

THE CHARLOTTETOWN GUARDIAN

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"The Strongest Memory is Weaker than the Weakest Ink"

THURSDAY, APRIL 14, 1938.

Good Friday

Surely he hath borne our griefs, and carried our sorrows... yet we did esteem him stricken, smitten of God and afflicted;

He was bruised for our iniquities: The chastisement of our peace was upon him,

And with his stripes we are healed. All we like sheep have gone astray; We have turned every one to his own way;

He is oppressed and he was afflicted, Yet he opened not his mouth: He is brought as a lamb to the slaughter, And as a sheep before his shearers is dumb

So he openeth not his mouth. He was taken from prison and from judgment: And who shall declare his generation?

For he was cut off out of the land of the living: For the transgression of my people was he stricken.

Set not much by this—who is against thee or with thee but so do and care that God be with thee.

In every thing that thou dost have a good conscience and God shall defend thee: for him that God will help no man's overbearingness shall be able to annoy.

If thou canst be still and suffer thou shalt see without any doubt the help of our Lord; he knoweth the time and manner of helping thee, and therefore thou oughtest to reserve thyself for him.

To God it belongeth to help and to deliver from all confusion.

If it seemeth to thee that thou knowest many things and art understanding enough, yet are there many more things that thou knowest not.

Think not highly of thyself but rather acknowledge thine ignorance.

Why wilt thou prefer thyself before any other, since many other are found better learned and more wise in the law of God than thou?

If thou wilt learn and know any thing profitably love to be unknown and to be accounted as naught.

Thou comest to serve and not to govern; know well that thou art called to suffer and to labour and not to be idle and tell tales.

Here are men proved as gold in the furnace; here may no man stand unless he will humble himself with all his heart for God.

He hath great tranquility of heart that setteth nothing by praisings or blamings: He whose conscience is clean, he will soon be content and pleased.

Thou art not holier though thou be praised nor the more vile though thou be blamed or dispraised.

What thou art, that thou art; that God knoweth thee to be and thou canst be said to be no greater.

If thou take heed what thou art within thou shalt not reck what men say of thee: man looketh on the visage and God on the heart; man considereth the deeds and God praiseth the thoughts.

Study to live so now that thou may in the hour of death rather rejoice than dread.

The Imitation of Christ

Ontario's Mental Health Programme

Three miles south of St. Thomas, Ontario, says The Canadian Engineer, 1,100 acres of farm land are being transformed into an area that will contain one of the largest hospitalization projects ever undertaken in Canada and which, with an expenditure of approximately \$8,000,000, constitutes the largest construction project now under way in the Dominion.

Consisting of thirty-six buildings, including the administration building, diagnostic clinic and laboratories, reception building, medical and surgical buildings, central dining hall and kitchen, infirmaries, pavilions, assembly halls, residences for doctors and nurses, attendants' homes, power plant, water tower and farm-building group, the Ontario Government Hospital for Mental Diseases at St. Thomas is the first in a probable programme of three such provincial projects. The locations of the other two under consideration are Brampton and Port Arthur.

When completed, the new St. Thomas hospital will represent the most advanced methods and practice in hospitalization planning, layout, structural design, architectural treatment, landscaping and building orientation.

This is the Ontario Government's idea of discharging properly its responsibility for mental health. A few years ago, such a scheme would have been denounced as impracticable. What has occurred to change public opinion and rally it behind such a policy?

this Dominion," said the Governor General, "there are more hospital beds for the mentally afflicted than for all other types of illness put together. Out of every hundred children now in our schools, four, under present conditions, are doomed to suffer from mental ailments. There can be no doubt about the urgency of the problem."

Added to this is the fact that in many cases mental ailments can be cured. With proper treatment, under proper conditions, a great majority of affected individuals can be made at least partially self-supporting. As His Excellency expressed it, "there is no field of therapy in which more tangible, definite and demonstrable success has been accomplished than in that which covers the treatment of mental diseases and the cure of mental disease."

