

MANY YORK AND CARLETON COUNTY PEOPLE AT NEW BRUNSWICK PICNIC HELD IN VANCOUVER, B. C.

Mrs. M. I. F. Carvell, Formerly of Fredericton, Describes Gathering of New Brunswickers — Trans-Canada Airways

By Mrs. M. I. F. Carvell
 Vancouver, B. C., August 2, 1937.
 Editor of Daily Mail:
 Air history was made for Canada on Friday, July 30th, when Hon. C. D. Howe, minister of transport, crossed Canada from Montreal to Vancouver in 17 hours and 30 minutes. Taking advantage of the difference between Eastern and Pacific standard, this trip was made in all daylight giving Hon. Mr. Howe, not only time to receive a civic welcome and broadcast his message in which he said: "Vancouver and Montreal are 70 longer four days apart, air transportation has reduced the size of Canada so that the Dominions mightiest harbors may be linked in a day", but also, allowing the minister a good hour to play golf in daylight.
 The next day, the air was full of planes celebrating the event, and many ships were anchored off the airport of Vancouver. It will be a great day for Vancouver when air mail can proceed due east rather than depend on U. S. planes at Seattle and San Francisco. As air mail now, has to be flown to Seattle first, then forward-

ed via Salt Lake City, Chicago, etc., to Montreal.
 Hon. Mr. Howe has promised British Columbia two new emergency airports in the Rockies. One near Fort Steele, the other at Creston.
 Its a great sight these lovely mornings to see some 10 or 12 coastal steamers leaving their wharves for inlets along the coast line four steamers lying beside one wharf broadside, thronged with folk going out on a holiday.
 Ex-mayor McGreer, K.C., made a wonderful beauty spot on lost lagoon at the entrance of Stanley Park when he had a \$35,000 illuminated fountain erected. The fountain changes color some 25 times in five minutes, as well as, changes of spray volume. Hundreds stroll the lagoon borders to watch the play of the fountain or paddle about in canoes, while the band plays. One can sail all day long and return at night for \$1.50.
N. B. Picnic
 I was the guest of a cousin Saturday July 31, at the now famous New Brunswick picnic, held annually at Stanley Park the last Saturday in July. I was amazed to meet so many

N. B. and especially Carleton County folk, whom I had not seen for 25 years. Here is only a partial list from Carleton and York Counties:
 Mr. and Mrs. Clinton Gray, Fred Long, Ward Burpee, Mrs. Thomas White, Eva Snow, Mrs. Spencer Everett, (nee the Misses O'Hara), Mrs. Nell Carle, and their mother; W. W. Ross, Mrs. W. L. Moore, Mrs. M. S. Johnston, Eugene Gilland, Mr. and Mrs. Britton, Mrs. Atwater, Scott Orser, C. B. Reid, Gordon Hovey and many others.
 From York County: Miss Evans, former Parliament librarian at Fredericton, unknown to me, had also spent the winter in Los Angeles, Mrs. Nelle (Harrison) Hunt, Thomas Dunphy, J. Harrison, R. H. Dow.
 The name "Fowler" occurred more than any other on the list passed around, giving where they came from in N. B. and Vancouver or B. C. addresses. I was sitting near one of these lists when a lady approached and reading Mrs. M. I. F. Carvell, said where is she? I smiled and said quite near, whereupon Mrs. K. E. Love, formerly Kate Sewell, and I met for the first time since 1892-93 when we went to Normal together. A great painted banner "New Brunswick Annual Picnic" was stretched between trees, and what an afternoon of handshakes we all enjoyed. As a newcomer, I had to answer many questions on road conditions and financial standing of N. B. Surely N. B. folks are as sociable in the west and much more clannish. I enjoyed one of the finest afternoons since I left N. B. Speeches were made by president F. C. Brown, after which Clinton Gray read the list of new officers.
 Stanley Park is an ideal picnic spot, where 20 picnics may be going on at one time and not interfere with each others parties. At intervals brick furnaces with cast iron tops give ample facilities for hot drinks, beans, etc., they are attended by aged men.
 To those east, who plan to holiday in Vancouver in years to come, make a note of the N. B. picnic, last Saturday in July, and you will meet a host of friends, or call up W. G. Welsford, secretary of Vancouver Board of Trade in the Marine Building, who has a list of N. B. names.
 The Vancouver Tourist Association and City Council sponsor a season of outdoor music and drama at the Brockton Point Bowl through July and August. Here, plays from Shakespeare and operas are produced five evenings each week. In an outdoor setting of trees and green swards for stage fittings and back of that Burr and Inlet with the ever shifting flotilla of lighted boats and ferries, either leaving for distant points on the mainland, or returning with teeming decks of picnickers. Beyond the 2 mile or less, stretch of Inlet are the straight string of street lights of north Vancouver stretching up the mountain side, and at the summit of Grouse Mountain the brilliant lights of the Chalet.
 I have tried to paint this beautiful picture, but one further touch is needed. The starry heavens, high silent trees and the strains of the orchestra, I was indeed indebted to my friends for a glorious ending of the New Brunswick picnic.
 Every Sunday night after 9 p. m., one of Vancouver's famous bands play and broadcast a coast to coast program, while thousands sit on the grass in a natural amphitheatre. It is truly marvelous to note the quiet crowd, on a Sunday evening enjoying this program.

