

THE WESTERN GUARDIAN PRINCE COUNTY OFFICE 3 Summer Street, Summerside, Phone 8031. News, Subscriptions, Advertising, Representatives GEORGE CLAY and GEORGE WOTTON. Phone 8032 and 8033.

ATTEND AUCTION Sale of high class furniture at residence of J. R. Holman, Kensington, 130 P. M. Tuesday, June 24.

CHICKEN SALAD supper and banquet at Baptist parsonage, Central Bedeque, Wednesday, June 25th, from 4.30 to 7.30.

BASEBALL Kensington diamond, Wednesday, June 25th, Charlottetown Junior All Stars, vs. Kensington Star-Gain Intermediates, 2.00 o'clock.

COME to the Lobster and Chicken Salad Supper, Bazaar and Parcel Post Sale in the Kensington United Church Assembly Hall Wednesday, June 25, from 4 to 7 p.m. Sponsored by the Junior Women's Association.

STORES TO CLOSE JULY 1—At a recent meeting of the Retail Merchants Committee of the Summerside Board of Trade it was recommended that all Summerside stores close on Tuesday, July 1, Dominion Day, and that they also close on Wednesday afternoon, July 2.—S

TAKES NEW CHARGE—Mr. Heber H. Hardy, lay minister of West Cape pastoral charge of the United Church will be the supply minister of the Windsor United Church the first Sunday of July, subject to approval of P. E. I. Presbytery. Mr. Hardy has given fine service at West Cape since last fall and his many friends wish him every success in his new field.

A WELCOME VISITOR to Summerside yesterday was Mr. George E. Woodside of Kensington who will be 82 years young on Wednesday, June 25th. Hale and hearty despite his four score and two years, Mr. Woodside still is able to do his share of work when he feels like doing so but usually goes to the utmost. Most of his family of ten children have moved away from the Province and reside in the United States.—S

HONOUR TEACHERS—The following five teachers of the Summerside High School, Mrs. Joseph Martin, Mrs. James Peach, Mrs. G. Chaisson and Messrs. George Walker and Raymond Morrison, who have tendered their resignations, were guests of the teaching staff of the Summerside High School and Academy on Friday afternoon at the tea hour in the library when each was presented with a farewell gift. Mr. Clarence Mercer, supervisor, made the presentation.—S

SUMMERSIDE ROTARY—The regular weekly luncheon meeting of the Summerside Rotary Club was held yesterday at noon at Robsons Restaurant with the president, E. W. Taylor, presiding. Reports were submitted by President Taylor, vice-president Alan Holman and the Secretary, James MacGregor on the recent Rotary convention held at Digby, N.S. Visiting Rotarian, Mr. MacLeod of High River, Alberta, was a guest of the local club at yesterday's meeting and briefly addressed the members.—S

IN COUNTY COURT—In the case of the trustees of School District No. 53 (St. Nicholas) versus Frank Squarebriggs, evidence was heard yesterday in the County Court before Judge L. G. Lewis. The plaintiffs are suing for arrears of school taxes and the defendant is counter claiming for damages to an alleged right of way he has through the school property. The court will give judgment on July 10th. Mr. J. A. Gallant appeared for the plaintiffs and Mr. T. I. Linkletter for the defendant.—S

THE YOUNG Women's Guild of St. Andrew's Presbyterian Church, Montague, entertained Friday evening at the manse, for Mrs. Gerald Jardine who is leaving soon to take up residence in Yarmouth, N. S. A short program conducted by Miss Thelma Latta was very much enjoyed. Following a delicious lunch served by the hostess and the lunch committee, an address to Mrs. Jardine was read by Miss Latta and a gift presented by the president, Mrs. Leland Nelson. The guest of honor graciously expressed her appreciation and extended a cordial invitation to everyone to visit her in her new home. The singing of a revised version of "So Long Its Been Good to Know You" brought to a close a very happy social evening.

