

THE GUARDIAN

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White Cane Week

The theme of White Cane Week, 1952, which is being observed from February 10 to 16, is Rehabilitation of the Blind. Although financial support is of great importance, rehabilitation means infinitely more than material aid. The extra measure is exemplified in the giving of personal services, and in that field, not one individual is too poor to contribute. One's contribution may be a friendly greeting, a moment taken for a chat, an arm offered across a thoroughfare, any act which will include a slightest friend in home and social activities. The average blind person has lost only one faculty. Other human ambitions and desires remain.

In this way one may be the recipient of an experience deeper than just the satisfaction of doing a kindness. "It is better to light a candle than to curse the darkness." Men and women who have been denied physical vision have not infrequently lighted their candles, and brought light into an otherwise spiritually darkened world. Blind and deaf, Helen Keller says, "There is no lovelier way to thank God for your sight than by giving a helping hand to someone in the dark."

A Drink Test

A playing-card test to find out how much a person's reaction time is impaired by drinking has been pointed out by Mr. J. A. Christie, chairman of the Saskatchewan highway traffic board, as an example of the danger of driving after drinking. Impaired driving now results in operators' licence suspensions. The test is simply one of sorting three decks of cards consecutively into the exact order, and Mr. Christie suggested that persons who have driven their cars to parties where any drinking is involved would do well to try the test both before and after drinking. A comparison of the time taken in the two tests would then give them some idea of the extent by which their reaction had been slowed due to drinking. At parties where it has been tried, Mr. Christie said, it was found that in the case of most parties accustomed to drinking, their length of time taken for the test was nearly doubled after taking three drinks. "This means that if they have no drinks they will be able to stop a vehicle in 60 feet," he explained. "If they have been drinking, it will take 120 feet in which to stop." And, Mr. Christie added, "a lot of accidents happen in that second 60 feet."

Historic Trees Fall

Mail from the "Old Sod" this week brings news of the destruction by stormy weather of two historic trees. The first was that of the famous beech tree in the grounds of Newbattle Abbey, near Dalkeith, Scotland, believed to have been planted by the monks of Newbattle about 450 years ago, which has been blown down. It has been regularly measured, and its girth at the ground was 43 feet 8 inches, while six feet higher up it was 19 feet 7 inches. The circumference of its foliage was fully 400 feet, and its height about 110 feet. Another casualty of the storm was the Tullochgorum tree at Lins-hart, Longside, Aberdeenshire which also has been blown down. It was while sitting under this old hawthorn that the Rev. John Skinner composed "Tullochgorum", which Burns described as "the best Scotch song ever Scotland saw."

A Strange Theory

A curious school of thought has grown up in Canada, says Montreal Gazette. It is the school of those who seem to believe that the best way of making this country go ahead is to tie it down. Once it is ponderously burdened, then it will really get into its stride.

"Perhaps this sounds like a doctrine of contradictions. No doubt it is just that. But the important thing is that this school of thought exists. And what is more important still, it is in control.

"It might seem that the one thing that Canada needs most is to be freed, like the strong man who is eager to run a race. No land on the face of the whole round earth has greater opportunities awaiting it. The future beckons us. And there is urgency in the gesture.

"But the plain fact is that Canada, in order to expand, must have a strong incentive to work and an abundance of capital

for expansion. But under the present policy of taxation, the reward for work and the means of investment are being drained off. And largely as a result, capital has to be brought in from other lands.

"It is all very true that Canada must take its part in defence. That is so very true that nobody denies it. But this is not the point. It is not our defence spending that is holding us back. It is the strange theory that money ought to be drained away by the Government, even if it only accumulates in a sprawling surplus."

EDITORIAL NOTES

A World, a Dominion, a Province in mourning.

King George's passing is an end to our K.C.'s who now automatically become Q.C.'s.

It will now be, as in Victoria's glorious reign, God Save The Queen, that will be sung as our National Anthem.

Flags raised to full mast from noon yesterday in honour of the Queen's Accession, and then lowered half mast till after King George's funeral.

We are not, even for a moment, a people without legal administration, all officialdom continuing in office while waiting to take the oath of allegiance and office under the new ruler, Queen Elizabeth II.

