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If we know ourselves we are pretty well informed.  
Ancient saying: "Madam, won't you have my seat?"  
Knowledge without action is like a sail without wind.

Anyway, the fellow who's out of tune is always heard.  
All modern girls appear to be the daughters of millionaires.

The motor version is that two can tour as cheaply as one.  
Patriotism: God bless those who agree with me and damn the rest.

If you can't boss yourself, you have to pay somebody to do it for you.  
Some married women must wonder why any vampire should wish to steal a husband.

Life is short—that is why people insist on a few luxuries even though they can't afford them.  
Correct this sentence: "My husband taught me to drive," said she, and never once spoke crossly."

There were smart Aleck sons of rich dads in the middle ages, but they weren't called Young Intellectuals.

Edison says that noise is essential to our happiness. This is the first kind word parliament has received.

It is commendable for a man to want others to have a good opinion of him, but he should not furnish it ready-made.

On his return from his present trip the Prince of Wales will select a wife, it is said. Then he'll start on another long voyage.

An astronomer claims to be able to tell the weight of stars, but doesn't admit that any of them have been sitting on his knee.

"In choosing a dog consideration must be paid to where you are going to keep him." What's the matter with the neighbor's laws?

When a man goes wrong it may not be due to a loss of character. He may have found the opportunity for which he had been looking.

Essentially, man is like a fiver. Desire is the accelerator, will power the brake; the mouth serves as horn, and when he's hurried he's rattled.

Gardening in this country is going to get its biggest boom as soon as someone invents a set of tools that look like mashes and nibbles.

That college professor who says the world will be a better place in the year 2,000 puts it far enough ahead to give folks time to learn to do better.

The German presidential election was fought out "along strenuous and arduous party lines." The Germans are learning the ways of popular government.

BIBLE THOUGHT  
ALL ARE INVITED:  
Come ye, and let us go up to the mountains of the Lord, and to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths.—Isaiah 2:3

TRIALS OF GOVERNMENT.

An observation made by the Minister of the Interior on Monday last will scarcely be questioned, even by his most censorious opponents. He said: "Canada is a desperately hard country to govern. I think everyone who has had a turn at the job will admit that." It would be just as true if they did not admit it. The difficulties of government in the Dominion are very great. They grow out of geography, racial separations and economic conditions, and really present a most complex problem.

Hon. Mr. Stewart, referred to with manifest aptness to the question of the tariff. Self-interest arrays the western and eastern provinces against any policy in that regard which translates itself into taxation. On the other hand, Ontario and Quebec, with their immense industrial interests, insist on what they call "adequate protection," which should really be described as "high protection."

Between these antithetic views there is little room for compromise. In such a situation, political necessity, joined to national necessity, has pushed both protection and free trade aside in favor of a tariff for revenue purposes. That is what we have in Canada to-day, and since the war imposed heavy revenue needs on the country, we have a fairly high tariff. It practically excludes controversy. But our western friends are not disposed to take a wholly unselfish view. They are willing to see the tariff rest on a revenue basis, so long as it does not touch the things they have to buy. Such a treatment of the matter, of course, would very clearly involve the raising of taxation on such imports as the eastern provinces require; but when that aspect of the situation is put up to western representatives they merely shrug their shoulders.

The same difficulty arises in the matter of freight rates. It seems almost futile to ask the western agrarians to take the broad and economic view. They are apparently unable to get away from the effect of railway tolls on the prices of their products, especially their wheat. If they are told that lower rates for them would simply and unavoidably mean heavier burdens for the central provinces, already carrying nearly 72 per cent. of the weight of taxation, they again give that meaningful shrug.

The Minister of the Interior is right. Canada is a hard country to govern. Yet but a single factor is needed to remove much of the difficulty. That factor is a cheerful spirit of compromise—the yielding of sectional preference for the broad national good. It should come to that, and, happily, there are signs that the approach has begun. Outside of more or less self-appointed spokesmen, the farmers of the country are not articulately lined up against the economic policy which obtains. If they were, they would find themselves separating both quickly and widely as to what the alternative should be.

LAW ENFORCEMENT.

According to the Credit Men's Association, 95 per cent. of the people are honest. The credit men's problem is with the other 5 per cent. That is, of course, true of human character generally. Life would be impossible otherwise.

There are never enough soldiers to keep any population subdued, and never enough police to enforce all the laws on all the people. If all debts had to be collected in courts, and all conduct regulated by injunction, there would not be enough working people left to feed the judges it would take to regulate them.

Law enforcement is for the coercion of the few and the intimidation of everybody. But the actual conduct of mankind depends on most people controlling themselves.

INTOLERANCE.

