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THE HOUSE THAT GEOFF BUILT

(Junior)
CHAPTER II, October 12th
(By MARY I. RITCHIE)

The four little people seated on chairs and stools around the hospital bed where the fifth one lay waiting for Dr. Black when he came on Saturday afternoon to the white house on Gray Street. Alice Anne Hannaford, bending over a paper on which she was making mysterious marks, did not hear the doctor's footsteps until he was close beside her.

"What's all the drawing, Alice Anne?"

"A room for Geoff's house," was the sober reply. "I don't know whether it is to be the dining-room or the sitting-room, so I don't know whether to make it long or square."

"What is the difference?" smiled the doctor, shaking his thermometer before putting it under Geoff's tongue.

"Why, dining-rooms should be longest, I think, so the table could be pulled out as long as one liked when company comes. He'll want to have company in his house, won't he?"

"Of course. Plenty of company, of the right kind. So perhaps the dining-room as you call it—or the stomach, as I am going to call it—had better be longer than the other rooms. Since it is set on a good foundation, as we discovered last Saturday, it has a good start and should be ready for the things that will go in to furnish it."

"But one couldn't furnish a stomach, Dr. Black," Alice Anne's look of surprise turned to one of merriment in which the others joined. "I thought dining-rooms had table and chairs and a china cabinet, perhaps."

"Nothing on the table?" asked the doctor.

"Oh yes, after we get it set."

"Then let us pretend it is all set and ready for the food—"

"And the drink, too," reminded Joan.

"If there's a table there will be a tea pot or a coffee pot and a cream pitcher and a milk jug and—"

"Let's leave the tea pot and the coffee pot for a while—for five years or more, perhaps—and pick up the milk jug."

"But it's only a pretend house, Doctor," giggled Alice Anne. "We can't pick up anything, really."

"Then we'll pretend to pick it up, if you like, but it is more than a pretend house that Geoff is building just now. The only time he has to build it is now, while he is young. So it's milk instead of tea or coffee we shall put in his glass. And we'll expect you to drink plenty of it, too, young man," he said, turning to the boy on the bed.

"Milk is a food as well as a drink, remember, so plenty of it should always be found in the dining-room of the house you are building."

"I think Alice Anne is building it mostly," laughed Geoff.

"No, only helping," said Alice Anne seriously. "But there must be solid foods also, things to chew hard on."

"Well, Geoff's teeth look quite good," said the doctor, but he will need to care for them particularly if he wants them to be of real use in this dining-room we are talking about. They'll need to be washed thoroughly every morning, to brush away all the particles of food and all the film that has gathered, and they will have to be very carefully watched for chips and scratches."

"Chips and scratches, Dr. Black?" laughed Joan.

"That sounds just like Aunt Margaret talking of her grandmother's dishes, the ones she is so proud of. She won't let the maid wash them for fear of getting chips and scratches on them. If they go she'll never be able to get another set like them, she says, so she just has to be careful."

"And Geoff will just have to be careful, too, of the fine set of teeth he has, for they will have to be used for making everything ready to pass on to the table and he'll never get a set quite like them again."

"He won't need them for milk, anyway," reminded Bill. "Or for— you said he shouldn't have tea or coffee, Dr. Black. When can he have other drinks, beer and wine

and things that grown men drink?"

"Even grown men—full grown men—should not take beer or wine. A growing boy shouldn't even think of them. Once they get into the dining-room of a house there is no telling what harm they do."

We talked of that last week, remember. It was because the truck driver let them in that Geoff is where he is now. So we'll keep beer and wine and all alcohol right outside. Once it gets into the stomach it finds its way to other spots in the house where it does a great deal of harm. I don't suppose any one of you will serve poison at your table when you have a home of your own."

"Why no, Doctor. No one would do that."

"A good many people do, Phil. A slow poison, perhaps, but a poison all the same, and with more chance of getting in its evil work just because it is so slow and one doesn't notice it at first. Alcohol poisons the body, makes it slow and stupid and finally paralyzes it, just like any other poison. So if Geoff wants to have a stomach that will last him all his life, a heart that won't fail him, and other organs that, when properly treated, make and keep him strong and well, he must see to it that all poison is kept strictly outside."

