

Boston Paper Features Charms Of Rural P.E.I.

BULLETINS FROM BIRDLAND



BLACK AND GREEN

The following article from the Christian Science Monitor, Boston, by "M. McD." has been received from the Rev. Paul F. Griffin, of Worcester, Mass., who recently paid a week's visit to relatives in Mermaid, P. E. I. The article is headed "Verdant Isle of the North".

"Prince Edward Island deserves and is frequently described by very picturesque names. Original inhabitants of the Island, the Micmac Indians, called their homeland Abegweit, meaning "Cradled in the Sea." That title carries appropriate overtones of this northern island's remote, quiet, restful beauty.

"Sometimes this Island in the Gulf of St. Lawrence is known as 'The Garden of the Gulf.' And that, too, is appropriate. Visitors coming across the Northumberland Strait by ferry from Port Tormentine in New Brunswick frequently are impressed by Prince Edward Island's low red sandstone cliffs, comfortable and well-tended farms, groves of evergreen and white birch and lime, and the fine sea beaches.

"Comfortable", indeed, seems the most adequate word to apply to the whole countryside and its people. The homes, barns, and gardens, the "fertile meadows"—first reported explored by Jacques Cartier on his voyage of discovery in 1534—and the valleys of small trout streams overhung with alders and evergreens—all reflect the proud, possessive care given their homeland by the successive generations of the Scottish, United Empire Loyalist, and Acadian French settlers.

"The people of this roughly crescent-shaped island hold tenaciously to the quaint but amiable conceit that everybody who is not an islander is a 'foreigner.' But this comes not from insularism so much as from the unmixled racial descent of the inhabitants and the constancy of their tenure of their land. They are hospitable, indeed, to 'foreigners'.

"Farming is the main activity of the Islanders, but fox ranching, which started on Prince Edward Island, still is an important industry, particularly in southern portions of the Province.

"The hectic period of fox ranching, when a pair of foxes was sold for as high as \$35,000, is over. World War I gave it a severe blow. But it is still an established industry. And now mink ranching is being taken up by a number of the farmers.

"Raising of foxes in captivity for the fur market began about 70 years ago, when a farmer named Charles Dalton, who afterwards became Lieutenant Governor of the Province, noticed that some foxes in a wood near his home were not red or brown but silver. He trapped a few of them and started a small fur ranch.

"Today a visitor to the Experimental Station at Summerside may see an interesting array of color among the denizens in their cages. They are blue, different shades of platinum, and white, as well as silver.

"From the little villages on the bay and estuaries and along the coast, fishing boats go out to catch cod or mackerel, to lay their lobster traps, or drag up oysters with oys from the bay shoals.

"One learns, at the Government oyster experimental station on a branch of Malpeque Bay, some of the ingenious techniques developed to help the oyster fishermen in their trade.

"Oysters develop much better on hard, rocky ground than in mud. Long, thin oysters are those which have grown into that shape trying to get above the mud. The method developed to capture much of the floating spat (spawn) of oysters on hard-surfaced screens, holding it suspended during the winter between the sea and the bottom of Malpeque Bay, later depositing the tiny shells on rocky shoals, is a masterpiece of ingenuity.

"When Acadian settlers first came to the Isle St. Jean in the early 18th century, herds of sea cows (walrus) used to visit the island's northwestern beaches. They may have come occasionally at a later period, around 1803, when the Highland Scots settled in the northeast portion of the island, but that is uncertain. At any rate, they have long since ceased to visit Prince Edward Island.

"Spread of settlement from the United Empire Loyalist and further narrowed the island's wooded areas, and now there are no wild animals on the island larger than the fox and the hare. There are seasonal flights of wild ducks and geese, and in the woods of the island national park, which for about 30 miles skirts the sand dunes near the sea beaches, the drumming of partridges is a familiar sound.

"I was told of one particular partridge which, with an alarming whirl of wings, used to settle on the heads of visitors along the park roads of visitors along the coast. 'Prince Edward Island is a land of soft sea air and soft-spoken people. In this smallest of the Provinces the seeds of Confederation were sown at the conference in Charlottetown in 1864. The room, with its furnishings and inscriptions, still is carefully preserved.

"There is cordiality, undemonstrative but sincere, in welcome of its people to all 'foreigners'. But 'undemonstrative' does not apply to the sky. On the night before I left there was a magnificent display of the northern lights, brilliant, varied, and dancing. One part of the sky was a bright, crimson curtain."

