

CANADA'S NEW GOVERNOR-GENERAL

Interesting and Intimate Sketch of Lord Tweedsmuir, Governor-General Designate, Who Arrives October 24th

(By F. B. Fuller)
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"John Buchan would make an ideal Cardinal", once declared the late Cardinal Bourne at a dinner. The author of "Greenmantle", who was present, appeared to be somewhat embarrassed by the compliment. Perhaps the new Governor-General of Canada was wondering what his forbears would have thought of the remark.

Buchan, now Lord Tweedsmuir, comes from an old Border line of a staunch Protestant. He is himself a son of the manse. His father, the Rev. John Buchan of Peebleshire did not live to see his son's brilliant career in full, but Lord Tweedsmuir's mother still lives and resides in her beloved Peebles. This pretty little town is very proud indeed of the Buchan family.

Lord Tweedsmuir's brother Walter is the Town Clerk of Peebles, and his sister Anna known as "O. Douglas", writes most of her charming stories in the home town. John, of course, is

the pride of the family. This quiet, rather grave-looking Scotsman of middle height, has not wasted a day of his sixty years and his Canadian appointment is a fitting reward for services which have been rich and unique.

Few authors enter politics without sustaining loss of reputation, but since Lord Tweedsmuir became an M. P. in 1927, his prestige has increased. He represented most fittingly the combined Scottish Universities, for he, above all, is a scholar and a brilliant man of letters. He also held the title of Colonel of the British Army. Both at headquarters in France and at home, Lord Tweedsmuir rendered invaluable assistance to the Allied cause, and his wonderful "History of the Great War" showed a grasp of military and political matters equal to that of Mr. Churchill. He does not possess Mr. Churchill's striking personality but Canada will find that her next Governor-General has a rare and winning charm, allied to a brain of the highest calibre.

"I have travelled the world and met all kinds of men, and I consider the educated Scottish gentleman to be the finest type of man", declared the late Wilfrid S. Blunt. Lord Tweedsmuir is much more, however, than a Scotsman. He is an author of world fame and his output maintained at a uniformly high level, strikingly shows the range of his intellect and knowledge. Among his brilliant biographies, he includes the lives of Lord Minto, Cromwell, General Gordon, Sir Walter Raleigh and Montrose, and his novels are considered by many to be superior to those of Scott and Stevenson.

Primarily a writer, Lord Tweedsmuir has nevertheless other wide interests, and he is one of the busiest men in public life. Two years ago he was, twice in succession, Lord High Commissioner to the Church of Scotland and in ancient and historic Holyrood Palace in Edinburgh, he was "King" for ten days. His dignity at levees, dinners, receptions and visits on both occasions made a tremendous impression in aristocratic Edinburgh.

Lord Tweedsmuir never wastes an hour if he can avoid it. He once told me that he always preferred to travel alone, and much of his literary work has been accomplished on the "Flying Scotsman" which runs daily between London and Edinburgh.

Lord Tweedsmuir has for some time been actively concerned in Imperial affairs. After a triumphal Oxford period—he was a Newdigate Prize winner in 1898—he was appointed private secretary to Lord Milner, then High Commissioner in Africa. It was while he held this post that Lord Tweedsmuir was inspired with that enthusiasm for Empire which has never left him since.

Like all Scotsmen—he is fundamentally attracted to Canada, and his administration in his new capacity will be probably an outstanding success. The fact that the Home Government has nominated him is proof that that Britain has at last awakened to the importance of Canada as a Commonwealth nation. With its own embassies in Washington, Paris and Tokyo and its vigorous championship of rights and status at Geneva and Imperial Conferences, Canada has made Britain Dominion-conscious. It is obvious that the Government have appointed Lord Tweedsmuir because they know they can depend upon him to be the perfect link between the home country and the Dominions.

With his marvelous brains, dignity and tact, and his capacity for hard work, Lord Tweedsmuir is the ideal selection for Governor-General. Canada has many agricultural problems: Lord Tweedsmuir was reared as a boy in rural surroundings and his family for centuries have been connected with the soil. "Is there anything he does not know?" remarked a certain Cabinet Minister once after reading one of his historical studies.

