

THE CHARLOTTETOWN GUARDIAN

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THURSDAY MARCH 17, 1932

THE BUDGET

Notwithstanding the financial position of the Province, when taken over by the present Government, there is to be no increased taxation. Premier Stewart in his full, clear, explicit statement of the financial situation assured the Legislature that the economies to be effected would result in a balanced budget. He was justifiably severe in condemnation of the Liberal Government and its failure to issue bonds at the opportune time to cover the huge overdraft incurred largely in connection with its roads policy, or what the Liberals were once fond of describing as "the MacIntyre Highways." The Liberal-Conservative Government on taking office found floating liabilities to the extent of one-and-one-quarter million dollars. In addition to this the Government had to face the re-placing of Falconwood Hospital and Prince of Wales College at an estimated cost of about three-quarters of a million dollars. To cover these extraordinary expenditures authority has been obtained to issue bonds, from time to time, to the extent of two million dollars at six percent. The Premier anticipates no difficulty in floating these at a satisfactory rate, but had the Liberal Government not been "asleep on the job" it would have been possible to have floated the loan at 4 1-2 percent. For the loss in the difference in interest the Liberal Government must be held responsible. It is a blessing indeed, that the electorate at last election saw fit to "send the sleepers to bed," and to substitute for them a live and energetic Government able and ready to restore confidence in the Province and its finances. One can readily understand the feelings of the Government when they took over the management of affairs with a threat over their heads by the bankers that, unless they succeeded in straightening out the finances speedily, credit would be suspended.

The Government intends economizing wisely in every direction, and the fact that notwithstanding the redemption funds necessary through the new bond issue, it has estimated to make ends meet is a sure indication that an earnest endeavor will be made to cut the Government's garment according to its cloth. There is nothing ambiguous about Premier Stewart's statement. He takes the Legislature, and with the Legislature the whole Province, into his confidence, describes the difficulties the Government has been up against, and the plans it has for overcoming them. The Opposition, of course, will attempt to pick holes in the statement. That is the business of an Opposition, but all fair and unbiased readers will be satisfied that the affairs of the Province are now in safe hands and their interests will be jealously guarded by a competent and energetic Government, desirous of making sure, though slow progress, with the financial means at their command.

THE HIDDEN HAND

Speaking in the House of Commons recently, in reference to civil service appointments and promotions, Premier Bennett said: "I have heard observations made by hon. gentlemen opposite with respect to the position I have frequently taken in connection with civil service appointments. I have advocated the merit system on more than one occasion in this House and out of it. During the last fifteen months I have had occasion to examine the operations of the statute, and I think perhaps this House is overlooking the fact that after we concede the merit system is the proper system, the next question is: Who is to determine merit? That is like it. It is for that reason the difficulty has arisen, and it is a real difficulty. "Let us give this House an idea of the factors which determine

NOTES BY THE WAY

Only men who have risen above mediocrity, only men who have attained more than a commonplace station in life, are considered worthy targets for criticism. The only criticism that really counts, is the criticism that comes from within. The commendation of one's conscience can more than counteract the condemnation of those who do not understand. Neither let praise greatly elate nor criticism greatly depress you. When things go wrong it is human to seek to blame others. Many things having gone wrong, the demand for scapegoats naturally is greater than ordinary. Only the shallow are moved by applause from without, and only the shallow allow unjustified criticism to wreck their peace of mind. "Stand right with yourself and you can stand criticism." Criticism may sometimes be the best compliment.

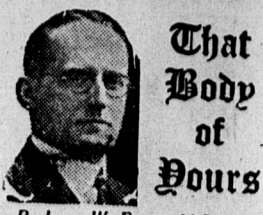
Queen Victoria once rebuked a minister for permitting to creep into a despatch the term "royal baby" instead of "young princess." To those who hold fast to the royal tradition the following, which appeared in a western newspaper, will smack of less majesty: "Were Princess Elizabeth taken from her bed by kidnappers, Britain would be in somewhat the state of mind in which the United States finds itself today." All the same, there is in it more than a little truth. Human nature is much the same the world over and nations have to idolize somebody. Logically there ought to be as keen indignation over the kidnapping of any obscure child as over that of a young princess or the Lindbergh baby, but it does not work out that way in practice.

Tristan da Cunha, a remote island in the South Atlantic Ocean far removed from regular routes of travel, has long been famous for the vigor and good teeth of the inhabitants. Of 156 individuals examined, ranging in age from infancy to 92 years, 131 were found to possess teeth entirely free of decay. Even the oldest man on the island had a complete set, none of them showing the slightest sign of decay. This man is described as a dental marvel, his physical condition being rated as extraordinary. So far as is known, no similar condition exists anywhere else in the world. The puzzle lies in the fact that the conditions under which the islanders live are a marked contrast to those which modern scientific research postulates as desirable for dental health. The islanders' no tooth brushes and no tooth paste. Though it is a universal dental maxim that "hard tack" is desirable for the life of teeth, all the food used by the islanders is of a soft character. The staple diet generally consists of potatoes, fish, milk and eggs; meat being eaten only on high days and holidays. Flour, tea and groceries, brought by visiting ships, are used as long as they last, but the island is often without these "luxuries" for months at a time.