Congratulations to His Worship Lieut. Col. J. D. Stewart on his election by acclamation. Also to Councillor Gormley, who has been similarly honoured by the voters in Ward I. Both have good records of work already accomplished.

It has been customary recently to observe nearly all public holidays on Monday nearest the event. As Queen Elizabeth's birthday, April 21, happens this year to be a Monday, it falls nicely into this arrangement.

Charges that Canadian agricultural prices are out of line because New Zealand and even the United States can sell here fail to take into account such factors as our high priced dollar which means easier imports than exports.

With the exception of the days officially set apart for National mourning, it will be "business as usual" from now on. The Coronation will not likely take place for six months when, following custom, all the world, including this Province, will be officially represented.

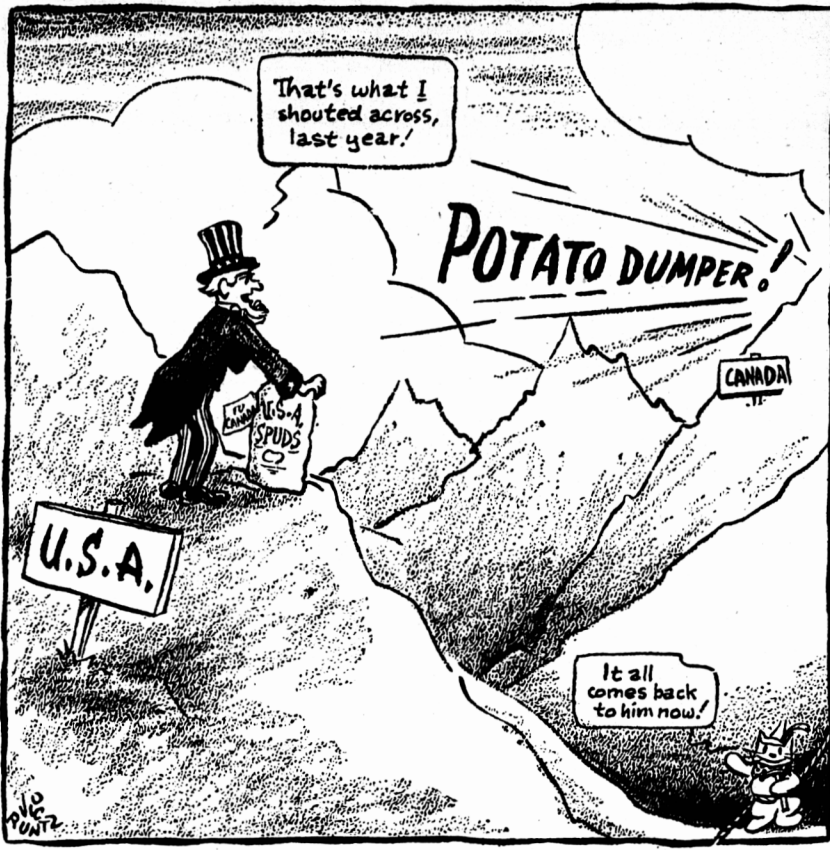
That only sixty persons in Britain should have incomes of £6,000 or more indicates the length to which the levelling process has gone, as it is also going in this country. In future the accumulation of capital and investment in industry must be by those in more modest circumstances, or by government.

Theodore Agrippa d'Aubigne, French soldier and scholar was born 400 years ago today. At the age of ten, he could read Latin, Hebrew and Greek and "seemed destined for a scholarly life." A Huguenot, he fought for Henry of Navarre before resuming literary activity. A satiric bent shown in all his works resulted in his "Universal History", 1550-1601 being officially burnt.

Amongst the pioneers who built the Empire and Commonwealth were Captain Cook, the famous explorer, Sir Stamford Raffles, who founded the great port and city of Singapore, Cecil Rhodes, creator of Rhodesia, Joseph Chamberlain, Kitchener of Khartoum, Baden-Powell, founder of the international Boy Scout movement, and T. E. Lawrence, known to millions throughout the Middle East and elsewhere as "Lawrence of Arabia." An extended series of programmes dealing with these is intended as a BBC radio portrait gallery, which will show that the Britons of today have a splendid heritage of high purpose, discovery, daring and resource.

