

Why Eat Potatoes?
 "At Four Dollars a bag the potato is a needless luxury," says the Board of Health. The potato is seventy-five per cent water and the rest is mostly starch. It is a good food when eaten in combination with proteid foods—but not worth eight cents a pound. Cut out meat, eggs and high-priced vegetables and stick to cereals and fruits. Two Shredded Wheat Biscuits (cost two cents) with milk make a complete meal, supplying all the nutriment needed for a half day's work. For breakfast with hot milk; for dinner with sliced bananas or stewed prunes. Made in Canada.

DEBATE ON THE ADDRESS

Continued from Page One.

Fully eight per cent. of the victims of tuberculosis are in the middle period of life, between the ages of fifteen and fifty.

Tuberculosis is more fatal to humanity than dysentery, cholera or the plague. The ravages of war are insignificant beside it. In the great Franco-Prussian war, according to men killed and dying of wounds amounted to 40,000. Twice as many die each year in Prussia as many die in our own Civil War there were 70,293 lives lost in battle. This is only a little over half the number dying each year from tuberculosis in this country. But monstrous as it is this showing of the direct ravages of tuberculosis, it is not all nor even the worst half of the picture; for tuberculosis attacks every organ and tissue of the body and accordingly travels under many names. For instance, it is called lupus when it attacks the skin; scrofula when it attacks the glands; curvature of the spine or tubercular scoliosis when it attacks the vertebrae; Pott's disease when it attacks the hips; white swelling when it attacks the joints; and so on indefinitely. Who then can measure the anguish, poverty, degradation and sin which it causes? Our insane hospitals and orphan asylums, our homes and hospitals for crippled children, our reformatories, prisons and penitentiaries are filled with the indirect results of tuberculosis. With such facts and figures before us, can there be any need of discussing the advisability of employing measures to suppress this universal pest? That we should adopt all such measures as lie in our power is a self-evident fact. And when I add that we CAN safely guard against it, and that by certain simple measures we CAN cut down this awful mortality, it becomes criminal negligence on our part to neglect it. . . . Before proceeding, however, with the prophylaxis of the individual, let us for a moment consider the interest of the state in tuberculosis. We have seen from the statistics which have already been given that this matter is of such vital interest and of such widespread importance that, without aid from state and municipal authorities, the profession, even seconded by an intelligent public, is powerless to stop the spread of this scourge. WE THEREFORE TURN to those bodies politic which assure to each and every one of us life, liberty and the pursuit of happiness. The only question to be asked is: How can the state help in this crusade? It can help in three most important and effective ways. 1. BY ESTABLISHING SANATORIA FOR THE SEGREGATION, TREATMENT AND EMPLOYMENT OF THOSE CASES WHICH ARE TOO POOR OR IGNORANT TO TAKE CARE OF THEMSELVES AND IN WHOSE CARELESSNESS, SQUALOR AND FILTH LIES THE CHIEF SOURCE OF INFECTION. 2. By rendering effective financial assistance to free, private and corporate sanatoria already in existence. 3. By requiring the registration of every case of tuberculosis within its confines. There are at present in Pennsylvania, counting city institutions as well as those in the country, at the most 1,000 free beds for consumptives. The present need is for at least five times that number. In view of this, was it not an evidence of the narrowness and lack of public spirit on the part of the Leader of the Opposition that he should

be grudging this province one institution to grapple with the most insidious known to humanity when that institution had been so generously and magnanimously donated by a gentleman who realised the crying need of the province for an effective means of checking the ravages of tuberculosis? Dr. Jenkins proceeded to quote from "CONSUMPTION AND ITS RELATION TO MAN AND HIS CIVILIZATION" by John Bessner Huber, A. M., M. D., as follows: "The saving and prolonging of lives at the sanatorium has been by no means all that has been accomplished. The hundreds of patients discharged during the past twenty years have been so many missionaries who have scattered over the land, imparting to others the simple but all-important knowledge as to protective measures and hygienic mode of life which they have been so practically taught in the institution. And besides all this, by affording a scientific demonstration that a fair proportion of tuberculous patients can be cured and restored to lives of usefulness, the sanatorium has had an influence in bringing about a new attitude of hopefulness towards the disease which has inspired the building of similar institutions."