Some time ago a trapper went out West, shot and killed one of the Mounted Police. For a considerable time the murderer eluded the authorities, killing one of the officers sent to arrest him. However, the Mounties got him, the fugitive falling riddled with bullets. Some are inclined to criticize the authorities for spending so much life and treasure in the taking of this mad outlaw. The reply is that it is the British way to enforce law, at any cost. Offenses such as this trapper perpetrated cannot, in this country, go unguarded. At any cost, Canada's law overrules its enemies. That way lies freedom and safety. —Exeter Times-Advocate.

There is an old saying that in war Great Britain loses every battle but the last one. Apparently the same thing is true in the species of economic warfare from which the world is suffering today. Great Britain carried the load for a long time. She accepted sacrifices no other nation was prepared to make. But when it came to the pinch, when her own stability was gravely threatened, Britishers talked to the need as they do in war and fought their way through. When the history of this period of international economic adjustment comes to be written as a whole, as it will be

merit are factors not under the control of a hidden hand which operates through an official drawing an insignificant compensation, and with power to determine the life or death, officially, of applicants for positions. It is for that reason the Government asks that this bill be referred to a committee so that these matters may be considered."



By James W. Barton, M.D.

TRED, IRRITABLE, DIZZY

One of the conditions or ailments that you hear about frequently is acidosis. No matter what some individuals complain about—tiredness, headaches, dizziness—they put it all down to acidosis and then use their favorite remedy for it.

What is acidosis? Acidosis, as its name implies, is said to be an acid condition of the blood and tissues. As a matter of fact, the blood and tissues do not really become acid because with an acid condition life would not be possible. What is really meant, or what would be a better description would be, to say, that the blood and tissues were losing so much of their alkaline qualities that they were becoming nearly acid.

The more nearly acid your blood and tissues become the more tired, irritable, and full of pains you become. Now the two main things that can cause this condition are working too hard or eating too much. Working too hard forms acids in the muscles that cause tiredness, stiffness, and pain in the muscles. Eating too much food and doing no work, allows too much waste to accumulate in the system and it also is acid.

However it has been found that certain foods form more acid wastes, a condition of acidosis, than others. These foods are very nourishing, contain valuable body building foodstuffs, yet if eaten in large quantities, cause acidosis. These foods are whites of eggs, cheese, meat, sugar, puddings and pastry.

Remember, these foods may be eaten in large quantities if you are doing physical work; in fact you can't do hard physical work regularly without plenty of these foods. To get sufficient proteins to keep you going you would have to eat very large quantities of peas or beans.

The foods that keep the blood more alkaline are milk, ripe fruits, egg yoke, green vegetables and whole wheat bread.

The first thought if you have a "bilious attack" as it is called, is not to begin eating a large quantity of the alkaline forming foods. You should do without food for a day, and take a dose of epsom salts, and then begin eating both kinds of foods—acid and alkaline—but eating more of the alkaline foods, especially green vegetables.



THE RUNNING RAINS

I watched a rain running across a park, Flaunting her silken shawl against the trees; Like sudden light she burst from out the dark Dim mystery of clouds; around her knees, Shining like silver, swirled her gauzy frills; With silvery toe she touched each silvery blade That sprouted on those gently tended hills, Scattering spangles from sea-atoms made, Softly she ran—that February rain— As flies a swan along a shimmering lake, Lifting her arms like wings now and again Fondly to touch the trees but not to wake The sleeping buds. Smiling she ran away And after her ran many rains that day. —L. Moulton.

some time, the story of how Great Britain fought her way into the leadership in the short period of six months will be its most interesting and perhaps its most entertaining chapter.—Exchange.

Canada is now selling abroad more than it buys abroad. This is the only same thing for any nation to do. No country can continue over a long period to pay out more than it takes in without coming to grief. It was to the correction of this trend that the present Federal Government directed its policy on coming into office, and in less than a year and a half it has accomplished a great deal.

Falconwood REPORT OF SPECIALISTS REGARDING CONDITIONS AND RECOMMENDATIONS FOR THE FUTURE

(Continued)

The following is the report of the Mental Specialists, Drs. W. T. B. Mitchell and Grant F. Emming of the Canadian National Committee for Mental Hygiene on conditions at Falconwood prior to the disastrous fire and their recommendations thereon.

VI ORGANIZATION AND ADMINISTRATION

Falconwood Hospital is well situated and is readily accessible from Charlottetown. The building dates from 1879. There are over four hundred acres of land.

Falconwood Hospital is governed by an Act and By-Laws made under authority of the Act.

An Act relating to Lunatics and to the custody of Lunatics was passed on April 27, 1875, (Chapter IV, The Acts of the General Assembly of Prince Edward Island.) The Act was amended in 1879, 1889, 1907 and 1911. The By-Laws of Falconwood Hospital were passed by the Board of Trustees in November, 1927, and approved by the Lieutenant-Governor in Council in November, 1927.