It was a French-Canadian delegate to U. N. conference in Paris, Mr. Jean Lesage who had resort to Samuel Pepys' diary to prove that too much talk was the curse of such conferences. Pepys wrote: "But Lord! What a tumultuous thing this committee is, for all the reputation they have of a great council, there being as impertinent questions and disorderly proposing, as any old man could make. . . Behaving themselves like most insolent and ill-mannered men." Mindful that the committee has been arguing for three months in the Palais de Chaillot, Lesage read this quotation from a letter from King Charles II to his sister in 1660: "Tell me, I beg of you, how you spend your time, for if you stayed long at Chaillot in this miserable weather, you must have been not a little bored." The committee laughed—and went ahead with its world battles.

Echo Valley



PUBLIC FORUM

This column is open to the discussion by correspondents of questions of interest. The Guardian does not necessarily endorse the opinion of correspondents.

NUTRITION

Sir.—One of the best items, of the many, I have seen in the Guardian for a long time was the announcement that a nutrition program is about to be launched. We are getting on; but a pity it had not been taken up, at least, twenty-five years ago, and saved much disease and many lives, lost through malnutrition. No doubt, whatever, that overeating of food, lacking in vitamin essentials, has carried away many men and women before their time.

It is said that overeating is one of the major concerns of the medical profession. A farmer, coming in from his hard work, hungry as a spring bear, to a good table is greatly tempted to overeat; and so often he grabs up an old sweaty hat, as I have often seen done, and rushes out to work again. He would need an iron constitution to stand that.

Wrong diet brings on disease. I have good reason to believe it was that which sent me, in 1921, from Trinidad to the Presbyterian Hospital, New York, for an operation for a perforated, duodenal ulcer; and laid me off from my work for six months. Malnutrition is a direct and contributing cause for many diseases.

If ministers, instead of dieting over Hebrew, could get some training in dietetics, it would be good for the people that once in a while he should take up this subject. A nutrition Sunday would be as appropriate as some of the special Sundays that we have. Too secular! Then Jesus was too secular, for he paid much attention to the human body, and its welfare. Of course, the school is the place for this teaching. I am only saying that, somehow, the people must get this knowledge.

The time will come when people will be called in for a check-up on their diet, for there is, in this country, an alarming ignorance prevailing in regard to diet. There are farmers who know better how to feed their hens than they do themselves. Take for example, the use of devalitized white bread. The most of people still use it. Whole wheat is not always easy to get in the country stores because many people do not ask for it. Devalitized white sugar is still much used. People in general, eat far too much sweet food. It is not uncommon to see, at lunch time, a fleshy lady with her lap full of cake and cookies.

It is reckoned some disgrace for visitors to catch a home with neither cake nor cookies. We know too little about our bodies and their food needs and are often taken in by drug companies and food concerns. In the U. S. it is said that, annually, 90 million dollars are spent in cathartics and likely a like proportion here in Canada, having been told that faulty elimination poisons the whole body through the large intestine and that their special drug is very necessary. Such teaching is largely false. Proper diet will usually correct that ailment. Continual dosing with drugs is very bad for one's health.

I have read Gaylord Hauser's book "Look Younger, Live Longer". The writer seems to believe that wholesome food and scientific exercise will ensure youth (happiness) and long life. He believes in a Supreme Being but gives Him no place in his program. Of course, we do not expect Him to do any preaching; but we know that peace of mind and a sense of spiritual security do not come out of a milk bottle or a bag of brewer's yeast. Without this the best of health is not likely. Proper food will help,

Murray Harbour Settlement

GUERNSEY PIONEERS

(The following article, by Charlotte M. Brooks, is republished from the "Magazine Guardian" of Sept. 28 and Oct. 8, 1906, the occasion being the centenary and unveiling of the Brehaut monument in the cemetery at Murray Harbour South (near Thomas Beck's home) on or about June 23 of that year. It is recorded that a large number of the descendants attended from Murray Harbour and from a great many other places. The ladies brought lunch and all enjoyed a picnic supper afterwards. The remains of Henry Brehaut I and his wife were removed from the Church of England cemetery at Murray Harbour village and placed in this cemetery at the time the monument was put up.)

Just one hundred years ago in the early part of June, a party of people landed from a vessel at the place ever since known as Guernsey Cove. They came from the Isle of Guernsey to make homes for themselves in the New World, and they were the ancestors of a great many of the people now living here.

