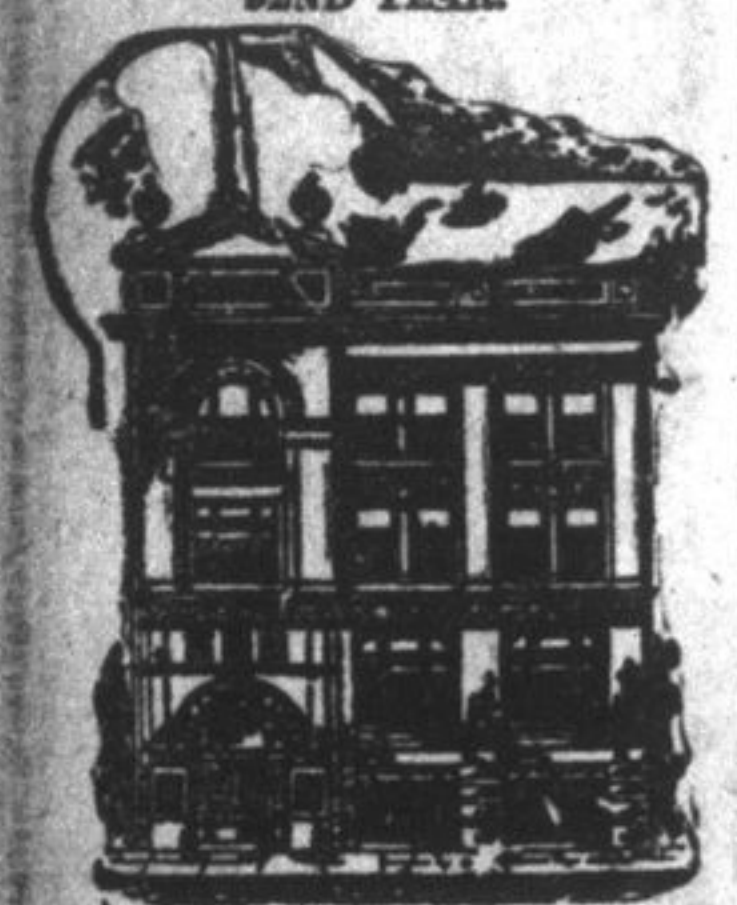


THE BRITISH WHIG



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Everything seems to come to him who goes.

Loading is light work, but it doesn't pay very well.

A picture of health looks fine framed in a bathing suit.

Too many people confuse "liberal minded" and "nasty minded."

Distance doesn't lend very much enchantment to a rough road.

Experience is a great teacher. It teaches us to avoid more of it.

No matter how much time a judge gives, he always has some left.

Half of our lives are spent talking to people about other people.

The world could be worse. Suppose every auto you see was a motorcycle?

Now, then you read about a movie star who hasn't been married again yet.

Some people who think they are being agreeable are simply being hypocrites.

Bolshevism: The theory that the deuce is and of a right ought to be equal to the ace.

You can't expect a face to look very cheerful right after it has been slept in all night.

Mosquito lotion is great stuff. It makes them so fat and lazy that they are easy to hit.

A rum boat blew up off the Atlantic coast, and hurt almost as many as if it had landed.

A conservative estimate would be that lots of fruit jars have home brew in them now.

Lots of your enemies would be your friends if you were the man you would like to be.

In a boom the wise man prepares for hard times. In a slump he gets ready for good times.

The weather always seems to be worse than it was or not as bad as it was way back yonder.

These are the days when the boss gets mad when he finds things went better while he was away.

The Chinese language has about 15,000 words. It is very difficult because they all sound funny.

The trouble with being a man is that shaving takes them longer than just smearing on a little rouge.

Nothing makes a grouch madder than seeing how happy some people are when they should be otherwise.

An eastern man of seventy has just ridden on his first train. It does take a long time to save up the fare.

Most of our ills are balanced by our blessings. It is tough to get up before daylight, but it is great to come home before dark.

BIBLE THOUGHT: THE KINGDOM OF GOD cometh not with observation: Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.—Luke 17:20, 21.

THE OUTLOOK BRIGHTENS.

Summing up the general business situation in the United States, the last bulletin of the National City Bank, of New York, says: "There has been no pronounced change in the state of business during the past month, but fundamental conditions have improved and the outlook is more definitely encouraging than it was in the Spring months."

