

St. Dunstan's University Graduates

Mental Health

WHITE CROSS SERVICES — WHAT EVERY COMMUNITY NEEDS

A statement by: Reva Gerstein, M.A., Ph.D., National Director of Program Planning Canadian Mental Health Association.

At the present time in Canada, over 62,000 mental patients are hospitalized. This means that 4 out of every 1,000 persons in Canada are suffering from a serious mental illness. This means that every home, every factory, every community, is touched directly or indirectly by the pain and anguish of the mentally ill.

The cost of maintaining, staffing and operating our mental hospitals has risen from over 18 million dollars in 1942 to close to 60 million dollars in 1952. But the actual cost is even more frightening and astronomical in extent. Think of the loss of productive effort represented not only by the thousands under fifty years of age hospitalized for mental illness, but by the many thousands who are partially disabled and crippled by mental and emotional difficulties. Picture the neurotics, the alcoholics, the distressed, the unstable, the sleepless, the anxious, the ridden, and the openly hostile army of sufferers from poor mental health in all walks of life. Think of the damage they do themselves as well as others.

In addition to the enormous financial burden carried by Government, indicated above, recognition must be given to the 77 Mental Health Clinics in Canada, the majority of which are supported either wholly or in part by the Mental Health Grants, as compared to 17 clinics at the start of 1948.

Thus, we have indications of our enormous mental health problem, and some significant steps which government is taking to meet it. However, this is only half the story. Responsibility for mental illness and its prevention must go far beyond governmental actions. Such an astronomical problem can only be met by being shared and carried on the shoulders of every Canadian.

To this purpose, the Canadian Mental Health Association, a voluntary association of citizens unaffiliated with any government, is dedicated. The C.M.H.A. is working towards the development of WHITE CROSS CITIZEN SERVICES in every community. Every community needs a WHITE CROSS OPEN DOOR INFORMATION CENTRE. When someone in a family or a factory "Breaks down," so many do not know where to turn for help. We need a referral office, manned by people who are familiar with local and provincial resources. The "Open Door" could provide such needed information to citizens everywhere.

We need to develop a continuous White Cross Service of public information with regard to basic taboos and misconceptions about mental illness. We need to have everywhere that Mental Health is an illness, and that the mentally ill can be helped. We must teach that the mentally ill can be treated, and many helped back to health, or their serious conditions greatly improved.

Such a change in attitudes will affect the persons suffering from mental illness; it will affect the number of persons entering professional service in this field; it will help to focus attention on the need for research; it will place a greater emphasis on preventive work with children.

Such a change in attitudes will affect persons recovering from mental illness. Rehabilitation can be a painful and uphill process. When citizens in a community understand the implications of recovery from mental illness, more persons will return to community and family life with greater confidence. Rehabilitation of the mentally ill is almost impossible in a hostile ignorant community. The C.M.H.A., through its White Cross Information Services, has an enormous job to do in preparing the ground for a more accepting public. We must open the hearts and doors of families and industries to former mental patients.

WHITE CROSS HOSPITAL CITIZEN SERVICES should be developed as a natural adjunct



Marjeth MacDonald: Marjeth was born at Charlottetown, P. E. I. in 1932, the daughter of Mr. and Mrs. Leonard MacDonald. After studying at Queen's Convent and P.W.C. Marjeth entered St. Dunstan's in 1950 and this year she graduates with her Bachelor of Arts degree.



Allan MacDonald: Al was born at Charlottetown, P. E. I. in 1933, the son of Mr. and Mrs. Allan MacDonald. He entered St. Dunstan's in 1950 after studying at Queen's Convent and Prince of Wales College. Al is one of the two boys who brought the Dominion Debating Championship to S. D. U. in 1952. This spring he graduates with his Bachelor of Arts degree.



Eugene Kenny: Gene was born at Morell, P.E.I. in 1933, the son of Mr. and Mrs. Lemuel Kenny. After completing studies in St. Peter's Bay and Queen Square School he entered St. Dunstan's in 1947. This spring Gene graduates with his Bachelor of Arts degree.



Frank Zakem: Frank was born at St. Paul de Montminy, Quebec, in 1931, the son of Mr. and Mrs. Albert Zakem. After studying at Queen Square School and P.W.C., Frank entered St. Dunstan's in 1951. This year he graduates with his Bachelor of Commerce degree.



Ernest Rioux: Ernie was born at Plaster Rock, N. B. in 1933, the son of Mr. and Mrs. Antoine Rioux. After studying in Quebec for several years he entered St. Dunstan's in 1953, and this year he graduates with his Bachelor of Arts degree.