They were the Machons, LeLachurs, Roberts, Marquands, DeJersys, Taudvins and Brehauts. Today we are here to celebrate the centennial of their arrival, and to do honor to the memory of one of the families by the unveiling of the monument lately erected.

Henry Brehaut died in 1848, aged 81; his wife in 1864, aged 96 years. They were laid to rest in the English Church cemetery, but their descendants thought it best to remove them, and place them and the monument where most of their relatives are buried.

After coming from the Old Country, it must have taken brave, stout hearts to land on these forest-clad shores, where they knew nothing but hardship and toil could await them. But nothing daunted, they found such shelter as they could in an old house, near what is now called Beach Point, and from there they afterwards moved to what became known as Machon's Point. Perhaps had they been as much alive to the needs of farming as their descendants, they would have settled about the Cove where they first landed, but they were coopers by trade, so they considered the woods were all that they settled there, and therefore their first work, after choosing their lands, was to clear a small plot, and build a log house for shelter. Little could be done in the way of raising a crop that year, as the season was past, but they were busy enough getting prepared for next year.

What an undertaking it must have been to cut down those great trees from every rod of ground to get out the enormous stumps, level and make the ground fit to grow crops to keep them and their families! How should we feel facing such difficulties in our days? And yet thousands every year are going but does not create happiness.

Leading food experts do not agree with all that Hauser teaches in this book, but I believe it is worth reading, more than once. It contains a great deal of information, well put; and at the end are valuable lists of foods and their vitamin value, many of the best, fortunately, can be grown on the farm, particularly, in the garden.

Will this study make us more food-conscious and create table-talk? We can guard against that. Anyhow, it would be informed food talk; and there are plenty of other topics, such as the propriety of having a Canadian governor-general and whether Truman should run again. Miss Hazel Roland and her helpers are doing a great work; and they will have the co-operation of many people. I am, Sir, etc., W. I. GREEN Stanley Bridge.

to strange out of the way places, clearing new lands, and enduring all manner of hard living, just as they did then; but there are so many inventions to make all kinds of work lighter, that the comparison is scarcely allowable.

Henry Brehaut and his wife brought with them six children of whom Henry II was the eldest. He was about 13 years of age. They were not very long here when a little daughter was added to the family; she was named Margaret. In after years two other children were born, named Joseph and Charlotte.

What a great difference in the country then and now. Roads there were none, just a path blazed here and there through the woods. Bridges had not been thought of. People mostly crossed the river at the Narrows in boats. Now we have fairly good roads, we have bridges, and the Railroad for which we have waited so long. All kinds of conveyances are in use (although we have not seen the automobile in this part as yet) where they only got around at that time by walking or in boats.

There were few neighbors to visit them. Only three families were here when those seven families arrived. They were Nicholas Hugh's family, William Senaubaugh's family, and the family of James Irving. At Murray Harbour North there was a Mrs. Creed, also a Graham family. There were neither churches, schools, stores nor Post Office, and neither doctor nor minister.

The first Presbyterian Church was built on Dora McKay's property, but was afterwards moved across the river to Henry Brehaut's place, where the site can still be pointed out by those living there. This became an advantage, when a few years later the people of the North and South sides joined forces and got a resident minister. That was about the year 1828 or 1830, and their first pastor was the Rev. Daniel McCurdy.

There was also a Methodist Church very near to where the Presbyterian Church first stood. The cemetery is on the old Methodist Church farm, and the church stood near the shore. When it was known that there would be services in either church, people came from far and near, often bringing a lunch with them, and staying for both services if there changed to be two. The first Methodist minister who was stationed here was the Rev. Thomas Bulpitt.

In the old land, Henry Brehaut attended the English or Episcopal Church, but after coming here, he became a Presbyterian, and a number of his children followed him, while others went with the mother who was connected with the Methodists.

It was some years before there was any school, but in the course of time many other people arrived, among them a Mrs. Thorne, with her son Charles, and daughter Frances who afterwards became the wife of Henry Brehaut II. She taught school for some time, in a house not far from where our school now stands. Afterwards Mrs. Thorne and her son, not caring for life here, went back to the Old Country. Mrs. Machon, or Auntie Machon, as she was called, also kept school, and it was with these teachers the Brehaut family got most of their education.