We must identify the continued favorable conditions throughout the country, so far as the growing crops are concerned, as touching the fundamentals of our commercial structure. If nothing adverse occurs we shall certainly see the purchasing power of the farmers of Canada considerably expanded next autumn.

CONTROLLING PRICES.

During the war there were several striking demonstrations of the power of governments to control prices. The case of wheat is in point. Both in Canada and the United States, the Food Administration fixed a certain figure for this staple cereal, and that figure became the accepted market price until two years after the armistice.

It has been argued that what was possible in the way of regulating prices during a period of war would also be practicable in times of peace. That is, however, a hasty judgment. Under the conditions which prevailed between the end of 1914 and 1919, Governments were able to fix prices for certain commodities because they were themselves the chief purchasers.

The facts as respects control of food prices during the war are brought to mind on reading the carefully prepared report which has just been published by the United States Grain Corporation. It was that body which had charge of the wheat situation, and the report just made gives a comprehensive history of the operations which covered the years from early in 1917 to the withdrawal of the corporation from further activity in 1920.

It might be admitted that governments, operating in concert, could do much to control prices; but, all things considered, it is preferable that the free play of supply and demand should be permitted. Any attempt at regulation would at once create artificial conditions, and they are at all times undesirable. At the same time, we should all be agreed that speculation in food has been rampant, and has been inimical to the common good.

TURNING BACK THE CLOCK.

From time to time the European press has something to say about the rejuvenation of old men by the Voronoff process, and currency is given to these glowing stories on this side of the Atlantic. The latest announcement is that Dr. Maurice Lebon, a noted French savant, is advocating the breeding of monkeys on a large scale in order that the supply of glands may be up to the demand.

We could all wish these stories were entirely true. To feel that old age may be conquered, and the clock turned back to the physical springtime of youth, is a stimulating prospect for those who are approaching the three score and ten. But certain sternly matter-of-fact surgeons have of late rather taken the rainbow of hope out of the sky. They insist that the benefits of the Voronoff operation have been grossly exaggerated.

invigoration for the average man. In fact, the medical associations have been disposed to register their judgment very positively against it.

Old men will simply have to try and be gracefully what they really are. If there has been a waning of physical forces, they must philosophically realize that their experience is not different from that of other men who are approaching or have reached the allotted span. It has been so for thousands of years. Yet the average of human life is being surely, if slowly, raised. This is not being done by inoculations or graftings, but by rational living.

THE CONTENTED FARMER.

Mr. Jared van Wageningen, Jr., has an article in the July issue of The Nation's Business which puts a somewhat different complexion on the position of the farmer than we have been accustomed to see of late. He has given it the suggestive title: "I'm a Farmer; Don't Pity Me," and it fairly expresses his attitude toward his vocation.

The author reviews the history of American farming in order to get a sound background for his observations. He traces the long struggle of agriculturists through the privations and drawbacks which were inseparable from pioneer stages, and then draws the following conclusions:

"Whenever I see a farmer who passed through that period and lived to tell the tale, I look upon him as I would upon the scarred hero of many a hard-fought, bloody field. Also I believe he has earned the right to smile in a certain amused, superior fashion when the present agricultural hard times are referred to."

"The Farm Economics people have arranged for us very complete tales of agricultural prices and index numbers covering all the years back to and inclusive of 1886, and a study of these will show that, beginning about 1898 and continuing up until that fateful year of 1914, there was a marked improvement in the economic status of the farmer."

"I feel that those were very good years. Agricultural prices were rising, not at all in spectacular fashion but slowly and consistently, and, more important, were rising faster than the general price level of other commodities. If our memories are not too short, we will recollect that the high cost of living was a phrase that came into general use even before the hectic days of the World War."

In dealing with the war period, during which he admits "the farmer experienced a season of unreal and fictitious prosperity," and that his prosperity "had no sound economic foundation," Mr. van Wageningen shows that he was then and is now wide awake to the conditions which caused prices to be enormously inflated.