LEGION AUXILIARY MEETS—The Ladies Auxiliary of the Canadian Legion, B.E.L., Summerside Branch, held their last regular meeting until the fall on Friday, June 20 with the president, Mrs. Clifford MacGuigan in the chair. The secretary, Mrs. Harold Harkness, read the minutes of the last meeting and Mrs. Ivan Nicholson gave the treasurer's report. Special thank you letters received from servicemen in Korea and elsewhere for cigarettes were read by the convener, Mrs. Jack Watson. The branch members were pleased to receive more names and addresses of boys overseas and it was decided to send cigarettes to these boys as well. Thank you messages were read from three members for gifts received during their illness. When the business discussions ended the meeting adjourned, followed by a delicious lunch served by the committee in charge.—S

Plans Completed For Institute Convention

At a meeting last Saturday evening of the executive, final plans were made for the local Women's Institute convention which is to meet in Alberton on Thursday of this week. Presiding over the convention will be Mrs. Lloyd Wilkie of the Dock Institute and the secretary will be Mrs. Fred Campbell, also of the Dock. Providing supper for the delegates will be Brooklyn, Alma, Mill River and Fortune Cove Institutes.

An interesting feature of the convention will be a display of handicrafts made by the members. It was decided that the institutes of Alberton, Alberton South, Elmstead and Rosebank should have charge of this display.

The educational paper will be given by a member of Montrose Institute. It is expected that Mrs. Manning and Mrs. Neil Matheson of Charlottetown will be present to assist with the afternoon session.

The evening session, as usual, will be open to the public. The program is scheduled to begin at 8 P.M. with the speaker, Mr. Bramwell Chandler, to be followed by a variety program to which all institutes are expected to contribute. The executive decided that door receipts from the evening session should be donated this year to Alberton public library.

The number of Institutes participating in the Alberton convention this year is larger than previously, several new ones having been organized since last year. This year it is expected there will be delegates from the following fourteen institutes: Alberton, Alberton South, Alma, Casumpec, Dock, Elmstead, Fortune Cove, Kildare Capes, Laurélie, Mill River, Montrose, Rosebank, St. Lawrence, and St. Edwards.

They worked 11 to 12 hours a day six days a week, cared for large families—but with all, had the ability to relax by their fireside with their family and friends. "Have we lost our sense of values? We seem to be running ourselves ragged and are unable to relax. "Through the march of science, has brought many mechanical advantages, which conserve time, lessens drudgery, gives shorter working hours and better working conditions, in the main are we happier and more contented? "We have lots of time, but fail to use it properly, we are going at top speed but seemingly fail to arrive. "Hurry and worry are products of modern living and their effect on the individual may be quite drastic. "Hurry, speeds up the functioning of the body organs and quite commonly leads to serious physical disorders, such as a clot in the arteries of the heart muscle, high blood pressure, hardening of the arteries—the nervous indigestion from poor eating habits, scanty meals and general body fatigue. "Worry is normal under stress, and is useful in overcoming dangerous and unusual circumstances. But if it persists more or less continuously, it may result in many physical and mental upsets.

Becoming More Serious "Worries about business, domestic and social life may result in tenseness, depression, irritability, anxiety, bad temper, insomnia, increased heart rate and breathing difficulties. These physical and mental diseases are becoming more serious each year. "Science has wrought many wonders in our day and age—We have gained the telephone but increased our appointments and engagements. "Motion pictures and television have added to our knowledge and entertainment but have interfered with our ability to entertain ourselves and others with good literature, music and pleasant conversation. TAKE TWO SANATORIUM—The motor car has added to our ease of travel, but has brought worry and sorrow to many a family, its toll of dead and injured is alarming. "Aircraft has made the world of small dimensions and easily accessible to travellers but it has increased our vulnerability to hostile forces and the peril of modern warfare. "Atomic energy promises an industrial revolution and advances in medical science but the atomic bomb is a nightmare of a man's destructive power. It is the universal law of nature that to each action there is an equal and opposite reaction—to gain an advantage we must lose something. "In this instance we have lost the simpler way of life and must make an adjustment to the speed of modern living and perhaps the important factor in such an adjustment is relaxation.

Continued from page 1 graduates. "The treatment for T.B. is keeping pace with all medical advances and there have been vast changes here since 1931 when routine called for food and rest," Dr. Creelman stated. "The work here now is no longer a dull procedure, and we are able to perform major difficult operations right here in the institution with marked success. Dr. Creelman expressed the hope that many more young ladies will take advantage of the facilities offered here, to engage in a work that has such far-reaching effect on the health and happiness of our people." The presentation of Pins and Certificates were made by Miss Helen Arsenault and a most enjoyable hour was followed by tea served under the direction of Miss Hazel Stearns, assisted by Miss Jean Halliday. Two songs by Miss Nancy MacNevin accompanied by Miss MacNevin and Miss Helen Arsenault were very pleasingly rendered and much appreciated. The following Nursing Aides were graduated: Marcella Mary Bradley, Peakes; Alice Mae Chapman, Murray Harbour; Wanda Sofia Costain, St. Louis; Olive Jean Heckbert, Summerside; Helen Gertrude Hughes, Riverton; Margaret Rosina McDonald, Rock Barra; Mrs. Marlon Myrtle McDougal, Charlottetown; Lella Amy Morris, Charlottetown; Blanche Evelyn Murray, St. Eleanors.

