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**"TOMMY ATKINS"**  
WITH SPLENDID PROLOGUE  
**ON THE STAGE**  
BY BEST LOCAL TALENT

**PRINCE EDWARD MON. JUNE 24**  
4 DAYS

MATINEES—15c, 25c. EVENINGS—25c, 37c, 55c.

Central Guardian

**SLIGHT ERROR**—A slight typographical error in the Prince Edward ad for "Tommy Atkins" in yesterday's Guardian might tend to give the impression that this is a local play. It is in reality a British Film and the only local talent to be used is in the prologue.

**TRYON**—There will be service in the Presbyterian Church, Tryon, on Sunday, June 23, at seven thirty p. m. Sabbath School at 2:30 p. m. Subject: "Service a way to Leadership". Text: Matthew 27.

**BORDEN**—There will be divine worship in Borden Hall on Sunday, June 23, at 11 a. m. Edwin White, the student in charge.

**PRESBYTERIAN SERVICES** as follows: June 23rd, Harrington at 11 a. m.; Mt. Stewart at 3 p. m.; Marsfield at 7:30. M. E. Genge, D. D., Pastor.

**CORNWALL SERVICES**—Service of worship Sunday, June 23rd, in the United Church at West River at 11:00 a. m.; Kingston at 3 p. m. and Cornwall at 7:30 p. m. Rev. E. M. Atken, B. A., Minister.

**EPISCOPAL SERVICES**—Fourth Sunday after Trinity, June 23rd, St. John's, Milton, Sunday School 10 a. m.; Morning Prayer 11 a. m.; St. Mark's, Rustico, Sunday School 2:15 p. m.; Evening Prayer 3 p. m.; Hampshire, Evening Service 7:30 p. m. Preacher, Rev. C. F. Johnson.

**PRESBYTERIAN CHURCH IN CANADA**—Sunday, June 23rd. There will be services in the Long River Church at 11 a. m.; in the Clifton Church at 2:30 p. m.; in the South Granville Church at 7 p. m.

**WOOD ISLANDS SERVICES**—The Sacrament of the Lord's Supper will be dispensed in Wood Islands Presbyterian Church on Sabbath, June 23rd. Services at 11 and 6. Preparatory Services Friday at 7:30. Saturday at 11. Service Monday at 10:30.

**HUNTER RIVER** United Church. Service for June 23, 1929, are as follows: 11 a. m. Wiltshire; 3 p. m., Wheatley River; 7:30 p. m., Hunter River. Note that the services at Wheatley River will be in the hall at Wheatley River Bridge till further notice. A. E. Chapman, Pastor.

**BELFAST AND BELLE RIVER**—United Church Services for Sunday, June 23rd, Eldon 11 a. m. The Sacrament of the Lord's Supper will be dispensed. Preparatory service on Saturday at 7:30 p. m. Belle River Sunday evening at 7:30 p. m. Sunday School at Eldon at 10:30 a. m. Rev. M. D. Macdonald, Minister.

**MARSHFIELD-DUNSTAFFNAGE**, Pleasant Grove and York. Services will be held in the United Churches next Sunday as follows:—Central Vnurch, Marshfield-Dunstaffnage Church, Marshfield-Dunstaffnage, at 11 a. m.; Pleasant Grove at 2:30. York Church school at 11 a. m. Service at 7:30 p. m. All are invited.

**WINSLOW SERVICES**—Services in the Winslow United Churches for Sunday next, June 23rd, will be as follows: Highfield at 11 a. m.; Princetown Road at 3:00 p. m.; Winslow South at 7:30 p. m. The Lord's Supper will be observed at the morning and afternoon services, with special offerings for the work of the Lord's Day Alliance. Rev. G. A. Grant, Minister.

**BRIDAL COUPLE HONORED**—A reception was tendered Mr. and Mrs. Reginald MacMillan on Monday evening, June 17th, at the home of the groom's parents, Mr. and Mrs. Duncan MacMillan, where an enjoyable evening was spent. The bride and groom were recipients of many beautiful gifts including a handsome parlor table from the Chemical Car and Hose Company of the Charlottetown Fire Department of which the groom is a member. They also received substantial cheques.

**PERSONALS**  
Miss Myrtle Kelly has returned to her home in Kinkora after spending the past few days with Miss Kelly's

through a long line of breath-taking stunts. The rescue of Miss McGuire from a runaway horse by Tom, who effects the delivery from the running board of a ramshackle taxi, stands out as one of the most daring tricks.  
Miss McGuire's reputation as "America's most beautiful blonde," an honor bestowed on her by James Montgomery Flagg, celebrated artist, is amply upheld in this production.  
Effective in their various roles are Barney Pirey, Frank Beal, Martha Mattox, Ernest Hillard and Ewan Laidlaw. And, of course, Tony is just as fiery and prancing and dancing as ever.

Shall We Sleep

Continued from page 4

"tion" among cold blooded animals in the tropics. This phenomenon is just the reverse of hibernation. The inhabitants of the tropics as well, pass a portion of each day when the heat is too intense to allow of any diversion of body or mind in a siesta which shuts out from their consciousness the monotony of doing nothing.

The farmer is traditionally supposed to go to roost with the chickens, and he did before the radio and automobile gave him something else to do. He slept longer in winter than he did in summer, not because he worked harder in winter, but because he worked less and the nights were longer.

The real purpose of sleep is restoration of emotional and sensory tone and no elimination of toxins or repair of waste. It is quite ridiculous to imagine that our bowels or our kidneys or our digestion work better when we are asleep than when we are awake. The exact contrary is true. All these functions are slowed down during the sleep, like the rest of the body processes. It is a matter of common knowledge that we have more difficulty in digesting heavy food at night than at noon, and that if a heavy meal is not digested before we go to sleep, trouble is likely to ensue.