"I drew some doors and windows in my dining-room—I mean Geoff's dining-room," remarked Alice Anne looking again at her paper. "I guess I really didn't need them if the room is inside where one can't look out anyway."

"I think we'll need the door, Alice Anne, or how could the things that are to furnish the room be brought in? Very careless of us not to have thought of that."

"I did think of it, or I wouldn't have put the doors in, but I still can't see—"

"I can," laughed Joan. "The door is the mouth, isn't it, Dr. Black? That's how the things get inside the stomach—I mean the dining-room of Geoff's house."

"Of course the teeth can begin working on them at once and make them ready to go right in, where they are treated again by the gastric juices, as we call them, so that the food may strengthen the body—be built into the house, as we might say, to make it firm and strong and tall."

"I'm beginning to enjoy building Geoff's house," said Joan. "It's fun imagining all the things that can go in through the door and deciding which of them need most chewing by the teeth."

"How about imagining something about your own building, Joan? You don't all need to be thinking of mine all the time, even if I do have to lie here awhile. When I'm up again I'll know a lot more about—about the house I'm building than I do now, for I'll have lots of time to think about it while I lie here, and I know now what it means to break one of the bones—one of the important parts of my house."

"And Alice Anne's drawings which we laughed at at first, have been of real use in reminding us about just how that very important part of our human house, the stomach, should be used and cared for. We won't laugh any more, Alice Anne."

"I won't mind," replied Alice Anne airily. "If Geoff doesn't like it for his house, I'll use it for my own, for I'm going to be careful about the house I'm building for myself, anyway."

(To Be Continued)

QUESTIONS

1. What does Dr. Black tell Geoff to drink? What three things does he tell him not to drink at all? (Value 10 marks.)
2. In Alice Anne's drawing, what part of the body does the dining-room stand for? What part of the body serves as the door into the dining-room? What harmful thing put into the dining-room would act as a poison and injure all the different parts of the house? Name two parts of the body that would be injured. (Value 10 marks.)

ALCOHOL AND THE EYE

By RICHARD H. CHAMPTON

STUDY II, October 12th

(Intermediate Senior)

Our eyes are lenses through which we see. Actually we see with our brain. The picture we see is in our mind. Sometimes, while asleep, we have dreams and see many pictures. They are in our mind. When we direct our gaze at an object, rays of light are reflected from it. These light rays pass through the lens at the front of the eye. The lens concentrates or focuses this image on the retina at the rear of the eye-ball. This impression is carried along the optic nerve to the brain. When we direct our gaze at the object, and our eyes focus on it, certain muscles are used and in this sense it is a physical action. Even this, however, is controlled by the brain. Anything that might cause injury to the brain would, in turn, confuse the eyesight. It is possible for the brain to be injured in two ways, from within or without. If the injury comes from without it might be by a blow on the head, either accidentally or by someone wishing to do harm. The injury from within is frequently done by wilful action. The most frequent way in which this injury is done is by the drinking of beverages containing alcohol. When alcohol enters the stomach a portion of it passes through the stomach lining and is carried by the blood to the brain. Fifty-five per cent. of the blood reaches the brain.

Alcohol coming in contact with the brain acts as a narcotic. A narcotic is something that numbs or stupefies. This is what the alcohol does to the brain. It numbs and stupefies it. The extent to which the brain is numbed and paralyzed depends upon the amount that is drunk and that eventually reaches the brain. It may be so little that if you were talking to the drinker you would not realize that his brain was slightly numbed and that he was not quite as bright as usual. On the other hand the amount might be so great as to numb his brain to the extent that the drinker could not talk properly walk straight or indeed perform any ordinary act in a proper manner. Since eyesight is a function that is so completely under the control of the brain its paralysis through alcohol causes some peculiar results. We shall outline some of them.

