

The Charlottetown Guardian

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WEDNESDAY, APRIL 17th, 1918

DR. GARRISON'S PAPER

The paper read by Dr. Garrison, Medical Superintendent of the Dalton Sanatorium, at the annual meeting of the Anti-Tuberculosis Society, published elsewhere in this paper is a lesson and should be preserved and studied and heeded as such. His advice and his recommendations speak for themselves. The public health is a national asset; the individual health is an individual asset and each is interwoven with the other. As Dr. Garrison well puts it: "We have gotten too much in the habit of acting upon the principle that health is a mere matter of chance or even of Providence." And so we let things go, we neglect, "instead of pursuing the wiser, not to say cheaper, course of not neglecting."

When we remember the shameful neglect we have, as a city and as a province, been guilty of in the matter of food inspection, in the matter of mixing our healthy and unhealthy children in schools, wilfully ignorant as to whether they were healthy or not, whether they were tuberculous or not, the wonder is that matters are not much worse than they are. Our province is comparatively healthy in spite of our neglect; how much more healthy it would be if we observed even the most primitive precautions.

It is pleasing to know that our municipal councils throughout the province are becoming awake to the necessity of caring for our human lives as we do for our cattle and hogs and horses and we may look forward to the time, in the near future, when regulations will be adopted which will afford at least a measure of safety. In the meantime the awakening of the people to a sense of their duty to themselves and the community, by such lessons as Dr. Garrison's, by the distribution of informative literature, by public addresses, in the schools and in the homes, will do much.

The only comment we wish to make upon Dr. Garrison's excellent paper, which speaks for itself, is that we trust it will be preserved and carefully read, that it be explained to the children and that our authorities, as far as possible, act upon his recommendations. Leadership is a necessity in warfare and if we are to win in the fight against disease, especially against tuberculosis, we must, as he recommends, have a generalissimo.

LOOKING AFTER THE POOR

There is much food for serious thinking in the reports submitted at the annual meeting of the Anti-tuberculosis Society and published in our yesterday's and today's issues.

Nine years ago the Dispensary, the nucleus of this society came into existence through the joint efforts of three citizens, Lt.-Col. S. R. Jenkins, Canon Simpson and Mr. W. F. Tidmarsh. They contributed \$25 each and with this modest capital and in a room, the rent of which was paid by Lt.-Col. S. R. Jenkins, the Free Dispensary was opened. How it has grown and what it has done is reflected in the different reports submitted. Of the others who later recognized the value of the work being done; of the venerable Dr. J. T. Jenkins and his yearly assistance and example in providing coal for the poor; of Sir Charles Dalton and his larger sister institution the Dalton Sanatorium, and others, it is unnecessary to speak. The good they have done is their record and it must indeed be gratifying to them all to see what has been accomplished through their efforts.

The statement made by Dr. McMillan, the Health Officer and who is in a position to know, that the deaths from tuberculosis in Charlottetown during the past year numbered twelve as compared with thirty-six the previous year, is in itself a justification for the existence of the Society, a reward for the small expenditures in cash made upon it and a gratifying return for the arduous labour freely given by the devoted women and men who have been the backbone of the Society since its organization.

Behind Dr. McMillan's statement, however, and explaining it is the report of Miss De Blois, the District Nurse. To her very largely is due the credit for the improved health conditions in the City; to her the poor and the sick among them are indebted for a distinct uplift, for judicious help, for instruction and many of them for life itself. There is no change in the civic sani-

tary conditions to account for the decrease in tuberculosis; this is fairly attributable to the efforts of the District Nurse, to her watchfulness over the homes of the poor, to her advice and her timely assistance, and this should be fully realized by the citizens.

Eleven hundred and seventy eight visits made during the year—and these, it may well be presumed, were not "afternoon calls"—visits which meant help to the visited, advice to the sick and to those who cared for them; medicine, coal, food, cheer; visits which meant sitting by sick bedsides, helping mothers with their children, not always enjoyable visits, except in the sense of enjoying a labour of love. The amount of work done by Miss DeBlois is simply amazing and would be absolutely impossible for one to whom such a work was not congenial. The secret of her success lies in the fact that she loves her work. She is to be congratulated not only upon the manifest success that has rewarded her strenuous work for the poor and the needy, but upon the still greater fact that the good she is doing is not only appreciated by those who have learned to look to her for help in their times of trouble but by the citizens as a whole who are learning to recognize and value what she is doing for the City. She is cleaning out disease nests, which, if left to their own resources, would unquestionably be a menace to the general health.

