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LOOKING AROUND

It is a real pity that the pilgrimage to the grave of Sir John A. Macdonald in Cataragui cemetery last Sunday had not been made one for the whole city. Instead of a political party event. The anniversary of the death of the great Father of Confederation and the first Premier of the larger Canada is worthy of general rather than mere party recognition. About twenty-five years ago the Liberals of Kingston accepted the invitation of the Conservatives to be represented at the 5th of June proceedings at the grave of Sir John, and the late Edward J. B. Pense, president of the Reform Association, delivered an address in eulogy of the national work done by the great statesman.

There are many citizens who think that the Board of Works should start its season's work by repairing the roads at the end of April instead of leaving this work over until the autumn. Drivers of all kinds of vehicles—for we must not forget that there are bicycles and horse-drawn wagons—would appreciate the road repairs being done early, so that they would get the advantage of good roads.

It is surprising the improvement that has been made at the corner of Princess and King streets by the erection of a small gasoline station. Lately this was a much dejected-looking corner; now it is one of the brightest in the city owing to the fancy-looking structure and the bright and attractive surroundings.

A news despatch from Wilmington, Delaware, tells of the public lashing of two highway robbers, who each received forty strokes of the cat-o-nine-tails on the bare back. If the lashes were at all vigorous, the highwaymen's backs would be very much cut up. But what good will result? Many well qualified to judge claim that men of this type cannot be reformed by the lash, which will tend to make them more brutal than ever and foster a desire to get revenge for the suffering they endured under the gaze of a strange type of spectators who would enjoy seeing them lashed. Children may benefit from the application of the rod, but the bandit will never be improved that way.

We have been reading a good deal about smuggling on a large scale at Canadian border points, but suppose we were all to be summoned before the House of Commons enquiry committee and each one of us told about the smuggling we have done during the past few years—of shoes, silk dresses, tobacco, auto tires, etc., etc., would we not be shocked to see it all in print? Yes, we are a smuggling nation, and will continue to be so long as there are customs duties levied.

The mayor was right when he said our forefathers built wisely when they erected the present city buildings over eighty years ago. They were men of good judgment and had confidence in Kingston going ahead. And it must be noted that a portion of the buildings, running up to King street, was burned about 1865 and never rebuilt. Kingston certainly had elaborate civic buildings in the forties for a place so small. Even now the buildings are much bigger than the city would erect to-day should it be necessary to replace them if fire destroyed the pile.

It is pleasing to see the honor paid to the Rev. George D. Ferguson, D.D., by Queen's University, of which he is the oldest living graduate and former professor, who is now in his ninety-seventh year and still walking out to church at times. Some of his old students at Queen's recall the many interesting lectures they enjoyed in his classroom in the eighties and nineties. They say that Prof. Ferguson's word pictures of great events were the most eloquent they have ever heard. Some of his students occupy very prominent positions in the academic world.

A study of the portrait of Canada's new Governor-General, Lord Willington, reminds one very much of the officer commanding the 3rd Military District, viz., Major-General Emlesley, so many citizens think.

The member for Kingston is after the Americans for dumping pianos into Canada. These pianos, he told the House of Commons, sell at from \$10 to \$50. As Kingston has a piano factory, we are very much interested.

Major W. R. Caldwell nominated. Major W. R. Caldwell of Carleton Place was the ultimate choice of the North Lanark Liberal convention at Perth, on Tuesday, to contest the riding at the next provincial elections. In his speech of thanks, Major Caldwell promised to announce within a month whether or not he would be able to accept the nomination.

Officers elected by the association were: Honorary President, R. C. Patterson; President, Dr. A. Downing; Vice-Presidents, Dr. Dunn, A. McIntyre and Robert McCreary; Secretary, W. R. Caldwell; Treasurer, A. McDonald.

The Philippines furnish one-third of the world's supply of copra, or dried coconut meat, used for the extraction of oil.

'Big values' to-morrow at the big 'Dollar Day Sale' at Martin's Shoe Store. In Austria it is a custom to tip the servants in private houses after any meal.

PICTON

Picton, June 10—Rev. Ezra Leavitt came to Picton to visit his father, Allan Leavitt and his brother, James Leavitt, Centre street.

Ray Killip has left Galt where he was employed in a bank, and gone to Detroit, Mich., where his family will join him later. They are at present with his parents, Mr. and Mrs. W. C. Killip, King street.

