

The Charlottetown Herald.

NEW SERIES

CHARLOTTETOWN PRINCE EDWARD ISLAND, WEDNESDAY, JUNE 30, 1915

VOL. XLIV., NO. 26

Invictus-- the Best Good Shoes for Men

We are showing now a nice line of Invictus—the best boots for men. These are shown in gun metal, patent, tan and black, laced and buttoned styles. Some of the new features are the new style tongue attachment to uppers, wearproof lining and many other new ideas that dressy men should see.

Prices range from \$5.00 to \$7.00.

Alley & Co.
135 Queen Street.

Addressing of Mail.

In order to facilitate the handling of mail at the front and insure prompt delivery it is requested that all mail be addressed as follows—

- (a) Rank
- (b) Name
- (c) Regimental number
- (d) Company, Squadron, Battery or other unit
- (e) Battalion
- (f) Brigade
- (g) First (or second) Canadian Contingent
- (h) British Expeditionary Force

Army Post Office,
LONDON, ENGLAND.
M & E tf.

Synopsis of Canadian North-West Land Regulations

Any person who is the sole head of a family, or any male over 18 years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-agency for the district. Entry by proxy may be made at any agency, on certain conditions by father, mother, son, daughter, brother or sister of homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within one mile of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre.

Duties—Must reside upon the homestead or pre-emption site in each of six years. Must settle on the homestead (including the line required a homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption site may enter for a pre-emption in certain districts. Price \$3.00 per acre. Duties—Must settle on the homestead in each of three years, cultivate fifty acres and erect a house worth \$300.00.

W. W. GORRY,
Deputy Minister of the Interior

JOB WORK!

Executed with neatness and Dispatch at the HERALD Office
Charlottetown P. E. Island

- Tickets
- Dodgers
- Posters
- Check Books
- Letter Heads
- Note Books of Hand
- Receipt Books

Canadian Government Railways. PRINCE EDWARD ISLAND RAILWAY.

TIME TABLE IN EFFECT MAY 3rd, 1915.

Trains Outward, Read Down.				Trains Inward, Read Up.			
P.M.	Noon	A.M.	ATLANTIC STANDARD TIME.	A.M.	P.M.	P.M.	A.M.
3.45	12.00	7.35	Dep. Charlottetown Ar.	11.40	10.50	10.20	
5.00	1.20	8.30	" Hunter River "	10.36	9.52	9.03	
6.45	2.10	9.02	" Emerald Jct. "	9.59	9.21	5.45	8.10
8.22	2.55	9.27	" Kensington "	9.27	8.55	5.02	
7.00	3.80	9.50	Ar. Summerside Dep.	9.00	8.30	4.30	
P.M.							
8.40	4.10	10.10	Dep. Summerside Ar.	8.45	8.00		
9.55	5.25	11.25	" Port Hill "	7.48	7.00		
10.27	6.00	12.00	" O'Leary "	7.04	6.20		
11.08	6.42	12.42	" Alberton "	6.19	5.35		
11.45	7.20	1.00	Ar. Tignish Dep.	5.45	5.00		
A.M.							
9.25	6.00	11.00	Dep. Emerald Jct. Ar.	9.15	8.40	8.00	
10.00	7.00	12.00	Ar. Cape Traverse Dep.	8.40	7.00		
P.M.							
3.00	6.50	11.00	Dep. Charlottetown Ar.	8.05	7.45		
4.10	8.40	12.10	" Mt. Stewart "	7.02	6.40		
4.36	9.17	12.37	" Morrell "	6.33	6.15		
4.57	9.46	1.06	" St. Peter's "	6.11	5.55		
6.00	11.15	1.35	Ar. Souris Dep.	5.10	4.30		
7.10			Ar. Elmira Dep.	4.00			
A.M.							
4.20	8.45	12.05	Dep. Mt. Stewart Ar.	7.00	6.55		
5.09	9.55	1.00	" Cardigan "	6.11	6.00		
5.20	10.25	1.10	" Montague "	5.49	5.20		
6.05	11.05	1.30	Ar. Georgetown Dep.	5.15	4.30		
Daily							
Sat. only							
3.10	8.10	11.10	Dep. Charlottetown Ar.	10.00	9.45		
4.25	4.57	7.57	" Vernon River "	8.23	8.31		
5.55	7.00	9.00	Ar. Murray Harbor Dep.	6.30	7.00		

Summer Goods

HAMMOCKS! HAMMOCKS!