Mr. van Wageningen is somewhat of a philosopher, as well as a shrewd observer, as we shall all be disposed to agree when we read his striking picture of what is now being attempted in order to better the lot of the farmer. Here are three paragraphs from his article:

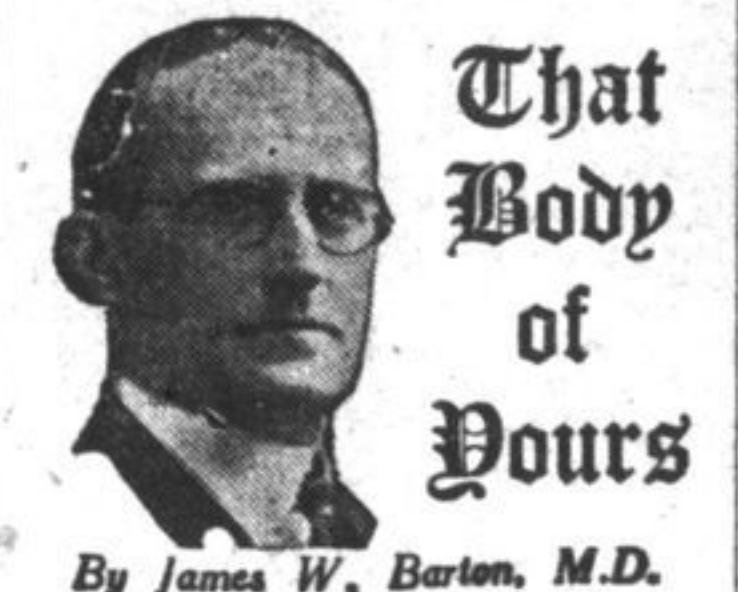
"Thousands of experts, from Farm Bureau managers up, stand ready to minister unto us. The Federal Land Bank and the Joint Stock Land Banks are eager to loan us money (on absolutely unimpeachable security) at rates lower than those offered other men. Before the law, our co-operative associations are accorded privileges and exemptions like unto those heretofore reserved for union-labor organizations."

"Each year Congress travails in pain in our behalf. It would seem that there is nothing which we might ask that Washington would not grant if only half persuaded of its usefulness, and state legislatures vie with national law-makers in rushing to our assistance."

"We are at once a problem in economics and a study in sociology. I am sincerely grateful for all these kind words and benevolent gestures, but I am absolutely without faith in any legislative panacea. I believe that our troubles lie too deep for cure by resolution or exhortation."

These quotations are pertinent and worthwhile, because they mirror the situation in Canada as well as the United States. So far as Mr. van Wageningen is concerned, he believes the farmer should be left to work out his own salvation; and he seems to have no apprehensions as to the result.

He rather mistrusts the sympathy which is being showered upon him from political headquarters, on the ground that it is scarcely genuine and may lead those whom it is aimed to serve to become less self-reliant. He does not doubt the farmer's capacity to help himself. On the whole, he is doing as well as anybody else. One of his troubles is that he has in some degree been caught in the swell of extravagance which began with the good times of 1896-1914, and now finds it difficult, as does everybody else, to adjust his scale of living downward.



By James W. Barton, M.D.

Nitrogen Balance. You will remember that you were taught at school that air contained two gases, oxygen and nitrogen. You will remember also that the percentage of nitrogen in the air going into the lungs was 79 per cent and the oxygen 21 per cent, and when the air came out of the lungs, impure air, the nitrogen was still 79 per cent, and the oxygen was down to 10 per cent., having lost 4 1-2 per cent. whilst in the body.

In other words your nitrogen is just to dilute the oxygen and make it safe for the body to breathe. Thus the air coming out should always have the same proportion of nitrogen. The nitrogen balance of the body itself must be kept up by food, and it has been found that certain foods maintain it better than others. For instance we speak of meat and eggs as being valuable nitrogen foods. This is only a relative term however, as actually all the foods have nitrogen in them, and without meat could keep the nitrogen at 79 per cent. coming out of the lungs. However meat being so much like the human tissue, can preserve the nitrogen balance more easily than other foods, and consequently a smaller amount of meat is necessary than of any other food.

For instance peas and beans are rich in nitrogen or proteid material, but the digestive system does not get as good results as with meat. Wheat flour is also a rich proteid food, and yet two European scientists have discovered that it takes nearly seventy per cent more of wheat flour, to get the same results as can be obtained with meat. We are all aware that less meat is now eaten on this continent than was eaten a few years ago. In a general way this is wise because we do less physical work as a nation than before. The motor cars, elevators, and so forth have reduced our everyday exercise almost to a minimum.

Therefore most of our food is simply to maintain the animal heat and give the body energy. It is not needed for hard physical work. Hard physical work or exercise requires the nitrogen food for rebuilding worn out tissue.

So where work is done by the body this kind of food is necessary, and this is where meat is so valuable. A little of it goes a long way in repair work.

