

Poor Mental Health - - Let Us Fight It Where We Find It

By Reva Gerstein, M.A., Ph.D., Director of Program Planning and Mental Health Week Co-ordinator, Canadian Mental Health Association

Today in Canada there are over 50,000 hospitalized mental patients. To appreciate the immensity of this problem, we must realize that all the other beds occupied in hospital at any one time by patients suffering from tuberculosis, cancer, poliomyelitis, muscular dystrophy, diabetes and all other diseases when added together come to about the same figure.

one, and for the perennial show-offs craving attention. These are but a few signs of unhealthy mental development. More understanding parents are needed; more insightful teachers who appreciate the dignity of their profession; more opportunities provided in schools to help children grow up emotionally erect and dignified; and more psychiatric teams for guidance and treatment when they are needed. For these, we must fight.

We may ask: What are we doing for these mentally ill persons? And we may say that through generous government grants and increasing public support and understanding, every province is endeavouring to raise the standards of care and treatment for their mentally ill. However, we still have a long road to travel. Overcrowding among patients still exists. Staffs are still overburdened and lacking in numbers. The most serious lack exists among nurses and aides in mental hospitals. Buildings without adequate staff and care of care of patients. These, we must fight.

Let's face it - wherever there is human beings, poor mental health will take its toll. Every Canadian either personally or indirectly through a relative, co-worker or friend is touched by this problem every day of his life.

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BAPTIST MEN'S Father and Son Supper 6.15 tonight. Dr. George Fisher, speaker.

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HANDICRAFTS now being received at the Abegweit Gift Court, 181 Great George Street.

UNITED CHURCH EXPOSITION May 7th-13th. Trinity Church, Charlottetown. Pageant May 12th and 13th.

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TABLE OF 7th anniversary special for Mothers' Day at the Abegweit Gift Court, 181 Great George Street.

ENGAGEMENT - Mr. and Mrs. W. D. Gillis announce the engagement of his daughter, Mary Clare to Roland Rasher, son of Mr. and Mrs. Alphonse Rasher of Montreal. Marriage to take place in Montreal, July 4th.

ENGAGEMENT - Mr. and Mrs. Humphrey Moore, Abney, wish to announce the engagement of their eldest daughter, Violet Blanche to Gabriel (Babe) Kays, son of Mr. and Mrs. Elias N. Kays of Charlottetown. Marriage to take place July 3rd.

ILLUSTRATED ADDRESS - Rev. Canon J. T. Ibbott will give an illustrated address on his travels through England and Scotland in St. Paul's Parish Hall on Tuesday evening, May 5th at 8:00 P.M. Silver collection.

Personals

Mrs. William V. DeCoste, 46 Bayfield St., entered the Charlottetown Hospital yesterday to undergo an operation.

EMYVALE SCHOOL

The following is the report of Emyvale School for the month of April:

Grade X-1. Florence Clarkin; 2. Brendon McGinn; 3. Stella Flood. Grade IX-1. Verma Clarkin; 2. Anita Murray; 3. Clarence Coody.

Grade VIII - 1. Jean McQuaid; 2. Teresa McCloskey; 3. Wilfred Griffin.

Grade VII-1. Marie Clarkin; 2. Clifford Callaghan; 3. Inez Flood. Grade VI-1. Catherine McGinn; 2. Paul McCloskey; 3. Francis Coody and Loyola Griffin (equal).

Primary Department Grade V-1. Marie McCordie; 2. Joan Quinn; 3. Marilyn Murray. Grade IV-1. Leo McQuaid; 2. Ralph McCloskey; 3. Eva McQuaid.

Grade III-1. Gerard Callaghan; 2. Kevin Griffin; 3. George Cusack. Grade II (A) - 1. Donald McQuaid; 2. Maurice Cusack; 3. Rosemary McQuaid.

Grade II (B) - 1. Eugene McCordie; 2. George Johnston; 3. Alma McCloskey.

Grade I-1. Leonard Cusack; 2. Thelma Griffin; 3. Gerard Griffin. Principal: Martina McCloskey. Assistant: Mrs. Clara Johnston.

Card of Thanks

Husband - Brother and Sister of the late Mrs. Albert C. Myers (nee Laura Amy Jenkins) who passed away April 5th, 1953, wish to thank Dr. Preston McIntyre, Montague, P. E. I., and nursing staff of King's County Memorial Hospital, Montague, P. E. I.; also all those who sent flowers, letters and cards of sympathy. Also all friends who in any way helped in our sad bereavement.