Black-throated Green Warblers are now on their way from their northern nesting grounds to Mexico and Central America. Their summer residences were in tall trees in coniferous forests. If given a preference they generally choose hemlock or pine; but now, when "on the march" these jewel-like wood-warblers may be found on cedars or any kind of evergreen. In fact, it is possible to see them on deciduous trees. How will you know them? Although particularly suitably named as far as adult males are concerned, at this season the bright yellow cheeks make the best identification mark, because they are conspicuous and common to both sexes and all ages at any period. Yellow green heads and backs, and two white wing-bars are also family characteristics. The jet black throat, with the black extending down each side of the bird's white underparts, make a splendid guide in spring when we are looking out for the singing male. But females and juveniles lack this strong colour.

In autumn we get little help for identification of Warblers from their voices, because at this time of year they rarely sing, and if at all, do not give their songs in full. Next May listen for the Black-throated Green's very distinctive song: once heard easily remembered. It really cannot be mistaken by anyone possessing rhythm and tune. There are five, or sometimes six notes, sung quite deliberately in a thin, high voice, mostly on a monotone, but with either the second or last, or that and the one before, lower than the rest. The voice has carrying power too.

When seen in your orchard, the Black-throated Green Warblers are saving your fruit trees by eating multitudes of tiny insects which might otherwise cause damage. They migrate in large flocks of Warblers which have the same tastes and habits. As they fly by night, you should notice them in the early morning, flitting from tree to tree, gathering insects. One bird watcher saw a little Warbler eat 40 or 50 in one minute.

These "waves" of Warblers pass through at intervals, from about the middle of August. Sometimes nearly a thousand come, and going on again, in the space of half an hour. A person needs to be alert to catch sight of them before the excitement is all over. After the middle of October it is unlikely that you will again have the chance of seeing a Black-throated Green Warbler before tiny leaves are sprouting on the trees.

Have Bluebirds close relatives? island's northwestern beaches. They may have come occasionally at a later period, around 1803, when the Highland Scots settled in the northeast portion of the island, but that is uncertain. At any rate, they have long since ceased to visit Prince Edward Island.

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TIME FOR SARNAK



B. H. Quarrell discoverer of Sarnak. Not genuine without his signature on every bottle.

A LIMITED AMOUNT OF MY NEW MEDICINE SARNAK IS NOW AVAILABLE! GIVE ME ONE WEEK TO PROVE I CAN MAKE YOU BETTER!

Thousands in Canada Now Regaining Old Time Pep, Vigor and Drive by Releasing Vibrant Energy!

RHEUMATIC, ARTHRITIC, NEURITIC PAINS, SCIATICA, LUMBAGO, BACKACHE

STOMACH UPSETS, GAS, CONSTIPATION, HEARTBURN, INDIGESTION, BLOAT

GETTING UP NIGHTS, DIZZY SPELLS, KIDNEY & LIVER, LACK OF ENERGY & VITALITY

NUTRITIONAL ANAEMIA, NERVOUSNESS, SLEEPLESSNESS, POOR APPETITE

SARNAK LABORATORY WORKING OVERTIME! Read the TRUE-LIFE EXPERIENCES given below of

what this Man is doing for OTHERS!

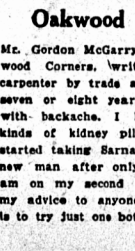
Hope To Have Sufficient Sarnak Soon To Take Care Of Everyone

RICH RED BLOOD, VIGOROUS VITALITY, FREEDOM FROM PAIN MAY BE YOURS



MONTREAL

Mr. M. Gagnier, 321 Philippe Street, Montreal, writes: "I have suffered with chronic constipation and stomach upsets since childhood. After taking Sarnak for only 10 days there is a great change in my condition. I am relieved of my stomach upsets and my bowels are well regulated. Thank you for what Sarnak has been able to do for me."



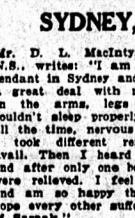
Oakwood Corners

Mr. Gordon McGarry, R.R. 1, Oakwood Corners, writes: "I am a carpenter by trade and for the last seven or eight years have suffered with backache. I have taken all kinds of kidney pills but since I started taking Sarnak I feel like a new man after only one bottle. I am on my second bottle now and my advice to anyone with backache is to try just one bottle of Sarnak."



