

Greater Snow Geese Estimated At 100,000

MONTREAL (CP) — Glistening like thousands and with bigger greater snow geese — more by families than have been seen for

years — are making their stop-over at Cap Tourmente, favorite feeding and resting grounds.

More important, the geese no longer are molested and harried from point to point by boat hunters.

"The new provincial regulation forbidding boat hunting in that area may well be the key to a solution for saving a unique Quebec waterfowl situation," said

G. W. Carpenter in an interview Thursday.

Mr. Carpenter, an authority on wild life, writes the red and gun columns in the Montreal Gazette under the name Isaac Hunter. For 15 years he has seen the geese at Cap Tourmente, 50 miles northeast of Quebec on the St. Lawrence. He estimates more than 100,000 are there this year.

GOT OUT OF HAND
"Last year even aircraft were operating, as boats," said Mr. Carpenter. "The geese had no rest. The situation was getting out of hand. Flocks were going

to New Brunswick for the first time.

"Never until this year have I gone to Cap Tourmente — the only place the geese can be legally shot — without seeing boats — power boats.

"The boat hunters find a flock on the shore. They approach and cut off their motor. Then they open up firing. They pick up the killed, try to get the wounded, watch where the geese have gone, start up the motors and go after them gain."

LEAVE IN MID-NOVEMBER
The greater snow geese make Cap Tourmente their stopover on their flights. They will head for islands off the Carolinas about mid-November. Their nesting grounds are on the northeastern tip of Baffin Island and on an island off the northeast coast of Greenland.

The bag limit is five a day, possession limit 15.

"I have never beheld so many as there are at Cap Tourmente this season," said Mr. Carpenter. Describing their numbers, he said:

"In such precipitous mass flight, with the sun lighting up the startling whiteness of their bodies, it is as though a great whirlwind had caught up and sucked aloft reams and reams of white foolscap paper."

MAJOR ZOO
More than 346,000 people visited the zoo at Pretoria, South Africa, in 1958.

The Guardian

"Covers Prince Edward Island Like The Dow"

SECOND SECTION

Charlottetown, Sat., Oct. 31, 1959.

PAGE 11

WE CALL 'EM

TIRED PASTURES!

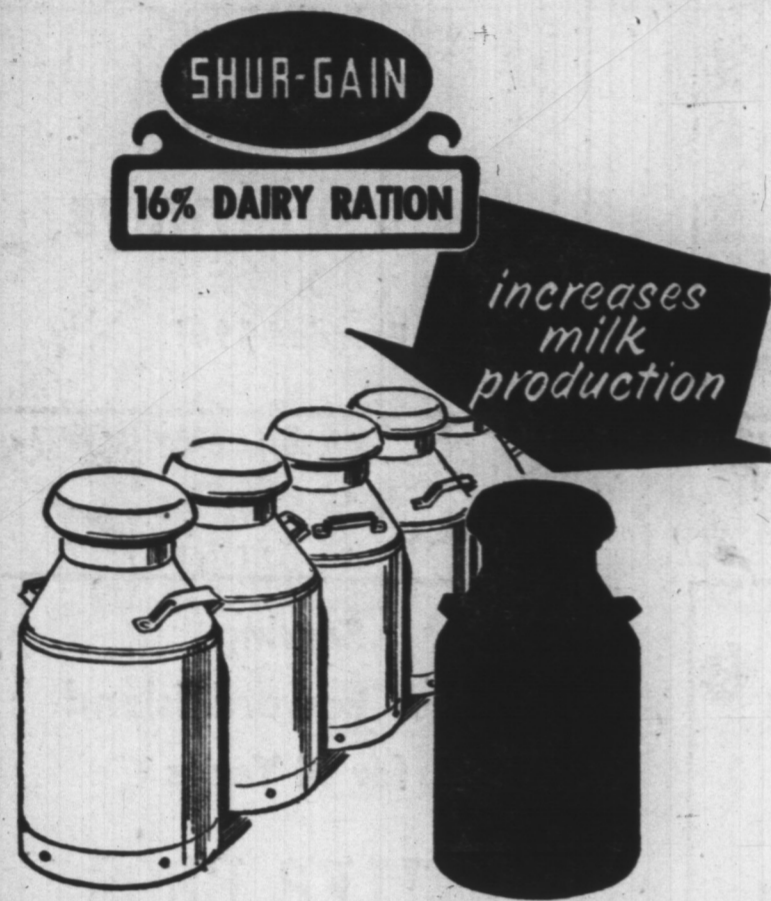
Time of the year when you must ACT to maintain milk production. It's liable to fall off right now simply because your mid-summer pastures are dried up and their feeding value has dropped.