Thoughts For Our Time

By His Eminence Cardinal McGuigan

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PROGRESS AND THE MORAL LAW

Because progress is necessary to human activity.

The common man of Western culture is quite well aware of the necessity of confining any question concerning the fact of human progress to a clearly defined order of activity. He knows, for example, that though there has been startling and unprecedented progress in positive science and technique, this does not guarantee that there has been similar progress in the growth of moral conscience.

Now it is of supreme importance that men understand also that, though there has been progress, even great progress, in the growth of moral conscience, this does not necessarily mean that that progress has factually taken place along the whole moral front.

There has been splendid progress, indeed, in the growth of moral conscience of the western common man with regard to the question of child labor or of the treatment of prisoners of war. But does this mean that the evolution of the ideas, habits and laws relative to marriage in the western world as a whole from the end of the eighteenth century to our own time must also be regarded as a growth of moral conscience?

Some, of course, believe that such is the case. But there are many who have tolerated or passively accepted this evolution and yet in no way approved of this growing lack of discipline in moral conduct. A contributing factor has been the confusion introduced by rationalistic optimism with regard to necessary progress. Some sources have seen in such evolution an inevitable development connected with other aspects of the evolution of modern societies and inseparable from what it has been agreed to call progress.

Would it not be well for all, whether they are, in good faith, actively promoting the modern trend by, for example, advocating the loosening of divorce laws, or passively accepting that trend with a more or less troubled conscience, to seriously consider the following two questions of fact? First: Did the heaven of Christianity promote a growth in moral conscience with regard to the institution of marriage in pagan Rome? Second: If so, does the modern trend in these matters appear to be a furthering of or a repudiation of that growth of moral conscience?

Finally, the necessity of progress may mean that it is necessary as a factual development. In this case, no contingency and no liberty could arrest human progress. But precisely because men are free, this position can not be rationally maintained. A rational analysis of human nature reveals only the natural possibilities of progress and the natural requirement for progress.

Rationalistic optimism has confused these three meanings of the necessity of progress. Nevertheless, the notion of human progress as a necessity of right and as a necessity of fact, are both excluded by human freedom. The only question of fact with regard to human progress, no rationally necessary answer can be given. The question must be referred to experience. For this reason we must give up discussing factual human progress in general terms embracing the whole complex of

IN MEMORIAM

MR. JAMES E. MacLEAN

The community of Northam and surrounding districts and many friends were saddened on Tuesday morning, March 31st, 1953, when it was learned that Mr. James E. MacLean, one of the oldest and most respected citizens, had passed away.

Despite his advanced years his passing is much regretted by his many friends and neighbours at the age of 93 years. Always deeply interested in the happenings of the day and being endowed with a wonderful memory, he was a most intelligent conversationalist, a man of fine character and sterling qualities and an outstanding example of a good citizen and true friend.

Visitors at his home always received a hearty welcome and he will long be remembered by many friends old and young alike. He was a faithful member of the Presbyterian Church. His wife predeceased him 14 years ago.

The funeral service was held on Saturday afternoon, April 4, from his late residence, and was largely attended. A short service was held at his late residence, then to the Presbyterian Church, Tyne Valley, where a very impressive service was held with Rev. Mr. William MacLean officiating. A solo, "Beautiful Garden of Prayer" was rendered by his nephew, Mr. Donald MacLean.

The deceased is survived by one son, Laughlin on the homestead; two daughters, Ethel, widow of the late Rev. Andrew Brown, and Miss Emily MacLean, both at home.

The pallbearers were Messrs. Ivan MacLean, Elmer Baker, Wilfred McDougall, Daniel MacArthur, Graydon Gregg, and Alfred Colwill. The many beautiful floral tributes testified to the esteem in which the deceased was held.

Pillow - Family. Wreath - Presbyterian Church. Wreath - Northam Women's Institute.

Spray - Donald and Ralph MacLean.

Spray - Mr. and Mrs. E.H. Monkley.

Spray - David and Alicia.

Out flowers - Frank and Elga.

Spray - Charles, Jean, Greta, and Graydon.

Spray - Woodland Colwill and family.