Mrs. Ivan Spencer of Napanee is the guest of Miss Bernice Woods.

Mrs. H. M. Love is visiting friends in Peterborough.

Miss Kathleen Shackleton of Montreal is the guest of her parents, Mr. and Mrs. J. Shackleton, the Laird farm.

Mr. and Mrs. A. P. Clark are on a motor trip around Lake Ontario. Before their return they will visit Dr. and Mrs. Jack Bartholemew, Newmarket, Mrs. Emery Scott, St. Catharines and their daughter, Mrs. (Dr.) H. McLellan at Mount Bridges.

At the annual meeting of the Prince Edward Women's Conservative Association the following officers were elected. Honorary presidents: The member's wives, Mrs. John Hubbs, and Mrs. H. S. Collier, also Mrs. W. R. Munroe, past president, Mrs. Morton Weese; vice-presidents, Mrs. S. J. Collier and Mrs. Everett Hubbs; secretary-treasurer, Mrs. Frank Morden, working committee, county officers, honorary and presidents of the townships, villages and towns, subdivisions of this organization.

Rev. C. C. Boyle of Trenton conducted the services in the Baptist Church on Sunday, he and Rev. Mr. Holland having exchanged pulpits.

Rev. F. A. Lawson, a representative of the Lord's Day Alliance, preached in the United Church both morning and evening on Sunday last.

George McKenzie of Alliston has been in town packing and shipping to Alliston the boat and shoe stock purchased from C. J. Clapp.

Mrs. Ezekiel Harris and family have gone to Niagara Falls, Ontario to reside.

Rev. Mr. and Mrs. Weese are visiting friends and relatives in Eastern Ontario.

Brigadier-General B. R. and Mrs. Hepburn are occupying the A. Bristol homestead, Main street, east, until their own home, (Rickarton Castle) is ready for occupancy.

Captain Payton of the Salvation Army went to Smith's Falls to attend the funeral of his friend, John Gilbert, who was killed by a Montreal train while riding along the track on a jigger.

EXECUTIVE MEETING AT HARROWSMITH

Of Ontario Religious Council of Education—Storings-McGriffin Wedding.

Harrowsmith, June 10—The executive of the Ontario Religious Council of Education met in the United Church of Harrowsmith on Tuesday evening.

Earl Leonard presided, Mrs. Fred Dennison secretary. A programme was drawn up and passed in preparation for the Township-Convention which meets on June 18th in Harrowsmith United Church. This is expected to be a large convention because delegates from Loughboro and Portland township Sunday Schools are expected.

A pretty wedding ceremony was performed by the Rev. A. S. Doggett at the United Church parsonage on Wednesday evening, June 2nd at 8 a.m. when Miss Annie McGriffin, daughter of Mr. and Mrs. William McGriffin of Sydenham, was united in matrimony to Mr. Edward Storings, son of Mr. and Mrs. John Storings of Sydenham. The bride was attended by Miss Ethel Lindsay and Mr. Harold Snook acted as best man. She wore a suit of navy blue. After the ceremony the young couple motored to Belleville en route to Picton and other points. They will finally reside on a farm near Ottawa.

Howard Abrams went to Kingston on Tuesday last, Mrs. A. S. Doggett and her family are spending their summer in the old land, visiting their friends. Their many friends wish them a bon voyage.

THE JUNIOR PIANISTS HEARD AT WELLINGTON

They Gave a Recital of Much Merit—Took in Gathering of Friends.

Wellington, June 9.—The junior piano pupils of Miss Winifred Pearce, A.T.C.M., gave a recital in the Wellington Community Hall on Friday evening. The programme included piano duets, by George Noble and Malcolm Thompson; Thea Foster, Beatrice McCulloch, Jean Green, Edna Gene Foster and Thomas Fillingham played pieces. A reading was given by Greta Bishop, Norma Channel, Dorothy Stoneburg, Kathlyn Murphy, Jessie Morden, Thekla Regensburg, Anna Tait, Barbara Shurie, Mae McPaul, Margaret Bailey, Ida Flindall, Evelyn Stevenson, Velma Vandewater, Jean Ross, Helen Austin, Emlra Noble, Florence Stoneburg and Betty Fillingham were also on the programme.

A. A. Morden, Rev. W. J. H. Smyth, R. W. Ireland and James Wild represented Wellington, ten per cent workers at the county executive meeting of the Prohibition Union at Picton, Wednesday evening, June 2nd. A considerable number of Wellington people attended.

