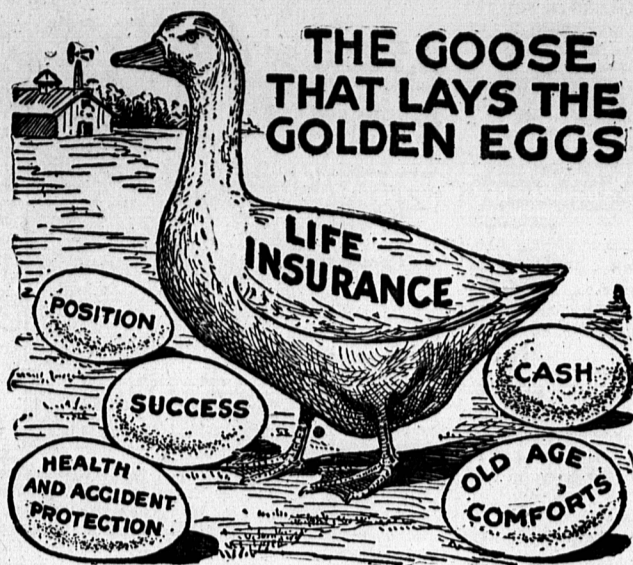


"Protection With Profit"



THE GOOSE THAT LAYS THE GOLDEN EGGS

- POSITION**, Life Insurance will conserve your home and guarantee an education to your children.
- SUCCESS** in agriculture or business is made more certain by investing carefully and systematically in Life Insurance.
- HEALTH AND ACCIDENT PROTECTION** under the Disability Clause the Company pays a pension to its policyholders who become totally disabled by accident or illness.
- OLD AGE COMFORTS** Statistics show that 65.38% are dependent on others for support. Regular saving in productive years will provide comfort in old age. Ask for particulars of our new Pension Policy.
- CASH** when protection is no longer required the policy may be cashed in, or the proceeds left on deposit with the Company at a high rate of interest. "With Profit" policies show substantial dividend earnings in addition to cash values.

Great-West Life policies are well known for the unusually large profits they earn for the policyholders, and their low cost. Have your local Great-West Life Agent arrange a suitable contract for you, or write or call on

Hyndman & Company Limited

J. O. Hyndman—President

Provincial Managers—The Great-West Life Assurance Company

Offices Lower Queen Street Charlottetown

A few openings, in unrepresented districts, for reliable Agents.

INTERESTING ADDRESS AT ROTARY

Reduction of Crippled Limbs by Massage Described by Miss Price.

Miss Price gave a most interesting address on massage, in the course of which she spoke in part as follows:

1. First of all—when do we first hear of massage?

The word has an Arabic derivation meaning "to press" but it also is French—as in "masseur" the woman worker—who is trained to give massage. We are told that 3000 years before the Christian era the Chinese had a system of gymnastics and massage and that it was used extensively by the ancient Greeks and Romans—and it is interesting to know that the term "Anatropis," which means rubbing up and not down, was used by Hippocrates in 380 B.C., and as in those days the circulation of the blood was not understood we conclude that this early physician must have made careful and persistent observations, to discover that rubbing upwards in the case of limbs, had a more favourable effect than rubbing down.

Towards the middle ages massage does not seem to have been used—but in 1580—it was again in use by Pare a renowned French surgeon of the 16th century. In 1812 the whole system was rearranged and revived by Peter Henry Ling of Sweden who established a school in Stockholm, known today as the Central Gymnastic Institute and at the present time the Swedish system of massage and medical gymnastics is taught in many English Hospital Schools—the students of which graduates from the examination of the Chartered Society, London The difference between Medical and Educational Gymnastics can now be more clearly seen. In the former—the movements and positions are given with a view to correct deformities—whilst the latter is composed of free exercises to normal children and young people as a means of building them up constitutionally to be strong and athletic. Swedish drill includes free bodily movements combined with a certain amount of apparatus—such as ropes—vaulting horse bars and so forth—the usual equipment of the gymnasium.

But what is massage?—we may say that it is a scientific form of treatment of certain bodily conditions by external manipulations applied in a variety of ways to the soft tissues of the body. To use it aright we must consider it as a means to an end—the end being: "the restoration of function" or "the return of muscular power". This is promoted also by movements either passive—on the part of the patient when the masseuse moves the limb, or active—when the patient moves his joints assisted by the operator.