Spray - Katie, Ray, Adah, Roy and Alfred.

Also numerous cards and letters. As the casket was slowly lowered into the grave, "The Arms of Jesus" was sung by the choir.

Sincere sympathy is being extended to the bereaved family.

MERMAID W. I.

The monthly meeting of Mermaid Women's Institute was held at the home of Mrs. Athol MacDonald on Thursday evening, March 5th.

The president presided and the meeting was opened by the members repeating the creed in unison. Roll call was responded to by seven members and was answered by each member paying a dime and relating a historic event with date.

Minutes of the last meeting were read and adopted. One new member, Mrs. M. J. Matheson, was asked, nor were any given. At times tempers flared into frenzy as voices soared with offended emotion, in accompaniment with gyrating arms and other gesticulations indicative of the extent to which it was believed agriculture was being gored.

When participants had become exhausted and leaned back on their "oars" in exultation at how frankly and emphatically they had extemporaneously expressed themselves, and the smoke that lay in the wake of this revelry had cleared.

It was decided to have the Red Cross show films in the school house at an early date, proceeds to go to the flood victims in Europe.

It was moved by Mrs. Athol MacLean and seconded by Mrs. Joseph Lacey that a travelling basket be sent through the district.

Mrs. Carter kindly invited the members to her home for the next meeting.

The hostess, assisted by the lunch committee, served dainty refreshments.

LONDON, (CP) - In response to requests from some of the 53,000 women members, the Amalgamated Engineering Union will provide lectures on glamour, including hair tinting and the like.

Farrell, Donna MacLaurin. Highest average - Donna MacLaurin, 98 1/2. Teacher: Olga Simpson.

Y's Men Addressed By Rev. Mr. Somers

The Four Foes of Personal Efficiency was the subject chosen by the Rev. T. H. B. Somers when he appeared as guest speaker Thursday evening at the regular weekly meeting of the Alpha Y's Men's Club held in the banquet room of the Y.M.C.A. Mr. Harry Powell of Halifax, who is the District Governor, Maritimes East, also was present and addressed the members.

Mr. Somers commenced his talk by referring to an article that he had read recently on watches and clocks wherein it was stated that the first mechanical time piece was not invented until 1656. The speaker pointed out that there were 150 separate pieces in the modern watch and then he enumerated some of the less obvious ways that it could be thrown out of order.

Mr. Somers then completed his simile by comparing the human body to a watch. The body has many more intricate parts but there are many ways in which its efficiency can be lessened.

This brought him to the subject of his talk, "The Four Foes of Personal Efficiency": (1) Emotional instability brought about by events that occur to upset one's ordinary routine; (2) Conflicts between the desire to do what one would like to do and what should be done. This point was very aptly illustrated by a little story about a minister who wanted to go fishing on Saturday afternoon but knew he should be preparing his sermon for Sunday; (3) Pressure of daily circumstances and (4) a sense of relative failure. A lot of people compare their accomplishments with the more successful achievements of their neighbours and feel they should have done better.

Mr. Somers' talk was greatly enjoyed by his audience who found him a very interesting and fluent speaker. He was introduced by Mr. Fred Gamble and the thanks of the Club were extended by Mr. Jim Brady.

The Club was also very fortunate in having as a guest their District Governor - Maritimes East, Mr. Harry Powell, Halifax, N.S. He gave a very interesting talk on the four service fields of Y's dom: (1) World Outlook, (2) Young Adults, (3) Boys' Work, (4) New Y.M.C.A. Member counselling. He also outlined the plans for the Maritime Conference which is to be held in Halifax May 16-17-18 and urged all the members to attend. Mr. Powell was introduced by Mr. Art Duvvar and thanked by Mr. Bill Agnew.

A sad note then entered into the meeting when President Bill Agnew announced the very sudden death of Arthur Affleck. Art was the first President of the Club twenty-seven years ago and his passing will be mourned by all. Rev. Jim Davison led the members in a short prayer and all were asked to

and if you want curls

IF your hair is not naturally curly... if you want hair that holds a curl, even in rainy weather... let me whisper something in your pink, shell-like ear. At night, when you go through the usual process of subdividing your hair into little sections, here's what you do. Rub a little Lanolin into the hair. Put a little on the scalp and a little on the hair surface. Then roll your hair up the way you usually do... using bobby pins, curlers, old typewriter ribbons, rubber bands or whatever appeals to you most. Then just before you crawl into bed, moisten the hair around each curler. It will dry into curls while you are asleep. In the morning, merely remove the hardware from your head, exercise the scalp and gently brush your hair. You've got a glorious surprise in store for you. Curls and waves that fall naturally into place, such as you've never dreamed possible. Your hair will be shiny with radiant highlights which will invite admiration and praise, sha... even romance.