1. Blurred or Double Vision.

The numbing of the nerve centres of the brain controlling the muscles of the eye makes it difficult for a person to focus his eyes. This causes his vision to be blurred. In addition to this the muscles that make the two eyes work together are also injured. The result is that the eyes do not work together and the drinker sometimes sees double. This is serious and sometimes causes accidents. If the person happens to be driving his car on the highway this danger is multiplied many times, because in addition to the effect upon his eyes there is also a serious effect upon his entire nervous system. Realizing that he does not see clearly he puts forth a tremendous effort to clear his vision. This requires great concentration. While he is concentrated on this task, danger may come quickly from the side and he is not able to guard against it.

2. Narrowed or Tunnel Vision.

Even though you may be looking at some particular thing, you see also other things for some distance on either side of the object at which you are looking. When the brain is numbed by alcohol the eye does not see as far to either side. The result is that the path of vision is narrowed. A man driv-

ing a car in this condition is likely to miss seeing pedestrians at the side of the road or to be unaware of another car coming out from a side road. Most of our highways are carefully marked with signs. Bad turns, main highways, steep hills, all places of danger are carefully marked so that the driver may be warned in time to take care lest he endanger his life or the lives of others. These important safety signs cannot be seen by the driver with tunnel vision.

3. Alcohol Shortens the Range of Sight

Under the influence of alcohol a man is unable to see as far ahead as when he is normal. He is affected slightly from the first drink and each drink after that increases the effect. The high rate of speed at which motor traffic moves today requires that we be able to see a long distance ahead. The faster a car is travelling the farther it will go before coming to a dead stop. You may say, "I don't drive fast anyway." The fact remains that others do drive fast, and when they are coming toward you it is better that you see them as soon as possible in order to meet any emergency that may arise. Dr. C. C. Weeks, who is an authority on the alcohol problem, made this statement, "It was found in the U.S.A. that over twenty-one thousand adults had contracted fields of vision. (This means that they are short-sighted and do not see as far ahead.) Such persons are dangerous on the road." If these people are dangerous on the road why create more dangerous people through drink? Also think how much more dangerous the short-sighted persons will become when they drink.

4. Colour-Blindness.

Some people are colour-blind. That is, they are unable to tell one colour from another. In some cases they are blind only to certain colours. There are more colour-blind men than colour-blind women. Out of a group of 200 men eight are likely to be colour-blind while out of a group of 200 women only one is likely to be colour-blind. In many cases alcohol will make a

person colour-blind while he is under its influence. You can readily imagine how serious this can be in city driving where most of the traffic is controlled by coloured lights. Colour-blindness that is serious effects than natural colour-blindness. When a man is colour-blind all the time, he has adjusted himself to this condition. He may be able to tell a red light from a green one by the difference in brightness or its position. The man who is temporarily colour-blind from the effect of alcohol has not learned to do this and he is liable to make a mistake that will cause an accident.

5. Judgment of Distance.

When driving a car you are called upon to judge distances accurately and carefully. You have to know when to start turning to pass a car or go around a corner. If you fail to judge these distances correctly, or at least with a good margin of safety, you may have an accident. When alcohol numbs the brain it paralyzes certain nerve centres that control judgment and you are less able to make quick judgments of distances.

