

THE CHARLOTTETOWN GUARDIAN

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MENTAL FOOD

The chief source of education and culture today is reading and the character of the reading determines the quality of the education and the culture. Never in the world's history has there been as many books, good and bad, as today, and never has there been such a thirst for reading. Like some other thirsts, that for reading is liable to become perverted and unfortunately, the world of books, like the ordinary work-a-day world, affords ample means for the gratification of any kind of a thirst. And the analogy does not end here. The low, animal thirst, gratified by the drinks it craves, leaves its impress indelibly stamped on its victim; the taste for trashy reading, gratified by sensational, senseless novels, leaves its impress on the mind, the habits, the conversation of its victims. The reader of trashy sensationalism can be known by his—or her—conversation, perhaps even by character.

The physical world is well stored with good and wholesome food. Those who would cultivate their higher nature, who would store their minds with pure thoughts, noble ideals, manliness, and womanliness, can gratify their taste unstintingly with the best thoughts of the best men and women and the world in which they mingle will know the quality of the mental food they have absorbed. Nothing is more pitiful in the cultured and educated world of today than to read the effects of trashy literature in the conversation and the general bearing of a young man or a young woman. Let the quality of the reading furnished to the young be as carefully selected and as free from poisonous and injurious bacteria as the food they eat. With such mental food they will thrive mentally and become the kind of men and women that God intended them to be.

THE SPINAL COLUMN.

Our shortcomings are not so much the result of our ignorance as of our willfulness. Man generally falls far short of his own ideas of right and wrong. Advice is freely given, and is as broadly scattered over the earth as the sunshine and, like the sunshine, much of it falls on desert places that can never be warmed into life. Much of it also is utilized by the places on which it falls and very much of it is wasted. What is needed more than advice, more than preaching, more than editorial reflections upon right and wrong, is something to stiffen up the moral backbone. Men, as a rule, know better than they do and as a very general rule their advice is very far above their general practice. Perhaps this is as well exemplified in the ordinary newspaper office as anywhere. Every newspaper in the city should see our hot water bottles—real Rexall hot water bottles. There's a big variety here, a splendid assortment and every one is a good value at the price. Values range from \$1. to \$3. See our special dandy. The McKinnon Drug Co., Corner Great George and Kent Sts. Mtl.

country has, filed away in its waste basket, innumerable letters from "moral reformers," from men who eloquently and forcibly denounce some evil doing, and who wisely lay down the proper course for the community or the province or the country to follow, but with the caution attached "please do not use my name." If all the men who know how the needed reforms are to be brought about had the moral courage to back up their specification with their name, had the moral courage to express their honest thought regardless of the effect upon their social circle, their political party or their business relations, the world would be very much better off than it is. We denounce business practices, social customs, political corruption, lawbreaking &c when such denunciation is not likely to affect ourselves. When there is a possibility of it recouping upon ourselves we wisely append the formula "please don't mention my name." What the world needs today more than anything else is a form of exercise that will develop the muscles of the spinal column, otherwise known as the moral backbone. This necessary part of the human anatomy is, generally speaking, healthy and contains all the ingredients necessary to keep it owner upright on his feet, his head erect and his chest in front; but through lack of exercise the muscles have become flabby, the form that should be erect is bent and wobbly and the chest that should stand out like the proverbial bandbox has developed into a "pancake chest." Advice is great and good and well meant but before sending it out on its mission of love it should be turned inward and applied to the innermost recesses. If it is found that it cannot be accepted there, then the proper course to pursue is to begin a course of home training.

A CARPET OF FLOWERS.

After the French Revolution one of the nobles, reviewing the events which led up to it, said "we walked on a carpet of flowers, unconscious that it covered an abyss." The revolution was a national sequence, although a horrible one, to tyranny and oppression. The oppressed awoke and the cataclysm that followed is history.

There is a movement afoot in the world today which savors of an awakening that may have consequences as far reaching though, it is hoped, less gruesome than the French Revolution. The movement is gathering strength under the name of Socialism. In its propaganda emphasis is placed upon the widening gulf between poverty and wealth. The world's wealth, it claims, is being monopolized by the armies, navies and military pomp; few; the burden of poverty is unnecessarily increased by taxation for the upkeep of wars are waged by the politicians for their own aggrandisement and while their own lives and property are safe the poor, in addition to bearing the financial burden of the war, are the real sufferers on the battlefield and in the home. These are some of the outstanding claims of Socialism and there is sufficient ground for the claims to set us to wondering whether or not the two are walking on a carpet of flowers covering an abyss.

