

A Definition Of Mental Health

(By E. G. Nichols, Psychologist, Department of Mental Health)

We are asked, during Mental Health Week to turn our thoughts toward health, but health of a particular sort, that of the mind.

not so in fact, from that of one's neighbor. One can begin, in other words, to understand the infinite variety of individuals within the world,

We do not always realize that these contribute to one's feeling of disquiet and struggle to lead a good life. Mental disturbance can represent, in such cases, the mind's attempt to escape from pain, the pain of selfishness and isolation.

One finds, upon turning, not a mirror image but a likeness of sufficient difference to fascinate one. The warmth that may be established between humans, the mutual sharing of differences, and difficulties, makes, is pursued with diligence, for a greater and more rewarding understanding of life.

If You're TIRED ALL THE TIME

Everybody gets a bit run-down now and then, tired-out, heavy-headed, and maybe bothered by backaches. Perhaps nothing seriously wrong, just a temporary condition caused by excess acids and wastes.

Bristol and Vicinity

The Misses Sheila and Cathy Gauthier, sisters, have taken positions in the City for the spring and summer.

Mrs. John Lapiere has closed her house while her son Anselm is away for the spring and summer months.

Mrs. Herb Kenney was a business visitor to the City on Monday, April 27th, returning home in the afternoon.

Mr. John Walsh, who spent the winter months at Beach Grove, is back home again for the summer months at least.

Mr. and Mrs. Melvin Byrne were Sunday visitors to their old homes here from the City on Sunday, May 3rd.

Mrs. Roddie O'Hanley was a Sunday visitor with her parents, Mr. and Mrs. William McDonald on May 3rd. She has been living in the City for some time now.

Miss Bertha McDonald and Miss Cathy Gauthier were here from the City for the day on Sunday, May 3rd.

All regret to learn of the illness of Mrs. James MacDonald, St. Peter's Harbour. She was forced to enter the Charlottetown Hospital on Monday, April 27th.

Miss Bertha MacDonald, who had been home for some time, has returned to her former position in the City. She was called home owing to illness in the family circle.

Mrs. Wilfred Stewart and young son, Wilfred Jr., spent the weekend of April 25th in this vicinity with Mr. and Mrs. John R. O'Brien. She was Lila O'Brien before her marriage.

Mrs. William Conohan has returned from the City where she spent the winter months with her son Alex and Mrs. Conohan. She is residing with her daughter Ethel, Mrs. J. R. O'Brien at present.

Mrs. Gertrude Conohan and daughter, who spent the winter in the City, returned to their home here on Saturday, April 25th, to be ready for the lobster packing season.

Mr. Aubin Eldershaw had the cellar for his new residence dug on

Tuesday, April 28th, with a bulldozer in very short order. He will build right next to the church property on the Morell Road. The foundation will be put in right away.

All will regret to learn of the sudden illness of Mrs. James L. McDonald from the Harbour District, who has entered the City Hospital for treatment. Her condition is improved and it is hoped that she will be back home shortly.

Mrs. Gus McDonald was a business visitor to the City on Thursday, April 30th, other visitors on the same day included Mrs. Bella Gauthier, who spent a few days with her daughter, Mrs. Prowse.

The house and lot of the late Mr. and Mrs. Ambrose Barry was sold by auction on Saturday, May 2nd to Mr. Larkin, who came here from the eastern section of the Island two years ago. Mrs. Larkin is a Morell girl and they have a large family. Everyone is pleased that they have purchased the home that they have been residing in for some time now.

Rough weather here kept the start of the lobster fishing late in getting started and some of the rope was not run on the opening day, which kept the packing back.

Mrs. Aggie Anderson, who has been employed in the eastern part of the Island since early last fall has arrived home for the lobster packing season and she says that she will go east again in July.

Mr. and Mrs. P. R. Sinnott were Sunday visitors to Indian River on May 3rd, guests of their daughter Mabel and son-in-law, and daughter, Mr. and Mrs. Peter McLeish.

Messrs. Frank and John McQuaid, contractors from Emyvale have completed their job of raising old St. Lawrence Church. For the residents here this seemed to be a wonderful feat of engineering, but to the McQuaid's it was just another example of "no job too big, no job too small."

Mr. Giles Jay has arrived home from Goose Bay, Labrador, where he has been employed as electrician for the past eighteen months. He plans to return to that northern outpost again next fall.

The best wishes of her many friends in this vicinity are being extended to Miss Catherine Coffin who was married on May 2nd to Cpl. Bernard Pelot, R.C.M.P., in Ottawa. Miss Coffin is a daughter of Mr. and Mrs. Grover Coffin of Morell.

Mrs. Joseph Donovan was in the city on Thursday, April 30th on business. She also visited her father-in-law, Mr. M. P. Donovan, who is a patient in the City Hospital.

Able Seaman Laurance Gauthier arrived home on Saturday evening May 2nd for a short leave with his mother, Mrs. Belle Gauthier.

At least one big truck load of bait for lobster fishermen has arrived here, with more reported as coming from the western part of the Island.

