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WHAT TO SEND TO THE MEN IN THE TRENCHES

By Mrs. Stuart Menzies

Conventionality dies an easy death in war time, and I often wish I had the courage to walk up to people I see relieving their purses and sorely-trying hearts by buying useless and expensive commodities for their men at the front, and explain to them the futility of purchasing the elegant and expensive periscopes and respirators patented off on them by persistent and pressuring salespeople, for in the majority of cases they are no use at all.

Anxious aunts delight in sending these things in large numbers, not only to those they love, but to many whom they do not, simply out of the goodness and fulness of their hearts. The experienced and unwarlike soldier, while being adequately supplied with much better by the Army.

The fishing pier-glasses on gorgeous steel ladders also make lovely presents, but from the soldier's point of view are too heavy to carry (which is a serious consideration) on top of the heavy equipment under which they already stagger. The Government provide small periscopes not much bigger than a match box, which can be clipped on a bayonet, can be carried in the waistcoat pocket, and can be used when shaving. Both periscopes and respirators may, therefore, be crossed off our list, as the best possible are already provided, and plenty of them.

THE "NOT-WANTEDS"

Among other things I have seen sent out in quantities have been various all-right contrivances, such as rubber socks and gloves intended to keep the feet and hands warm. These are worse than useless; they are a curse. The inexperienced and unwarlike soldier, if he does not know how to use them, or if not over-burdened with brains may wear them several times, wondering how it is they never felt so cold in all their lives before, and failing to realize that any material which does not allow the natural moisture of the body to escape must make them most uncomfortable and icy-cold. These articles should therefore be avoided also.

We have all been bidden to forgive our enemies, but have not been old to forgive our friends, and I doubt if even the brave, large-hearted soldiers will find it easy to forgive us if we continue heaping useless things on them, which they do not know what to do with, and which add greatly to the general confusion and difficulties during hurried transport and in small quarters.

If we were to ask the first three people we meet in the street what they are sending to their friends and relations out at the front their answers would probably be something like this:

1. Gas helmets, periscopes, respirators.
2. Woolly, warm garments, rubber socks and gloves.
3. Food and flea-powder.

We know that No. 1 would be making a mistake. No. 2 will be wise not to send out any warm clothes until asked for them. Everything of this kind not provided by the Government, can generally be obtained from the quartermaster by asking for them, as they are constantly receiving large supplies of these stores from unknown benefactors. The rubber gloves we have already anathematized. No. 3

"CASCARETS" BEST IF HEADACHY, BILIOUS, SICK, CONSTIPATED

BEST FOR LIVER AND BOWELS, BAD BREATH, BAD COLDS, SOUR STOMACH.

Get a 10-cent box. Sick headache, biliousness, coated tongue, head and nose clogged up with cold, always trace this to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach. Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipating waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

THE GREAT JOY

Light literature is essential, but no war stories, which the army in the field avoid—and small wonder. Even quite literary folk from choice read good adventure stories. In paper and in the cheap paper editions, they are more easily crumpled up and squeezed into a pocket or pack.

Now I come to the most important part of what is liked best in the trenches and billets, what is looked for more eagerly, longed for more intensely than all the food, raiment and appliances put together—letters—love letters—letters from home—letters even from acquaintances. I feel that words are poor, empty, impotent things wherewith to convey to the minds of others what letters mean to the men at the front, far from their homes, holding their lives in their hands from hour to hour. None but those who have at some time in their lives been—exiles can even dimly picture the awful home-sickness gnawing at the heart of every man fighting for us today.

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ANTI-TUBERCULOSIS SOCIETY

(Continued from Page One.)

multifarious duties include the distribution of clarity in clothing and fuel at the Dispensary and on her visits, as well as the care, treatment, instruction, and nursing; and the provision of nourishment for the sick whether suffering from tuberculosis or any other cause. The person or family in distress because of sickness presents no different problems of relief if it be typhoid fever, diphtheria or any other illness, and the family must be treated accordingly. In so far as the funds of the society will permit.

This year the society has been most fortunate in being assisted by Dr. Garrison the specialist in tubercular diseases, who is awaiting the opening of the Sanatorium of which he is Superintendent. The Dr. Practically conducted a clinic in connection with the Public Dispensary during the year, and also visited consumptives in their homes, and prescribed medicines for them. His services which are gratuitous to the City and Society are very much appreciated by the Executive, who realize that the impetus given to public health in general is due to the awakening to the seriousness of the tuberculosis problem.