It was this conviction, based on his own experience both as a doctor and as a former acting superintendent at Falconwood Hospital, which inspired Hon. Dr. W. J. P. MacMillan to attempt to do something in the way of providing modern facilities for mental treatment in this Province. "Extravagance," his political opponents declared: all that most of the Falconwood patients needed was "to be kept warm—they don't need treatment"; and promptly after their election these same economists called a special session to get authority to borrow no less than three million dollars.

Editorial Notes

Maundy Thursday.

Tomorrow Good Friday.

Another pied-piper is wanted at the dump, otherwise we may have a rat disease plague.

An opposition to be effective must stand its ground; it is not sufficient that it merely raise its voice in protest.

Herr Hitler does not need to seek new territory to conquer—he has it at his own door and has just to proclaim "ho! presto" and it is his.

One of the main troubles of our present legislators is that they do not know their platform and policy, and some of them even their past record on the questions at issue.

There can be no representative government when the powers-that-be, as here, can manipulate the public accounts to suit themselves, and with no public control in the legislature.

The two-voice Government permits a paid official to stand up in the House and advocate what the vendors have been doing practically since the abolition of the Prohibition Commission—sell beer and wine for refreshments.

What the Public Accounts do not contain in the way of undetailed expenditure would fill many volumes. Even had the Government followed the practice of giving a line to every recipient of its bounty the Public Works report would have been in two volumes instead of one.

Was there ever in the Island's history such an extraordinary session of the legislature as that now coming to its Easter recess. It has been marked by the gravest parliamentary disorder, with practically no responsible person in control. It is surely time such chaotic conditions should be wiped out.

The City Council is evidently "up against" the experience of new legislators—being called upon to meet expenditures incurred but not accounted for by their predecessors. That is where the absence of an outside auditor gives the powers-that-be their opportunity for misrepresentation of the true standing of province or city.

Saint John has always been recognized more or less as Sleepy Hollow, and point is lent to this description by the facts that a burglar who entered a store to break open the safe fell asleep on the job, that the proprietor in the morning discovered him asleep and allowed him to escape, and that the police, though they knew his name and who he was, permitted him to evade their clutches.

"If I am asked what I think are the chief aims of education," said Miss Thelma Cazale, M.P., in a recent speech, "I would say:—'What we want to do is to keep children long enough at school for them to realize they have not started to be educated. Then they will go into life with a burning desire to do more. There seems to be a lot of trouble in the world today but, as an American humorist has said, 'It ain't so much people's ignorance that does the harm; it's their knowing so many things that ain't so.'"

Saturday is Hospital Flag Day. Cicero is quoted in the foreword of the book about the New York Hospital as saying that "in no other act does man approach so near the gods as when he is restoring the sick to the blessings of health." There should be put with this quotation what Elizabeth Barrett Browning made one of her characters in "Aurora Leigh" say:

I think it frets the saints in heaven to see How many desolate creatures on the earth Have learnt the simple dues of fellowship And social comfort in a hospital.

The dates for the Conservative Convention in Ottawa have been fixed for July 5 to 7. The committee in charge of arrangements have fixed the following basis for selection of delegates:—All Conservative privy councillors who now support the party. All Conservative Senators. All Conservative members of the House of Commons. All defeated Conservative candidates at the 1935 general election. Members of provincial Legislatures who support the Conservative party federally. Four delegates from each federal riding with four non-voting alternatives. All members of the national convention committee as delegates at large. All former Conservative lieutenant-governors. As many delegates at large from each province as that province has ridings. Special delegates at large representing the youth of the party, nine each from Quebec and Ontario and three from each of the other provinces.