Once a year the citizens are asked to contribute towards the upkeep of the Dispensary and its administration. Last year through envelope collections some \$850 was contributed. The opportunity to contribute will again be given this year in May and we trust the appreciation heard on every hand of the good work being done will translate itself into a more generous contribution than ever before. The poor we shall have always with us; they are the wards of the Christian community and inasmuch as we do it unto them we do it unto Him whom we profess to follow.

GERMANY'S FOOD TROUBLES

An English authority, vouched for by the London Chronicle as having exceptional sources of information, gives some interesting facts to show how the civilian population of Germany is faring. Some of them are:

In 1917, 40,000 children were sent from Hamburg into the country to recuperate. Recently, a ham weighing 15 pounds was sold in Hamburg for \$237.

In Frankfurt, the egg ration works out at one egg per head a month. The fat ration is 1.7 ounces per week, and the meat ration 7 ounces a week.

The butter consignments of Hanover in February were so small that as a substitute 2.1 ounces of edible fat were given.

Pigs have decreased from 25,000,000 to 5,000,000. There is an epidemic of hunger typhus in Hanover and South Germany.

These are interesting examples of what the civilian population of Germany is enduring. Last June the number of pigs in Germany was officially stated to be 17,700,000, compared with 25,000,000 before the war. If the number now is 5,000,000 we can readily see that the pig is rapidly disappearing. Other live stock shortages are acute. The Germans have been hoping for much food from Russia, not only for the human population, but for their live stock, but apparently the relief will be very slow in getting to the centres of want in the Central Empires. The general food ration in Germany is about 20 per cent. under living requirements, according even to German scientific authorities, and while no outbreak may now be looked for, the German offensive has been forced, in part at least, by fear of a giant popular protest against such living conditions.

NOTES

Berlin celebrated again on Monday, no doubt. The long range gun again wounded some non-combatants in Paris.

There will be no Iron Cross for the submarine commander who torpedoed the Celtic. He killed no passengers.

Canadian guns at Vimy broke up attacks. Canadian armed motor-cars held back large bodies of German troops at different parts of the line. Canada's soldiers have a fashion of doing jobs well.

Now that it is settled that the Generalissimo's name is pronounced to rhyme with B'Gosh, let the versifiers do their worst.

This offensive is giving us Germany's measure, with Russia entirely out of the war. When it is over we shall know the full and extreme limit of Germany's striking power.—Springfield Republican.

MURDER ALSO COMES "OUT IN THE WASH"

It is a relief at times to turn from contemplation of the Germans, even if this escape brings us into contact with British and Allied retail murderers; so it is a welcome opportunity that Hayden Church presents in an article which he entitles "The World's Biggest Washbook." It is obvious that Mr. Church has caught the Con-ant Doyle trick of introducing stories of murder under very innocent names. The significance of the washbook becomes immediately apparent when we are told that it is kept in Scotland Yard, and that it is, in fact, a record of every laundry mark in England. However few may be the initials or other marks placed upon linen by the laundries they differ as much as does handwriting and with no better clue than that provided by a letter or two a decomposed body has been identified before now and somebody hanged. It has been a favorite fiction that the English police are rather slow and stupid, but we are not aware that any other force has made such good use of the laundry mark or has compiled such a great collection of different marks as the gentlemen at Scotland Yard.

Hanged by Laundry Mark

Not long ago a crime that seemed would baffle all efforts to solve it was brought home to the murderer by a laundry mark on a sheet. Behind the railings in a Bloomsbury square, the great boarding-house district of London, now largely inhabited by aliens, the dismembered trunk of a woman was found. Headless, armless, legless, the body was otherwise so mutilated that no marks remained by which it would seem possible for anyone to identify the remains. The police found a bit of brown paper with the words "Blodie Belgien" scrawled in pencil. The trunk had been draped in two fine sheets, one of them bearing the mark "11-11." Scotland Yard consulted one of the twelve immense volumes that constitute its library on the subject of laundry marks and laundries and identified the laundry through which the sheet had passed.

