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SIXTY YEAR



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An auto is a necessity when the neighbors have one.

Colds come and colds go; where from or to we do not know.

Only eight more months until open season on spring poetry.

Nowadays they sue for divorce and the custody of the reputation.

After all, the chief cause of low wages is the fecundity of those who labor.

Consoling thought: They never start scandal on people, they don't envy.

The consoling thing about most of our troubles is that they don't happen.

A rolling stone gathers no moss; but a man who keeps his nose too close to it does.

Friends are people who offer you sympathy in exchange for the sordid details.

Many old-timers went west on a gallop; some moderns go west on a less than a pint.

If she has broken his spirit so that he no longer struggles to escape, he is called a sutor.

An apple caused man's downfall, but peaches have handled the business since that time.

The saying that occurs to one who studies the political situation is that old classic: "Let us pray."

The difference between a walk and a hike is that you don't ask for a lift when you go walking.

Those bathing beauties, who left magazine covers not long ago, are posing for 1925 calendars.

They claim a day on the moon is twenty-four hours long; it is probably the one before payday.

The conviction that Christianity is a failure is common to many great thinkers who haven't tried it.

There will be about as much giving as usual this year unless the tenant stores run short of stock.

Correct this sentence: "Billy selected the ring," said she, "and I have no curiosity as to its cost."

It doesn't follow that a man is standing for the right because he won't stand for the extreme left.

The old-time druggist needed a store of Latin phrases, but now all he needs is the word "No."

The destructive instinct persists. The old-fashioned girl broke hearts; the modern girl breaks records.

The wonder is that old-fashioned tables lasted so long without wads of chewing gum to hold them together.

Denmark is practicing the disarmament others preach, which shows that Shakespeare didn't know everything.

BIBLE THOUGHT

OF A TRUTH I perceive that God is no respecter of persons; but in every nation he that feareth him, and worketh righteousness, he accepted with him.—Acts 10:24, 25.

PROTECTING THE CHILDREN.

Child welfare and social service are to-day meeting with the most popular reception everywhere, and it is gratifying to know that so many men and women are willing to sacrifice their leisure and their wealth to help create better and happier social conditions. The Children's Aid work of the province with its history of achievement has paved the way for many other reforms, such as better school attendance, juvenile court system and the mothers' allowances act. These measures are all designed to protect children in their natural rights, and to save them from becoming at any time a discredit either to themselves or to the community.

SAVING THE HOME.

All parents should feel a sympathetic response to the campaign cry of the State Federation of Pennsylvania Women, "Keep the Home Together." The members of the Federation fear the foundations of society are in peril of being undermined, if not torn apart, by the economic and social changes which are taking place in the United States, a fear which is shared by many other persons not ordinarily given to viewing social phenomena with alarm. Under the double influence of revolutionary changes in the old conventions and proprieties and apartment house living, the supervision and control once exercised by parents over their children is being weakened and the younger generation, in many cases, is taking the ordering of its conduct into its own hands. With the narrowing, too, of the living quarters of a family by the restricted space of an apartment, the privacy that was possible to each member in the individual home is being lost, and girls and boys too frequently resort to the streets for the freedom which they crave. The result is all too apparent in the wildness which is being exhibited by many of the younger generation, a wildness which often runs to crime. It cannot be hoped that the old rule of a separate house for each family can be continued. If, for no other reason, it is becoming economically impossible for the average family to buy or even rent a whole house for itself, and the apartment or flat is the alternative. The problem is a large one. The home must be preserved, even if it be not the same kind that it was once the common privilege to possess. No society can endure of which the family is not the base, and families cannot be kept together anywhere except in the home.

CANADA'S BOOMING TRADE.

During the twelve months ended June 30th last, according to the London Times Trade & Engineering Supplement, the United States imported goods from the Dominion of Canada to the value of \$23,500,000 and from the United Kingdom to the value of only \$68,000,000. The Times comments on this as a disquieting fact revealed by the study of the foreign trade returns of the United States, and states that during the five years before the war, British exports to the United States averaged \$56,000,000 in value annually; the next important sources of supply for the United States being Germany with \$35,100,000 worth of merchandise, then France with \$26,000,000; Cuba was fourth and Canada fifth. The market for British goods found in the United States covered a very wide variety of manufactures, mostly of high grade character, and therefore entailing the employment of a large amount of labor. Now, however, says the Times, Canada has taken the place of the mother country as the principal exporter to the United States. The reasons given why the Dominion has so greatly increased her sales to her southern neighbor are the circumstance that American capital permeates Canadian industry, and that the American demand for newspaper and pulp is very heavy, and it is commented upon as noteworthy also that a fairly wide range of manufactured goods helps to swell the total. The extent of Great Britain's loss is shown by the fact that her percentage of the value of total imports of the United States during the twelve months ended June last fell to 8.6, compared with 11.6 during the preceding twelve months; whereas Canada's percentage rose from 10.9 to 11.7.

GETTING A HAIR CUT.