Newspaper readers are quite frequently disgusted with an account of a vulgar display of wealth made by some millionaire fool of "foolish." These performances are usually given by some new-rich beggar who through a fortunate or unfortunate turn of some gambling or speculating wheel, suddenly finds himself on horseback. An exchange gives, under the title "How Socialists are made," an account of one of these performances recently given in Newport, R. I. The cost of this vulgar display of apparently inexhaustible wealth exceeded \$200,000, including \$5,000 paid to a New York Comic Opera Company for a special performance, viands of the rarest and most costly kind, gifts to the guests brought for the occasion from distant countries, such as India, China and Japan, costly paintings, real orange and banana trees forming groves &c. The costumes of the guests cost an unknown fortune and the jewelry worn on the occasion was valued at \$10,000,000.

Within hearing of the music to which these men and women danced; there was poverty and starvation. Is it to be wondered at that such exhibitions of ignorance and uncharitable extravagance, while thousands are living just over the line of a bare subsistence and ready, whenever misfortune cripples them, to fall into helpless and hopeless poverty, is it to be wondered at that men and women are ready to listen to the denunciations—often extravagant and unreasonable—of even the extreme Socialist who preaches the doctrine of financial and social equality? In the tax-burdened countries of Europe, in the homes made desolate by war, these are questionings as to why this, the cruelest war in modern history, had not been prevented, questionings as to why governments should impose these burdens of suffering and poverty and misery upon their people, as to why peace loving nations must be converted into armed camps and fly at each others throats in inhuman cruelty to settle, with slaughter of the innocent, questions which diplomacy should settle if it is diplomacy and not the selfishness of special interests. And the civilized peoples of all nations are asking the same question. Governments order war and the people fight the battles and suffer. The people will awaken some day and assert in a practical way what they now assert in words only, that they are the government and that they shall have a say in the making of war and the maintenance of peace. The sooner this time comes the better and it shall come, for civilization will demand it. Whether it shall come at the call of extreme and misguided Socialism or through an enlightened conception of the meaning of human brotherhood and divine fatherhood remains to be seen and in the not distant future. We, too, are walking at present on a carpet of flowers, and on either side of it there are mutterings which we would do well to heed lest we find, when too late, that it covers an abyss.

NOTES

A letter signed "Voter," awaits the signature of the writer.

Germany has an airship capable of carrying a crew of eighteen men on a four-days' trip. On her trial voyage she dropped a third of a ton of explosives on a huge craft and destroyed it. Adrianople has been set on fire by bombs from a Bulgarian aeroplane. Britain will soon have twenty aeroplanes capable of flying 70 miles an hour. In ten years or less the development of aircraft will make war unthinkable. The capital of no nation will be safe from "the terror that flies by night."

GOOD SURGERY.

Sir:—Having read in The Guardian lately of operations on foxes, some of which died while other lived, I have seen two operations on horses lately performed by our local Veterinarian G. B. Sims, assisted in the last one by a local physician, that deserves mention as both cases have come out in perfect shape. The first was the case of a driving horse owned by Christopher Cairns, Freetown, that had a large hole in

DR. A. W. CHASE'S CATARRH POWDER 25c. is sent direct to the diseased parts by the Improved Blower. Heals the ulcer, clears the air passages, stops dripping in the throat and permanently cures Catarrh and Hay Fever. Use a box; never free. Accept no substitutes. All dealers or Simmons, Bates & Co., Limited, Toronto.

the forehead just three inches over the left eye and near the centre of the head. This horse was cast and the hole was found to be the depth of the finger and some hard substance felt. When the forceps was used two pieces of hard wood one and one half inches long and one half inch in diameter was removed. This animal was stupid and had not eaten or drank and after the operation thoroughly recovered.

ROYAL YEAST CAKES USED BY ALL BEST HOME PROFESSIONAL BAKERS DECLINE SUBSTITUTES

The other was a three year old of James Gillespie's, Long River that had (Ventral Hernia) which had become so bad that whenever the horse ate anything, the bowel came out and became strangulated and he went into the most violent pain. This colt was operated on with perfect success, never losing a meal afterwards and is now alright.

IN MEMORIAM.