A LARGE NEW STOCK just in from
Manufacturers

FAST COLORS, strong and well made, will stand
the racket. Low prices, \$1.00 each up.

Croquet Sets, 4 ball, 6 ball, 8 ball sets,
priced low.

Children's Waggons, Barrows, Go
Carts.

Doll Cabs, Sand Pails, Sea-side Sets,
Garden Sets, Shovels, Rubber Balls.

Sporting Goods, Lawn Tennis, Rac-
quets, Balls, Netts, Base Ball
Goods.

Pic-nic Napkins, Table Sets, Paper
Pie Plates, all at lowest prices.

Wholesale and Retail.

CARTER & CO. LTD.

Charlottetown.

Athletics and Scholar- ships.

Physicians declare that athletics are not good for health; prominent educators who have investigated their relation to morals, are quite ready to admit that their enduring effect on character, is rather dubious. There is left, however, the question of their effect on scholarship. There is no doubt that athletics take up so much time that they hamper the acquisition of information, but this information is not education; the important element in education is development of mind. It is urged that the training required for many of the sports actually a fine sharpening of faculties and an education in itself.

This is just another of the assumptions with regard to the effect of athletics which needs to be tested by actual observation. Dr. H. D'Arcy Power, of San Francisco, once wrote an article on "The Effect of Competitive Athletics on Scholarship," that is interesting reading. It appeared in the California State Journal of Medicine for October, 1914. Dr. Power was a member of the committee appointed by the State Medical Society of California to investigate the effects of athletic training in the high schools and universities. As his colleagues on the committee were devoting themselves to a consideration of ultimate physical effects he thought it might be a useful division of labor if he concentrated on a study of the mental side of the question. Through a post card questionnaire to which a large number of replies were obtained, he secured a significant series of opinions with regard to the effect of athletics on intellectual effort. An analysis of the replies to the questions shows that sixty per cent of all the teachers to whom they were sent, expressed the belief that the athlete is naturally disinclined to study. High school instructors place the number of athletes who are not inclined to study as high as seventy-five per cent. The second inquiry as to the falling off in scholarship is answered by an equal proportion of high school and university professors, and seventy-five per cent of each group are agreed from direct observation that men in training are distinctly lower in class work. Some of Dr. Power's correspondents are quite explicit on this point. The surprise is that twenty-five per cent of the answers should be to the effect that there was no such falling off. Some of us would be quite sure that the men who sent in that answer were very largely prejudiced for some reason in favor of athletics.

The answers to the other questions are still more striking. Ninety-four per cent state that concentration on mental work is weakened and some think that it is quite destroyed by athletics; eighty-six per cent note that there is a weakening of memory; eighty-three per cent, that there is weakening of will power; seventy-eight per cent feel that there is a distinct loss of power to reason, apparently as the result of distraction and failure to occupy the mind properly with serious concerns. I need scarcely say that the power of concentration of mind is the most important product of education. Education has been defined as the ability to apply the mind to a subject that one does not like for two hours continuously and thus make something out of the subject. This represents mental control, the most important result of education. It has long been recognized that the distractions of competitive athletics are particularly hard on concentration. Athletic authorities themselves acknowledge this by supplying special coaches for athletes and by holding "quizzes" and other forms of adventitious aid. Now, if there is anything in the world that impairs the value of education it is the helping of candidates over examination fences by such methods. Not infrequently the

special tutors and coaches know the peculiarities of professors well and teach these students to answer, as far as possible, according to the mind of the professor following his crotchets and responding to his vanities so that the marks may be better. Moreover, at smaller colleges particularly, professors who know that men have given time to "supporting the honor of the house," working for the college team, and so on, are almost involuntarily led, if they have any interest in athletics, to be easy on such men. In spite of these favoring factors seventy-five per cent of the men fall in scholarship, though universities were established for scholarship and high schools are supposed to lead up to it and nearly nineteen out of every twenty of those engaged in competitive athletics are noted as losing in power of concentration of mind!

