

She Could Not Work HEADACHES Were So Severe

Mrs. A. Biehl, Burdall, Sask., writes: "I was troubled with very severe headaches, and sometimes I could not do my work."



and advised me to give it a trial. I decided to do so, and after taking a few bottles I found it had done me a world of good, and I haven't had any headaches for a long time now."

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THE CHARLOTTETOWN GUARDIAN

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THURSDAY, MAY 17, 1928

GRADUATE NURSES.

THIS evening in St. Paul's Parish Hall, five young ladies who have undergone the prescribed training in the Prince Edward Island Hospital, will be presented with their diplomas.

The main interest, however, will be in the young lady graduates. They are well known to the public, but more especially and intimately to those who, as patients or the friends of patients, have known them in that noble work.

We owe it to the Hospital, to the nursing staff generally and to the five young lady graduates to meet with them tonight and extend our congratulations and our God-speed as they go out to the practice of their chosen profession.

Years of toil and watchfulness, night and day, untiring care for the sick and the suffering and the dying, has fitted them to carry on the good work in perhaps a larger sphere and we trust that their work will be continued in the Province in which they have been trained.

The Guardian heartily congratulates the young lady graduates and extends its best wishes for their future welfare and success.

HORSE BREEDING.

ELSEWHERE in this issue we publish an extract from notes of the Experimental Farm at St. Joachim, Quebec, entitled French Canadian Horses.

In our Province, at one time noted for its magnificent horses, we have practically gone out of the horse-breeding business.

Comparing ourselves with ourselves is an unprofitable exercise. If we are satisfied with our achievements this year because they are as good as those of last year, we shall get no further. We need to know what others beyond ourselves are doing and emulate them, not ourselves.

Notes by the Way

The sage remark was once made in our Legislature that our Island is "entirely surrounded by water." This statement was made the subject of some jocular comment at the time, but it embodied an important truth.

It is an interesting study to note the varied effects these contacts on the part of the Mainland Provinces and the long isolation of the one Island Province have had upon the speech, the social habits and customs, the place names and other features which characterise our Island people and which are still the subject of question or remark among the tourists who visit us in the good old summer time.

We are a peculiar people in the minds of our fellow Canadians in several respects and all Maritimers are more or less peculiar to those who were born and reared farther west, but not found to be lacking in brains.

To see ourselves as others see us, is still worth attempting though the attempt may end in failure. The Central and Western Provinces have almost concluded that the three Maritimes should all be bunched together and our Provincial names blotted off the map of Canada.

But the Islanders and the Maritimers are a peculiar people in the eyes of certain other outsiders, and we know that the potato bug and all the "worst weeds in our fields, and a great deal of the bad whiskey that is bootlegged among us, under the so-called prohibitory law, have come to us from the "foreign lands" across the Straits.

There is a narrow-minded element dwelling inland, who would fain treat Maritimers as "poor relations." This absurd notion of their's would soon vanish could they but see themselves as others see them, or as they are.

Still we hope that they may yet come to realise the facts of the case. Let them but come and see us during the Tourist season, and, standing on the shore of the Bay of Fundy, they may learn something of the broadening and uplifting influence of the sea and also become aware that the Maritimes are the tidest portion of the broad Dominion.



By James W. Barton, M.D.

That Body of Ours

Anyone who has watched the treatment of a patient by artificial sunlight has been struck by the great care that is taken to prevent the patient getting too much of the ultra violet rays at one time.

Further that it could take the place of iron and arsenic in anaemia, and of strychnine as a tonic, and, in a little time, it might render the use of such things as headache powders unnecessary.

Another physician who has done considerable work with these rays, prophesied that even more would be discovered about the value of these rays in ailments of the body, and also about the different wave lengths of light, and "the present clumsy method of using the whole light from any source, would be abandoned."

The wave lengths of the light required for any particular treatment would be obtained by using filters to prevent the other wave lengths from injuring the body during the treatment.

Modern Etiquette

By ROBERTA LEE

Q. When speaking over the telephone who ends the call, the person calling or the one called? A. The one calling.

New Kind of Spectacles

1000 PAIRS TO BE GIVEN FREE.

TORONTO, Ont.—A new, clear-vision spectacle has been created, which is guaranteed unbreakable, cannot tarnish and is a great improvement over all other makes.

Ninety factories are building airplanes in the United States, producing about six a day.

A GOOD TEA TO DRINK

It is Always Fresh and Pure Sold only in Red, Hygienic, Airtight Packages.

PROTESTANT ORPHANAGE PLEDGES

ARE YOU ONE WHO HAS NOT PAID? PAY IT BEFORE THE ANNUAL MEETING MAY 31. THE DEBT IS NOT YET CLEAR—WE NEED YOUR AMOUNT TO HELP. FORWARD IT WITHOUT DELAY TO THE TREASURER.

Daily Selections FOR Guardian Readers

May 17, 1928

DESTRUCTION OR DELIVERANCE—A hypocrite with his mouth destroyed his neighbour; but through knowledge shall the just be delivered.—Prov. 11:9.

PRAYER—May our path be the path of the just which shineth more and more unto the perfect day.

A SONG OF SERVICE

By Marguerite Few

If all my pain, And all my tears, And all that I have learnt Through all the years, Could make one single perfect song To right some wrong; To lift some fallen head, To light some darkened mind, I should feel that not in vain I served mankind.

TWILIGHT

"Jes' a-smokin', An' a-dreamin', An' a-thinkin' of you dear; Jes, a-longin', An' a-wonderin', An' a-wishin' you were here, Jes' a-watchin' Lonesome shadders Cross the empty hearthstones fall; Jes' a-smokin', An' a-dreamin', An' a-lovin' you—that's all!" —Forrest Mabey Kelp.

HOUSEHOLD SCRAP BOOK

By ROBERTA LEE

Dip a string in kerosene and tie a piece around each table leg and the ants will not climb the legs. This method also applies to the refrigerator, beds, and other furniture.

DAILY LESSONS IN ENGLISH

By W. L. Gordon

WORDS OFTEN MISUSED: Do not say "among the rest was John." Say, "with the rest was John," or "among them was John." OFTEN MISPRONOUNCED: Fahrenheit. Pronounce fa-ren-hit, as in "father," e as in "men," i as in "ice," accent first syllable. OFTEN MISPELLED: strategy; egypt.

BANFF NATIONAL PARK

Q.—Where is Banff National Park? —Banff National Park comprises an area of 2751 square miles of territory set apart as a national playground for the use and enjoyment of the people in the heart of the Rocky Mountains.

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