The best way of combating a tendency to excessive sleep is not arbitrarily to shorten the hours devoted to oblivion, but gradually to accustom the mind, consciously or unconsciously, to act more vigorously and expansively. Widening the mental outlook and increasing the number of interesting contacts with reality seems, strangely enough, to have the dual effect of prolonging the waking period and prolonging it without injury to the organism.

There has always been a considerable diversity of opinion in regard to the proper adult sleeping allowance. It has heretofore been generally believed that in the prime of life seven hours out of the 24 should be given to sleep though some individuals do very well on five or six and others seem to require eight or nine. Individuals who possess a diversity of interests and who find food for thought and entertainment in everything can maintain their health on much less sleep than these average standards.

The idea that we must spend one third of our lives, 25 years out of 75, in sleep, is so firmly entrenched in the human mind that it is next to impossible to drive it out. It is easier to revolutionize a man's diet, his philosophy, his manners of dress, and his ideas of political economy, than to convince him that good health is compatible with less than eight hours sleep each night. But our age is one of efficiency. If the average human being can maintain working efficiency on six hours of sleep or less a day, it ought to be known and acted upon.

Mr. and Mrs. John Anderson, Mr. Hart, of Halifax, and Capt. Alfred MacLeod, motored to Capt. MacLeod's home, French River and spent Sunday with Mr. MacLeod, returning in the evening; Capt. MacLeod's auxiliary schooner being in port at Charlottetown.

Mr. Louis Doyle left yesterday morning for Quebec City. From there he will proceed to his home at Frampton. Mr. Doyle has been a student at St. Dunstan's for the past year and has completed his B. L. examinations there.

Mr. and Mrs. Stanley S. Lee, of Belmont, Mass., U. S. A., motored to the Island on a honeymoon trip and are returning to their new home after visiting friends and relatives in Orwell, Brookfield and Charlottetown. Each and all wish Mr. and Mrs. Lee many happy years of wedded bliss and hope to see them back again next year.

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One Man's Wife

By BARBARA WEBB Copyright

Continued from page 2

ten to Yvonne playing a little for me."

"No parties, theatres, amusements and recreations of any kind?"

"Well," said Richard, "I can't go to those things because Yvonne wouldn't understand them or enjoy them, and I don't like to leave her alone. She's alone all day as it is."

"Why can't your wife go with you?"

"She doesn't understand the language—and then she prefers her peasant dress to our American clothes. She always attracts attention because of her costume, and neither of us like that."

"Won't dress like the up-to-date ladies, eh? She'd be a knockout if she did."

Richard moved a little uneasily. He was glad Yvonne could make nothing of the conversation.

"The fact is," he replied, "that when we were married I asked her to promise not to change in any way—clothes, speech, manners and so on. It probably was a bit foolish, but we got along pretty well this way, she is satisfied, and its too late to change now."

Dr. Loring nodded. "You mean you hate to admit you made a mistake when you exacted that promise," he said.

"Not entirely," Richard disputed. "I still prefer my wife to be modest and home-loving, and then after living with her several years I frankly don't think she is fitted for anything except the life she is leading."

"You've asked me to tell you what is the matter with you, Dick." Dr. Loring moved the chessmen here and there. "The matter with you is that you are leading the life of a hermit when you ought to be taking your place in society. You need friends,

recreation, something to take you out of yourself now and then."

"But I tell you that impossible unless I leave Yvonne alone continually."

"Dress her properly, give her a few English lessons, and you'll be surprised at how big a success she can be socially."

"No, I'm sure she hasn't the flair for it. It would either go to her head and make her impossible, or she would be utterly miserable—inferiority complex and so on. Besides I don't want her to change. She suits me quite well just as she is."

**RICHARD'S FAITHFULNESS**

"Then I suggest that you go out once or twice a week. Women don't shy off from a married man the way they once did. You can have the companionship of a pretty woman at the theatre now and then—spend part of the time at the club with other men—humanize yourself. You are trying to turn into a fossil and you're too young for the process."

Richard stared thoughtfully at the smoke from his cigar. Yvonne listened breathlessly, her head bent over her sewing in which she had been talking great jagged stitches.

"No—that's not the trick either Richard said at last. "My wife is the most faithful soul in the world. I could of course go about with some of the girls and women in our crowd without a suspicion of infidelity. But Yvonne couldn't understand it that way. She has the French idea—if I were to be friends with another woman Yvonne would conclude that there was a great deal more to it. She has never caused me a moment's uneasiness or unhappiness since we were married. I don't intend to make her unhappy if I can help it."

"That's up to you of course," Dr. Loring answered. "But the truth of the matter is that unless you alter your way of living, you are headed for the worst kind of breakdown. And then everything will go to smash."

"I'll have to risk it," Richard said. "I'll try playing golf a couple of afternoons a week this summer, and I'll take Yvonne to the movies oftener. We may go back to France next winter and visit her grandparents."

The doctor arranged the chessmen. Presently the game was in progress. Yvonne forced herself to sit quietly until the two men were too absorbed to notice her agitation. Keeping her voice level she said after a little, "Do you mind, Richard, if I go to bed? I am very tired."

"Not at all, my dear," Richard said hardly pausing in his game. "Run along."

Dr. Loring rose and held out his hand. Yvonne trembled as she laid her fingers in his. The doctor looked

Clericy	10	10
Dalhousie	4.10	4.10
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