More interesting still is the declaration that eighty-three per cent of athletic students show weakening of will power. In the last article I discussed the question of athletics and character and made certain allowances in regard to the value of athletics in this regard, which manifestly a great many teachers of much wider and more recent experience than mine would not concede. Just how this loss of weakening of will power is determined I do not know. It is evidently with regard to studies and serious occupations. In the course of a series of conversations with teachers here in New York City during the past three months I have had many confirmations of it. They find that athletes lack self-control; have a tendency to become bullies, get to be rather foolishly vain and conceited, and above all have very little power to settle down to serious work. A paragraph from Dr. D'Arcy Power's article sums up the fact that not only do competitive athletics have the unfortunate effect of impairing mental control, but also that the students selected for athletic teams are just those who already lack more than others concentration of mind. The students who have certain mental abilities in a high degree may not be those seriously injured by athletics, but the athletes are just the ones who need a different training from that which is given them in connection with competitive sports. Dr. Power says:

Admitting that physical training is desirable though not indispensable, is competitive athletics a proper form of such training? The first point to be observed is that competitive teams are recruited from a small part of the student body. Let us ask what part? From the poorly developed, who need and would be benefited by exercise or training? We opine not. Such material does not provide the sinews of war. Do they represent the sensory type of mind, with its tendency to excessive introspection, suspended judgment, and slowness to act; whose possessors, even when muscular, would be benefited by the training of the campus? Again we opine not. The man who takes to competitive athletics as a duck to water is the individual of motor type, whose energies constantly bubble into muscular action, who naturally acts on the spur of the moment. He is of the fluid attention, who never learns to study. To such man competitive athletics is as easy as mental work is hard. But they not only do not need training along these lines, but all such training tends to further fix their unfortunate natural tendencies. The athlete must act, not think, so the greater the perfection of their technique the more automatic the working of their minds. Competitive athletics train the wrong man, physically and mentally. The view here propounded that the man who goes in for exercise is by nature averse to study is not only based on the psychological principles set forth, but is supported by the observation of the majority of teachers.

The conclusion thus reached would surely be echoed by all those who are deeply interested in the subject and have been

observing conditions in our schools. Under the competitive athletic system those who need exercise the most and who would be benefited by it, whose mental capacity would probably be increased by a healthy interest in sports and games, whose senses would be trained to acuteness, whose muscles would be taught to respond to their wills, with special reflex action on their wills, for good, take no active part. Those on the other hand who need that mode of life the least are entirely absorbed in it. Many of the character faults due to the preponderance of the physical element in these boys are thus emphasized and the place of the intellectual life is minimized. Teachers everywhere will confirm this and while there are exceptions by which bright students are also clever athletes, these are so rare as to constitute literally the exception that proves the rule to the contrary, and besides "for the honor of the house" and "the sake of the team" these young men are asked to make sacrifices of time and scholarship during the precious formative years.

JAMES J. WALSH, M. D.,
P. H. D.—in America.

Bishop Maes' Will

The will of the late Bishop Maes of Covington, dated April 19, 1914, disposes of an estate valued \$2,500 of which \$2,000 is left to the new St. Elizabeth Hospital, \$200 to St. John's Orphanage, and \$300 to St. Joseph's Orphanage. The Bishop willed a set of theological works to the Catholic University, Washington; his collection of books on the "Blessed Sacrament" and literature relating to the Eucharistic Congresses to the Fathers of the Blessed Sacrament, New York, and gifts of paintings and books to friends. His secretary, Rev. James L. Gorey, was named executor of the will. The successor of Bishop Maes will come into possession of the Church property and furniture of the Cathedral house and no diocesan debts.