Murdered His Housekeeper

This done, it was a simple task to locate the owner of the sheet. This turned out to be a butcher named Voisin, a Frenchman by nationality, and a further investigation furnished the strongest sort of circumstantial evidence that the body found was that of Madame Gerard, his housekeeper, the wife of a French soldier serving at the front. A search of the premises revealed the dead woman's head. Voisin was tried and convicted. He appealed, but the sentence of the court was confirmed, and Voisin shortly will be hanged, if indeed the execution has not taken place since Mr. Church's article was written. Even more recent is the case of the murder of Henry Lewis Salmon, a wardrobe dealer in Bishop's Road.

DAILY SELECTIONS FOR GUARDIAN READERS

Furnished by W. S. Louson

CONSERVATION

"Waste not, want not," says the proverb. It seems remarkable that he who so easily could multiply the five loaves into an abundant meal for thousands should be so particular about saving the fragments. But he would teach us economy. No matter how great our abundance, we should take care of the fragments. After we have fed at our tables, there are hungry people who would be glad of the pieces that are left.

This applies also to the fragments of time. Many busy people waste whole years of time in their life, in the minutes which they lose every day. If at the end of a year they could gather up all these fragments, they would have many basketsful of golden time in which they might do much good.

So of our strength; many persons their bodily energy, using it in sport, or play, or useless exercise, when it belongs to God, and ought to be employed to His last particle for His glory. We should not waste our affections by allowing them to be given to unworthy objects or persons. There is no limit to the application of this principle. We must give account of everything we have, even the minutes of time, the little fractions of strength, and the smallest bits of bread on our tables.

"A single word is a little thing, But a soul may be dying before your eyes For the lack of the comfort a word may bring. With its welcome help and its sweet surprise."—I. R. Miller.

Paddington. After he had put up his shutters one evening he was attacked for the purpose of robbery, and in the struggle that ensued he was stabbed through the heart. A handkerchief was found on the spot, and it was supposed that the murderer had taken the handkerchief from his own pocket to stifle the cries of the victim.

A Sinister Handkerchief

This handkerchief was found to bear a laundry mark of a peculiar pattern, namely, six or seven herring-bone stitches in black cotton, but whether the discovery will yet lead to the identification of the murdered it is too early to say, since the police had not made an arrest at the time the article was prepared. It is possible that the police may be helped by the remarkable fact that the laundry mark was, according to Mr. Church, found upon the left corner of the handkerchief, which may or may not indicate a left-handed murderer. This, however, may not be such a valuable clue as appears at first glance, since Mark Twain made the discovery after reading several hundred detective stories that all murderers are left-handed. More remarkable than the conviction of the butcher Voisin by means of a laundry mark was that which led Herbert John Bennett to the galleys for the murder of his wife.

Clue to Many Crimes

The mutilated body of a woman was found on the shore of Yarmouth Beach. Her body linen carried a laundry mark, but it was, so inconspicuous and so like other marks that the police visited more than 400 laundries before they finally identified the one they were seeking in a small laundry in Woolwich. It was found that the linen had been sent by a Mrs. Bennett, and a few hours after the discovery was made, Bennett was arrested on a charge of murder. It appears that this man had most carefully planned every step of his crime in advance. He had induced his wife to stay in Yarmouth under an assumed name, and she had innocently cooperated in every device to conceal her identity. Then he had lured her to the beach at dead of night and had strangled her, leaving, as he thought, not a trace behind. It is said that a study of the washing-book has been instrumental in bringing hundreds of criminals to justice. For instance, two men were arrested on a minor charge and when taken to Pentonville to serve small sentences, it was found that their linen bore laundry marks that had been reported by passengers who had laundry stolen from their luggage. An investigation showed that these hoboes were two notorious station thieves and they were re-sentenced accordingly.

YOUR PROBLEMS SOLVED

BY REV. T. S. LINSKOTT, D. D.

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Dr. Linscott in this column will help you solve your heart problems, religious, natural, social, financial and every other anxious care that perplexes you. If a personal answer is required, enclose a five cent stamp. No names will be published; if you prefer, sign your initials only; or use a pseudonym.