Milk production can be kept up by properly supplementing your mid-summer pastures with the nutrients they now lack. This time of the year your Dairy Herd needs extra Vitamin "A" and there's a SHUR-GAIN Feed which will fill this need.

SHUR-GAIN 16% DAIRY RATION "A"

— Fed at the recommended rate will keep your Dairy Herd in full milk. But that's not all. Bodily fitness and health, vital now for future profitable lactations, will be maintained through this period when essential Vitamin "A" is lacking in most pastures.

ADD VITAL VITAMIN "A" TO MAINTAIN MILK PRODUCTION



QUALITY
AND
ECONOMY
COMBINE
AT
ALL
SHUR-GAIN
FEED
SERVICE
MILLS

EVERY WEEK
IN
THE
EVENING
PATRIOT

CASH
CROSSWORD
CONTEST

• Valuable cash prizes
• Fun for the entire family.

PHONE 8506

for carrier delivery or your nearest Guardian-Patriot Office.

WATCH FOR SHUR-GAIN AMATEUR CAVALCADE OVER CFCY-TV BEGINNING SATURDAY, OCTOBER 31, 1959.

"THE HAPPY GANG" AT BOWLAN TV



Pictured above is the Happy Gang at Bowlan Radio and TV Service, in Charlottetown. A trained and qualified staff handle all your Radio and Television problems.

YOUR TV SERVICE

DIAL 9624

BOWLAN RADIO and TV SERVICE

114 POWNAL ST.

CHARLOTTETOWN

RELAX!
TAKE
WAMPOLE PHOSPHO LEGITHIN

When you are tired—easily irritated—suffering from nervous strain—Relax—take Wampole's Phospho Legithin to relieve nervous tension—contains Vitamin B, for fresh Vitality. Ask your druggist for Wampole's PHOSPHO, today!
16 ounces \$1.75

O'LEARY

Mr. and Mrs. Earle Larkin and family, O'Leary, left Saturday for Kinkora, P. E. I., where Mr. Larkin has accepted a position with the Kinkora Dairy. He has been employed with the Amalgamated Dairy in O'Leary for the past several years.

The Springfield West Baptist Women's Missionary Society was held at the home of Mr. and Mrs. Percy MacPherson, Wednesday evening with a good attendance.

Rev. Dewis Rector, Springfield, is a patient in the Community Hospital O'Leary.

Mr. and Mrs. John MacLean of U.S.A., who were visiting with relatives and friends in Dunblane spent a very pleasant weekend as guests of Mr. and Mrs. Regie MacAusland, Bloomfield, and visited at the home of Mrs. Elva Wedlock, Knutsford.

Mr. George Ellis returned to his home in O'Leary after visit-

ing with relatives and friends in Massachusetts.

Mrs. Raymond Vickerson, Winloe, attended the funeral of her uncle, the late Colin Pridham, Montrose on Friday afternoon. She also visited at the home of her uncle and aunt, Mr. and Mrs. Henry MacAusland, O'Leary.

The Women's Missionary Society of O'Leary United Church held their annual thank offering service in the church recently. The leader, Mrs. Gerald Gamble presided. Scripture was read by Mrs. Edsly Dunville. Prayer offered by Lila Craswell. An anthem was rendered by the choir. The pastor Rev. Keith Rogers delivered a very impressive sermon. Hymn and Benediction closed the service.

Mr. and Mrs. Gene Stephano accompanied by her mother, Mrs. A. W. Richardson returned to their home in Hyde Park, Mass. after visiting at the home of Mr. and Mrs. Murray Sweet, Forest View, and Mr. and Mrs. Milford Ellis, West Cape and other relatives in this vicinity.

Mr. Alfred Dignan, Charlottetown and formerly of O'Leary is a patient in the hospital in Charlottetown.

Mr. and Mrs. George Wilkin returned to their home in Springfield West, after a tea party visit to Bermuda.