About the time the Brehauts came here, John Cambridge started a shipyard and store at the head of Murray River. For a number of years this was the nearest store, until David Orlinton, a young man who came from Dumfries, Scotland, was given charge of a small store on what is now John Hyde's Point, by Hon. Joseph Wightman. After a few years he, with a partner, William Emery, started in business for themselves, which they carried on for ten years. They then dissolved partnership, and for nearly thirty years David Orlinton served the wants of the Murray

Notes By The Way

After years of being told to brush our teeth "up and down", a Boston doctor has made the statement that such a method could cause receding gums. The "back and forth" method may have some merit after all. As the only other alternative, the "circular motion" has a bad habit of wearing out the tooth brush!—(Brockville Recorder and Times.)

Some perplexity on the subject of "fencibles" was reported recently at an Admiralty press conference. In this country in the eighteenth century fencibles were troops—mounted and infantry—raised for home service only and "for the duration." By contrast, local militia served only in the counties where they were raised, unless rebellion or invasion ensued. The name appears to be a shortened

version of "defensible", the earliest recorded reference being about 1325 when a Scottish commander reported "sixty thousand men fencible." Halley wrote in 1693 of "fencible men, as the Scotch call them," and, indeed, the Admiralty could doubtless glean most information north of the border, for Britain's first official fencible corps were raised in Argyshire in 1750.—(Manchester Guardian.)

Prophecy, it has been said, is the most gratuitous form of error. A good illustration of that point has been unearthed by a reader in the case of a little treatise of 1890's on "How to Write and Address a Letter." Its compiler had no use for what he called "Type-writer" and "Type-machine" within the last few years, been largely adopted by commercial houses, solicitors, etc., but in our opinion it is not destined to come permanent; we may safely predict that ere long it will go the way of all American innovations. What a pity the plaguey thing has falsified those predictions, to the further detriment of "good handwriting." It has also brought females into office staffs; and thereby disturbed many other sound ideas of sixty years ago.—(Manchester Guardian.)

Dr. Harry J. Johnston of New York has discovered that there is one thing all the oldsters have in common. They may be as different in their habits as an archbishop and a boom-maker, but they all have taken plenty of sleep. Dr. Johnston has come up with this interesting conclusion after questioning thousands of men and women between the ages of 70 and 90. One and all, they made a practice of going to bed early or, alternatively, getting up late. The fascinating thing about Dr. Johnston's research is that, like so many painstaking psychological inquiries, it confirms what has generally been known for centuries. Long ago, man found out that he could have a short life and a gay one or, if he preferred, a long life and a sedate one. He could burn the candle at both ends, in which case it gave a lovely light, or he could burn it at one end and make it last.—(Toronto Globe and Mail.)

The Age-Old Story

I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor anything taken from it: and God doeth it, that men should fear before him. That which hath been is now; and that which is to be hath already been; and God requireth that which is past.

Harbor South people. At first there was no Post Office nearer than Charlottetown, and the people's few letters and papers were brought to the place by Cambridge. But after over thirty years, or about the year 1834, a Post Office was established at Thomas Bell's, White Sands, the grandfather of the present Postmaster there. At times the need of medical skill must have been very severely felt, there being no doctor nearer than Charlottetown. In after years it was a great boon to the people to have Dr. Kaye as near as Georgetown. Even more did those old people miss having regular Sabbath services. Perhaps for six months they would be without a preacher. How those godly old souls must have hungered for someone to break to them the Bread of Life! We, with all the conveniences of the Twentieth Century, cannot begin to realize what life meant to them, and yet perhaps they were more content than we are today. But although their privations from many sources were great, they never suffered from actual need. We know their labors were both hard and unceasing, but there were some advantages even then. (To be concluded.) —BILLY CATHART

PROFESSIONAL CARDS

Professional cards for Byron J. Grant O.D. (Optometrist), J. A. Caruthers R.O. (Optometrist), Dr. John E. Sterns (Veterinary Surgeon), Bell, Mathieson & Foster (Barristers, Solicitors, etc.), Allison M. Gillis (Barrister, Solicitor), H. R. Doane and Company (Chartered Accountants), and McDonald, Currie & Co. (Chartered Accountants).