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and if you want curls IF your hair is not naturally curly... if you want hair that holds a curl, even in rainy weather... let me whisper something in your pink, shell-like ear. At night, when you go through the usual process of subdividing your hair into little sections, here's what you do. Rub a little Lanolin into the hair. Put a little on the scalp and a little on the hair surface. Then roll your hair up the way you usually do... using bobby pins, curlers, old typewriter ribbons, rubber bands or whatever appeals to you most. Then just before you crawl into bed, moisten the hair around each curler. It will dry into curls while you are asleep. In the morning, merely remove the hardware from your head, exercise the scalp and gently brush your hair. You've got a glorious surprise in store for you. Curls and waves that fall naturally into place, such as you've never dreamed possible. Your hair will be shiny with radiant highlights which will invite admiration and praise, sha... even romance. NIL-O-NAL... THE SUPER LANOLIN SUCCESS Friends, NIL-O-NAL (spells lanolin backwards) is the most successful lanolin formula ever made. All the stickiness has been refined away, all the odor removed. NIL-O-NAL is clear, greaseless, delightful. Here in NIL-O-NAL is genuine LANOLIN extracted from the wool of sheep and blended by one of America's leading chemists, made ready for daily use by every man, woman or child who thinks long, thick, luxurious hair, naturally wavy hair is wonderful, a joy to have and a joy to behold. NIL-O-NAL doesn't plaster the hair... it soaks into the hair and scalp, replacing the missing natural oils... it keeps hair healthy, lovely, handsome and neat. Get NIL-O-NAL... only \$1.79 for 2 ounce, \$3.00 for 4 ounce... obtain the results promised in the first 30 days or return the full refund. We know what NIL-O-NAL can do for your hair. We know that once you've tried it you'll tell your friends. That's all we want. Now if you want the hair benefits which we know NIL-O-NAL can give you, ask for it at once at your drug or cosmetic counter.

Co-Operative Journeying Down Through The Years

By J. A. Gillies, Charlottetown (Continued from Friday issue)

"Farmers' Week" did not always, nor necessarily, consist of a stereotyped inflexible series of sombre sessions where men were expected only to explore into the mysteries of scientific agricultural research and revel in new discoveries, witnessed or expounded. Leadership sought and insisted that a measure of dignity, decorum and formality, pervade the sessions but nonetheless recognized the human equation and allowed for and even joined heartily, in brief periods of levity and outbursts of jocularity that occasionally and unexpectedly invaded routine thought and discussion.

There is no class of person more susceptible to the penetration of wit and humor, nor possessed of his sense to a greater degree, than are farmers. If one wishes to enjoy a laugh that will convulse to the utmost extremities, may we recommend listening to the quips and jibes tossed over the shoulder at an auction sale or ploughing match or "frolic" of other description, in the country. Or where can one find greater opportunity for face contortions than by posing with nose in a book of rural origin, background, anecdote, and vocabulary, woven into story with observations and incidental accompaniments.

Alternately, when matters of weight and moment were agitating normal rural serenity, sessions at the Farmers' Parliament were not always pacific. Causes that might always be expected to lead to explosive proportions, would generally be associated with markets, marketing methods, transportation and freight rates and high purchasing cost of commodities used on the farm, etc., and when any given At times tempers flared into frenzy as voices soared with offended emotion, in accompaniment with gyrating arms and other gesticulations indicative of the extent to which it was believed agriculture was being gored.

When participants had become exhausted and leaned back on their "oars" in exultation at how frankly and emphatically they had extemporaneously expressed themselves, and the smoke that lay in the wake of this revelry had cleared.

Scenes like these were seldom screened to a small audience. They were preceded by some sort of uncanmy yet intelligible premonition, that rarely failed to provide a "sell-out" attendance at the forum. Such displays as these briefly described, were not the prevailing experiences at farmer meetings but rather the exception, the inevitable squall that flared into a nor'easter on occasions. Between times, however, and for lengthier periods and successively from session to session, sunshine modified the atmosphere and much was attempted in an effort to explain and understand the problems of farming.