So Samson told Delilah his secret: "There hath not come a razor upon mine head. If I be shaven, then my strength will go from me, and I shall become weak, and be like any other man."

That Body of Yours



By James W. Barton, M.D.

Value of Sugar and Candy. Strong men who give exhibitions of their strength in the vaudeville theatres, have been known to eat a chocolate bar or a piece of taffy, twenty minutes to half an hour before their performance.

Athletes who have to enter more than one competition or game during an afternoon, are often given a good clear pure form of candy during the waiting period.

Some of our men who go hunting in the fall carry chocolate bars along with them, when they are going to be out for a number of hours on a stretch.

And our explorers whether into the heat of the tropics, or the cold of the Arctic, likewise carry "sweets."

Now what about this? Well, the sugar in candy, or sugar itself, is one of the greatest energy producers in existence.

It is in such a concentrated form, that it can be purchased cheaper than any other food known; that is from the food value standpoint. So that although you may have memories of good white sugar at five cents a pound, and now find it eight to ten cents, you are still getting good value for your money.

Now why is it so valuable to a man using his muscles for hard work or hard play?

Because it gets into the blood stream to do its work in twenty to thirty minutes, whereas other forms of starchy food may take as long as two or more hours before the muscles can use them.

After the sugar leaves the stomach and gets into the small intestine, it finds itself carried in a short time to the liver, where it is stored temporarily. When a muscle wants to work it needs energy to make it move or contract. The way this energy is created is by burning the sugar in the muscle cells, just as gasoline burning gives energy to your motor engine.

Now you'll notice that I've been talking about the value of sugar to those who work hard, or play hard. It gives them immediate results, immediate energy.

But what about folks who like sugar and candy, but do not work hard or play hard?

I don't need to tell you what happens to them because you've seen it often. They simply get fat. Because this sugar not being used, gets stored in the tissues as fat, after the liver has all the needs stored away. The lesson is plain, isn't it?

THE PLEBISCITE.

It is certainly very much to be regretted that the division of opinion among the electors of the province on the subject of prohibition is as close as was shown yesterday. Under democratic institutions a minority is a minority, and must abide by the decision of the majority even if the difference be but a single vote; but in such questions as that of prohibition there is a special need for a demonstration of strong public opinion in favor of the law, and a special danger resulting from any proof of its wide unpopularity.

KINGSTON IN 1854

Sidelights From Our Files

A Peep At The Pen.

May 6.—The Provincial Penitentiary, situated on the bay shore, at the western extremity of the city, was formerly a great place of resort for visitors, but for some years it has been the impression that the promiscuous admission of visitors was injurious to the discipline of the institution, and also to have a bad effect upon the feelings of the convicts, by making their degrading position a spectacle for mere idle curiosity. Any respectable traveller, however, provided he is not connected with the press, can always gain an admission by an application to the inspectors. Meantime its massive stone walls and extensive internal structures form an object of interest to those who contemplate that here, on some eight or ten acres, is concentrated the convicted criminality of Canada in the shape of between five and six hundred men and women, who, in their motley dresses, are engaged in various employments by parties who have contracted for the convict labor, much to their own advantage if fame rumor may be believed.

CUSTOM AND EXCISE SALARIES INCREASE

Lower-Paid Men Get Raise of \$180, Whh Diminishing Increases Up to \$2,400.

Ottawa, Oct. 24.—Lengthy negotiations covering a period of months have resulted in an upward revision of the salary schedule of Dominion customs and excise officers. Lower-paid men receive an increase of \$180 a year, with a diminishing increase as salaries move up to \$2,400, it was announced.

Does cutting the hair destroy strength? Men who are nervously highly-keyed often think so. They find themselves languid after visiting the barber, and uncomfortably supercharged with energy when they need haircut or shave—restless, unable to take life quietly, with repose.

There may be a scientific reason for artists and musicians wearing their hair long. Possibly an instinct tells them that this is the way to keep their batteries charged.

On the other hand, in some illnesses such as typhoid fever, it is necessary to bob the head to keep strength from "going to the hair." But even viewed from this angle, the hair and the matter of strength are interlocked.

A weird electro-chemical machine is the human body.

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The revision was carried out by the Civil Service Commission working with a sub-committee of deputy ministers and departmental representatives. The new salaries are retroactive to April 1st, 1924, so that the men will receive substantial notice of their increases almost immediately.

One class loses by the new schedule, namely, those appointed since April, 1923, who lose \$75 by the revision.

The Dominion Customs and Excise Officers' Association has accepted the schedule as satisfactory, as far as it goes, although a request was made for a new classification to fit into the extra responsibilities and duties by the amalgamation of the customs and excise departments. When the salary revision of all the departments has been completed, the question will again be brought to the attention of the sub-committee of the Cabinet.

Death of A. McCaskin. Obit. Oct. 23.—People are turning out in great numbers to give their opinion on the plebiscite. Word was received here yesterday of the death of Angus McCaskin, Prescott, after a long illness. Mrs.

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