The great crime is to think. The herd does not think and its intolerance of those who do has no bounds. If a man discover a new scientific theory, write a condensation of history free from superstition and unproved belief, or sketch the evolution of the human race for future centuries, he arouses the intolerant wrath of the mob that has not progressed beyond the kindergarten stage in knowledge or wisdom and hates nothing so thoroughly as to be reminded of it.

If a man disapprove of the government and tell his fellow men about it, there is a clamor instead and wide for his incarceration. The man who drafted our guarantee of free speech knew from experience the bitterness of intolerance at the hands of others. Human nature has not greatly changed in the centuries. Intolerance against the opinions of others is prevalent everywhere to-day.

George Bernard Shaw has written a great defense of free speech in a single sentence that should have its place on every editorial room desk. "Our whole theory of freedom of speech and opinion for all citizens rests, not on the assumption that everybody is right, but on the certainty that everybody is wrong on some point on which somebody else

is right, so that there is a public danger in allowing anybody to go unheeded."

Do not dismiss that sentence with a single reading—it is worthy of study. Many of us need that guidance, and especially when it is the other fellow's opinion that is being smothered under a wave of temporary intolerance.

MOTHER THINKS IT OVER.

The trend of social life during recent years has been rather trying on mother. Left to her own intuitive judgment, she would have very certainly seen that the tendency toward distractions was likely to make her restless. And she did get restless. Perhaps no social phenomenon has come to be more clearly identified since, say, 1900, than the disposition of women to engage in new activities. It has almost taken on the character of an epidemic. Mother did not want to be odd. She could not very well hold aloof from what her neighbors were doing, and so she got caught in the swirl of things. It was a swirl that took her a good deal away from her home.

Fundamentally, mother was not changed by this venture into fatherly experiences. She couldn't change. Boss of living along certain lines had fixed the maternal instinct in her very being, and, as she tried to keep pace with other mothers in the whirl of this new life, her conscience was just a little troubled at times. Her heart was in her home. She knew the family hearth needed her; but she could not be in two places at the same time. That was her difficulty. Still, she was doing just as well in that regard as were her neighbors; so why worry?

Mother is now thinking it over. It was inevitable from the very start that she would sooner or later become reflective, and finally reach the stage where her sense of real value would insistently claim a hearing. She began by looking backward. The retrospect brought to her mind a picture of her girlhood home. She could not resist measuring that kind of a home against the home of to-day; and the contrast made her serious. What had become of the coziness, the sweet and intimate associations of parents and children, the simple but satisfying games around the hearth, the domesticity and rich contracts, the completeness of it all? What had come in to take its place that could be conscientiously viewed as something gained? So motherly instinct and motherly good sense began to rap insistently at mother's heart; because, much as we love and admire mother, we know that her heart is always a safer guide than her head.

Very strangely, and yet very promisingly, the movement for the renaissance of the home has had its beginning right at the very centre of one of the most diverting agencies—the club. Mother never really liked clubs. She only thought so. The General Federation of Women's Clubs had a big meeting the other day in New York city, and the president announced that its aim from now onward would be "to awaken their sisters to the necessity of restoring the old-fashioned home."

This was frankly admitted to be "the biggest job the General Federation has taken on." Not necessarily, however. It is all a matter of making the reversion fashionable; for, while mother feels the urge of the home, she has no thought of starting on a crusade all by herself. The neighbors must be in on it. It is not for mere man to try and visualize the modern home restored to its lost simplicity. We should certainly hate to see the knickerbockers go; and so we hope that mother will be willing to be a little compromising on that score, both for herself and for daughter. Along with the short skirt they have rather been on the side of wholesome outdoor recreation. There is no use in permitting this proposed relapse to be carried too far. The masculine concept of what adds to the picturesque and beauty of life should not be wholly ignored. Be reasonable, mother. Think of your health.

The book stores will be heartily and enthusiastically on the side of this incipient movement. It means more of home reading. With the family hearth brought back into the scheme of social life, mother will be apt to do a good deal more reading than her extraneous engagements have permitted of late years. And father will be able to catch up on current literature; for it cannot be denied that as mother got restless father did not become a confirmed home bird. Not at all. And one of the problems which mother is going to have on her hands from this time onward is how to get the old man back on the job contented and co-operative.

Yes; mother isn't going to find it any too easy to "restore the old-fashioned home." Habits are always hard to break. The boys and girls have got to be reckoned with. They are to be the chief beneficiaries of this freshly-launched reformation, and it will certainly be a little difficult for them to make the adjustment. Mother is likely to have her hands full in trying to convince John and Mary that an evening at home is better than an evening at the movies

or the cabaret. But we are backing mother to win, nevertheless. She has always won. And this time she has a noble incentive.



By James W. Barton, M.D.

The Value of Breathing.