NATURE LORE

BY Wallace Havelock Robb

That such a very beautiful bird as the Cedar Waxwing should have no song is a great pity. We would possibly know these birds better if they sang some sweet song, but Nature generally manages to divide the honors, giving some plain birds magnificent songs, and making some beautiful birds without song.

We have likened the birds to human beings, and here is a case of it. Some people can dress fine and be polite but contribute nothing but themselves to any gathering. Some women are baby dolls, but can't talk about anything requiring deep thought.

Maybe the Cedar Waxwing is one of these painted dandies. I never have heard any song from this bird and most of the authorities say the same thing, so if it has a song, it is too fine for the ears of common folks.

However, the Cedar Waxwing has a lisp, or wheeze which sounds something like: "Zeeep," in a very fine high tone. Sometimes folks call the Waxwing a Cherry Bird, and well they might, for they love cherries, but mostly wild cherries are taken. When folks tell me that the waxwings eat tame cherries, and I argue with them and say the bird likes wild cherries best,



A SPECIAL SALE of Men's and Young Men's Suits

It will not be hard to suit your taste, and an examination of the offerings at the reduced prices will convince that the economy is not hard to take. We ought to sell these Suits in a few days' effort.

Table with 3 columns of suit prices: SUITS (That were \$18.50 and \$20.00 for \$12.50), SUITS (That were \$25.00 to \$27.50 for \$18.50), SUITS (That were \$32.50 and \$35.00 for \$25.00), PURE SILK SHIRTS (Pongee or White—That were \$4.50 and \$5.00, for \$2.95), GENUINE B.V.D. UNDERWEAR (That were \$2.00 and \$2.25 for \$1.50), FINE QUALITY SHIRTS (That were \$2.75 and \$3.00, for \$1.95), PANTS (That were \$3.50 and \$4.00 for \$2.50), NOBBY STRAW HATS (That were \$2.00 and \$3.50 for \$1.95), BIBBY'S

Canada's Story Day by Day by Edna Devica. July 27th. On this day in the year 1758 the proud fortress of Louisbourg surrendered to the British forces under General Amherst and Admiral Boscawen, known as "Old Dreadnought," from one of his ships. The French commandant was a good officer, Chevalier de Drucour, whose wife was brave as herself; but he stated in a letter he wrote after he had been taken prisoner to England that the defenses of the fortress, supposed to be so formidable, were crumbling away. Furthermore, the twelve French ships of war, which lay in Louisbourg harbor, were no match for the English fleet. Notwithstanding, the gallant Frenchman held out as long as possible to prevent the British forces proceeding to attack Quebec, though had Wolfe—the young brigadier general, who was generally regarded as the hero of the siege on the British side—had his way, the ships would have gone on up the St. Lawrence instead of waiting till another season. The capture of Louisbourg secured the Maritime Provinces to Britain, and within two years' time the fortifications were demolished, and the harbor became the resort, not of men-of-war, but of fishing boats.

SKY PILOT. Rev. Henry Hussman, a Catholic priest of St. Louis, has taken to aviation in his spare time and is now a full fledged flyer. He declares flying through the clouds "is like singing Te Deum" and opens new spiritual vistas for him. Cheese Board Sales. Napanee, 1,468 at 21 9-16c. Brockville, 2,695 at 21 9-16c. Madoc, 344 at 21 9-16c. London, 300 boarded, 21c bid, no sales. Cornwall, 3,314 at 21 1/2c. Belleville, 3,114 at 21 9-16c. to 21 1/2c. Vankleek Hill, 934 at 21 7-16c. St. Hyacinthe, Que., 131 at 21 1/2c. Victoriaville, Que., 3,000 at 21 1/2c. to 21 1/2c. Lawreson Ketcheson, Thomasburg, has purchased W. O'Keefe's residence, one of the finest homes in Tweed. Mr. Ketcheson will take possession Dec. 1st. The death took place, on July 24th, in London hospital of Margaret Smith, recently of Brockville Collegiate Institute. The I. P. Wiser residence located in King street west, Prescott, has been sold to Dr. MacPherson.

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FLOWERS for every occasion. Member F.T.D. Kingston's Leading Florist H. Stone, Manager Phone 770. Residence 2005 W.

Summer Drinks. Kia-Ora Lemon Squash, Kia-Ora Orange Squash, Kia-Ora Lime Juice, French Fruit Syrup, Grape Juice. Jas. REDDEN & CO. PHONES 20 and 990. "The House of Satisfaction"

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