

## London Advertiser

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## Time For Frank Speaking.

The Montreal Gazette, from the description of the Progressives by Messrs. Hammell and Blinnette, recalls the famous crossing of the floor of the Ontario House by R. R. Ganev, who became known thereafter as "the man from Manitoulin." That was in the last days of the administration of the Hon. Geo. W. Ross, and supporters were needed then, as the government had only a majority of four. The Ganev charges were spectacular, but the whole proceedings of his going over were earmarked as the efforts of an over-zealous Conservative who had set about to get into the Liberal camp and emerge with evidence that would mean the undoing of the government.

The Gazette does not seek to trace a parallel between the incident of 1903 in Ontario and that which has taken place at Ottawa 20 years later, for indeed there can be no parallel.

Mr. Hammell, according to his own version of the affair, took the step entirely on his own initiative. He was nominated at a convention called in Muskoka of all those who were opposed to the Meighen administration. His name was placed before the convention along with others. During his campaign he claims that he was assisted by the Liberals on the platform and in his campaign work generally. He won a riding that had been Conservative ever since its creation in 1903, his majority being 134 against a former Conservative figure of 1,579.

Mr. Hammell goes on to say, in a statement which he made to The Advertiser, that in his campaign, and at the time of his nomination, he made it clear that he would support Mr. Crerar were he called upon to form a government, or Mr. King, if the tide of election turned his way.

Mr. Hammell goes on to say that he has seen the government in action for a session, and believes that he can serve his riding better by openly associating himself with the Liberals, especially since Mr. Crerar had ceased to be the Progressive leader. He further claims he has had no trouble in his riding over the matter, and winds up with a statement that the attempt to call for his resignation was engineered in Toronto.

The Advertiser presents this side of the case simply as giving Mr. Hammell's own view of the matter. There are those of his former associates who look upon him as a deceiver, and are quite frank in saying so. They claim that having become identified with the Progressive movement in the House, and having sat and caucused with that party for a year, he in that way admitted openly that he was part and parcel of the Progressive group in the House. Other members of the Forke party claim that they can support useful legislation of the King government just as effectively from their seats across the House.

Liberal members at Ottawa have not much to say about the incident, either in the way of praise or censure for Mr. Hammell. There are an increasing number of men in both Progressive and Liberal parties at Ottawa who prefer to look at the whole political situation in a larger way, and to regard the movement of an individual member one way or the other as simply an incident in the development of a movement that must ultimately find expression in a party that shall speak and think and act for the great mass of the people. They used to hint of a possible "understanding" between Progressives and Liberals as something that might take place, whereas they speak openly now of the same thing as something which should be done.

There are many Liberals and Progressives at Ottawa who see in these two bodies a large majority who approach national and domestic problems from the same angle, think along similar lines and seek earnestly to make Canada a desirable home for the average man and his family. These men have come to the point where they regard accomplishment, effort and progress as something greater than the mere sounding of party shibboleths or the acknowledgment of their adherence to the stated and accepted tenets of a political faith.

The feeling in this direction has reached out away beyond Ottawa; it is the striving after a condition that has not yet been attained; it is the sincerest evidence of a desire to establish equal rights and to disestablish privilege unless responsibility is yoked up with it.

It is time for men in the Progressive and Liberal parties at Ottawa, and for those of the Drury government and Liberals at Toronto to think and speak plainly about these matters. They must be approached not in thoughts of mere political advantage, for such a thing would be disastrous, but in the broad terms of public benefit and public service. Frank speaking on these things should be encouraged with the view of turning the great political upheavals of recent years into channels of usefulness and public accomplishment.

## London's Civic Employees.

London city council will have the backing and support of citizens in any move they make toward establishing efficiency as the test for the continuation of any official in the employ of the city.

Civic officials themselves will not want to hold their positions on any other ground. They have their reputations and their futures at stake, and will be just as zealous to qualify on the ground of rendering full and satisfactory service for the salaries as the city council may be anxious to meet them on that basis.

The citizens of London are not going to view with favor, though, a system that broadcasts to the world the allegation that several departments of the city have been conducted on a basis that will permit of sweeping reductions in officials before it has been competently demonstrated that such a thing is possible. Proof of this must come from sources that can speak with authority. Theories and beliefs must make way for positive facts.

No business establishment could run along in this atmosphere and maintain its morale. Nothing else can so quickly and effectively undermine the working power of any organization as insinuation and doubt. Honest effort can at best do only half service under such conditions.

London wants to treat its civic employees as fairly and as decently as can be done. If this is not to be our policy then we can prepare to look for another set of officials who will be content to be time-servers in positions that they will release as soon as something better presents itself. This week the city has in its hands the resignation of its superintendent of paving, who goes to a private construction firm, after seven years of faithful service here, at \$2,000 a year more than his London salary. That seems to establish the fact that this employee is efficient and that he has not been by any means overpaid in London.