ANXIOUS ONE.—If you love God and your fellows and manifest it by your life, you need have no anxiety. If you have failed in this ideal life and intend to live it, you are still on the rock of safety.

CONSCIENCE.—When one understands the functions of conscience, it is readily seen that it is never wrong. Conscience prompts us to do what we think we ought to do. It is true, that it may tell us to do today what it will forbid tomorrow, but in this there is no change in the attitude of conscience; the change is in the judgment. The judgment changes with new evidence. For example, a man takes his oath that he saw John Brown at 10 p.m., and he has no doubt that it is the truth; but John Brown was 600 miles away at the time. It was against his interest to testify that he saw John Brown, but as a man of truth he swore to his own hurt. Had he testified that he had not seen John Brown, he would have violated his conscience and been a liar, notwithstanding that he would have unwittingly testified to the actual fact. Conscience is a moral, not an intellectual guide.

CURE AT WAR PRICES

Continued from Page One

tempting to cure every case of this dreadful scourge? How WAS it accomplished? In a word, by isolating every case of the disease and by seeking out and destroying every breeding place of the mosquitoes responsible for the transmission of the disease from one individual to another.

Right here is the great truth that we must learn if we hope ever to obtain a partial victory over Tuberculosis which literally decimates the human race. Do not take this to mean that I regard the prevention of Tuberculosis or of any other preventable disease as an alternative measure and that we are to say all or any of our curative or palliative measures. By no means would I suggest such a course.

The one should complement the other. While both are undoubtedly important, preventive measures are more far reaching and have greater constructive value and it is to these that we should address the best efforts of which we are capable.

In prevention lies the only solution of the Tuberculosis problem. To pursue, as we have done in the past, any policy which disregards this truth is simply to mark time.

Up to the present time we have been performing a task, almost as futile, here on the Island and in other parts of Canada.

As I outlined in a former paper we need effective centralized organization. We must have a field marshal to organize all our available forces against this enemy.

What would you think of a nation that went to war without its commander in chief and other minor officers? How do you think we should be right now in France without our chiefs in command?

If peace is to have her victories less renowned than war, then surely, she must have her generalissimos as well.

If public health is to win in the contest against disease, then there must be responsible leadership. All must not be left to voluntary organizations and voluntary initiative. There must be some means of co-ordinating all these various agencies and directing their activities towards the common goal, which should be the absolute prevention of all preventable disease.

I have stated that the breeding places of Tuberculosis must be discovered. This can be done only by means of a compulsory notification law which really compels. It must not be a dead letter law.

Just as the home, with its annex the public school, is the principal breeding place of all that is best in our boasted civilization, just so is the breeding place of tuberculosis which claims one out of every ten of our population.

The home is the stronghold of this disease, and it is into the home that we must carry the fight of both cure and prevention, if we are to hope for success.

Not only have all the tuberculous soldiers in our armies been recruited from the homes, but in most instances, I believe, these men, when they are discharged from the service and from the sanatoria, will return to their homes. We trust that in many of these the disease will be arrested or cured.

A large proportion, however, will return with more or less active disease, and will mingle with other members of their families in more or less intimate association.

Already there are many such cases, and there will be thousands more even though the war were to end now.

In a word, what is being done with and for the returned tuberculous soldiers?

Every one is sent to a sanatorium in some part of Canada for treatment.

If a man's disease becomes quiescent and it appears that he is not likely to benefit from further sanatorium treatment, he is recommended for discharge and given a pension commensurate with his disability.

If the disease is apparently arrested or cured, he is discharged from the sanatorium although he may not be discharged from the service.

In any case a tuberculous soldier may sign waivers refusing treatment. He may then either be discharged from the service with suitable pension, or kept on pay and allowances and required to report at specified intervals for examination or Medical Board.

Sooner or later the large majority of these men, especially those of the advanced and moderately advanced class, gravitate to their homes.

Many of them have been away from their homes, relatives and friends for long weary months and have undergone privations and hardships.

They, naturally, soon tire of sanatorium life and become restless and dissatisfied. They long to get home again, and in consequence, many of them sign waivers and take their discharge before their disease is under control.