There are varieties of manipulations which may be classified under: smooth strokings, deep kneadings, frictions, stimulations, vibrations, used at the discrimination of the masseuse.

"Rubbing" is not massage—for here the hand merely touches the surface of the skin—but in massage the muscles and tissues are held and moved and the effect is far reaching. The circulation, muscles and nervous system are all influenced. It should of course, be used with discretion and under the orders of the physician.

Our aims are to: 1. Improve circulation and thereby break up inflammatory products. 2. Improve the nutrition of the part under treatment and aid in restoring the normal condition. The use of joint movements during or at the end of treatment is important since by their use a certain amount of internal massage is produced, aiding circulation and the mobility of joints. Such exercises promote general improvement and a growth of muscle. And here, I must not omit those all important breathing exercises in which the patient is instructed how to breathe aright and to fill every part of the lungs with oxygen. This is also the initial lesson in teaching a patient who may be strung up to a good deal of tension, how to relax and assume the position of real repose, dropping little by little the rigidity of tightly held limbs and so—gradually understanding the art, in this busy world, of "learning to be quiet" and the mind then can in such moments drop the pressure of strain, so that the patient, fortified by a new comprehension of the word "rest" is able to return once more to perhaps the same monotony of work—but stimulated and revived.

Muscle Education

Now with regard to secondly—mus-

59th Annual Statement THE MUTUAL LIFE ASSURANCE COMPANY OF CANADA

HEAD OFFICE: WATERLOO, ONTARIO

1928

A Year of Substantial Progress

- SURPLUS EARNINGS**
\$4,888,816
- NEW BUSINESS PAID-FOR**
\$57,072,790
- ASSURANCES in FORCE**
\$422,795,453
- TOTAL ASSETS**
\$98,089,366
- DIVIDENDS PAID POLICYHOLDERS**
\$4,752,509
- SURPLUS FUNDS and SPECIAL INVESTMENT RESERVES**
\$11,853,824
- EXPENSE RATIO**
14.27%
- RATE OF INTEREST EARNED**
6.36%

The earnings surpassed those of the previous year by \$387,000 and amount to \$49.84 per \$1000 of assets.

The new paid-for business exceeded that of the previous year by \$7,291,698.

Representing an increase for the year of \$36,080,000.

Assets represent the book value of the Company's securities and would appear substantially larger if current market values were used. The increase for the year is \$8,850,000.

An increase of more than \$1,000,000 over the previous year, which includes a Special Extra Cash Dividend of approximately \$700,000.

Insuring the continuance of liberal dividend distribution.

Again the expense ratio has been materially reduced.

New investments made during the year exceeded \$12,000,000 and, notwithstanding steadily declining interest rates, the average rate of interest earned is well maintained.

A Purely Mutual Company

Established 1869

Progress of the Company

Year	Income	Assets	Paid to Policyholders	Business in Force
1878	\$ 59,277	\$ 348,519	\$ 12,450	\$ 1,885,311
1888	393,075	1,297,587	122,894	12,041,914
1898	923,941	4,126,132	360,397	23,703,979
1908	2,546,141	12,983,674	827,749	54,693,882
1918	7,021,103	34,755,736	3,291,418	137,640,614
1928	22,223,234	98,089,366	9,750,691	422,795,453

HUME CRONYN, President

R. O. McCULLOCH, 1st Vice-President

C. M. BOWMAN, Chairman of the Board

W. H. SOMERVILLE, General Manager

H. A. EBERS, Provincial Manager
135 Kent Street, Charlottetown, P. E. I.

STANDARD MINING EXCHANGE		Howey		Siscoe	
		133	140	140	140
		2225	2210	14	14
		6450	6540	215	215
		24	23		
		2000	2075		
		71	75		
		65½	66		
		525	525		
		41	42		
		6375	6375		
		910	920		
		1155	1150		
		08	08½		
		2075	210		
		1390	1350		
		214	218		

Restaurant For Dogs

Dogs have a dining room for their exclusive use in a department store in Berlin. It was opened recently for the convenience of women shoppers who wish to carry their pets with them. While the patron is having her luncheon the dog is taken to the canine restaurant, where waiters supply food and drink in shallow bowls.