Let those who have complaints to make come forward and state their case, remembering, though, that these complaints must be based on facts. The idea of "shaking up" this department and the other departments is not in itself sufficient justification for putting the entire municipal organization on edge, and bringing it to a state of mind where it can hardly render good service.

Let us have square, fearless action by the council. The Advertiser has no brief for the civic employees, and there may be those in their number who should go. It can all be decided by two questions: (1) Is he necessary and competent, and (2) is he fairly paid for his services? The employees themselves would ask for consideration on no other grounds. But let us quickly pass out of the present stage where the whole civic organization is made to feel that a suspended axe may be brought down at any moment.

## Note and Comment

Just two classes of people now, the grips and the gripless.

The worst feature about a black eye is explaining how you got it.

Some weeks back The Advertiser ran a story, "If Winter Comes," it did.

Wonder what town the powers will pick on to argue in after they've decided to call it off at Lausanne?

And now they're making a nice sort of marble from old pant buttons. So a man can be wearing a part of his tombstone as he goes.

The bear and the groundhog looked around on February 2 and went back home for six weeks. The blind pig and the bootlegger didn't.

The man who invented poisonous gas for warfare must have come off a farm once where he tried to persuade a skunk to clear out of the chicken house.

Some critic has gone through the new public school geography and found some 117 things wrong with it. What an alibi for the boy going through school at present!

When one looks over tracts of land held by people who want to sell them for a lot more than they paid, the idea naturally comes that true progress is to be served by putting that land at a fair figure in the possession of the man who wants to build a house.



## ROBERT FORKE, M.P.

## Your Health

WHAT U. S. ARMY DOCTORS SAY ABOUT BEING STOUT.

By ROYAL S. COPELAND, M. D.

Here is a statement that every one can applaud. "United States army surgeons have decided to ban on obesity in the commissioned personnel of that service. Recent surveys of physical records of officers showed that many defects, which ultimately incapacitated individuals, might have been prevented had intelligent efforts been made, to remedy them in their early stages."

"It was found that the chief cause of physical inefficiency was overweight, and that in the vast majority of cases that condition was due to ignorance and neglect of the ordinary rules of health."

I have been preaching this doctrine for years. We recognize that an occasional victim of overweight is fat because of some abnormality in his glandular action, or for some more mysterious reason. Such cases are uncommon, and the report I have referred to declares they are exceedingly rare among army officers.

The bold statement is made that "the individual who carries an excessive amount of fat stands guilty of neglecting his physical service to the government, and he carelessly allows his health to deteriorate as he fails in the proper performance of his duty."

This is strong language, but I endorse every word of it. Excessive fatness is a great handicap to efficiency. It is a factor in disease production, and it materially shortens life. To permit yourself to grow heavy and ponderous is not wise.

I have talked and written an end to nervous hands. I have written instead of using my own words again, let me quote a little more from this interesting and illuminating pronouncement of the army surgeons:

"Weight should be reduced gradually, under the supervision of a medical officer if possible, and systematic and appropriate physical exercises are urged as necessary factors in any method of weight reduction that may be adopted in individual cases."

Add to this advice the suggestion that food values should be studied and that appropriate selection of foods must be practiced as you are on the way to liveness and lengthened life.

Answers to Health Questions.

J. F. Q.—Kindly tell me what to do for nervous hands.

A.—You should have a thorough physical examination and find the underlying cause of the trouble, if possible. That may be due to excessive use of alcohol, tobacco, coffee, etc., or it may be due to a nerve disease. After the cause has been found the proper treatment can be prescribed.

Mrs. McC. Q.—Kindly tell me what foods contain carbohydrates.

A.—The following foods contain carbohydrates: Sugar, bread, starchy foods, cereals, syrups, sweet fruits, potatoes, beets, carrots, parsnips, grapes, figs, dates, candy, bananas, etc.

V. S. Q.—My face is always hot and oily. Will you kindly tell me what to do for this?

A.—Apply hot and cold compresses to your face daily alternately, for ten minutes each.

## FROM OTHER PAPERS

## CALL FOR MR. HAY!

The Post believes F. Wellington Hay, the Liberal leader in the Provincial Legislature, is filling the bill very nicely, and is reporting the honorable position he occupies with ability, good judgment and dignity. Brussels Post.

## BUT CRITICS DON'T WAIT.

Conservative journals declare themselves appalled at the expenditures of the King government. As the King goes, so the country goes. It is so far to do other than carry out the commitments of the late Conservative administration, the critics would seem to be wasting their ammunition. If, after a fair opportunity, the present government fails to improve upon the record of its predecessor, then it will be time to shoot—God-erich Signal.

## The Daily Story

POPCORN AND PINK LEMONADE.

By H. Louis Raybold.