Our X-ray men discovered some years ago that in people suffering with gall stones, the diaphragm—that is the floor of the chest or the roof of the abdomen—did not move as in normal people. Another thing discovered was that they all gave a history of living a sedentary life, never taking any exercise.

You see the exercise worked in two ways. In the first place the heart was stimulated to hurry and strengthen the circulation of the blood through the entire body, the liver included. This meant that there would be no "delay" in the liver itself nor in the gall bladder, so that the formation of "stones" was almost an impossibility.

And then the exercise acted in a mechanical way by actually squeezing the liver. The liver is very soft, and as one writer aptly states "the liver sucks up the blood like a sponge, and the diaphragm presses it out as a hand squeezes a sponge."

In former days it was mostly our women folks that had gall stones, due to high corsets preventing the diaphragm from squeezing well down on the liver. The low corset now in use should help to loosen the number of these cases.

However any slight exercise that makes you breathe more deeply and rapidly, is really a preventive of gall stones.

Even the use of the voice, and hence also the chest and abdominal muscles in speaking or singing, is a great help in keeping the liver stirred into activity. A few years ago mechanical devices were sold to develop large chest capacity. The principle behind these machines was that by taking deep breaths, and blowing into the apparatus, you would gradually develop the lungs. The weak point in this was that real lung need, the need for air, can only be produced by making a lot of muscles work, and thus the lungs have to work faster and harder, in order to purify the blood that these muscles need. Hence running or other vigorous exercise, is the best method.

But the reason that these machines really helped the users was because the deep breathing they encouraged, made the diaphragm go down further so as to press on the liver. This meant a good flow of bile down the intestine, and hence freedom from gall stones and constipation.

KINGSTON IN 1855

Sidelights From Our Files—  
A Backward Look.

Instituting the Mayor's Chain. Nov. 27.—At the last meeting of the Council the Mayor wore a magnificent gold civic chain, manufactured to order by Mr. Spangenberg, of King street. A contemporary says that it is the intention of Mr. Gildersleeve to make this chain a present to the city, to replace the one presented to ex-Mayor John Counter, and at the same time to establish a rule that at the end of each civic year, the retiring mayor shall add a link to the chain, he himself adding the first on January next. It is also said to be Mr. Gildersleeve's intention to wind up his term of office with a grand civic banquet. There is every probability that Mr. Gildersleeve will also be called upon to add a link to the chain in January, 1857.

A Sour Report. Nov. 28.—Tonight there being a petty election for a messenger there was a goodly attendance of the members of the city council at their regular meeting. Upon a ballot Mr. R. Langan, a policeman, was elected messenger.

The Clerk read a copy of the mandamus to compel the City Council to collect the school rate. Although it was a matter plunging the city into debt and law not a single member said one word; although on a petty matter about the City Building almost every member gabbled for half an hour. To hear these men talk is a great indignation. The planting of two additional lamp posts was a fruitful subject for new ideas. The Council adjourned at ten o'clock.

Canada's Story Day by Day

April 8th.  
Canada in latter days has been fortunately free from the terrible Indian wars which raged south of the border, but if Louis Riel had had his way in 1885, 35,000 Indians would have been let loose, with tomahawks and scalping knives, upon the white settlements on the prairies. Two Indian chiefs, Poundmaker and Big Bear, assisted him in his plans for the insurrection, each directing the attacks of a separate force of warriors. Big Bear enters the scene on this day in 1885.

BIBBY'S  
Young Men's Men's Suits \$14.75 \$18.50 \$22.50 \$27.50 \$29.50 \$32.50  
Boys' Suits \$3.75 \$4.75 \$6.50 \$8.50 \$9.50 \$12.00 \$14.50 \$16.50 \$18.00  
Young Men's and Men's TOP COATS \$14.75 \$18.50 \$22.50 \$24.50 \$27.50 \$30.00 \$32.50 \$35.00  
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Don't bite off wire with your teeth  
Don't pull up tacks with a screwdriver  
Don't open tin cans with a butcher knife  
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Don't borrow your neighbor's shovel  
Don't forget that you can buy  
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NATIONAL COUNCIL DISCUSSES DISARMAMENT  
Executive in Ottawa Survey International Council's Agenda.  
Ottawa, April 3.—Among the resolutions passed by the National Council of Women executive, in session here, was that reaffirming the Council's stand for the adoption of war disability pension changes by the Government conforming to the Ralston Pension Commission report. Another resolution endorsed the idea of the International Women's Society being represented by an assessor on the committee for child protection at Geneva, and giving strong endorsement to the committee.  
Appreciation of the action of the British Parliament in regard to married women retaining their own nationality was voiced in another resolution. The hope was expressed that Canada would do the same when the matter came before the Dominion.  
Preparation for the reception of the overseas international delegates arriving on April 23rd was also made. Discussion of the agenda for the quinquennial meeting included resolutions on exchange of teach-