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the graduating exercise at Picton on Wednesday evening.

Howard Arkett was clerk at West Lake quarterly meeting of Friends, held at Wooler, on Saturday. Misses Beattie Dorland, Daisy Winters, Nellie Shepherd, Ralph Garratt and James Wild attended the gathering at Wooler. Those who motored to Wooler, on Sunday, and attended the meeting were Mr. and Mrs. Seburn Cronk, Mrs. Philpotts and Mrs. Christie, Mr. and Mrs. Alexander Ward and Mrs. Phoebe Stewart, Mr. and Mrs. Ivan Ward, Mr. and Mrs. Leonard Wilton, Gerald Ward, Miss Viola Reddick, Lorne Smith, Mrs. Arkett and Mr. and Mrs. J. Branscombe, Bloomfield, were there also. Harry Parry, Friends' minister from Newmarket, was at the quarterly meeting and gave helpful messages during the week-end.

Israel Tripp, who has the boot repair shop at the rear of the post office, is moving this week from Conesecon, and will live in the Fitzgerald block, Charles Nelson, who has been at Picton in recent months, died on Sunday, June 6th, and was buried on Tuesday 8th. The Friends' prayer meeting was held at the home of Wallace Garratt, on Tuesday evening, Rose Hall United Church will hold anniversary services on Sunday.

DIET IN RELATION TO THE TEETH

By Dr. S. A. Aykroyd.

(Article No. 3.) Perhaps there is no substance in foods which has been so much discussed as protein. The relation of protein to mineral metabolism has received but passing attention. Experiments have shown that modern diets are not deficient in protein, but that they may be too high in protein. It has been found that animals do better on low protein.

The most rapid caries (decay) which has been found in monkeys occurred on high protein diets. Guinea pigs fed on high protein diets show extensive decalcification of the teeth and jaws. In control animals, in whose diet starch was substituted for protein, no dental or bone changes have been detected. If it is interesting to note that in a review of studies on nutrition, which appeared in the London Spectator, it was stated that low protein was winning out all along the line.

The amount of fat in diet is another subject about which there has been considerable difference of opinion. Some believe that too much fat in the diet leads to a soap formation with calcium, all that the lime is then excreted unutilized. Others have concluded that the best calcium retention occurs when there is considerable fat in the diet.

Another aspect of mineral metabolism of fundamental importance is the acid-base equilibrium in the body. It controls largely the ionic concentration of the body fluids, cell permeability, nervous irritability, muscular contraction and bacterial invasion. Infants and young children require considerable excess of basic elements, over acid radicals. The lack of supply of basic elements



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In food, among which is calcium, might be a factor in caries. The petus during the last one hundred days of life requires very considerable amount of basic elements over acid and this affords an explanation for the caries of pregnant mothers. A large proportion of the basic radicals are used for bone and tooth formation, but calcium maybe withdrawn from calcified tissue to maintain the alkalinity or neutrality of the body fluids if an excess of acid radicals is furnished in the food. The ash of protein and of cereals is acidic, while that of fruits and vegetables is basic, and milk is slightly basic; apparently the latter foods are best for building and maintaining sound teeth.

LATE FATHER THOMAS KELLY.

Archbishop Spratt Officiated at the Funeral Service. The funeral of the late Very Rev. Thomas A. Kelly, V.F., held Tuesday from St. Francis de Sales Roman Catholic Church, Smith's Falls, was one of the largest held for some time in this town. A solemn requiem high mass was sung for the repose of his soul by Most Rev. Archbishop Spratt, of Kingston, who was assisted by the priests of the diocese and Rev. Father Louis Staley, of Chesterville, a former curate to Rev. Father Kelly.

The service, of a long and impressive nature, was attended by the pupils of St. Francis Separate School in a body as well as the local men's and women's organizations which included the K. of C., C.M.B.A., C.O.F., Women's Catholic League, and other societies making the funeral cortege, in which were over a hundred motors, a long one. Interment was made in the St. Francis de Sales Church cemetery. A large number were present at the funeral from out of town.

To Discuss Power Needs. Mayor W. B. Reynolds, Brockville, announces that C. A. Magrath, Chairman of the Hydro-Electric Power Commission of Ontario, and C. A. McGuire, President of the Ontario Municipal Electric Association, had consented to meet representatives of Eastern Ontario municipali-

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