

Preventive Health Medicine

Preventive Mental Health
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In almost any psychiatric literature which appears in the lay press, line after line, paragraph after paragraph is usually devoted to statistical data. The usual conclusion we must agree, is that the present trained man power seems impossible to treat all our hospitalized patients. This outlook seems to be a rather grim outlook there appears to be an increase in admissions to Clinics and Mental Hospitals. The obvious question arises, "Can we prevent these admissions?" Answering this question that follows is, "Is there a positive approach to Mental Health?" To answer the questions we must go to the time after time to crop up in histories of our mentally ill.

Education For Parenthood

Education of a person covers more than the three R's. It should actually begin when a young couple prepares for marriage. What is marriage? Are you getting married because you're tired of work? There's nothing else to do? Men are scarce get you while the going is good, etc. The problem of the children comes along. Here once again education should begin early—may be even before conception.

Childbirth is a natural process. Already I can hear the anguish calls of women saying — "What does he know, he's never had a child!"

It is still a natural process. The young bride who hears the other women saying, "It's too bad the honeymoon can't last forever!" "The worst is still to come!" "Wait until you have your five running around", certainly is prejudiced by the "Voice of Experience", especially if it belongs to a dominating mother.

As the children come along certain definite predictable phases of behavior occur. This natural and normal. The child is growing every day is a new experience — every day the child finds new areas to conquer. The youngster who sucks his thumb at ten months does not arouse the ire of parents, but if the child explores other areas the parents may become alarmed less there be danger of perversion. Their fears can be calmed by proper education. The tiny tot of three who picks at food is behaving normally. If the parents made an issue of it, eating becomes not a natural occurrence but an event loaded with emotion, tension, and even hostility. "Eat your carrots or mother won't love you!" is a very threatening statement to a youngster.

Childhood Fears

The vivid imagination of a four or five year old is not adult logic. The fears of a child in this frightening world are well known, so why would a three year old who is afraid of thunder, on the other hand if the parents are afraid of thunder also, the child received little comfort there. To say little Jane is incorrigible, has a bad streak, or takes after her father (especially in front of the child) is an obvious display of rejection.

We all know that burdened with responsibilities, mixed up by reading and hearing of the confused

Lorne Valley and Vicinity

*Master Johnnie Nicholson spent the last week of April visiting in Hazelbrook at the home of Mr. and Mrs. John Drake.

Mr. and Mrs. Ewen MacLeod, Forest Hill, were visitors to Lorne Valley on Friday, May 1. They were guests of Mrs. MacLeod's sister, Mrs. Laura MacQueen and brothers Messrs. Walter, Neil and Ernest Shaw.

Mr. and Mrs. Earle MacDonald had as recent guests Mrs. MacDonald's parents, Mr. and Mrs. George Jay of Pisquid. Mrs. Daniel Shaw entered the King's County Memorial Hospital for treatment on Monday, April 27. Her many friends wish her a speedy return to health and home.

The funeral of the late Mr. Allan MacSwain was held from Lorne Valley Presbyterian Church on Tuesday, April 28. The Rev. F. N. Young conducted the service and brought a message of hope and comfort. The hymns were "The Lord's My Shepherd", and "Abide With Me." Messrs. James A. MacDonald, Samuel Nicholson, Alfred Lowery, John MacSwain, Heath Shepherd and Norman MacKenzie acted as pall bearers. Interment was in Lorne Valley cemetery.

Miss Hannah Crane has accepted a position at the King's County Memorial Hospital, Montague.

Mr. Floyd Jay, Pisquid, was a visitor to Lorne Valley on Wednesday, April 29 at the home of Mr. and Mrs. E. A. MacDonald.

Miss Emma Nicholson was a visitor to Montague on Saturday, May 2.

Miss Christine Shaw, Charlottetown, spent the first week-end of May at the home of her parents, Mr. and Mrs. Daniel Shaw.

Master Roger MacDougall, Montague, recently spent a few days visiting with his grandparents, Mr. and Mrs. Malcolm MacLeod.

Mr. Stanley Morrison, Orwell Cove, was a business visitor to Lorne Valley on Saturday, May 2.

Miss Aletha MacLeod, Montague, spent the week-end of May 2 with her mother, Mrs. Christine MacLeod.

Miss Jean Ferguson was a recent visitor to Cardross. She was the guest of her sister, Mrs. Sandra MacEachern.

Ideas of religion and politics, we advocate "getting away from it all." It is here that hobbies and vacations are of importance. We cannot afford, however, to throw away established institutions until we can replace them with something as good, or better.