NOTES BY THE WAY

Steps Toward Temperance: "The Provincial Liquor Commission has made two important decisions. It forbids the admission of women to taverns, and bans all games, singing, dancing and music in taverns. This is a first step towards the prohibition of the sale of liquor to women. The Commission has also decided to enforce the Commission's decisions. But citizens should also do their part in seeing that the regulations are observed. The Commission has also decided to enforce the Commission's decisions. But citizens should also do their part in seeing that the regulations are observed. The Commission has also decided to enforce the Commission's decisions. But citizens should also do their part in seeing that the regulations are observed."

The "Young Egypt" party meeting at A... resulted in a somewhat serious row, when the French speakers tried to apply the rule that the French should speak first. The party was dissolved and the French speakers were expelled. The party was dissolved and the French speakers were expelled. The party was dissolved and the French speakers were expelled.

Most of our crew work a ten hour day, some as high as fourteen hours without overtime. Therefore as an authority on this, Mr. Jones is a good Ho'sein Bredler, because none of us get double pay for overtime. So, the promoters of the Wood Island Ferry were hopeful this project would force the Railway authorities to plan a ferry between Borden and Tormentine. The present steamer is not economical.

In the millennium you will get waited on in a hardware store. The hardware store will be the only place where you will get waited on in a hardware store. The hardware store will be the only place where you will get waited on in a hardware store.

The theory that a light lunch spells an efficient afternoon is sound. Dr. Donald A. Laird, experimenter, has proved this theory by conducting tests which led him to that conclusion. He described them in the current Rotarian Magazine. Eight young men at Dr. Laird's lab were given a noon meal for a month. "We told them we were making studies of all conditions," he says. "If they had known that it was the size of the noon meal we were testing, they would have refused to eat what we had in mind. One way or the other would doubtless have shown up in the results. To make this deception more effective, and keep the men contented, we had them conditioned, detailed records were kept of temperature, humidity, air flow, and barometric pressure. From time to time differences were made in the ventilating ducts just to clinch this scientific deception. On half of the days, scattered at random through the month, they were given a light lunch. The other half of the days, however, they were given a heavy lunch. The results were what we expected. The light lunch group showed a 70 per cent increase in productivity. The heavy lunch group showed a 30 per cent decrease in productivity. The light lunch group showed a 70 per cent increase in productivity. The heavy lunch group showed a 30 per cent decrease in productivity."

Perhaps it's a belief in the saying it's little things that count. Perhaps it's only that well-known German thoroughness. Anyway, latest contribution of Nature magazine is that hereafter the musical note "A" shall be the product of 435 oscillations, and musical instruments whose "A" exceeds 440 or falls below 435 will be out of tune in public. Listen to the German band, the music's grand; they oscillate at standard rate—Frederick Gleazer.

Next season, so the New York half-dressers foretell, it will be fashionable for women to have polychromatic hair, streaked and striped in reds, greens, blues or whatever. The reason is no longer an extension of public health, but because a loud blash word so startle the birds that, in their haste to take flight, they would upset hundreds of their eggs or young into the sea. —Kitchen Record.

Steamships may sail within close range of this famous bird city and afford their passengers a close-up view without disturbing the feathered citizens who nest on the lofty cliffs of Bonaventure Island and on the tops of the Perce Rock. The whistles are out because a loud blash word so startle the birds that, in their haste to take flight, they would upset hundreds of their eggs or young into the sea. —Kitchen Record.

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PUBLIC FORUM

This column is open for the discussion by correspondents of questions of interest. The Charlottetown Guardian does not necessarily endorse the opinions of correspondents.

S. P. C. A. DENIAL

Sir,—In the Legislature I see Mr. McPhee stated that I had interfered with a farmer hauling a hay load with two horses, and that I had a "terrible calling down" for beating the horses. This is absolutely untrue. In the case referred to I went to the help of the farmer with my car, and instead of finding fault with him for beating his horses, suggested he should apply the whip to one of them. The farmer's reply was "If I beat the horse it will make him still worse." The farmer and other witnesses will bear this out. I am, Sir, etc.