William McIsaac: Bill was born at Westville, N. S., in 1933, the son of Mr. and Mrs. W. B. McIsaac. Bill came to St. Dunstan's in 1951 and he graduates this year with his Bachelor of Commerce degree.



Gerald Coady: Gerald was born at Emyvale, P. E. I. in 1932, the son Mr. and Mrs. Walter Coady. Gerald entered St. Dunstan's in 1948 and this year he leaves with his Bachelor of Arts degree.



Charles Monaghan: Chuck was born at Trail, B. C., in 1931, the son of Mrs. Emily Monaghan. Chuck came to St. Dunstan's in 1947 and this spring he graduates with his Bachelor of Commerce degree.

Craswell Photos

of every mental hospital. Citizens can provide books, magazines and special gifts; film, music and dramatic presentations; and other special services worked out in close co-operation with provincial and local authorities. Fifty years ago "Out of sight, out of mind" may have been a typical attitude, however today's hope is to make every mental hospital an integral functioning part of a nearby community. Only when citizens become familiar with mental hospitals do they lose many of their prejudices and share in its problems. Only then does the need for more, better, and different resources become a realistic goal rather than remain a pipe-dream, limited to a handful of overworked specialists.

WHITE CROSS SERVICES TO HELP OUR SENIOR CITIZENS retain their vigorous mental health is an important aspect of C.M.H.A. Services. Training citizens for retirement, furthering the development of Golden Age Social Clubs, initiating interest in summer camps for oldsters are all different preventive approaches to this significant problem of our aging population. It is our goal to "Add Life to Our Years—not just years to our lives."

C.M.H.A. recognizes that close to half a million dollars has been allocated to research in the mental health field. However, alerting ourselves to the astronomical figure again, citizens must recognize that, in addition to governmental allocations to this problem, in the future, large sums will have to be raised by voluntary support, through special grants and campaigns.

The problem of mental illness is Canada's Number One problem. It will require a close working relationship between government and White Cross Citizen Services to even begin to make an impact on this insidious human cripple.

OLD BEVERAGE

Tea was used as a beverage in ancient China but was unknown in England until the 17th century.

N.B. MEMBER PROPOSES NEW PLAN FOR CHIGNECTO CANAL WITH U. S. HELP

OTTAWA, (CP)—A new Brunswick Commons member has a plan which would have the United States pay half the cost of a canal across the isthmus of Chignecto on the N. B.-Nova Scotia border.

Henry Murphy, Liberal member for Westmorland, suggested Tuesday the canal might be considered an extension of the St. Lawrence seaway. A bill before Congress provides for the U. S. sharing the seaway cost with Canada.

The New Brunswick member Tuesday gave the Commons notice of a question asking the government if consideration will be given to including the Chignecto canal in the seaway, making Boston the American eastern seaboard terminal of the seaway.

He said later in an interview his view is that such a step might tend to remove U. S. seaboard opposition to deepening the St. Lawrence and thereby influence the U. S. government towards sharing in the cost of the canal linking the Gulf of St. Lawrence and the Bay of Fundy.

BUSINESS FOR U. S. PORTS

One effect of the canal, he said, would be that U. S. Atlantic ports might get business they otherwise

Canada May Have Atomic Power Within Ten Years

EDMONTON (CP)—One of Canada's nuclear authorities says this country may have an atomic power plant within eight or 10 years.

Dr. Davis A. Keys, vice-president of the National Research Council and scientific adviser to the president of Atomic Energy of Canada, Ltd., said in an interview Monday it is hoped to have a pilot atomic plant but this has not yet been authorized by the federal government.

He said a small plant would cost about \$10,000,000 and would probably have a capacity of 2,000 watts. It would probably be near the Chalk River, Ont., atomic reactor.

"Our scientists and engineers, in co-operation with the Hydro-Electric Power Commission of Ontario, are working on plans for constructing a power reactor to produce useful quantities of electricity at possible competitive costs with coal."

200 wild dogs in the woods every year, said G. W. Creighton, deputy minister of lands and forests. He said wild dogs do more damage to wildlife than any other living thing—except human hunters.

NEW RUSSIAN ROCKET

NEW YORK (CP)—A powerful new Russian rocket, weighing only as much as two automobiles, may soon be capable of launching into space an artificial satellite weighing a ton. George Sutton, supervisor of the aerophysics department of North American Aviation, told a space travel symposium at Hayden Planetarium Tuesday.