(From Yesterday's Evening Guardian)

The death occurred at her home Tyne Valley, on Nov. 24th of Angela Ellis, widow of the late Wm. D. Ellis, who predeceased her some ten months ago. Deceased was born on November 21st, 1836, at Kilkhampton, County Cornwall, England, and at the age of three came with her parents, William and Mary Glover to Prince Edward Island, where she has since resided. In 1856 she was married to William Ellis, and of their children born to them, there remain, three sons—Parmenter E., of Newton Center, Mass, John in California, and Ernest at home, and three daughters, Mrs. James Sullivan, Northam, Mrs. Burton Ellis Everett, Mass, and Miss Bessie, now at home; to mourn the loss of one who fulfilled in every sense of the term, the meaning of the word "Mother." One sister Miss Emma of Tyne Valley and a brother Thomas of Gaspe, Que., are also left to mourn the loss of a kind and affectionate sister. The deceased, has for a number of years, owing to delicate health and failing eyesight, which in the last couple of years amounted to almost total blindness, lived a quiet, retired life, but in the home, where her kind and loving influence was ever exerted, to her children, and grand-children she has left a place that never can be filled—a memory that never can be blotted out. Her remains were followed to their last resting-place, notwithstanding the almost impassable condition of the roads, by a large concourse of friends—and as loving hands laid her gently away beside her loved ones gone before, those remaining were comforted by the

FOR A BAD STOMACH PAPE'S DIAPEPSIN

Time! In five minutes Gas, Sourness and Indigestion is gone

Sour, gassy, upset, stomach, indigestion, heartburn, dyspepsia; when the food you eat ferments into gas and stubborn lumps; your head aches and you feel sick and miserable, that's when you realize the magic in Pape's Diapepsin. It makes such misery vanish in five minutes. If your stomach is in a continuous revolt—if you can't get it regulated, please, for your sake, try Diapepsin. It's so needless to have a bad stomach—make your next meal a favorite food meal, then take a little Diapepsin. There will not be any distress—eat without fear. It's because Pape's Diapepsin "really does" regulate weak, out-of-order stomachs that gives it its millions of sales annually. Get a large fifty-cent case of Pape's Diapepsin from any drug store. It is the quickest, surest stomach relief and cure known. It acts almost like magic—it is a scientific, harmless and pleasant preparation which truly belongs in every home.

YOUR GRAY HAIRS QUICKLY BANISHED

A Simple Remedy Restores the Color, Cures Dandruff, Itching Scalp and Falling Hair.

A feeling of sadness accompanies the discovery of the first gray hairs which unfortunately are looked upon as heralds of advancing age. Gray hair, however, handsome it may be, makes a person look old. We all know the advantages of being young. Aside from the good impression a youthful appearance makes on others, simply knowing that you are "looking fit" gives one courage to undertake and accomplish things. So why suffer the handicap of looking old on account of gray hairs, youthful and color and beauty in a few days' time? Most people know that common garden sage acts as a color restorer and scalp tonic as well. Our grandmothers used a "Sage Tea" for keeping their hair dark, soft and luxuriant. In Wyeth's Sage and Sulphur Hair Remedy we have an ideal preparation of Sage, combined with Sulphur and other valuable remedies for dandruff, itching scalp and thin, weak hair that is split at the ends or constantly coming out. A few applications of this valuable remedy will bring back the color, and in a short time it will remove every trace of dandruff and greatly improve the growth and appearance of the hair. Get a fifty cent bottle from your druggist today, and notice the difference in your hair after a few days' treatment. All druggists sell it, under guarantee that the money will be refunded if the remedy is not exactly as represented. E. A. Foster, Agent.

DR. A. W. CHASE'S CATARRH POWDER 25c. is sent direct to the diseased parts by the Improved Blower. Heals the ulcer, clears the air passages, stops dripping in the throat and permanently cures Catarrh and Hay Fever. Use a box; never free. Accept no substitutes. All dealers or Simmons, Bates & Co., Limited, Toronto.

ELDERLY FOLKS! CALOMEL, SALTS AND CATHARTICS AREN'T FOR YOU

You old people, Syrup of Figs is particularly for you. You who don't exercise as much as you need to; who like the easy chair. You, whose steps are slow and whose muscles are less elastic. You must realize that your liver and ten years of bowels have also become less active. Don't regard Syrup of Figs as physic. It stimulates the liver and opens just as exercise would do if you took enough of it. It is not harsh like salts or cathartics. The slip which Syrup of Figs gives to a bowels, is harmless, natural and gentle. When eyes grow dim, you help hem. Do the same with your liver and bowels when age makes them less active. There is nothing more important. Costive, clogged-up bowels mean that decaying, fermenting food is clogged there and the pores or ducts in these thirty feet of bowels

thought that she died with a strong hope of a blessed reunion in Heaven, and the knowledge that—"They're not dead, who live in the hearts of those they leave behind."

Face Creams—We have all kinds of them in stock and most of them are good; but for a bright fresh complexion and a feeling of comfort the best thing we know of is Nyal's Face Cream. It costs you only a quarter and is a lot better than some selling at four times the price. E. A. Foster, Central Drugstore, Sunnyside. 12-3Mtl.