H. W. MCLEAN Inspector S.P.C.A.

CAPT. READ'S REPLY

Sir—Was report of Mr. J. Wallace Jones in your April 1st issue, intended as an April Fool joke, or did he actually say? "The crew of the ferry would under no circumstances be allowed to work on a double pay for overtime. If he did? Then I agree he had a big case of Latin and Greek; which did not mean any good; and too little maintenance, which requires a curacy."

Most of our crew work a ten hour day, some as high as fourteen hours without overtime. Therefore as an authority on this, Mr. Jones is a good Ho'sein Bredler, because none of us get double pay for overtime. So, the promoters of the Wood Island Ferry were hopeful this project would force the Railway authorities to plan a ferry between Borden and Tormentine. The present steamer is not economical.

In the Journal of the Iowa State Medical Society Dr. W. C. Wheeler states:—"If the patient will keep strictly on a 1000 calorie diet, medicine is unnecessary for reducing weight. It weighs less in too rapid it may be that a little more liquid—water or other fluids—are necessary to maintain a better circulation. It is essential to point out the definite benefits which will result from a return of beauty of figure and grace of movements. Many have professed a greater zest for life and less tendency to fatigue."

Breakfast: 1 medium serving of oranges, peaches, pineapple, or grapefruit; 1-2 teaspoonful of butter; 1 glass skim milk; 1 thin slice of bread; 1 egg; 1-2 rounded tablespoons of cottage cheese. Dinner: 1 medium serving of lettuce or asparagus or celery or tomatoes or string beans or cabbage; 1 medium serving of lean meat; 1 thin slice of whole wheat bread; 1 medium serving of apples or apricots or pears or raspberries; 1 glass skim milk; coffee or tea (without sugar or cream) or clear broth. Supper: 1 medium serving of any of above vegetables; 2 eggs; 1 thin slice of bread; 1 glass skim milk.

The Lonesome Trail

(By M. M. Murphy, Charlottetown P. E. I.)

Easter was approaching and the weary wayfarer was going home after a long wandering, earning his living by the sweat of his brow. An unkind fate had kept him all ways poor and now he had passed the three-score mark and silver locks replaced his once brown hair. His hands were rough from toil but what mattered it; for he was now on the home-stretch, going down to the end of the trail. From his little shack on the outskirts of the town, his gaze had often rested upon the distant horizon beyond the towering mountains which intervened and he had yearned for the loved ones at home. He had taken the trail which stretched out through the wilderness for miles after leaving the town. At first the mountains on either side seemed far apart, but they gradually converged as they approached the cliff and finally came together with just a narrow passage between them. The trail around the bend of the cliff and out into the open country, beyond which was home and friends.

The trail was rough, his feet were torn and his body weary, but it was the utter loneliness and desolation of the wilderness which sapped his courage and endurance to the breaking point. No one was near to know how tired he really was; no one to give him shelter or food or rest while he waited for his turn to pass. There was a tree here and there. There was a sign of life or of a human habitation since leaving the town and starting out across the wilderness, but he was going home. The mountains on either side had now converged so that only a small space of land lay at either side of the trail.

The Poet's Corner

SPRING'S SONGTIME

"The time of singing has come," Cant. 2:12.

Dear feathered friends Whose warblings rare, We welcome back With spring's soft air.

Varied their notes But all sound good, After cold winter's silent mood.

Busy are every Beak and wing, For birds must work As well as sing.

And soon among The trees with zest, Each pair are building Their own nest.

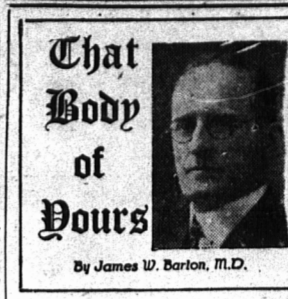
Their matin songs At daybreak rise, Their vesper sweet Greet sunset skies.

From the old orchard's Graveled trees, What dulcet notes Come on the breeze.

While from the Convent's Garden-ground, Blithesome the carols That resound.