The Act provides for the erection of an institution on the Stock Farm at Falconwood for "the most humane and enlightened curative treatment of the insane of this Province."

The management of the Hospital is vested in a Board of Trustees appointed by the Lieutenant-Governor in Council "three of whom shall be members of Her Majesty's Executive Council for this Province."

The trustees are empowered "to make all needful by-laws for the government of the Hospital," subject to approval by the Lieutenant-Governor in Council.

DISCUSSION

According to the Act, the entire responsibility for the Hospital rests upon the Board of Governors as they have the duty of passing by-laws for its government, to visit, to inspect and to make enquiry.

It would appear that as the Medical Superintendent must, in practice, be the executive officer of the Board to carry out, in spirit as well as in the letter, their by-laws and instructions, his appointment and tenure of office should be upon the recommendation of the Board to the Lieutenant-Governor in Council. This is practically what is done, owing to the composition of the Board.

The Board are quite capable of passing upon the financial aspects of the hospital, and as to the general condition of the buildings, etc., but one question the value of their supervision of the treatment of the patients. Naturally, if they have confidence in the Medical Superintendent, they presume that this is being carried out properly.

In the larger provinces, with several hospitals, there is provided through a provincial psychiatrist or some corresponding official, a supervision of the work of the Medical Superintendent. Where there is but one institution, such supervision must be sought from outside through such an organization as the Canadian National Committee for Mental Hygiene in order to assure the responsible authority as to the quality of medical service given in their institution.

The general trend elsewhere is to place responsibility for the supervision of the care of patients in Government institutions and in hospitals and other institutions subsidized by the Government upon the Minister of Health.

This trend has been accelerated, and from a mental hygiene standpoint this is most desirable, as the mental hospitals have become the centres from which preventive mental work in the community radiates. It is certainly not desirable to cut off or minimize in the slightest degree the interest of individuals or groups in the problem of mental disease. It would be most unfortunate and altogether undesirable to lose the interest and feeling of responsibility of the Premier and other members of the Government. At the same time, it does appear that the responsibility for Falconwood Hospital, particularly when it is viewed as part of a mental hygiene programme, should be placed primarily upon the Minister of Health.

It was brought to our attention that the Grand Jury, as part of their duties, visit the institution twice a year, and inspect it, later reporting to a Judge of the Supreme Court. Their reports, as shown to us, were consistently favourable. How these reports could have been made, in view of our own observations, we

First Prairie Schooner

(New York Sun) The passing a few years ago of a centenarian in an Illinois town revived the western legend that he built the first prairie schooner, the white canvas-covered wagon that carried emigrants and gold seekers over the great plains and the Rocky Mountains to the fertile valleys of Oregon and the California El Dorado. The legend grew, as is said, from his own statement. A bullwhacker who had cracked his whip over the backs of a ten-yoke team of oxen crossing the Platte River and the bad lands of Wyoming years ago made this comment: "Waal, maybe he can prove it, but darned if I don't doubt it!"

The first prairie schooners to have distinction were, perhaps, the Murphys, made at St. Louis. When they reached their high point of usefulness they had flaring box beds to which white covers were affixed by means of bows, and they had iron axles. But long before they had attained this degree of excellence the wagons of the Jorner party were wrecked on the slopes of the Sierras and the party itself perished in the snow of the mountain heights, and the hot sand of Death Valley was strewn with the skeletons of gold seekers and the wreckage of their trains. It would be difficult to tell when the first wheels travelled the Santa Fe or the Oregon trail. The "jumping-off place" for many of the journeys across the plains was Westport or St. Joseph, in Missouri, or Omaha or Council Bluffs, further north in the Missouri Valley. As these were all fitting-out stations no doubt they furnished the traveller with wagons. To these stations, however, also came parties and individuals who were carrying their possessions in vehicles made hundreds of miles back in their eastern homes.

cannot explain.

There is no lay organization which assumes any definite responsibility to assist the Hospital. We have in mind a Women's Committee to arrange for special outings, Christmas and other entertainments, etc.

We were informed, and we read in the Annual Report that the Hospital receives gifts of books and magazines, but this is done in an individual and spasmodic manner rather than in an organized way. TAKE TWO—FALCONWOOD

Every institution is materially helped in its actual work, and in making known its scope and its needs to the public, by having a group of citizens, who, acting as an auxiliary, take an active interest in the institution. This is just as true of a mental hospital as of any other institution, and particularly does the mental hospital need to be understood by the public.

RECOMMENDATIONS

1. That the general management of Falconwood Hospital be vested in the Minister of Health. That the present Board of Trustees be continued as an Advisory and Consultative body to act in that capacity for the Minister of Health in the discharge of his duties in connection with Falconwood Hospital and mental hygiene in the province.

2. That an auxiliary committee be organized to promote the work of the Hospital, to interpret it to the public, to undertake the provision of entertainment and special outings, and to supply the patients with reading material, etc.

3. That the Minister of Health and the Medical Superintendent be given the benefits of a regular report on the work of the Hospital by some outside authority, such as the Canadian National Committee for Mental Hygiene. (To Be Continued)

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