Noble Peace Prize

The Giornale d'Italia states that the Noble Peace Prize will be awarded to Pope Benedict. The Noble Foundation is based upon the will of Dr. Alfred B. Noble, the Swedish chemist and inventor of dynamite, who died on December 10, 1896. He left part of his fortune to constitute a fund, the interest to be awarded annually in prizes to those who shall have conferred the greatest benefit on mankind during the preceding year. The capital of the Foundation is \$1,961,590, and five prizes worth about \$48,180 each are awarded for the most important discoveries or improvements in (1) Physics, (2) Chemistry, and (3) Physiology or Medicine; for (4) the most distinguished work of an idealistic tendency in the field of literature and (5) for the best effort towards the fraternity of nations and the promotion of peace by either a person or society.

How Fire Purifies

A soldier in the ranks, relates the Geneva Courier, who was by profession a schoolmaster, was particularly outspoken in his hatred of priests and religion. When his company first entered the trenches he was offensively violent in his abuse of Pope, priests and everything sacred. A few days worked a change. The sight of the wounded and dying and the devotion of priests in the ranks of their comrades opened his eyes and he asked for the Sacraments, which, as a foreign contemporary remarks, goes to show that fire purifies more things than gold or silver, and that one learns in adversity who are his truest friends.

CONSTIPATION CAN BE CURED.

There is Nothing To Equal
Milburn's Laxa-Liver Pills
For This Purpose.

Mrs. A. Cumming, Manchester, Ont., writes: "I have been troubled with constipation for over five years, and feel it my duty to let you know how Milburn's Laxa-Liver Pills have cured me. I only used three vials, and can truly say that they have saved me a large doctor bill."

Milburn's Laxa-Liver Pills regulate the flow of bile to act properly on the bowels, and thus keep them regular. These pills are the main cause of constipation.

The price of Milburn's Laxa-Liver Pills is 25c. per vial or 5 vials for \$1.00, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Blessing to Neighbors.—"Your wife used to sing, and she played the piano a lot. Now we don't hear her at all. How's that?" "She hasn't time. We have two children." "Well, well! After all, children are a blessing!"

BEWARE OF WORMS.

Don't let worms gnaw at the vitals of your children. Give them Dr. Low's Pleasant Worm Syrup and they'll soon be rid of these parasites. Price 25c.

We can understand the ease with which a fool and his money are parted, but what puzzles us is how the fool got the money to part with.

"Jones is making money fast these days. How does he do it?" "The time he used to put in kicking about being poor he's now putting in working to get rich."

A SENSIBLE MERCHANT

Milburn's Sterling Headache Powders give women prompt relief from monthly pains, and leave no bad after effects what ever. Be sure you get Milburn's, price 25c and 50c.

She entered the department store and complained about a lamp she had purchased, demanding that it be taken back. "What's the matter with it, madam?" "It has all the faults of my husband with none of his virtues." "Please explain yourself." "Well, it has a good deal of brass about it, it is not remarkably brilliant, requires a great deal of attention, is unsteady on its legs, flares up occasionally, is always out at bedtime, and is bound to smoke."

There is nothing harsh about Laxa-Liver Pills. They cure Constipation, Dyspepsia, Sick Headache, and Bilious Spasms without griping, purging or sickness. Price 25c.

If you wish others to remember you with pleasure, forget yourself.—Charles Kingsley.

Success is sweet, the sweeter if long delayed and attained through manifold struggles and defeats.—A. Bronson Alcott.

Home is a comfortable and necessary retreat and shelter for us in advanced age, and if we do not plant it while young it will give us no shade when we grow old.—Lord Chesterfield.

Was Constantly Troubled With Boils.

HAD NINE ON HIS ARMS AT ONCE.
Burdock Blood Bitters
CURED HIM.

Boils are caused by bad blood, and unless the blood is made pure you cannot expect to get rid of them. Ointments and salves will do you no good. You must get at the seat of the trouble by using a good internal blood purifying medicine such as that grand old remedy, Burdock Blood Bitters.

Mr. Samuel Buckler, Tatamagouche, N.S., writes: "Last summer I was constantly troubled with boils. I had nine on my arms at once. I thought it was caused from bad blood so I got two bottles of Burdock Blood Bitters, and before the first bottle was done I began to feel a great deal better, and before the second one was finished I did not have a boil, nor have I had one since. I cannot recommend B. B. B. too highly."

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

MINARD'S LINIMENT CURES
DANDRUFF.