Congratulations are being extended to Mr. and Mrs. Junior Rix who were married Saturday afternoon Oct. 24th., at the United Church Manse. O'Leary. Rev. Keith Rogers performed the wedding ceremony. The bride is the former Rebina Milligan, daughter of Mr. and Mrs. Boyman Milligan, Inverness, and the groom is the son of Mrs. Ina Rix and the late Arthur Rix, Springfield West.

Mrs. Janice Hart returned to her home in Dunblane after paying a visit at the home of Mr. and Mrs. Herman Collicutt, Locke Road.

The Springfield West Baptist Women's Missionary Society met for their regular meeting at the home of Mrs. Percy MacPherson with a good attendance. The president Mrs. Ella Boulter presided. A study of Angola was conducted by Mrs. Leslie MacLean, Mrs. Percy MacPherson, and Mrs. Jamie Hart. A study on Africa by Mrs. Ella Boulter.

Mr. Ivan Webb, Howland, is in the Community Hospital with infection on his knee.

STAY ALIVE LONGER!

Ulcers Are Said Made Not Born

By Leior Kordel
Installment Seventeen
Dick Elliot was a Madison Avenue veteran who had learned all the angles. We were having luncheon together to celebrate his promotion. He was the new vice-president of his company.

He finished his second double martini, lit a cigarette, and looked around for the waiter.

"Don't you think we'd better order lunch?" I suggested.

"Hey, we're celebrating!" he said. "We can eat any time—if we get around to it. Sometimes I never quite make it."

"What about breakfast?" I asked.

"Do you eat a good breakfast to make up for skipping lunch?"

"Sure," he laughed. "A real husky breakfast. Coffee and cigarettes."

By the time our food was set before us his face was beaded with perspiration, and he was doubled over with pain.

"Sorry," he mumbled, "but you'd better get me out of here. This pain... it's awful... like a white-hot coal searing my stomach. What do you think?"

"I didn't have to think. I knew Dick was having his first real ulcer pain. His celebration ended with a trip to the hospital."

Dick had become one of the sixteen million Americans—about 1 in every 10—who succumb to emotional pressure. What can we do to stop this inner gastric distress, compounded by the multiplying complexities of modern living in both business and home?

WHAT IS AN ULCER?
Just what is a peptic ulcer? It's an open lesion, or sore, on the wall of the stomach, left after erosion of the stomach lining. This erosion is caused by the presence of an over-supply of hydrochloric acid in the gastric juice over a period of time. The acid irritates the lining and produces some erosion. Then the

digestive juices begin to digest the affected area of the stomach making a larger and larger crater. It isn't only what you eat that causes a stomach ulcer—it's what "eats you," as well!

Madison Avenue doesn't have a monopoly on the duodenum-scarred veterans of the hydrochloric acid war. We find them among lawyers, brokers, bus drivers, teachers, actors, and sandhogs. No occupation offers immunity. Only among primitive peoples and in the mentally defective, are ulcers almost unknown.

By eliminating the causes, about 85 percent of all ulcer sufferers can prevent further ulcers and treat the ones they already have. The other 15 percent, including those who won't follow the rules for better living and those who fail to respond to treatment, require surgery. Ulcers are definitely made, not born.

Fatigue, anxiety, and emotional strain are apt to precipitate the attacks. The man who drives himself needlessly regular, worries endlessly may become the anxiety-ulcer victim. Unless he changes his high-tension routine to a more tranquilizing one, he may end up with a hemorrhaging ulcer.

So much depends on what the patient himself does that I must emphasize his role in the treatment and prevention of ulcers. Prevention is the best cure. You cannot cure peptic ulcers until you find a way to prevent their recurrence. Eliminate as completely as possible any conflicts, social maladjustments, or frustrations—even a nagging wife.

I don't mean that you should eliminate your wife only as a nagging, but by reasonable means, if necessary, unreasonable means. Blow your top if you must. In fact, that would benefit your ulcer.

HELP HEAL YOURSELF
The next time I saw Dick he was home from the hospital, feeling sorry for himself and worrying over his illness.

"What am I going to do now?" he asked. "Be an invalid for the rest of my life?"

"The first thing to do," I said, "is to change your frame of mind. An uncomplicated ulcer can start healing in a matter of weeks—but only under favorable conditions. You may have to replace and regulate your life. You must have calm and freedom from stress."