DR. MURCHISON'S ADDRESS In his address to the graduates Dr. Murchison paid warm tribute to the enviable record achieved by the Provincial Sanatorium and to the part played by the nurses and trainees in maintaining its standards. "The first principle in the treatment of your patients, I believe, is rest," the speaker emphasized. "Without peace of mind there can be no relaxation of the body. Man's nature is over balanced by emotion, our nervous reactions are kindred to those of the brute beast,—it is well to remember under stress of love, hate, fear or prejudice he acts without reason. It is well to recognize our tendency to false judgment and to be tolerant and judicious. "On the days of our fathers and grandfathers we find a greater degree of composure and calmness—though having less leisure time it would appear theirs was an easy going and peaceful existence.

ALBERTON AND VICINITY Mrs. F.J. Carpenter has returned to Alberton after undergoing medical treatment in Charlottetown. Mrs. Fred Clark returned to her home in Alberton during the week-end. She has been a patient in the Prince Edward Island Hospital for some weeks. Mr. and Mrs. R.E. MacDonald, with Peter and Barbara, motored from Alberton to Malpeque on Saturday to spend the week-end with Mrs. MacDonald's parents, Mr. and Mrs. Leslie McNutt. Mrs. Kenneth Blauvelt, Fredericton N.B., was a visitor to Prince Edward Island during the week-end, when she and Mr. Blauvelt visited the National Park and other points of interest. Sunday evening they motored to Alberton where Mr. Blauvelt is relieving at the Canadian Bank of Commerce. Mrs. Blauvelt will return to Fredericton on Tuesday.

Launch Equipped To Harvest Little League Baseball Makes Debut At S'side

The Ran-A-Tan, an especially equipped boat for the harvesting of Irish Moss, left Charlottetown yesterday en route to Miminegash, N.S. Mr. John P. Smith of Weymouth, Mass. who has been over-seeing the equipping of the launch, is optimistic over the prospects of creating a steady market for this specific sea yield. He has fashioned the craft after those used in the Eastern United States with modifications. Perhaps later, converted Landing Craft Mechanized, familiar to combined operations personnel in the last war, will be brought here to expand operations.

The Ran-A-Tan is equipped with a stationary power plant with centrifugal pump. A power sited cutter moves across the sea floor and all loose matter is drawn into a creel where the Moss is separated and later bagged. The plant can suction some 500 gals. of water at maximum per minute, but will operate at about 2000 gals. In the words of Mr. Smith, "What the draggers have done for fishermen, so this type of craft will do for the gatherers of Irish Moss." An average yield would be 15 ton per day. Mr. Smith is also planning to equip fishermen with hand mechanized rakes which will increase yield operations five to one over the ordinary hand operated rake.

Should results warrant, drying plants would be established at various points in the Province. There is already one operated at Bloomfield by Mr. Keith Pratt. Mr. Smith feels that with the expansion of operations a Canadian company will be formed here. Much interest is being taken in the development of the Irish Moss industry here, particularly by plants in Sictuate, Mass. Known as the home of the Irish Moss, Mr. Smith conducted a survey in this Province and later other interested parties confirmed his findings. He stressed the necessity for the shipment of a clean, pure product in order to hold and develop markets. At present there is voluntary inspection through Fisheries officials.

Mr. Smith expressed appreciation for the co-operation from the Fisheries Department especially Mr. E. M. Gorman, the director. The Ran-A-Tan is 60 ft. in length with a beam of 13 ft. and draws three ft. of water. It is chartered from Mr. Leonard Vatcher, Charlottetown, who is co-operating in the venture. Last year some 125 cars of Irish Moss were shipped from the Sictuate area. This year some 450,000 lbs. has left the Province. This is equal to about 14 cars. It takes above five pounds of wet moss to make a pound of dry. It is used extensively commercially and new fields other than medicinal and textile are being rapidly developed.