MANY WILD DOGS

HALIFAX, (CP)—Forest rangers in Nova Scotia shoot from 150 to

BOYS & GIRLS

HAVE YOU SEEN THE NEW 1954

J. C. HIGGINS

DE LUXE BICYCLE equipped with single speed gears and regular coaster brake. ONLY

5.00 DOWN **\$46.95** 5.00 MONTHLY

INCLUDING

Tool Kit — Chain Guard — Bell and Kick Stand

NOW IN STOCK — SO GET YOURS TODAY

Simpsons-Sears

CHARLOTTETOWN STORE

Values That Prove Greendal's TOPS THEM ALL

You get the Unusual at a Greendal Sale... We don't "stick" to the same prices. We make New Reductions! Read what we do for you NOW!

Ladies' New Suits Now Below 1/2

Our original offering at 15.00 was a complete sell-out—so, we take 50 brand new high priced suits and place them on the 15.00 rack. These suits are "famous name" suits and believe us, friends, there's absolutely nothing in all Canada to compare! Selling starts at 9 a.m. today — it's a price calamity **15.00**

MORE \$39.50 COATS

Yes, the 29.50 coats we offered were sold out at 19.50 — but a Greendal sale has no disappointments so we add new, brand new 39.50 coats for week-end selling! It's a Greendal Sale! **19.50**

GIRLS' COATS TO \$18.75

Sizes to 14x — values to 18.75 in girls lovely styled coats — divided into two prices 8.00 and 10.00. Greendal's believe there is no equal on the island — nay, they believe there's no equal in Canada **\$8 - \$10**

MORE NEW SHORTIES ADDED **\$5 - \$8 RACK**
MORE EXPENSIVE DRESSES TO **\$3 - \$5 RACKS**

NOW EVENING GOWNS TO \$45 **\$10 - \$15**

We sold plenty at 15.00 and 20.00 — now the gowns formerly priced at 15.00 go down to 10.00 and the sale priced 20.00 gowns go down to 15.00. You choose actual values to 45.00 at 10.00 and 15.00

Values To \$9.95

Last lot goes out today — Corsettes and Girdles to 9.95 — nationally famous brands—you take 'em **2.00**

\$12.95 Raincoats

Girls Satin raincoats — away below half price — sizes to 14x in the lot — never before, never again such beauties **5.00**

All Wool! New Lot

Former lot a complete sell-out! We've added new colors, new higher priced all wool Cardigans and Pullovers **2.00**

GREENDAL'S

THE SALE OF 1000 SURPRISES

SMASHED DEEPER JUST READ

BOYS SUITS TO 29.50... \$10

Out of 100 boys 29.50 suits sale priced at 15.00 — only 24 remain — what does Greendal's do? — They throw them on the 10.00 rack — every last one of them at 10.00! Now, there's positively no more at this price, so hurry! It's a give-away you'll never again see.

\$3.50 DRESS AND SPORT SHIRTS \$1.50

Men's Nylon and cool silk sport shirts, Men's sanforized dress shirts in white and plain colors — here's 3.50 and 3.95 values that go on sale today at 1.50! Take or leave 'em — it's up to you — but you'll never again see them at **1.50**

Boys' \$2 SPORT SHIRTS

All colors and sizes in genuine 1.95 shirts — it's a week-end value that defies all Canada! we give you the chance to Save **1.00**

MEN'S \$3.95 PYJAMAS

Yes, genuine 3.95 and 4.95 Broadcloth Pyjamas — broken sizes, so Greendal's give them away at 1.50 — we mean give away **1.50**

FORMER LOT NOW SUITS TO 49.50 SOLD OUT!

In no time they cleaned the 20.00 sale rack — but a Greendal sale has no disappointments so we add new, brand new 49.50 suits for week-end selling at 20.00! Its utterly beyond belief, it's utterly beyond all reason — but we do it! Starting today you carry away 49.50 values **20.00**

MEN'S 19.95 LEATHER JACKETS Sizes 36 - 46... \$12

Canada's Lowest! "Zip-In" TOPCOATS

In 3 days we sold 100 of these 29.50 topcoats — from our New Glasgow store we secured 47 more. So, this is the end, this is the finish of this sensational offer! At no time in all Canada has such a sale price been quoted! **14.95**

WORK SHIRTS .. \$1.49 | LEATHER PALM GLOVES . 39c

BOYS' \$12.95 CORDUROY SPORT COATS \$7.88

Boy's silk lined corduroy sport coats in various shades! Finest pin wale corduroy in sizes up to 16 years — yes, friends, it's a give away at **7.88**

GREENDAL'S

THE SALE THAT KNOWS NO EQUAL

HAWES' FLOOR WAX

THE FINEST WAX THAT MONEY CAN BUY



A HARD LASTING SHINE