"Well," said Uncle Jack at the breakfast table, as he unfolded his napkin with one flick, "I suppose next week I have to make a sacrifice of myself, neglect my business, and waste the whole of a rare June afternoon. How about it, Billy?"

His young nephew, at the sound of his name, lifted uncomprehending eyes from his maternal egg-toast-cocoa combination. "What you say, Uncle Jack?" he asked.

"Oh, nothing. Nothing at all. At least, nothing of importance, merely remarked"—here this exasperating young man paused, then added impressively—"that the circus, the really, truly circus, stupendous, unparalleled—"

"Circus, Uncle Jack? Circus? Oh, gosh, Uncle Jack, going to take me?" Now the reader must be immediately disabused regarding Uncle Jack's apparent reluctance to go to the circus. Uncle Jack would rather go to the circus than do almost anything else, unless it were to spend the equivalent hours in the company of Miss Caroline Prescott—an alternative, however, which was out of the question.

For on yesterday Jack, with considerable reluctance for him, had told that far-seeing young woman that he was heavily sick of being fifth vice-president in the firm of devoted Petch & Carriers for her ladyship and was ready to sell out all shares at once to the latest comers. Caroline had returned a retort discourteous and, another one of the vice-presidents arriving inopportunely, Jack had taken an abrupt departure.

Now the question reasonably arises as to just why Jack should have expected any special consideration. He did so on the grounds of having acquired Caroline ever since he had first held her miniature umbrella over her head on the way to kindergarten and of having asked her to marry him semi-annually ever since she was seventeen and he nineteen—some five or six years ago. But with each passing year she had added new charms and pinnales, which attracted the eyes of admirers until it looked as if her old-time companion would be crowded out of the running.

So much for the preliminaries which helped to bring about Billy's circus trip. Sailor-suited and exuberant, he trotted along by his uncle's side and explored the dusty environs of the grounds, poked peanuts at the trunk-waving elephants, gazed raptly at South American and Australian marsupials suddenly and unscientifically become neighbors, and finally, in the awe of the greatest show on earth, the big tent and headed for grandstand seats.

"Wait, Uncle. There's Jean. Wait, Uncle Jack."

"Now, Billy, if we expect to get our seats before someone else does—never sat in my own seat at a circus yet, Billy!"

For Billy was tugging backward at his uncle's hand. "Wait for Jean. She's hurrying like everything. Her Aunt Caroline—"

At the name, Jack halted abruptly, and somewhere in the back of his mind an ancient idea began to form. Jean—Caroline's niece! Yes, there they were, sure enough, although from Caroline's unconcern he felt sure she had not seen him. Even and cool in green linen and wide hat. Lord! how attractive she was and what a darn shame he couldn't follow his impulse to rush wildly over. Yet dignity demanded that he stick by his guns.

Through the performance which followed, Jack was quite as conscious that Caroline was sitting directly in back of him, three rows up, as if he had had eyes in the back of his head, or as if Billy hadn't told him. He held himself stiffly and refused to relax even at the utmost efforts of near-human monkey or bouncing towns. Why had Caroline come to the circus without bringing along at least one of her escorts?

The afternoon seemed as long to Jack as it was brief for Billy, but the moment finally arrived when the last chariot race had been won. The spangled beauty had defied death and the laws of gravity for the last time, and the greatest show on earth, in a blaze of trumpets, was over and evening.

Jack rose, determined not to glance around, yet somehow or other in the slowly-moving crowd jamming the aisles he managed to keep always in sight a bit of green linen. Wait way to the entrance one of those inevitable occurrences took place which arise from very small beginnings. A muffled explosion from an automobile outside, the roar of a hungry lion in its cage—something alarmed the mob at one of the exits. Immediately the spirit of panic permeated the atmosphere. People who had been patiently waiting space to move, pressed forward, common sense indicated that in a moment the place couldn't help but empty itself. Yet in that moment how much could happen!

Somewhat, Jack got Billy on his shoulder, elbowed a bit ahead, and thrilling memory of the feel of Jack's arm about her waist, shook her head

she murmured, "and freezes out the others!" "Don't forget, Uncle Jack," reminded Billy, whose upbringing was dietetically perfect. "I can have some popcorn and pink lemonade. It's a special occasion, you know!" "A special occasion? I'll say it is!" old man!" exclaimed his uncle fervently. (Copyright, 1923, by McClure News-paper Syndicate.)

## After Every Meal

# WRIGLEY'S

Most of us eat too hastily and do not chew our food enough.

If people realized how much more good their food would do them if properly masticated, and followed up with a bit of WRIGLEY'S to assist the digestive process, we'd have far better health.

Keep teeth clean, breath sweet, appetite keen and digestion good with WRIGLEY'S.

WRIGLEY'S is the perfect gum—made in modern, sanitary factories, of purest materials.

Wax-wrapped and sealed to bring it to you fresh and full-flavored



## FOR BETTER DIGESTION

The Great Canadian Sweetmeat