This paragraph alone, declared Dr. Jenkins, should be sufficient to show the House of what tremendous importance and far-reaching benefit the sanatorium was, and every member who weighed the words quoted and seriously considered the subject, would agree with him that the money the Government had spent in connection with the Dalton Sanatorium was a mere bagatelle compared to what they should spend on the treatment of tuberculosis. The cases that were cured, he said, were those that benefited the country most, for those persons, going abroad, would instruct others in methods of prevention and from the abundance of their experience, set an example to others. The earlier a patient could enter the sanatorium the better chance he had of being cured. Of course, he said, there was not the least doubt that advanced cases could be treated, but it was more important to save lives that were capable of salvation than to allow the disease to take such a hold on them as to render all efforts hopeless. Mr. Bell's contention that advanced cases of tuberculosis should receive first attention was erroneous and if his proposition in that respect were adopted there would be no beneficial result. But even as regards the advanced cases of consumption, said Dr. Jenkins, the Leader of the Opposition did not advocate any sort of institution, relying solely on his impracticable and futile scheme of hiring nurses. The Government he pointed out, already had a place for advanced cases of tuberculosis and for the care of indigent poor, and no member of the Opposition had offered to give the Government credit for it. That place could accommodate at least twenty cases, and he was proud to belong to a Government that had done so much to alleviate the distress of the poor, particularly the tuberculous poor of the country.

Dr. Jenkins went on to quote from the same work as follows: "The tuberculosis problem, as it has been developed at Saranac Lake, has been carried on from the first practically along the three lines which must in the future be followed namely, study, prevention and treatment. In the town and at the sanatorium by education of the invalid, by the health boards, regulations, and the disinfection of infected surroundings, by the intelligent care of the very sick in the sanatorium infirmary and in the boarding houses and at the reception cottage, prevention has found its practical application. Treatment has made for itself a brilliant field in the development of the sanatorium methods and the application of these methods to patients in the town, while the study of tuberculosis in its scientific aspects has proceeded in the laboratory, in which latter department of the work increased knowledge must be hoped for in the struggle with this disease." The same authority also stated: "Sanatoria, then, are ideal places for the care and treatment of people who are consumptive. The death-rate from consumption in such communities (where there are sanatoria) rather than being increased, comes to be greatly lowered, for the reason that the measures against infection which are taught and enforced in well conducted sanatoria are learned by the population about them. NOT ARE THE WELL LIKELY TO BECOME INFECTED IN SANATORIA; NOR THE PATIENTS TO BECOME RE-INFECTED IN THEM. Dr. Trudeau declares that in 19 years at Saranac Lake, NO NURSE NOR ANY OF THE attendants or servants had contracted consumption; and the dust taken from all the buildings of this institution, except in one instance, failed to infect guinea-pigs."

The Doctor also read extensively from the Sixteenth Annual Report of the Canadian Association for the Prevention of Tuberculosis, reading, among others, the third annual report of the Jordan Memorial Sanatorium, River Glade, New Brunswick. He said that no member of the House could adequately appreciate the immense value of the Dalton Sanatorium to this province; they had not the faintest idea of the enormity, —not measured by money—of the benefit conferred on the country by Sir Charles Dalton and for as the cost money that the Government had expended on the institution was one of the best possible investments. He said he felt strongly on this subject, because it was one of those that vitally affected the welfare of the province. Any member that cavilled over the expenditure in connection with the Sanatorium, he declared, was a disgrace to the community, and he could hardly find words to express his contempt for such pusillanimity. The Government could not spend too much in preventing the spread of such a horrible disease, and no man should so far sink the public interest in his effort to gain some momentary party advantage by hampering the progress of this admirable work. Reverting to the Jordan Memorial, Dr. Jenkins pointed out that this was a similar institution to the Dalton Sanatorium—extended on the same lines—and there was no cry in the newspapers about that sanatorium; and he was sorry that so mean an attitude had been taken in regard to the Dalton Sanatorium.