Finally we come to tolerance. A recent publication starts off "Prejudice is our number one problem in human relations. It is prejudice that closes our minds to the truth and knowledge which would enable us to work together in friendship, vote with intelligence, worship in understanding, and avoid international disputes."

The fact that a man has dark colored skin, a foreign accent or worships God differently than we do, does not give us the right to be smug, complacent or critical. Remember that "There but for the Grace of God goes me" anytime you may feel too critically inclined. I think then we should bear in mind what we can do for Mental Health, before we cringe in front of the almost insurmountable problem of Mental Illness.

HANDY PAYMENT VANCOUVER, (CP) — Motorists in Vancouver soon may be able to pay parking fines at city banks in a system similar to a method launched at Quebec. Police chief Walter Mulligan is investigating the feasibility of such a system here.

Will Graduate From Prince Of Wales College



Kenneth Tulle, the son of Mr. and Mrs. George Tulle of Charlottetown. He plans to study medicine at Dalhousie University next year.



Clara Simmons, who hopes to continue her studies next year at Gordon College in Boston. Clara is the daughter of Mr. and Mrs. Roy Simmons of Wilmot Valley.



Barry Beers plans to continue his studies in arts next year, although he hasn't decided where. His parents are Mr. and Mrs. G. W. H. Beers of Charlottetown.



Another '53 graduate of P. W. C. who plans to be a doctor is Carl Brown, son of Mr. and Mrs. H. Brown of Charlottetown. Next year will find him enrolled in the school of medicine at Dalhousie.

East Baltic and Vicinity

*Congratulations are being extended to the Rev. Mr. Waterworth of New Glasgow, P. E. I., and former pastor at Kingsboro, and Mrs. Waterworth, who, on April 15th, celebrated their 50th wedding anniversary.

Mr. George E. McDonald of Summerside, and his sister, Mrs. Alex Paquet, Charlottetown, spent the April 25th, week end visiting in Souris and the Eastern districts, and were given a hearty welcome by their many friends, relatives and neighbours.

Mr. James Harris, East Lake, was a business visitor to Charlottetown.

Among those who have been recently stricken with severe colds and gripe throughout the districts here were Mr. Willie Ryan, Priest Pond, Mrs. Harold Hunter, and Mrs. William Fraser, North Lake.

Mr. and Mrs. Fred Rose, Red Point, were recent visitors to North Lake.

Miss Shirley Harris, East Lake is receiving hospital care in Charlottetown. Her many friends, young and old, wish Shirley a speedy and complete recovery.

The many friends of Mrs. (Dr.) A. A. McDonald are glad to see her back to her home in Souris, having spent the winter months in Charlottetown.

Mr. Bernard Holland of East Baltic has received hospital care in the Souris Hospital. All wish him better health in the future.

Mr. Alvin Rose and Mr. Edgar Rose of East Baltic motored to Ontario recently where they will seek employment.

Mr. Carl McClure, Moncton, N. B. formerly of Montague, visited with Mr. Johnnie Young, Red Point, April 23rd.

Mr. and Mrs. Alexander Robertson and family of Red Point motored to Charlottetown on April 25th, on a shopping trip.

Messrs. Lyman Baker, Lakeville; Edwin Robertson, Munn's Road; Ken McGregor, Kingsboro, and Everett Coffin, South Lake, were city visitors on April 25th.

Mr. Lorne Kennedy, Kingsboro, was a visitor to the City on April 25th.

Mr. and Mrs. Spencer Llewellyn and Messrs Ray Machon and Reggie Reid, Montague, spent the weekend of April 25th, at Red

Point and East Baltic.

Mr. Lorne Kennedy, Kingsboro, was a visitor to the city, April 25th.

On April 23rd, the Young People's group held a social in Kingsboro, which was largely attended. The enjoyable program was followed by refreshments.

Mr. John B. Foy has returned to his home in East Baltic following his illness in the Souris Hospital. All are glad to see him home and feeling much better.

Miss Shirley Buchan, Charlottetown, was a recent guest of Mr. and Mrs. Howard Holland, East Lake.

Messrs. Joseph Cheverie and Arthur McDonald, East Point, spent a few days visiting in Charlottetown recently.

Master James McIntyre, Charlottetown, visited recently at the home of Mr. and Mrs. Stewart McIntyre, East Point.

Mr. Charles Provost, East Point, is out and about again following his illness at his home.