The generosity of the public in the purchase of annual tickets is acknowledged with sincere thanks, as is also that of Mayor Sterns for his recent personal contribution of \$100, and Mr. Lyons who has always kept the Dispensary in coal besides contributing generously. To Mrs. McMillan for the property of a Tea at her residence, and the Provincial and City Governments for grants of \$200, and \$100, respectively. The society is indebted, and grateful. I desire to record our obligations to Honorable Judge Fitzgerald, our first, President and always a benefactor, and earnest supporter, to the Press and the Physicians for valued assistance, and I thank the officers, the Lady's Executive, and the members, one and all, for that ready co-operation which has made my duties light and pleasant during the year, and assured the success which has been attained notwithstanding the adverse conditions caused by the war.

Respectfully submitted,
JOSEPH MCCAREY,
President.

The reports were then discussed. The importance of meat inspection was emphasized by the meeting, Mr. Justice Fitzgerald, Canon Simpson, Mr. W. F. Tidmarsh, Mr. W. L. Cotton and Mr. McMillan speaking on the subject. The necessity of appointing a meat inspector for Charlottetown was pointed out.

Dr. McMillan said it was the ground work of the Society to stamp out the sale of tubercular meat and he hoped before the year was over they would have a qualified inspector of meat.

On the motion of Canon Simpson, seconded by Mr. W. F. Tidmarsh, the reports were adopted.

The election of officers was then proceeded with. The following officers, nominated by the committee, were elected: President, Mr. Joseph McCarey; Vice-President, Dr. S. R. Jenkins; Secretary, Mrs. Full; Executive, Mrs. Tidmarsh, Mrs. Hodgson, Mrs. S. R. Jenkins, Mrs. S. C. Moore, Mrs. J. Gordon, Canon Simpson, Mr. Tidmarsh, Mr. Dalton, Dr. McMillan, Mrs. Austin McDonald.

Mr. Wm. Moran, Principal of the Union Commercial College, drew to the attention of the meeting a very useful article in the shape of a sanitary drinking cup made of compressed paper and in use in his College. He stated that the cost of cups such as the specimen which he exhibited was \$4.50 per thousand and holders for the same could be got at \$3. These cups were made by the Public Service Co. of Ottawa, and he suggested that they might be introduced in Prince of Wales College and the Public Schools.

Dr. Garrison then read an excellent paper, which is here reproduced:—

DR. GARRISON'S ADDRESS.

In his introductory remarks Dr. Garrison referred to the fact that he had already addressed the Society on the kindred topic and proceeding said: "Taking and writing are, of course necessary to a fuller understanding by the general public of all health problems. But we must do more than this; we must organize more thoroughly for the fight against widespread and preventable disease.

Here in Charlottetown the Anti-Tuberculosis Society has been doing wonderfully efficient relief and educational work through its dispensary nurse, Miss De Blois. She has succeeded through her untiring efforts, in making the relief work of the dispensary practical; and as an educational factor in matters pertaining to sanitation and hygiene in the homes, she has made the dispensary one of the really valuable institutions of Charlottetown. The dispensary work does not of course comprise all the activities of the Society, which through the vigilance of its president, Mr. McCarey, has done much to arouse the public conscience relative to matters of public health, but it is the strong arm of the service.

I feel certain that the work done by the Society at and through the dispensary, is, alone, worth to the city many times what it costs in actual dollars and cents to carry it on.

The Anti-Tuberculosis Society has a great many loyal friends and supporters but it ought to have ten times as many as it has.

In order that it may be able effectually to prosecute its campaign of education in the prevention of all preventable diseases and tuberculosis in particular—the provincial, county and municipal governments will have to lend their aid as they have not yet done.

There is no use in planning half way measures of relief; and while voluntary organizations and societies are indispensable, we cannot afford to depend entirely upon the benevolence of individuals and societies. The scope of the work is too far reaching and sooner or later the province, counties and cities must meet the issue and shoulder the responsibility.

First of all, it is impossible that very much will ever be done toward the eradication or control of the spread of tuberculosis until we have accurate information regarding the location of every case of the disease existing in our midst. This is not merely desirable, it is absolutely indispensable to any proper control of the plague.

It is very much like the first requisite in the famous recipe for cooking a rabbit:—First, catch the rabbit. To this end we as an Anti-Tuberculosis Society should urge the necessity for a compulsory notification law. We are never going to be able to cope with consumption until we find out precisely where it lurks, how many individuals are affected and the condition under which they live.

It is from the existing consumptives, especially those who cannot or will not conform to the order of their lives to sanitary and hygienic methods of living, that every new case of tuberculosis arises.

Homes in which such non-conforming consumptives live are veritable centres where new recruits are enlisted month after month and year after year to fill the ranks of this "Captain of the Men of Death," and I say it advisedly, we have scarcely raised our voices, let alone our hands in any real comprehensive effort to stay the on-ward progress of this mighty, invading foe! The average citizen sits supinely and inactive; by not even asking himself, what can I do?

Too often, in fact, he will oppose with all the might of his influence, any proposed measures of relief—especially when such measures affect his "pocket nerve."