The Military Hospitals Commission has done and is doing everything possible to restore these men to health and to lives of comfort and usefulness. Every opportunity is given them for reeducation and vocational training.

So far as I am aware, the Commission has not extended its activities to the homes of these men.

The principal activities of the Military authorities towards the returned soldier, whether tuberculous or not, seem to be mainly of a reconstructive nature. Every effort is being made

to make the men as good or better than they were at time of enlistment. Much of the work, however, and especially as it relates to educating and training men to do work different from that to which they were accustomed before enlistment, is distinctly constructive.

It would seem to me, therefore, that it might be well within the scope and powers of this Commission, to do work of a constructive nature in so far as it relates to the supervision, care and living conditions of the discharged tuberculous soldier after he returns to his home.

Taking it for granted that the majority of tuberculous soldiers, in whatever stage of the disease, eventually go to their homes and that many, even of the early arrested early cases sooner or later release into activity, we can easily understand that each one of these cases will soon become an infecting center from which the disease is almost certain to spread to other members of the family.

Something should certainly be done to prevent this if possible.

The question therefore arises as to how this extension can be prevented or even minimized by any action on the part of the Military Hospitals Commission, after the soldier returns to his home.

What can be done in the home which will have a tendency to prevent arrested or apparently cured cases from relapsing while such a man is earning his living?

There are several things which, it would seem to me, might be given serious consideration.

Every tuberculous soldier should, of course, be required to spend a certain period in a sanatorium in order to learn how best to get well and keep well. There he would also learn how to prevent the disease from being transmitted to others.

This period might well be utilized by the Commission in a survey of the sanitary and living conditions of the man's home, and in making whatever alterations, etc. that should be found necessary, in order that he should be provided with suitable sleeping and living quarters. Such quarters might even be fitted with necessary equipment, such as bed and reclining chair, so that when he is discharged from the sanatorium, he shall be able to continue to live under as nearly ideal conditions, in regard to quarters, as possible.

In order to add to the effectiveness of such a plan, it would be necessary to devise and carry out some sort of practical medical and nursing supervision. This might possibly be done by co-operation with the various local physicians according to some general plan.

Whether along these lines or not, I believe that the problem of the tuberculous soldier in the home is an important one and worthy of much serious consideration as it relates to the spread of Tuberculosis.

Such a scheme as I have very roughly outlined, would, if carried out, have I believe, several beneficial effects—

First, it would tend to help the man, whose disease had been arrested, to keep well. Relapses would be less common.

Second, it would tend to minimize the chance of the disease being transmitted to other members of the family.

Third, it would, I believe, have considerable value as a means of educating families and communities in methods of prevention and cure.

These Home Sanatoria would serve to focus widespread attention upon the all important and too much neglected question of proper housing.

I do not believe that the cost would be prohibitive.

The foregoing observations must not be taken to mean that I propose to shift the responsibility of waging the campaign against tuberculosis here on the Island, to the shoulders of the Military Hospitals Commission; by no means.

The returned tuberculous soldiers will constitute but a small proportion of the total number of possible breeding centres of the disease, and even though the Commission should accept the responsibility for their care and treatment in the home, after their discharge from the sanatorium, this fact would not only minimize the responsibility of the Province toward the tuberculous civilian, but by contrast, would bring out in sharp relief our chronic and criminal neglect of this important duty.

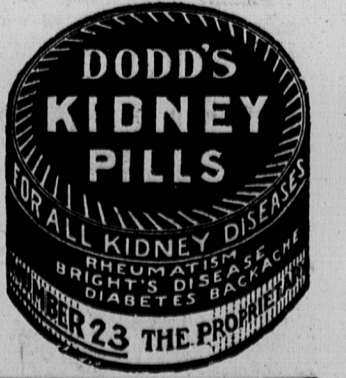
Without regard, however, as to what may or not be done by the Military Hospitals Commission, our duty is clear.

Let us not be like the rustic who "still sits by the river while the river flows on and flows past him forever."

Let us make a start by providing ourselves with a full time, adequately paid Provincial Health Commissioner, who is familiar with public health problems and organization, and then furnish him with every facility for the organization of a real department of health.

Once the department is organized, let us put it at the head of the line and then everybody fall in behind and make it a success.

Nothing short of this will satisfy the growing demands of public health.



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