Investment Opportunities

WE offer, subject to confirmation, a number of sound Bonds and Preferred Shares at discount prices, which make them attractive for immediate purchase. With the return of easier money conditions, prices may be expected to show a strengthening tendency. The following are indicative of the values offered:—

	Price	Yield
Abitibi Power & Paper 5% 1st Mtge., 1953...	89	5.85
Acadia Sugar 6% 1st Mtge. Bonds, 1946....	98	6.15
Asbestos Corporation 6% Gen. Mtge., 1956...	89	6.90
N. Bawlf Grain 6½% Preferred.....	94	6.91
Republic of Bolivia 7% External Bonds, 1969...	94½	7.40
Canadian Hydro-Electric 6% Preferred.....	95	6.30
Canadian Pacific Ry. 4½% Note Certifs., 1944	97½	4.70
Dominion of Canada Guar. C.N.R. 4½%, 1968	96	4.72
Dominion of Canada Guar. C.N.R. 4½%, 1954	96½	4.70
Dominion of Canada Guar. C.N.R. 4½%, 1957	96½	4.70
Dominion Coal 5% 1st Mtge. Bonds, 1940...	99½	5.10
Donnacona Paper 5½% 1st Mtge. Bonds, 1948	96	5.85
*Donnacona Paper 6% Debentures, 1948.....	97	6.25
Gatineau Power, 5% 1st Mtge. Bonds, 1956...	98	5.13
International Paper 6% Ref. Bonds, 1955....	97½	6.20
Montreal Apartments 5½% 1st Mtge., 1948...	95	5.93
Montreal Tram. 5% Gen. & Ref. Bonds, 1955	98½	5.10
Montreal Tram. 4½% Gen. & Ref. Bonds, 1955	91	5.15
N. S. Light & Power 5% 1st Mtge. Bonds, 1958	98	5.13
Quebec Power 5% 1st Mtge. Bonds, 1968....	99	5.05
Restigouche Co. 5½% 1st Mtge. Bonds, 1948	97½	5.71
Rolland Paper 5½% 1st Mtge. Bonds, 1948...	97½	5.70
*Rolland Paper 6% Preferred.....	95½	6.28
Shawinigan 4½% 1st & Coll. Bonds, 1967-8...	95	4.80

*With Stock Purchase Rights.

Royal Securities Corporation

Limited
Riley Building, Charlottetown
Telephone 822

A Tickling In Her Throat For Years

Mrs. Peter Johnson, Fort Albert, B.C., writes—"I had been troubled for years with a tickling in my throat every time I would lie down, and at night I would cough so I could not sleep, and could hardly do my work. I would cough until I would vomit."

"I heard of Dr. Wood's Norway Pine Syrup

and after the first bottle I had no more cough, and now I am never without a bottle of 'Dr. Wood's' in the house."

Price 35c. a bottle; large family size 60c. at all druggists and dealers.

Put up only by The T. Milburn Co., Ltd., Toronto, Ont.

instincts of the child used and encouraged in order to get co-operation and concentration. Following upon muscle training is a series of movements we may call "postural exercises." These are for the correction of faulty posture or pose. Incorrect posture means a strain on ligaments, joints and muscles and too great a continued relaxation of the entire body with poor stamina—(to quote Dr. Dickson who has published a book of exercises) and a child with such a posture is below par physically and tires easily. Any effort which will convert an incorrect standing and walking position into a correct one is worth while if for no other reason than the reduction of bodily wear and tear which result.

About eight or nine children have come in for the real old-fashioned drilling class which was held in the autumn months and it was gratifying as well as pleasurable to see how bent heads would be soon held erect, round shoulders straightened, while all seemed to take pleasure in proving how deeply they could breathe with arm exercises. And with a skipping rope, the tension of a too severe three quarters of an hour was greatly relieved, the question at the end generally raised being—"When are we to come again?"

I must not forget to tell you of Marie, who came in from the country with a wry neck. That this could

(Continued on Page 6)

Quo Vadis?

A man's judgment is no better than his information. If he bases his judgment on proven knowledge—he will profit. If he bases it on rumor—he will very often lose.

Those who seek the ultimate profit of secure investment base their confidence in the recommendations of those whose reputation for sound judgment and knowledge of conditions stands firm through the years.

Eastern Securities Company Limited

SAINT JOHN CHARLOTTETOWN MONTREAL