"Only the fact that he himself is one of the cleverest men in Britain!" replied another Minister. Lord Tweedsmuir's modesty is one of his most delightful characteristics. His voice is very pleasant, although in recent years he has been trying hard to get rid of a certain "churchy" tone. He has not forgotten a parti-

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

APPENDICITIS

The appendix is the most useless and at the same time, one of the most troublesome parts of the body. It is a slender tube, usually about three inches in length, attached to the large bowel in the lower right side of the abdomen.

Because of its size and structure, the appendix is prone to fall victim to infection by invading germs, which set up an inflammation called appendicitis. The germs may enter from the bowel, or come in the blood stream from distant parts of the body, such as infected tonsils or teeth.

The symptoms of appendicitis are usually definite. The first symptom is pain. Generally sudden and severe, it may be felt over the region of the appendix in the lower right side of the abdomen, but just as often it is in the pit of the stomach, or it may be a general abdominal pain.

A feeling of nausea, with vomiting, follows the onset of pain. At this time, there is some fever. Constipation is usual, but occasionally there is a diarrhoea. The severity of the symptoms will vary.

Appendicitis occurs at all ages and in both sexes. It is rare during the first five years of life, but about one-half of all cases occur under twenty years of age.

Recovery from the first acute attack is the rule. Unfortunately in some cases the appendix ruptures, the infection spreads and a fatal peritonitis develops; in others, a local abscess forms. For many, the acute attack is the beginning of a chronic condition with acute relapses.

There is one thing which everyone should know. When there is abdominal pain—stomach ache, colic, or whatever name you call it—do nothing but send for the doctor. Such pains are always a sign of danger. Never, never give a laxative to a person, young or old, who has a pain in the abdomen.

The doctor is never called too early. The reason why so many people die from appendicitis is because the doctor is summoned too late and the patient has been given a laxative.

If you must do something for abdominal pain, put an ice-pack or compresses wrung out of cold water while you are waiting for the doctor, but always remain on the safe side and avoid giving laxatives.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

IRISH FREE STATE SUPPORTS LEAGUE

President De Valera Gives Pledge—Believes Irish Nation Wants to Live Up to Obligations

ENNIS, County Clare, Irish Free State, October 11—President Eamon de Valera has pledged the Irish Free State to support the League of Nations.

"I believe that the Irish nation wants to act up to its obligations", he declared in a speech here.

"I believe there is again for all small nations at the present time in being members of the League, provided that the covenant of the League is maintained. There is nothing in membership of the League to prevent us using whatever means we think would be successful in securing the rest of our rights."

"I know there are a number of people who think that because Britain's interests are in certain directions, we should act in quite the contrary direction."

"We say to the British: 'You are in our ports. We claim you have no right to be there. If you leave these ports, all we can offer is that we will defend these ports in our interests and in a way in which you will not feel your security will be threatened.'"

"I went over to Geneva as a representative to my mind, not of the Free State, but of the Irish nation."

"We have done much in marching toward our goal of complete independence. We do not intend to stop. We intend to go on steadily and I believe ultimately we shall succeed."

ular occasion when in the midst of a political speech, a wag in the gallery intoned "Let us pray". Lord Tweedsmuir laughed as heartily as everybody else at the interruption. He has a keen sense of humor, and is a wonderful conversationalist.

Canada's new Governor-General is one of the most remarkable men of our time and the best wishes of hundreds of personal friends will go with him to his new post.

Vote Clark and get action.

Of Interest to Women

DIONNE QUINTS "GO FOR" OATMEAL

Those charming little people, the Dionne Quintuplets, are certainly as lucky as they are charming. They have everything five babies' hearts could desire. Their welfare and pleasure are assured by the constant efforts of child specialists selected by the Ontario Government. Their diet is composed of things which do them good and which they like, including oatmeal.