Mr. and Mrs. A. J. McAdam, Charlottetown, were week-end visitors here with Mr. Adams' parents, Mr. and Mrs. A. B. McAdam. A. J., as he is better known, is a teacher at S. D. U. and a well known football coach.

Mrs. J. B. Jay arrived home from the Charlottetown Hospital on Sunday, April 26th, feeling much better than when she went in. All hope to see her back on the job again shortly.

Mr. John T. O'Brien, who has been on the sick list for several weeks, entered the Charlottetown Hospital on Sunday evening, A-

Class Of '53 Graduates Of Prince Of Wales



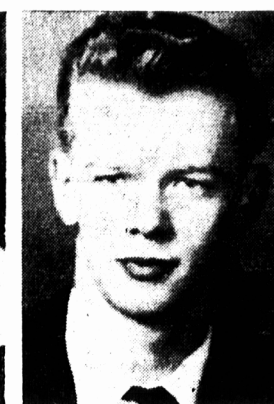
Joyce Wiggington, daughter of Mr. and Mrs. Lorne Wiggington of Montague, who plans to enter the teaching profession next year.



Garth Crockett intends to study agriculture at Macdonald College next year. He is the son of Mr. and Mrs. Ralph Crockett of Charlottetown.



Jean Diamond will enroll in science at Acadia University next year. Her parents are Mr. and Mrs. J. E. Diamond of Charlottetown.



Frank Currie will go to Colorado next year to further his education as he plans to enter the School of Mines there to study petroleum refining and engineering.

CANADA PROVINCE OF PRINCE EDWARD ISLAND IN THE PROBATE COURT The 24th day of April A.D. 1953 In Re Estate of ANNA MACDONALD late of Rosebury in Queen's County in the said Province of Prince Edward Island, deceased, intestate. To the Sheriff of the County of Queen's County or any Constable or literate person within said County

GREETING: WHEREAS upon reading the petition on file of Junius MacLeod of Flat River in Queen's County aforesaid, Farmer, Administrator of the above named Estate, praying that a citation be issued for the purpose hereinafter set forth: You are therefore hereby required to cite all persons interested in the said Estate to be and appear before the Judge present at a Probate Court to be held in the Court House in Charlottetown in Queen's County, in the said Province, on Monday, the 1st day of June next coming, at the hour of Eleven o'clock forenoon of the same day to show cause if any they can why the Accounts of the said Estate should not be passed and the Estate closed as prayed for in said petition and on motion of Malcolm MacKinnon, Esquire, Proctor for said Petitioner.

And it is hereby ordered that a true copy hereof be forthwith published in some newspaper published in Charlottetown aforesaid once in each week for at least four consecutive weeks from the date hereof and that a true copy hereof be forthwith posted in the following public places respectively, namely: in the hall of the Court House in Charlottetown aforesaid, at or near the store of William MacKenzie in Flat River aforesaid and at or near the store of Daniel MacPherson in Eldon in Queen's County aforesaid, so that all persons interested in the said Estate as aforesaid may have due notice thereof.

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Another monster attendance was reported at the C. Y. O. second dance in the community hall on Monday, April 27th. Don Messer and his Islanders played the music for modern and old time dancing.

The work of raising the St. Lawrence Roman Catholic Church started on Monday afternoon, April 27th. Several truck loads of equipment and lumber arrived a few days previously. A raising crew from Hope River under Mr. McQuaid will do the raising job as it is their line of work.

Doctor and Mrs. Chisholm, who were here on their way home from Florida, left on Sunday April 26th for their home in Halifax, N. S. They were guests of Mr. and Mrs. Bonnell while here. This fine young doctor and his charming wife spend several short vacations here every summer.

Mr. A. McKenzie, manager of the Morell Taxi, has returned from a business trip to Boston, a special trip with five passengers to attend a funeral in that city. Mr. McKenzie reports the roads wonderful and with no mishaps or flats, the round trip was made in a week.

C.N.R. TRAIN SERVICES

EFFECTIVE SUNDAY, MAY 17th

I.V. CHARLOTTETOWN— For Summerside-Borden 7:00 a.m., 3:30 p.m. daily ex. Sunday. For Murray Harbor 3:15 p.m. daily except Sunday. For Souris 2:30 p.m. daily except Sunday. For Elmira (Lv. Souris) 6:45 p.m. Monday; 5:45 p.m. Tuesday. For Georgetown 2:30 p.m. daily except Sunday. For Tignish 3:30 p.m. daily except Sunday.

I.V. SUMMERSIDE— For Charlottetown 7:15 a.m., 10:10 a.m., 2:45 p.m., daily except Sunday. For Borden 7:15 a.m., 2:45 p.m., daily except Sunday. For Tignish 6:15 p.m., daily except Sunday; 12:01 p.m., Mon., Wed., Fri.

Moncton — Halifax — Saint John Montreal — Toronto

Lv. Charlottetown 7:00 a.m., Summerside 7:15 a.m., daily except Sunday. Through air-conditioned sleeper Charlottetown-Moncton, leaving Charlottetown 7:00 a.m.

Car Ferry Service Borden — Cape Tormentine Four trips daily in each direction, leaving Borden pier at 9:10 a.m., 1:00 p.m., 4:30 p.m., 7:30 p.m., and Cape Tormentine pier at 10:35 a.m., 2:40 p.m., 6:00 p.m., 9:00 p.m.