RESERVE MINES

Mrs. Annie Boreal of Reserve Mines, N.S., writes: "I suffered for 12 years with arthritic pain and could not get a good night's rest for the pains I had in my arms and legs. I started taking Sarnak and right from the first bottle it gave me relief and, naturally, I think Sarnak is a fine remedy."



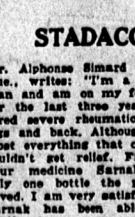
SYDNEY, N.S.

Mr. D. L. MacIntyre of Sydney, N.S., writes: "I am a hospital attendant in Sydney and have suffered a great deal with rheumatic pain in the arms, legs and back. I couldn't sleep properly. I was tired all the time, nervous and rundown. I took different remedies to no avail. Then I heard about Sarnak and after only one bottle the pains were relieved. I feel so well now and am so happy that I sincerely hope every other sufferer will learn of Sarnak."



SPRINGHILL

Mrs. Carroll Filmore of Springhill, N.S., writes: "I have suffered for years with arthritic pain in my arm and shoulder. Although I have tried several things, with little or no result, I am grateful for what Sarnak has done for me. Before I'd finished the first bottle, the pain was eased. The relief and comfort I obtained from Sarnak is very gratifying and I feel better now than I have for years. Sarnak helped relieve my stomach upsets too and you can be sure I've told all my friends about this fine medicine."



STADACONA

Mr. Alphonse Simard of Stadacona, Que., writes: "I'm a night watchman and am on my feet a lot and for the last three years have suffered severe rheumatic pain in my legs and back. Although I tried almost everything that came along, I couldn't get relief. Finally I took your medicine Sarnak and after only one bottle the pain was relieved. I am very satisfied with what Sarnak has been able to do for me."



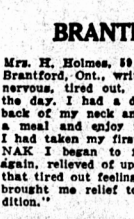
SIMCOE

Mr. A. J. Allender, of Simcoe, Ont., writes: "For two years I was writhing with pains from shoulder to hip. The pain was so great I could not close my hands; then I began taking Sarnak and by the end of the first week I was relieved of the pain and I don't feel it now. I truly believe Sarnak is a good medicine for kidney poisons."



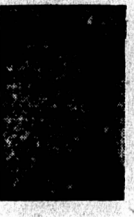
MONCTON, N.B.

Mrs. Weldon Simmons, 169 Enterprise St., Moncton, N.B., writes: "I have four small children. For five years I suffered from backache due to kidney and could hardly get out of bed in the morning. Within 30 days of starting to take Sarnak I noticed a great improvement. Sarnak has certainly been good for me."



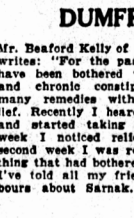
BRANTFORD

Mrs. H. Holmes, 59 Colborne Street, Brantford, Ont., writes: "I was very nervous, tired out, before I started the SARNAK. I had a dull ache in the back of my neck and could not eat a meal and enjoy it. By the time I had taken my first bottle of SARNAK I began to feel like a girl again, relieved of upset stomach and that tired out feeling. SARNAK also brought me relief to a kidney condition."



BELLE RIVER

Mr. L. E. Gore, Belle River, Ontario, writes as follows: "For a long time I suffered from severe pain in the stomach. Nothing I did seemed to help. Three days after I started to take SARNAK, I was relieved of the pain. My wife also is taking SARNAK for her rheumatic pain, and she is equally loud in her praise of SARNAK for the relief it is giving her from aggravating pain."



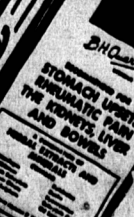
DUMFRIES

Mr. Beaufort Kelly of Dumfries, N.B., writes: "For the past four years I have been bothered with indigestion and chronic constipation. I tried many remedies without getting relief. Recently I heard about Sarnak and started taking it and in one week I noticed relief and by the second week I was relieved of something that had bothered me for years. I've told all my friends and neighbours about Sarnak."



TISDALE, SASK.

Mrs. Paul Chumick, Tisdale, Sask., writes: "On and off for 3 years, I have suffered with severe arthritic pain and numbness in my right hand and arm. Nothing I did seemed to help me, although I tried many different medicines. Recently, I learned about Sarnak and after taking only 3 bottles, my pain and suffering has been relieved. I'm sincerely grateful for Sarnak."



KELOWNA, B.C.