Now at this joyous Easter time, Sing with the birds O heart of mine!

—Miss Fraser, Montreal.



Chat Body of Hours

By James W. Barton, M.D.

A GOOD 1000 CALORIE REDUCING DIET

It is very gratifying to see the interest with which physicians now tackle the problem of reducing weight. This is due to the knowledge that overweight is responsible for many derangements of the workings of the heart, blood-vessels kidneys and other organs. Instead of simply advising the overweight to eat less food, the physician goes into the history of the patient and of the patient's family, studies the shape or figure of the patient to see if overweight and underexercising is the cause of the overweight or whether it is due to the lack of some gland juice. If the history and build of the patient show that the glands are producing just the normal amount of juice and there is little or no organic disease present, the physician advises less rest—cutting down by one hour or more on the sleep or rest periods—little more exercise—stating the exact amount of walking or other exercise to be taken—and then outlines the exact amount and kind of food to be eaten until the patient returns for another examination.

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—Miss Fraser, Montreal.

Mr. Tea Pott Says: For a Delicious Cup of Full Flavoured Tea Use BRAHMIN Orange Pekoe Tea

Lenten Homilies

"WE ALL DO FADE" Rev. F. E. Harle, M.A.

"There is a well-known passage of Scripture which as a subject never appealed to me. We all do fade as a leaf. Moreover, if I had read a Lecture on Fencing I should probably have been frightened away from ever attempting to preach on it. There are texts, says Dale, which I think are likely to disappoint us if we attempt to preach upon them. I remember hearing a sermon on the words 'We all do fade as a leaf.'"

"The little chapel in which was delivered was in the Lake country, when the fern on the hills and the woods below were taking their autumn tints of brown and gold. It was only necessary to step outside the beautiful country was a far more perfect, and affecting sermon on the text than any mortal lips could deliver. For five or ten minutes the preacher spoke and ceased admirably well. The sermon was worked out and the rest of the sermon was a series of colourless commonplaces.

"A sermon on a text like this should be a poet poem, but not a doubt if any poet could preserve the tone and sentiment of the original, ideas through a hundred lines, or even through three. I remember reading somewhere that Henry Van Dyke was very suggestive in the matter of subjects, so I obtained a copy of one of his books called 'Days in the West'. I read through it in the hope that something might appeal to me, not with a great deal of success, until suddenly I came upon this 'How to fade the text being 'How to fade as a leaf'. But the very title 'How to fade' set me thinking, then I read on, and this is what I read:—'But with what difference do the leaves fade! Some wither brown like the adder and the buttercup. Some put on golden hues, like the white birch and the quaking aspen. Some fade with splendour, like scarlet and saffron, like the red oak, the maple and the liquid-amber. You can hardly call this fading since it crowns the hills with glory and fills the valleys with splendour. 'Even so differently do men grow old and pass away. Some with dry and sombre reluctance, cracking as they wither and rustling as they fall. Some with the radiance of another world upon them. Some with rich and mellow radiance welcoming the divine light which rules the earthly seasons in the spirit of Stevenson's requiem.

"Glad did I live and gladly die And I laid me down with a wife."

I have noticed that certain trees renew their autumn foliage the same colour that marked them in the budding time of spring. Some wither with splendour, like scarlet and saffron, like the red oak, the maple and the liquid-amber. You can hardly call this fading since it crowns the hills with glory and fills the valleys with splendour. 'Even so differently do men grow old and pass away. Some with dry and sombre reluctance, cracking as they wither and rustling as they fall. Some with the radiance of another world upon them. Some with rich and mellow radiance welcoming the divine light which rules the earthly seasons in the spirit of Stevenson's requiem.

WORKS

Works of true merit are seldom very popular in their own day; for knowledge is one of the march and men of genius are the victors that are far in advance of their comrades. They are not with them, but before them; not in the camp, but beyond it.—Colton

Use Minard's for Bites.

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