Oatmeal has been chosen as the Quintuplets' cereal because dietitians agree it contains such an abundance of body-building minerals, muscle-building proteins, energy-making carbohydrates, and Vitamin D for keeping fit.

Articles by food editors of many publications are drawing public attention to the lead played by Vitamin B in the drama of diet. Scientists have discovered that Vitamin B is the surest protection against those foes of childhood—nervousness, constipation, and poor appetite due to lack of that vitamin in the diet. So the Quints enjoy plentiful portions of Quaker Oats.

Casserole of Beef

Take two pounds of chuck beef, cut up into small pieces; 2 large onions, cut into small pieces. Put into pan and put in with it two tablespoons canned tomatoes and ¼ tablespoon paprika, one tablespoon salt, and one pint water. Let it boil slowly until water is boiled off. Keep stirring until meat and onions are brown, then put a quart of water on and about eight potatoes cut into small pieces. Serve in casserole with chopped parsley on top.

Fruit and Vegetables in Reducing Diet
So many readers have written in for a reducing diet that a general article can hardly come amiss.

First thing every morning start off with both a glass of hot water and a glass of orange juice, as this is a real anti-disease precaution. Then breakfast must be light.

A good breakfast consists of a bowl of stewed fruit and milk. If you don't like milk and must have tea, then make it China. And here is a real hint—chew your milk on your tea before you swallow it.

For lunch a vegetable soup made from vegetables or from vegetable extract. Broth and soup made from meat stocks are very fattening.

Follow this with as much salad as you can eat. If you are hungry grate in some raw nuts, fruit or carrot.

Never use vinegar, in the dressing. Use instead oil mixed with lemon juice and sweetened with honey or a little brown sugar.

If this still leaves you hungry, you can give way to the extent of a small grilled cutlet, but don't have the soup and the cutlet.

Tea-time! Certainly—as long as you drink it. There must be no excuse for cake or even thin bread and butter.

For dinner, you may eat more or less what you like provided you stop at two or three courses, and always choose grape-fruit instead of hors d'oeuvres. Heaps of vegetables or salad are good, and if you must have starch, potatoes are infinitely better than bread.

For a sweet, choose if possible something similar to baked apples or fruit that have not been cooked but soaked for forty-eight hours.

Prunes, dried apricots, peaches, etc. are all extremely good, and don't put on weight. If you have a good deal of weight, simply repeat the luncheon salad. If you eat meat always have it grilled.

NOTICE

All voters requiring information as to where they vote, and other information may PHONE 281 or call at LIBERAL HEAD-QUARTERS, 380 Queen Street.

E. ALLISON MacKAY,
Secretary Fredericton
Liberal Association.

Liberal Broadcasts
CFNB

FRIDAY, OCTOBER 11th

MAYOR W. G. CLARK — 6.30 to 6.45
P. J. HUGHES, K.C. — 6.45 to 7.00

SATURDAY, OCTOBER 12th

HON. J. B. McNAIR, K. C. — 6.45 to 7.00

York-Sunbury Liberal Association

How to Vote

Below is the form of ballot which will be used in the Election on Monday, 14th inst., in York-Sunbury.

W. G. Clark,
MERCHANT.

Richard Burpee Hanson, X
BARRISTER.

Errol Osmand MacDonald,
GARAGE OWNER.

When entering the booth the voter should give his or her name to the Returning Officer, and if the name is found on Voters List, the Returning Officer will hand out a ballot, as above, which the voter will take behind a screen and with an ordinary black lead pencil, place an "X" in the white space at the end of the name of the person for whom he or she wishes to vote and make no other mark whatever on the ballot. The use of a colored or indelible pencil or fountain pen will spoil the ballot. The voter will then fold the ballot and hand same to the Returning Officer and watch him deposit it in the ballot box.

York-Sunbury Conservative Organization.
W. J. SCOTT, Chairman.

Harvey Creamery
Harvey Station, N.B.