All too frequently it is not until he realizes that some one near and dear to him has been actually drafted into the ever swelling ranks of the consumptive dead that he even begins to appreciate the necessity for taking drastic steps looking toward the eradication of this disease which counts more people its victims than does any other.

A great many people recognize these facts in an apathetic way but let me suggest that apathy has no place in this campaign against tuberculosis. We have been indifferent long enough. What we want is enthusiasm and zeal to go forward with the work and leave no stone unturned until every centre of infection has been sought out and cleaned up and until every consumptive has been taught how to avoid communicating the disease to others.

I am reminded here of an Evangelist who was holding revival meetings in a little town of Arkansas. At what he considered the psychological moment he asked all those who wished to go to Heaven to stand up. Only one man remained seated.

"Brother," said the surprised Evangelist, "Can it be possible that you don't want to go to Heaven?" "Perhaps you will tell me why you do not want to go?"

"Well," said the man, "Arkansas is good enough for me."

Now that is the way we all want to feel about Prince Edward Island, but we must first get rid of a great deal of tuberculosis, much of which is due to bad housing and bad living, be-

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fore we can do so with a clear conscience.

Can you imagine any better advertisement for the Island than to have it truthfully said that it is practically free from tuberculosis? If you are a booster for the Island, help us in this campaign. The first logical step then, as I have said, is to have a law passed making it obligatory for every physician to report every existing case of tuberculosis as soon as it is recognized. This will furnish the only true basis for any intelligent campaign of education and prevention, and unless we start right, we shall waste much time and effort.

Then why should we not make the start right now and use whatever influence we have as a society for the purpose of securing such a law with a substantial penalty for its non-observance, on our statute books? I believe the majority of the intelligent physicians in this province would welcome such legislation. Unless there should be a substantial penalty for the non-observance of the law, however, it would be more honored in the breach than in the observance for the reason that many people, rather than have their case reported, would transfer their patronage to the physician who would not obey the law. Under such condition the average physician could not afford to report his cases at all.

I understand that we have a law prohibiting spitting on the sidewalks and on the floors of public buildings and conveyances.

Spitting is one of the most pernicious and disgusting of habits. We are, to put it plainly, a race of spitters. To convince one's self of this, one has but to glance at the sidewalks of any city.

Almost every variety of sputum, from the tobacco mixed to that of the simply catarrhal and advanced consumptive, can readily be seen by walking a block or two.

It is almost unbelievable to think that otherwise refined and educated people who are fastidious in habit and dress—can walk along our streets and deposit thereon more or less filthy and disease producing material from their mouths; for others to walk in and carry with them on their shoes; wherever they may go.

The relation of spitting to tuberculosis is too well known to require comment here; but other diseases as well are spread through this means. Diphtheria germs, it has been definitely proven reside in the mouths of many people who do not have the disease. Such people are known as carriers. If such individuals spit on the streets and in public places, the sputum is dried, tracked and blown around only to be whirled by others who are susceptible to the disease.

There seems to be little doubt but that many epidemics of diphtheria and grip are caused in this manner.

We think the disease is in the air, and so it is. And it most often gets there through the indiscriminate and almost universal habit of spitting.

Is there any good reason why civilized people should regard discharges from their mouths as in any way different from other discharges from their bodies?

Why should we make an exception of this one when we know that we are only spreading disease? We cannot from casual inspection, tell the disease-producing from the harmless looking saliva from a healthy person may produce a serious disease, why should it be permitted at all?

Let us never rest until the spitter has gone the way of the man who once thought he could make a sewer of the public streets.

Our law-makers have had the moral and political courage to pass a law prohibiting spitting. What we apparently lack is the necessary public opinion to bolster up the enforcement of its rigid observance, regardless of the prominence or lack of prominence of the transgressors.

Spitting is not confined to any class of society. High and low alike, regardless of sex, bespatter our sidewalks with their noxious disease-producing discharges.

Stop, look and think, every time you see a splotch of sputum in any public place. Ask yourself why this condition of affairs is allowed to go on; then talk to your friends about it. Lose no opportunity to frown upon and cry down this almost universal, filthy habit.

By thus constantly turning the light of publicity upon the spitters and his or her sputum, we shall surely succeed in moulding a public opinion which will bring about a speedier reform than any legal enactment could possibly do.

With the weight of public opinion against spitting, we may then depend upon the law being enforced to the extent of rounding up the remaining offenders.

Start right now; focus your attention upon the spitter and the sputum bespattered floors and sidewalks and get your friends to do the same. By making the offenders as conspicuous as possible we may at least, hope for some amelioration of present conditions.

Most of us have been veritably wading through sputum covered sidewalks for so long that our finer sensibilities have ceased to become offended. It is time to revolt against this sputum acceptance of disease which is gratuitously spread about our streets and public places.

If men and women must spit—drop their sanitary receptacles which can be

(Continued on Page Five.)

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