Additional \$1200 For Hospital Completion Fund

An additional \$12,000 has been subscribed to the Prince County Hospital completion fund collected by members of the hospital board of trustees. It was announced yesterday by J. Frank Arnett, president. This total does not include the earlier subscription of \$10,000 by Austin A. Seales who is also a trustee, so that the total subscribed by trustees of the hospital now stands at \$22,000. Mr. Arnett expressed appreciation of "the confirming vote of confidence in the project" by his associates and paid tribute to the great amount of time, thought and work given personally and collectively by the board members, all of whom serve without compensation. Announcement of these subscriptions brings the total of admissibility to the \$250,000 fund up to \$70,000 Mr. Arnett reported.—S

Churchill's Example "During the war years, many wonder how that grand old man—Winston Churchill—with his many responsibilities and worries managed to keep going. It has been explained that he had the ability to relax, to rest or to fall asleep at a moment's notice and he had his hobbies for any idle moments. "My advice to you today is to learn the art of relaxation—this gives a release of tension. Walking, talking, breathing, in fact all human activities involve the contraction of different muscles and if muscles are over-worked they become fatigued. "We can use up energy even when doing nothing, as by useless movements of arms, and legs when sitting and talking, persistently frowning or scowling, continually doing little unnecessary things. "It is best to relax when fatigued rather than wait until you are exhausted. You can't do your work during the day and sport during the evening and night hours, moderation in all things is still an essential principle of living. "The best time for relaxation is just before lunch, before dinner and when going to bed, one should lie flat and relax the limbs, easy deep breathing will help—let the whole body go limp. "If you must think try to confine your thoughts to something pleasant. Quiet music is very relaxing—to become perfect, relaxation must be practiced. "You may relax sitting in a chair, rest your head on a back or allow it to lean forward, arms limp, legs outstretched, best resting on a foot stool this promotes better circulation. "You may even relax, while standing, walking or running or in most any activity—but only use those muscles necessary for the particular activity, this is seen in dancing or swimming when done gracefully. Much eye strain

Equally Necessary "Mental relaxation is as necessary as muscle relaxation, if the mind is actively engaged, in sorting our problems, or worrying over some situation, it has an adverse effect on the body organs and muscles in the form of increased tension. "So in order to achieve good relaxation it is necessary for the mind to be at rest as well as the body. If you must think, try to confine your thoughts to something pleasant. No situation is improved by worrying about it and never you wonder why you were so concerned. "One way of securing mental relaxation is by engaging in hobbies—The outside world offers many activities especially these summer days. Walks and drives, bathing and swimming, tennis and golf, fishing and picnics. You always have good music, and literature to interest you. There are many hobbies which offer relaxation to your mind and body—I am sure you have watched with interest the various forms of Occupational Therapy employed on your wards and its beneficial effects upon the patients. "Everyone should have some diversion for off-work hours and the form of relaxation should be sufficiently different to the duty job to prevent over exertion of the faculties used during the period of work. "Worry and hurry causes tension and fatigue and over indulg-

ed in shortens our span of life and in the process causes much unhappiness—so my parting words to you, are, learn to let yourself go and relax."

Little League Baseball Makes Debut At S'side

Little League baseball was introduced in Summerside last night with all the fanfare customary with major sporting debuts. The four teams of the league marched from the Legion Hall on Water Street to the Recreation Grounds to the tune of stirring band music.

The teams, arrayed in their new white uniforms, lined up in diamond formation, the Rotary team from first to second with yellow caps and yellow trim on their uniforms, the Y's Men with Red caps and trim along the base path from 2nd to 3rd, the Kinsmen with black caps and trim from third to home, and the Legion team with blue caps and trim from home base to the first sack. The boys stood at attention while "O Canada" was played, and J. K. Curran, well-known sports benefactor of Summerside, pitched the first ball.

The game which followed was rather one-sided, the Kinsmen defeating the Y's Men by the score of 2-1. Mac MacFarlane, on the mound for the winners, allowed only 5 hits, and committed the one error charged to his team. The Kinsmen cracked out 14 hits off MacAusland and Clark, and the Y's Men presented a shaky defence, committing 12 miscues. Michael Arnold led the Y's attack with 3 hits in 3 trips. F. Peters and M. MacFarlane each had 3 hits for Kinsmen.