Mr. Lester McLeod of Montague, was a business visitor to Red Point and Priest Pond on April 23rd.

Mr. Peter McDonald of East Point has resumed his duties on the Abegweit, having spent some time at his home.

Mr. Donald McIntyre, East Point, was a recent visitor to Charlottetown.

Sympathy is being extended to Mrs. Alfred Rose, Lakeville, on the death of her sister, Mrs. George McDonald on April 21st, at the age of 87. Her funeral on April 23rd, at St. Columba Church, was largely attended. Mrs. McDonald formerly lived at North Lake and was widely known by a large circle of friends.

Seven Days A Week

Continued from page 2

suit your members. Set a time limit too—the length of time to complete answers.

3. Wednesday: Thinking of baking a fruit cake soon? Any time now, folks from all over will be dropping in on warm sunny afternoons and evenings. So to replenish the cake box here's the "makings":

Two cups sifted enriched all-purpose flour, 1 tsp. baking powder, 1/4 tsp. salt, 1 cup soft shortening, 1 cup granulated sugar, 5 medium eggs, unbeaten, 1 tbsp. lemon juice, 1 cup sliced blanched almonds, 1 cup diced citron, 1/2 cup orange peel (diced, preserved), 1 1/2 cups halved, candied cherries, 1 1/2 tps. grated lemon rind, 1/2 cup sifted enriched all-purpose flour. Sift together the first three ingredients. Cream very thoroughly shortening with sugar, then eggs until very light and fluffy. Beat in flour mixture and lemon juice, then add almonds, combined with remaining ingredients, beating until just mixed. Turn into greased, lined pan 10"x5"x3". Bake in a moderate oven (300° F) 1 1/2 hours, or until done. Cool on wire rack. Ice with butter icing. Decorate with shelled walnuts.

4. Thursday: A militia man on sentry duty, held up a car, saying to the driver: "You can't pass this way."

"I'm the sergeant", bellowed a voice from the back of the car. The sentry stood aside. "Sorry, sir, I didn't realize it was you. I got orders to let no traffic through here, because the bridge ahead is rotten. But seeing it's you, sir, it's a pleasure!"

5. Friday: A "double-up" on fish notes today. First, when you cook fish in salted water, add a little flavored vinegar to the water—makes the fish sweeter and firm. Also it won't break into pieces right before your eyes! Second: Canned salmon (or cooked on your own from the fish shop), turned out on a glass plate, covered with seasoned sour cream and baked until the cream browns in patches and bubbles in a dish "out of this world". Serve it with boiled ripe or mashed potatoes and a tomato salad.

6. Saturday: Fat, comfortable Mama cat-cat proudly presented us with one lone kitten, this Saturday. But if she lacked in quantity, she made up for it in other ways. The tiny kitten is as fat as a roll of butter. What's a roll of butter Mom? asked Mary, with a mystified look. "I never saw butter in a roll, only flat slabs." And so I had to explain in detail

ORWELL COVE W. I. The regular monthly meeting of Orwell Cove W. I. was held on April 15th at the home of Mrs. Wilfred and Edison McLean with nine members in attendance. The meeting opened with Institute Ode followed by repeating the finger of chiu. If ever He passed by that green little hill? Was there a cross He could fleetingly see? If ever He paused at the foot of that tree? Did the veriest shadow of shadows prevail? If ever He saw in His pathway a nail? Or is it but we, who are stricken with loss? When we come on a thorn, a green hill, or a cross? And so that ends another week. Remember there is nothing in the world that is real misfortune except sin. All other things that seem misfortune end in less than a hundred years, mostly. Sin and its consequences last through life and may extend into eternity. Think about it.

Creed. Roll call was answered by modeling a hat which added much merriment. Minutes of the previous meeting were read and adopted. Ways and means of making money were then discussed. \$5.00 was voted for the Red Cross. The sick committees reported no calls made, and the school committee reported nothing needed. Cards of thanks were read for cards and fruit received. A dime lottery then took place, which was won by Mrs. John McLeod and netted 90 cents. Correspondence was read and discussed. The next meeting will be held at the home of Mrs. F. E. Rooney. Roll call is to be an exchange of plants or seeds, also an article from a grab-bag. The programme committee will be Mrs. D. N. McDonald and Mrs. Walter McLeod. Mrs. Velma Gillis put on an interesting contest which was won by Mrs. Wilfred McLean. A delicious lunch was enjoyed by all, served by the hostesses during a social hour. The original Westminster Abbey, later reconstructed, was consecrated in 1065.

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