Speaking on the site of the Dalton Sanatorium, Dr. Jenkins said that the leading authority in Nova Scotia on sanatoria. The site had been criticised and even condemned by the Leader of the Opposition. He pointed out that the architects of Saranac Lake Sanatorium in the United States, together with Dr. Miller and the Commission, were responsible for the site. Dr. Jenkins, Dr. Miller, those gentlemen and the members of the Commission, including Mr. Timmarsh, and also Sir Charles Dalton, had visited a number of places, and after a great deal of consideration and choice, by unanimous consent and approval, upon the recommendation of the Sanatorium and built. So that if the site was not the best, which the Leader of the Opposition was unqualified to suggest—the Government was not to blame, since the choice was made by the most eminent, capable and experienced men in the matter of erecting sanatoria. Dr. Jenkins proceeded to quote from the reports to show that five per cent. of cases could be affected by sanatorium treatment. Dr. Jenkins quoted among others, such a noted Canadian authority as Sir James Grant, of Ottawa, a medical man of ninety years of age who has contributed considerably to the literature of medicine.

In conclusion, Dr. Jenkins said he would not have asked the indulgence of the House while he dealt with a subject of this nature, had not the Leader of the Opposition made it necessary by his attack upon an institution which was doing such an inestimable work and which, instead of criticism, should receive nothing but admiration. This was a subject which greatly interested him and he had tried to do as much pioneer work in this direction as he possibly could. He had endeavoured to carry out the inspection of schools, and it was only last year that, by the introduction of a bill, he could get the City Council to do anything in this matter. Whilst he agreed with his hon. friend the Leader of the Opposition that the employment of nurses throughout the country might be of some benefit, at the same time the sum of \$20,000 which he proposed to spend in that respect would be a mere bagatelle for the purpose. It would not pay one-tenth of the expenses that would be incurred, and the results would be far from satisfactory; and as the Dalton Sanatorium beyond the shadow of a doubt would not cost more than amount, as alleged by Mr. Bell, the value of the Sanatorium compared to the alternative scheme proposed was at once obvious. There was hardly a

CARD OF THANKS
 Francis Mutch and family wish to thank those who fought under such trying circumstances to save their home. They wish also to thank the railroad men, Mr. Bruce Stewart and his employees and the friends and neighbors who worked so hard to keep down the fire till the brigade arrived; and afterwards helped in the saving of the furniture and their effects. 7563.3.26.M11pd.

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KAISER MAY ABDICATE IS GERMAN'S OPINION
 (Special to the Guardian.)
 PARIS, March 24—The abdication of the German Emperor is forecasted by a former German magistrate who wrote the celebrated book, "I accuse." In an interview he says: "The Kaiser is obsessed by the thought that he is responsible for the war, a thought which poisons his whole existence. He feels that he is menaced by three enemies at home without counting those abroad: First, the Crown Prince, the real author of the war; second, the Junker Pan-Germanist; and third, you cannot imagine, the smouldering hatred of the Emperor for those whom he believes to be menaces who are driving him into an abyss. These people are not the Socialist party but the people who are starving, are growing in number and rising little by little against those who organized the war."

GRAND DUKE NICHOLAS GIVES UP COMMAND
 (Special to The Guardian.)
 LONDON, Mar. 25—The retirement of Grand Duke Nicholas as commander-in-chief of the Russian Armies is confirmed officially, says a Reuter's despatch from Petrograd. General Alexieff is acting commander-in-chief, pending the appointment of a successor. The Russian Government announces it will meet fully all obligations of the late Government regarding contracts interests etc.

NEWFOUNDLAND WILL INCREASE PRODUCTION
 (Special to the Guardian.)
 ST. JOHN'S, Nfld., March 24—Acting Secretary A. J. Bail, said today that German submarines might make it impossible to import flour and feed stuff in sufficient quantity for the needs of Newfoundland. As shortage would entail serious consequences, he continued, it becomes the duty of every one of us to do his utmost to help increase the home growing of vegetables and forage crops.

LOOK AT CHILD'S TONGUE IF SICK CROSS, FEVERISH
 WHEN CONSTIPATED OR BILIOUS GIVE "CALIFORNIA SYRUP OF FIGS."
 Look at the tongue, mother! If coated, it is a sure sign that your little ones stomach, liver and bowels need a gentle, thorough cleansing at once.
 When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad, has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping and you have a well, playful child again.
 You needn't coax sick children to take this harmless "fruit laxative," they love its delicious taste, and it always makes them feel splendid.
 Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

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