Corset Sale. A great sale of corsets for one week only takes place at S. A. McDonald's. Every corset in the store is discounted 20 per cent in order to give every lady an opportunity of becoming familiar with the many lines of high class, as well as the medium priced ones, carried by S. A. McDonald. 11-30Mtl.

The balance of my stock, over \$10,000 worth must be cleared out within the next 25 days. Big reductions all along the line. Call in and make your selections today. Brown's 35 days' Finish Sale. 12-3Mtl.

Our engraving department is in full swing and Xmas engraving is coming in fast. Select your gifts of us and have them engraved in best style. G. H. Taylor, Jeweler. 12-2Mtl.

Our entire stock of pants both boys' and men's clearing at 1-3 off. Brown's Clearance Sale. 12-3Mtl.

A Present for You ---Fire Protection About the best Christmas gift you could give yourself would be a good fire insurance policy on that property of yours. It is a gift that gives you definite terms for the money invested, costs little and safeguards your interests all the time, every time. We represent the strongest fire insurance companies on the continent and can show you policies that will suit your needs exactly. Call in today and see what we can offer you. W. K. Rogers Co. Ltd. 84 St. George St.

Get that Photo at The COOK STUDIO Where Baby is ALWAYS WELCOME G. H. Cook Proprietor.

Here Are Good Yuletide Gifts A good accordion, concertina or mouth organ would make a pleasing, practical, useful and inexpensive gift. The place to select is here and now, for we have just received direct from Germany a splendid showing that will particularly appeal to you. See these. MOUTH ORGANS, some in handsome presentation boxes of burnt wood with fine copper fastenings. The stock is very large, ranging from the small instruments at 10c to the large ones with the volume and power of a good organ at ..... \$1.50 ACCORDIONS, some of these have handsome burnt wood and fret-work cases, the famous Kalbes make, possessing a richness and purity of tone that will appeal to all music lovers. Prices range from \$1.50 to ..... \$6. CONCERTINAS, just a limited stock of these musical instruments—the sailor man's favorite—which will make splendid gifts. Priced at \$2.50 ..... \$3 Miller Bros 123 Kent Street

Ayers Depilatory For Removing Hair A simple easy and quick method removing unsightly, superfluous hair from the face, neck, arms etc. Apply on a cotton pledget and after a few moments wash off. This is another of the CELEBRATED Harriet Hubbard Ayers toilet articles. We have a full line in stock. J. G. Jamieson DRUGGIST The Medical Hall

REAL EBONY For service and durability nothing equals it in toilet articles. We have an extra fine line including. Hair Brushes 85c to \$2.75. Cloth Brushes 75c to \$1.90. Mirrors \$1.80 to \$3.50. Military Brush \$1.75 to \$4.50. Brushes all have pure French bristles. We have a stock of silver initials to put on these goods. G.H. Taylor Jeweler

NEW KING GEORGE HOTEL Wm. MONBOURQUETTE, Mgr. Private Baths, Running Water and Long Distance Telephones in all rooms. Large Brightly Furnished KITCHEN AND BATHS. SYDNEY, N. S.

Mrs. Housekeeper (Don't Bake) BUY Cameron's Home-Made Bread (name on every loaf) NOTE Our Bread will surprise you with its crisp delicate substance and its delightful flavor and creamy richness. Every day in the week over 1000 people in Charlottetown enjoy eating our Bread—Are you one of them? EWEN CAMERON (Expert Baker) Next week will appear No. 5 "ad" of the series. P. L. SMALLWOOD—

Get Ready for the Skating Season It will soon be skating time. We are now ready for your demands with one of the biggest and best displays of skates we have ever shown here. We carry a full line of celebrated Star skates, the favorites with all big hockey players, fancy and speed skaters. For yourself, for your friend, as a gift there is nothing better than a pair of skates. Call in today and look over the showing. Fennell & Chandler

Do You Wish to Improve Your Complexion, Hands or Hair? If you wish a skin clear of pimples, blackheads and other annoying eruptions, hands soft and white, hair live and glossy, and scalp free from dandruff and itching, begin today the regular use of Cuticura Soap for the toilet, bath and shampoo, assisted by an occasional light application of Cuticura Ointment. No other method is so agreeable, so often effective and so economical in treating poor complexions, red, rough hands, and dry, thin and falling hair. Cuticura Soap and Ointment have been sold throughout the world for more than a generation, but to those wishing to try them without cost, a liberal sample of each will be sent free with treatment of the skin and hair. Address 'Cuticura,' Dept. 25D, Boston, U. S. A.