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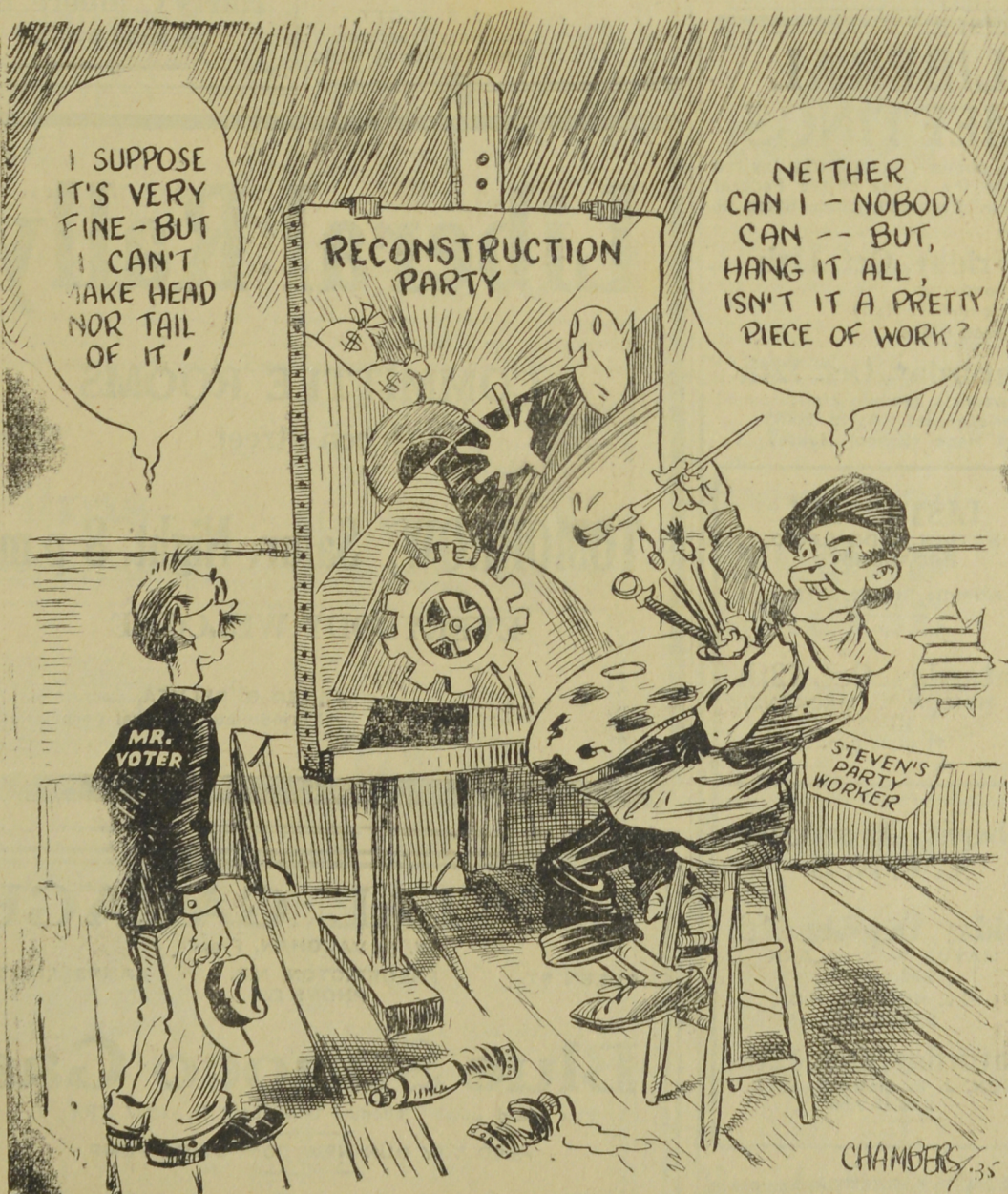
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D. and D. MOTORS

344 QUEEN STREET, FREDERICTON, N. B.

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THE MODERNISTIC PICTURE By Chambers



—Courtesy of Halifax Chronicle.
VOTE FOR THE LIBERAL CANDIDATE
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