Effect Unknown To Driver

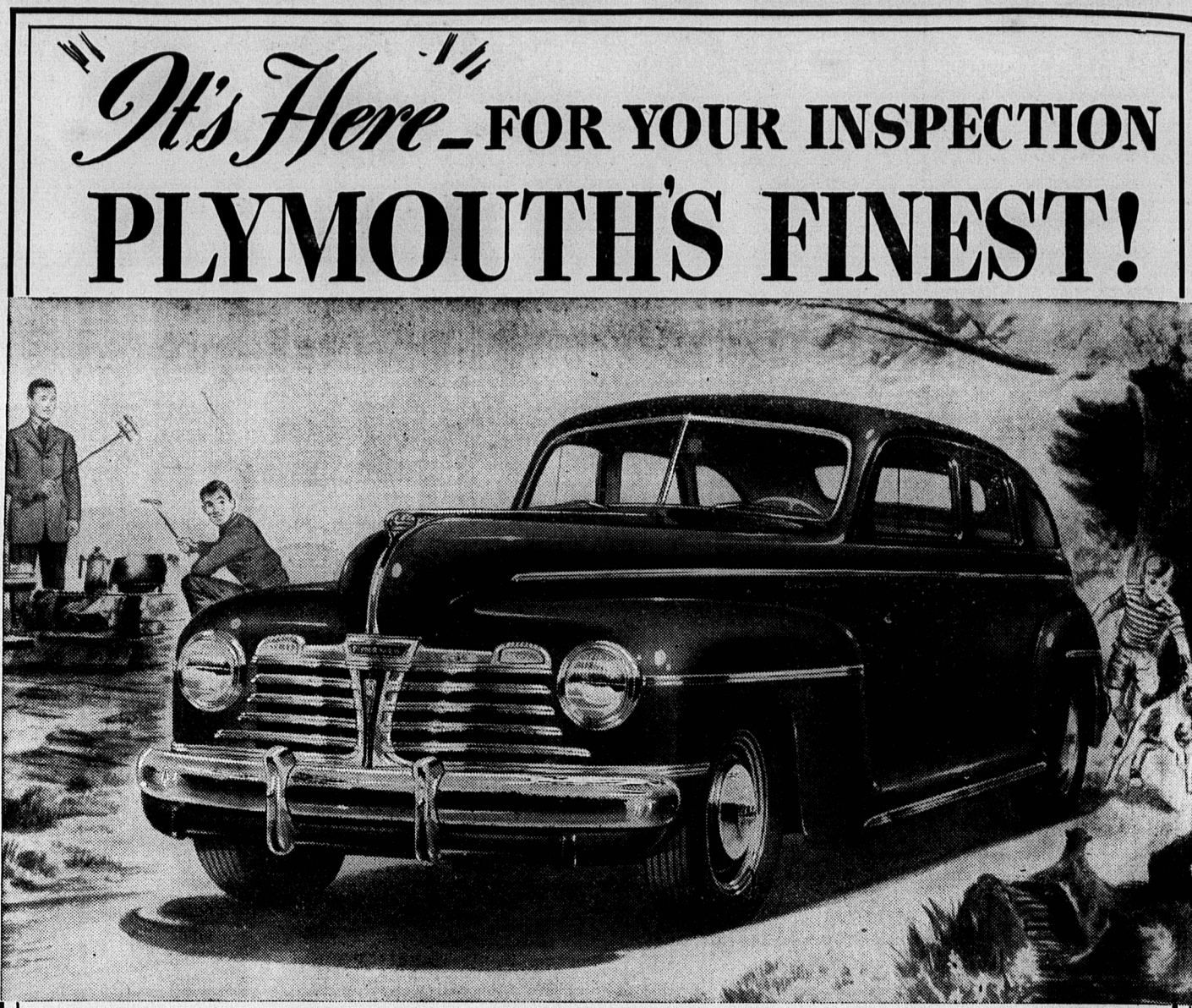
The man who is under the influence of liquor does not realize that his eyesight is affected in this way. In fact he frequently believes that he is performing much better than he is. The effect of the drink, Lord D'Abernon, of the British Medical Research Council, says "Alcohol gives the drinker a false impression of having done his work with unusual speed and success, whereas impartial examination shows that both accuracy and regularity are not up to the standard." The drinker tends to become well satisfied with himself and he is lulled into a sense of false security that proves his undoing.

The question may come up, "How much does a man have to drink to produce these effects?" The answer is that he is affected from the first drink. Each succeeding drink increases the first effect. The effect of the first drink may be so slight as to be unnoticed by any-

one, but when we do anything where other people's lives as well as our own are concerned, such as driving a car, it is our business to see that we do nothing that will impair our faculties even in the slightest degree. Considering the speed and power of the modern automobile we need all our normal faculties to do a proper job of handling it safely.

QUESTIONS

1. How do the following eye difficulties cause accidents? (a) colour-blindness, (b) narrowed or tunnel vision, (c) shortened sight, (d) blurred or double vision, (e) inability to judge distances. (10 marks.)
2. What is the effect of alcohol on each of these eye difficulties listed above? (10 marks)



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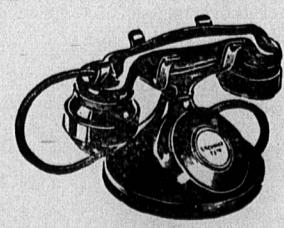
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