The fielding gems were F. Peters' jumping catch back of first base in the fourth, and Billy Pinew's running catch in left field in the fifth. Lineups: Y's Men—W. Doucette, c; M. Arnold 2b; A. Arsenault cf; G. Phillips ss; L. Clark p & if; A. Gallant 1b; G. MacAusland p; G. Robinson if; A. Corney rf; J. Gay rf. Kinsmen—J. Gallant ss; E. Peters 2b; F. Peters 1b; M. MacFarlane p; B. Delghan c; P. Schurman and B. Pineau if; D. Sheen cf; A. Driscoll 3b; J. Rankin rf; D. Arsenault rf. Umpires—Plate, Jack Schurman, bases, Johnny Carroll.

Recreation Centre Game

In a Little Bigger League opener at the Recreation Centre diamond last evening, the Indians defeated the Dodgers 7-6. Junior Phillips and Don Cameron pitched for the Indians, and Johnny Whalen was the Dodger's chucker. The teams got six hits apiece. Don Cameron led the parade of swat with 3 for 3. R. Phillips and J. Whalen had 2 for 2, and Grant Grady 2 for 4. Line-ups: Dodgers — Delghan and Dawson rf.; C. Gaudet 3b.; C. Gillis ss.; G. Grady c.; B. Noonan 2b.; L. Arsenault if.; Newton and Laughlin lb.; Kenny cf.; Whalen p. Indians — B. Phillips ss.; S. Phillips 2b.; F. DesRoches rf.; D. Cameron 1b and p.; R. Phillips c. and 3b.; B. Rose and J. DesRoches cf.; E. Gallant if.; F. Arsenault c. and 3b.; J. Phillips p.

ed in shortens our span of life and in the process causes much unhappiness—so my parting words to you, are, learn to let yourself go and relax."

TORONTO STOCKS Continued from page 9. Table listing various stocks and their prices: 1400 Pick Cr 160, 600 Pioneer 200, 730 Placer 49 1-4, 1900 Ponder 215, 360 Pow Rvr New 24, 16600 Prado Oil 69, 500 Frem Bord 120, 1000 O'Brien 120, 2000 Oil Select 110, 1500 Okalta 41, 2600 Ant Pyrites 208, 33280 Ont Pyrites Rts 3, 2100 Opemiska 191, 1000 Oriac 9 1-8, 1189 Pac Pete 11 1-2, 1500 Pamour 135, 3300 Preston 140, 3300 Prospect Air 140, 3200 Prospect Air Rts 41, 22800 Punch Pete 174, 1000 Que Chib 20, 1400 Que Cop 122, 4300 Que Lab 28 3-4, 2300 Que Man 247, 875 Queomont 21, 1916 Quesabe 11, 2500 Red Poplar 10, 12500 Reef Pete 30, 3600 Richfield 16, 1200 Rix Athab 140, 4500 Roch 8 1-2, 3500 Roxana 17 1-2, 225 Royallite 40, 1800 Rundle 40, 100 San Ant 245, 1100 Sapphire 300, 5250 Scurry 400, 11050 Secur Free 225, 1200 Selburn 390, 1100 Selburn Wts 120, 2050 Senator 15, 100 Sheep Cr 149, 624 Sherritt 425, 100 Sigma 830, 3300 Sianco 42

Fire Destroys Farm Home At Northam

Fire which broke out about noon on Sunday completely destroyed the farm home of Mr. and Mrs. Stanley Ellis, Northam. The fire was noticed by one of the children of the family who saw smoke issuing from the roof. After it became impossible to save the building, most attention was concentrated on saving the furniture. Almost all the contents of the home were saved.

The Tyne Valley fire equipment was on hand, and a large number of neighbors gathered at once to help fight the fire. At the time of the fire Mrs. Ellis was ill and confined to her bed. She was taken to a neighbor's home where there are five children under fourteen in the family. The farm was formerly the property of Mr. Edward MacArthur, and was purchased only a few years ago by Mr. Ellis. There was a small amount of insurance, it is believed.—S

Table listing various stocks and their prices: 11400 Van Rol 20, 870 Ventures 16 1-4, 1000 Vicour 8, 1300 Tombill 32, 500 Torbrit 199, 6230 Tower Pete 44, 3550 Trans Emp 430, 700 Trans Era 119, 3570 Trans Res 51, 1600 Transgen 41, 10600 Un Ash 330, 785 Un Keno 10 3-4

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