Mrs. Alice Fawcett of Kelowna, B.C., writes: "Ever since I can remember, I have suffered with a kidney condition that caused me to get up once or twice every night. I also suffered with a backache and arthritic pains I have tried many medicines but none seemed to help me. A short time ago I started taking Sarnak and after one bottle, I noticed a great improvement and feel so much better. It's a relief to have found a remedy that has helped me in so many ways and I highly praise Sarnak to all my friends."



CAMROSE, ALTA.

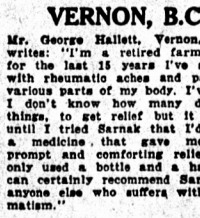
Mr. L. B. Sneden of Camrose, Alta., writes: "Sarnak is the only medicine that has given me relief. For years I've suffered with severe pains in my hips. At times, it was almost impossible to get out of bed. I had been told that no medicine would do me any good but after taking one bottle of Sarnak, I am now feeling fine."



Regardless of how long you have been a sufferer and how many medicines you have tried before, you can now hope for relief if you try Sarnak, the new internal medicine. Feel and enjoy the results within one week after you start taking it.

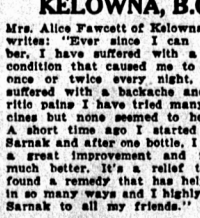
Sarnak contains only nature's herbs and minerals, the oldest, most reliable remedies for rheumatic, neuritic or arthritic pain, backache, weak kidneys, stomach disorders, constipation, liver upsets, poor blood.

Sarnak will help enrich your blood, help to make you strong, full of pep, life and energy. If you suffer from nutritional anaemia, nervousness, lack of vitality and energy, see what Sarnak will do for you. Sarnak also acts fast in bringing relief to rheumatic, neuritic and arthritic pain and acts fast so bring relief because it is in liquid form. NO TABLETS OR PILLS to dissolve in the stomach.



VERNON, B.C.

Mr. George Hallett, Vernon, B.C., writes: "I'm a retired farmer and for the last 15 years I've suffered with rheumatic aches and pains in various parts of my body. I've tried I don't know how many different things to get relief but it wasn't until I tried Sarnak that I'd found a medicine that gave me such prompt and comforting relief. I've only used a bottle and a half and can certainly recommend Sarnak to anyone else who suffers with rheumatism."



How Long Have You Been Sick?

Some of you perhaps for weeks, others for years. Other than infectious diseases, most conditions of poor health build up over a long period. It took longer than a week for you to get sick, it will probably take longer than a week to get better BUT SARNAK should show you that it CAN HELP YOU IN JUST ONE WEEK but be fair, if your condition is of long standing, Sarnak should be taken over a longer period.



INTERNAL MEDICINE Sarnak \$1.35 PER BOTTLE

ON SALE AT ALL DRUG STORES



DeWally Dix Says

Continued from page 2

for friends you must make a gesture of friendship toward them, show them that you like them, that you admire them, and that you would like to see more of them. Then cultivate their friendship by showing them attentions, by going to see them and inviting them to see you, and doing anything you can to please them. Don't be stand-offish. Don't expect other people to make the advances and run after you. To keep friends requires tact, self-sacrifice and generosity. You must respect your friends' keep-off-the-grass signs and avoid trampling over their pet prejudices. You must not try to impose your opinions and beliefs upon them. Many people alienate their friends by feeling free to criticize them—and to tell them what they should do or should not do. Regard friendship as a gift that has been bestowed upon you, rather than as a craft. You have to work at friendship. You have to keep the fires stacked. You must hold out a helping hand to them in their troubles and give them the glad hand when they rejoice. You must send letters of condolence and notes of congratulation, for they are not mind readers and cannot know that you are sympathizing with them if they never hear from you. You must go to see the sick and the afflicted and show them by your affection and sympathy that you really are a friend. It is not easy either to win friendship or to hold it, but it is worth whatever price it costs.

DEAR MISS DIX: I am a girl of 18 very much in love with a boy of 19. He insists that if I really love him I must prove it by living with him without being married. Does this show that he loves me and that he will love me better if I do it, or will he think less of me?

WONDERING

ANSWER: No, he doesn't love you. Get that into your silly little head. A boy who loves a girl wants to protect her, to shield her, to save her even from herself. He doesn't want to drag her down or degrade her. The argument that this boy is using to persuade you to do something that you know to be wrong is the one that every seducer has used since time began.