"That's a big order," Dick said. "Where do I start?"

"Right where you are," I said. "Quit worrying about your ulcer. Stop being so fiercely competitive. Avoid overwork and tension as much as possible."

"Malnutrition," I said, "often accompanies a nervous, high-strung disposition such as yours, Dick. Start eating regular, nourishing meals—instead of drinking alcohol and coffee for food, as you often do, without suffering from ulcers, nervous disorders, vitamin and mineral deficiencies, and other illnesses."

"All right," said Dick. "So I mustn't drink, and I must eat. But what? A monotonous milk and cream and boiled-egg diet?"

FOODS TO HEAL ULCERS
"Not any more," I said. "The old-fashioned ulcer diet did more harm than good. You need the complete protein foods to neutralize the excess stomach acid and speed up the healing. I recommend broiled steaks, chops, and eggs. You're probably deficient in blood serum protein; most peptic-ulcer patients are."

"So I must eat regularly and cultivate peace of mind," said Dick. "Anything else?"

"Yes," I said. "Stop being so doggedly ambitious. Eat adequately and rest enough to avoid the fatigue which causes you to lose control of the secretion of gastric juices. Be sure that the acid doesn't pour into your stomach with no food there to neutralize it. Keep milk and crackers handy to ease the worst of the ulcer 'hunger pains.' Have a jar of skim milk powder in your bedroom and office. It dissolves instantly in water, tastes like fresh milk—and will forestall a painful attack."

"Powdered skim milk," said Dick. "I'll make a note to buy it by the case—" He grinned. "—the way I used to buy Scotch."

(All Rights Reserved. Adapted from the book, "Live to Enjoy the Money You Make," by Leior Kordel. Published by World.)

(Tomorrow: Use your mind to keep you well. Test your mental health.)

THE P.E.I.

ARTIFICIAL BREEDING CLUBS

Will Hold 13 Meetings at 13 Different Centres

on

TUESDAY, NOVEMBER 3rd — 8:15 P.M.

HERD IMPROVEMENT — THE KEY TO SUCCESS

Three Special Speakers and Refreshments at Each Meeting

Place	P.E.I. DEPT. OF AGRIC.	FEDERATION OF AGRIC.	GUEST
Albion Institute Hall	D. E. Ward	George Shaw	R. D. Crawford
O'Leary Community Hall	S. D. Peacock	Raeferd Locke	Dr. D. G. Moore
Tyne Valley Hall	E. W. Adams	Eddie Clark	Dr. L. B. Donald
Summerlea Restaurant	Dr. G. C. Fisher	Ken MacLean	J. C. Bennett
St. Mark's Hall	Dr. J. I. Higgins	Lloyd Lockerby	E. P. Jarvis
QUEENS COUNTY			
Hampton Hall	Alan Palmer	Colin Waugh	Hon. W. R. Shaw
Jr. Farmers Recreation Hall	H. J. MacDonald	A. M. Johnstone	J. D. E. Sterling
Cornwall Hall	J. H. Chandler	Gordon MacMillan	K. E. LeLachur
Harrington Hall	D. W. Rogers	Smith MacFarlane	A. W. Humphrey
Millview Hall	S. C. Wright	Charles Jones	N. W. Black
KINGS COUNTY			
Morell Legion Hall	George MacNeill	Marshall Peters	W. S. McMurtry
Montague Legion Hall	W. E. Sterns	Colin MacDonald	S. P. Eagles
United Church Hall	D. P. MacLean	G. C. MacDonald	Dr. J.W.G. Nicholson

Sponsored by THE P.E.I. ARTIFICIAL BREEDING ASSOCIATION

GEORGETOWN

Mr. and Mrs. Aeneas MacDonald returned last week from a visit in Ontario, Quebec, Boston, Mass., and New Glasgow, N.S. In Boston they visited their daughter Catherine. In Toronto with their daughter Mrs. Charles Duffy and Mr. Duffy. In Montreal they were guests of their daughter, Mrs. Eddie Monk and Mr. Monk. In Sudbury Ont., with their son Mr. Peter MacDonald and Mrs. MacDonald and their son Mr. Ray MacDonald. In New Glasgow, N.S., they were guests of their son Mr. Cecil MacDonald and Mrs. MacDonald.