Atlantic Standard Time.

CANADIAN NATIONAL

published in some newspaper published in Charlottetown aforesaid once in each week for at least four consecutive weeks from the date hereof and that a true copy hereof be forthwith posted in the following public places respectively, namely: in the hall of the Court House in Charlottetown aforesaid, at or near the store of William MacKenzie in Flat River aforesaid and at or near the store of Daniel MacPherson in Eldon in Queen's County aforesaid, so that all persons interested in the said Estate as aforesaid may have due notice thereof.

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

CANADA PROVINCE OF PRINCE EDWARD ISLAND IN THE PROBATE COURT The 24th day of April A.D. 1953 In Re Estate of JACOB GOULD INMAN, late of Crapaud in Queen's County in the said Province, Retired Farmer, deceased, testate. To the Sheriff of the County of Queen's County or any Constable or literate person within said County

GREETING: WHEREAS upon reading the petition on file of John C. MacNevin of Bonshaw in Queen's County aforesaid, Farmer, Executor of the above named estate, praying that a citation may be issued for the purpose hereinafter set forth: You are therefore hereby required to cite all persons interested in the said Estate to be and appear before the Judge present at a Probate Court to be held in the Court House in Charlottetown in Queen's County, in the said Province, on Monday, the 1st day of June next coming, at the hour of Eleven o'clock forenoon of the same day to show cause if any they can why the Accounts of the said Estate should not be passed and the Estate closed as prayed for in said petition and on motion of Malcolm MacKinnon, Esquire, Proctor for said Petitioner.

And it is hereby ordered that a true copy hereof be forthwith published in some newspaper published in Charlottetown aforesaid once in each week for at least four consecutive weeks from the date hereof and that a true copy hereof be forthwith posted in the following public places respectively, namely: in the hall of the Court House in Charlottetown aforesaid, at or near the public hall in Crapaud aforesaid and at the store of L. T. Beaton near the store of L. T. Beaton

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar



ALUMINUM has been flying high in civil and military aircraft for a good many years. Recently Prof. Pierre Demers of the University of Montreal found a new use for this air-borne metal. He used aluminum to encase a camera which he sent aloft attached to a hydrogen-filled balloon in order to photograph cosmic rays, ten miles up in the cold and empty stratosphere.

From the luxurious interiors of modern transports to the white-hot heart of a jet turbine engine, aluminum is lending its lightness and strength to Canada's aircraft industry. Aluminum Company of Canada, Ltd. (Alcan).

in Bonshaw aforesaid, so that all persons interested in the said Estate as aforesaid may have due notice thereof.

Witness His Honour Harold Leonard Palmer, Judge of the said Probate Court at Charlottetown aforesaid, the day and year first above written.

By the Court. FRANCES B. VINNICOMBE (Sgd.) Registrar

Advertisement for L. M. POOLE & CO. featuring MASONITE TEMPERED PRESWOOD EXTERIOR SIDING, TEN/TEST ASPHALT PROTECTED INSULATING SHEATHING, and IP, BIRCH HARDWOOD PLYWOODS. Includes images of siding, sheathing, and plywood, along with contact information for Paoli's Wharf and MacDONALD-ROWE WOODWORKING Company Limited.



NOTICE TO CONTRACTORS

SEALED TENDERS, addressed to the undersigned and marked as to content, will be received up to twelve o'clock noon, E.D.S.T., on the fifteenth day of MAY, 1953, for the ASPHALT SEAL-COATING OF APPROXIMATELY 11-25 MILTS OF THE DALVAY-STANHOPE AND RUSTICO-NEW LONDON BAY HIGHWAYS IN PRINCE EDWARD ISLAND NATIONAL PARK, PRINCE EDWARD ISLAND.

Copies of the Contract and tendering documents may be examined at or obtained from the offices of:

The Chief, Engineering and Architectural Division, Norlite Building, Ottawa 4, Ontario.

Supervising Engineer E. A. Gurney, Engineering and Architectural Division, Room 5, 691 Main Street, Moncton, N. B.

The Acting Park Superintendent, Dalvay, Grand Trunk, Prince Edward Island National Park, Prince Edward Island.

Each tender must be accompanied by a money guarantee of Ten Per Cent (10%) of the total amount of the tender, in the form specified in the "Instructions to Tenderers."

In the case of the successful tenderer, the money guarantee will be retained as a security deposit for the fulfillment of the work in accordance with the terms of the Contract Agreement.

The Department does not bind itself to accept the lowest or any tender.

NORMAN MARR, Director, Engineering and Water Resources Branch, Department of Resources and Development, Ottawa 4, April 25, 1953.

Advertisement for THE NEW FERGUSON TWENTY-85, featuring a tractor image and text: 'THE POWERFUL FERGUSON TWENTY-85 meets MORE of the needs of MORE farmers, MORE of the time with MORE economy. ASK THE MAN WHO OWNS ONE Then get a Showroom Demonstration. W. G. BARBOUR LTD. 125 Euston St. Phone 2866'