STANLEY C.W.L.
 The monthly meeting of Stanley Sub-division of C.W.L. was held Aug. 2 with the president Mrs. Peter Keenan in the chair. Roll call was answered by seven members, after the meeting opening with the League Prayer.
 After the reading of the minutes the general business was taken up. It was decided to send a delegate to the Retreat at Saint John.
 A paper prepared by Mrs. P. V. Keenan on "The Right of the Unborn to Live" was read, pamphlet entitled, A Talk to Catholic Wives, was also read.
 Mystery box was donated by Mrs. Arthur Foreman and won by Mrs. Harry Foreman. Meeting closed by prayer.

HOW TO KEEP YOUR HEALTH
 How To Hamper Hives
 The one-armed paper hanger who has hives may be in worse shape than others who have hives. But any one who gets this "pesky" skin disturbance has plenty of trouble, even with two arms.
 We know a great deal about hives and if the proper treatment is used, this skin disorder can be prevented from returning after its first visit. Moreover, the condition can be relieved quickly by proper treatment.
 An acute attack of hives is due to the fact that some substance, to which the individual is over-sensitive, is circulating in the blood. In most cases, this substance is in some food. In others, substances breathed in or materials formed by germs as a result of infection in the teeth, tonsils, sinuses, or elsewhere in the body, may also cause hives.
 Because of these facts, doctor believe that the first step in the treatment is to empty the stomach and bowels, and many insist that this should never be neglected. They advise the use of castor oil or calomel in large doses at night, to be followed in the morning by a saline, or salt laxative. In some instances, if the attack continues, a daily enema may be used.
 For a day or two little food should be eaten. However, fluids should be taken in large amounts. The diet should contain no rough or irritat-

ing foods, such as raw vegetables, fruits or whole-grain cereals. Rest is important in treating hives. This does not necessarily mean that one should rest in bed, but that he should not do any violent exercise or heavy work.
 Another form of treatment used is giving fruit juices, water, and milk only, for 24 hours, providing the individual is not over-sensitive to milk.
 Still another form of treatment is giving what are known as absorbents, that is, materials which will take up or absorb substances from the intestine. Such substances are charcoal, bismuth subnitrate, and kaolin.
 Certain specialists in France suggest giving the patient one-half to one teaspoonful of plain mineral oil, 15 minutes before each meal, and again in the middle of a meal. They report good results from this method. Alcoholic drinks should not be used. Such stimulants usually make the trouble worse.
 Skin tests have been of little value in determining the substance which causes hives, because the individual who has hives has a sensitive skin, and when skin tests are made, reaction occur to almost every substance used. A person with hives often can find out for himself what foods are causing his trouble by leaving certain foods out of his diet.
 Many persons are subject to hives and those who have them are apt to be sensitive to such foods as fish, strawberries, cheese, nuts, wheat, eggs, pork and chocolate.



3 TIMES WEEKLY
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RANGER VICTOR THIRD CUP RACE

NEWPORT, R. I., Aug. 4—Ranger made it three straight races over the Royal Yacht Squadron's challenging Endeavour II today and placed Harold S. Vanderbilt within an ace of his yachting ambitions—to successfully defend for the third time the famous America's Cup.
 In defeat T. O. M. Sopwith's British craft made its best showing to date in the best-of-seven series, finishing much closer to the defender than in both previous starts. The challenger's better showing undoubtedly was due to the fact there was more wind than either last Saturday or Monday.
 Endeavour's deficit was a mile compared with about two miles in the first race and three in the second. Vanderbilt hoisted his light weather mainsail for the third time in the series but its fullness which aided him in the zephyrs of the first two races probably hindered him in today's moderate breeze.

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