes

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