In fact the element of entertainment made frequent intrusion, and despite efforts of a presiding official to maintain a reasonable measure of decorum, conviviality, and mirth occasioned by someone, held the fort in possession, briefly of course, but nonetheless usefully, as it broke up the monotony threatening to gain sway.

I well remember an instance when a delegate who normally would have remained inattentive, precipitated a round of amusement. He was a bit late for the opening of the afternoon session, and during a rather extended noon hour recess, his mode and means of expressing convictions, became somewhat liberated and elastic. He acknowledged acquaintance with those he passed by as he strode down the aisle to a seat that was vacant. With cap in the pocket, he deposited his coat on the chair underneath him and after momentarily surveying his audience, was upon his feet to "take part in the discussion". When reminded by the chairman that his elucidations applied to a subject already disposed of, he blandly replied "Tell me then what subjects we are discussing and I'll discuss that". There was a roar of laughter from the audience, in which he himself heartily participated as he sank to his seat in confusion.

Another incident, with which illustrations will cease, concerns an elderly gentleman, one of a trio who rarely if ever missed a "Farmers' Week" celebration. He desired to take part in debating a topic

ed away, the real directives were issued by the cooler heads who had remained "intact" throughout this burlesque and even enjoyed the dramas that had just been unfolded.

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Continued on page 15

FESTIVAL of MUSIC May 1st - 9th

Honorary President: Dr. L. W. Shaw. President: Dr. G. D. Steel. Vice-Pres. (Prince): Chief Justice Thane A. Campbell. Vice-Pres. (Queen's): Mrs. Wallace Rood. Vice-Pres. (King's): Mrs. Archibald Hume. Secretary: Mrs. Edwin Cook. Ass't. Secretary: Mr. Malcolm MacKenzie. Rec. Sec'y: Mrs. Wendall Wood. Sessions Today: Community Centre-9:30 A.M. and 2:30 P.M. P.W.C. Hall-9:30 A.M. and 2:30 P.M. Official Opening Tonight At 8 P.M. Under the distinguished patronage of His Honour the Lieutenant Governor T. W. L. Prowse and Mrs. Prowse. The Honourable Premier J. Walter Jones and Mrs. Jones. His Worship Mayor J. D. Stewart and Mrs. Stewart. Addresses by: Dr. G. D. Steel, M.A., LL.D., Hon. Alex Matheson, M.L.A., representing the Premier. Adjudicator: Mr. Reginald Geen, F.R.C.O., Toronto. Adjudicator: Mr. Earl Terry, B.A., B.Paed, M.M., London, Ont. Competition in school band, women's chorus, school chorus, men's chorus' piano duets, vocal duets, trios and quartette and violin solos. Winners from Friday and Saturday Choral Reading and Dancing competition. Admission To Sessions: Morning & Afternoon 15c. Evening 25c. Season tickets may be procured at door. Three Grand Concerts 1-Friday, May 8th-7:45 P.M.-P. W. C. Hall. (Same program)-8:30 P.M.-Community Centre. 2-Saturday, May 9th-2:30 P.M.-P. W. C. Hall. 3-Saturday, May 9th-8:00 P.M.-P. W. C. Hall.

MAY 3rd MENTAL HEALTH WEEK MAY 9th

TAKE PART IN THIS WEEK'S PROGRAM Read:-Local papers for Mental Health Series-Local and National. Listen:-To CFXY for spot announcements and for 15 minute broadcasts-Standard Time. Monday-May 4, 7:30, Hon. A. W. Matheson, Q.C., Minister of Health and Welfare. Wednesday May 6, 7:30, Dr. W. J. P. MacMillan, O.B.E., Member of the Legislature. Saturday-May 9, 7:00, Dr. A. J. Murchison, Director, Division of Mental Health. Visit:-Occupational Therapy Building, Falconwood Tuesday, Wednesday, Thursday, Friday afternoons 2-4, light refreshments. Bus Service from Bus Terminal leaving at 1:15, 2:15, 3:30, returning at 1:30, 2:30, 4:30. See: Display of patients work - B.U.Y. Posters and display showing the various activities of the Division of Mental Health - Films relating to Mental Hygiene in Hospital Auditorium.