

# The Charlottetown Herald.

NEW SERIES

CHARLOTTETOWN, PRINCE EDWARD ISLAND, WEDNESDAY, JUNE 25, 1913

Vol. XLII, No. 26

## Prince Edward Island Railway.

Commencing on April 16, 1913, trains on this Railway will run as follows:

Road Down			Road Up		
Dly	Dly	Dly	Dly	Dly	Dly
ex	ex	ex	ex	ex	ex
Sun	Sun	Sun	Sun	Sun	Sun
P.M.	A.M.	A.M.	A.M.	P.M.	P.M.
STATIONS					
3:45	11:45	7:45	Lv Charlottetown	Ar 9:55	11:40
4:53	12:59	8:38	Lv Hunter River	Ar 8:38	10:38
5:30	1:43	9:07	Lv Emerald Jc	Ar 7:45	10:04
6:00	2:21	9:30	Lv Kensington	Ar 9:33	4:47
6:30	2:55	9:55	Lv Summerside	Lv 9:00	4:15
P.M.	A.M.	A.M.		A.M.	P.M.
P.M. Noon					
7:50	12:00		Lv Summerside	Ar 8:45	4:55
8:49	1:23		Lv Port Hill	Ar 7:48	3:28
9:37	2:43		Lv O'Leary	Ar 6:57	2:10
10:50	4:40		Lv Tignish	Lv 5:45	12:10
			Lv Emerald Jc	Ar 7:40	
			Lv Cape Traverse	Lv 6:50	
P.M.	P.M.			A.M.	P.M.
P.M.	A.M.			A.M.	P.M.
3:00	7:00		Lv Charlottetown	Ar 9:30	5:40
4:10	8:30		Lv Mount Stewart	Ar 8:30	4:10
4:36	9:07		Lv Morell	Ar 7:56	3:20
4:57	9:33		Lv St. Peter's	Ar 7:35	2:51
6:00	11:05		Lv Souris	Lv 6:35	5:35
7:10			Lv Elmira	Lv 5:30	
8:04	9:40		Lv Cardigan	Lv 7:26	2:43
8:25	10:09		Lv Montague	Lv 7:04	2:15
6:00	10:50		Lv Georgetown	Lv 6:30	1:25
P.M.	A.M.			A.M.	P.M.
Dly	Sat			Dly	Sat
ex	only			ex	only
Sat				Sat	
and Sun				and Sun	
P.M.	P.M.			A.M.	A.M.
3:10	8:10		Lv Charlottetown	Ar 10:00	9:45
4:17	4:25		Lv Vernon River	Ar 8:23	8:31
7:00	5:55		Lv Murray Harbor	Lv 6:30	7:00
P.M.	P.M.			A.M.	A.M.

H. McEWEN Supt. P. E. I. Railway.

## AMERICAN LADY CORSETS



Will Fit You Perfectly

American Lady Corsets are worn by thousands of ladies all over America. They stand for the final word in corsetry; producing to perfection fashion's demands for this season, namely, the modish low bust, the very long hip and back—in fact the uncorrected effect so sought after.

"American Lady" boning is very superior, made of specially selected material—flexible more or less to meet the demands of the various figures for which it is intended.

American Lady Hose Supporters are made of Para rubber thread webbing, giving the best possible wear.

We control "American Lady" Corsets for Charlotte town and guarantee them to give satisfaction.

Ask to see the different models.

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My Store 117 Queen Street.  
April 30, 1913.

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PHYSICIAN & SURGEON

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CHARLOTTETOWN,  
Solicitors for Royal Bank of Canada

STEWART & CAMPBELL,  
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lottetown, P. E. Island.

MONEY TO LOAN.  
W. S. STEWART, K. C. | L. A. CAMPBELL  
July 3, 1911-7y.

## CARTER'S Tested Seeds For 1913

Buy Only The Best.  
**BUY CARTER'S**  
Number One Timothy Seed,  
Number One Clover Seed,  
White Russian,  
White Fife and  
Red Fife Wheat.

Island Grown and Imported  
Banner, Ligowo, Black  
Tartarian, White Wave  
and Abundance Oats, the  
best quality.

Field Peas, Vetches, Barley,  
Buckwheat, Fodder Corn,  
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Carter's Seeds grow and  
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Write us for Samples  
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## CARTER & CO., Ltd.

Seedsmen to the People of P. E. Island.

## Montague Dental Parlors

We guarantee all our plate  
to give perfect satisfaction or  
money refunded.

Teeth pulled and extracted  
absolutely painless.

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Aug. 15 1906-3m

## COAL!

All kinds for your winter  
supply.

See us before you place  
your order.

HARD COAL—Different Sizes

Soft Coal—All Kinds

## C. Lyons & Co.

JAMES H. REDDIN  
Barrister, etc.,

Has Removed his Office from  
the City Hotel Building,  
Great George Street, to rooms  
over Grant's Implement  
Warehouse, Corner of Queen  
and Sydney Streets.

Collections attended to.  
Money to loan.

Ch'town, Feb. 22, 1911-6

## FIRE INSURANCE.

Royal Insurance Company of  
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Sun Fire offices of London.

Fidelity Phenix Fire Insur-  
ance Co. of New York.

Combined Assets  
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Lowest rates and prompt set-  
tlement of Losses.

JOHN MACBACHER,  
AGENT.

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Mar. 22 d, 1906

## Synopsis of Canadian North-West Land Regulations.

Any person who is the sole head of a family, or any male over 18 years of age, 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 intending homesteader.

Duties—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles 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 is not standing may pre-empt a quarter section alongside his homestead. Price \$3.00 per acre.

Duties—Must reside upon the homestead or pre-emption six months in each of six years from date of homestead entry (including the time required to erect homestead patent) and cultivate fifty acres extra.

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

W. W. CORY,  
Deputy of the Minister of the Interior.

## Natural Food and National Health.

The most insistent reminder of the increased and increasing cost of living is the food bill, and no daily document is more carefully scanned. The scrutiny is entirely from the financial viewpoint, but if the articles on the bill are largely unfit for the purpose intended, if many are more detrimental than beneficial, and if the most costly items would be wisely eliminated in favor of others that are at once cheaper and fitter, it were well for those who pay the bill to scrutinize the quality of the articles rather than their price.

To enable the food provider to do this intelligently, and to enlighten consumers, young and old, teachers, legislators and food inspectors, on the nature of the stuff which we should, or should not, put into our mouths and absorb into our organism, is the laudable purpose of the very remarkable book, "Starving America."

Throbbing at times with the zeal of the crusader and the wrath of the reformer, it is withal a sane, instructive and convincing exposition of the urgent necessity of food reform by an earnest and vigorous writer who combines practical experience with scientific knowledge. Having made a special study of biochemistry and the chemistry of foods, and spent five years as advertiser of a large food industry, Mr. McCann became widely acquainted with food manufacturers and jobbers and their methods, and with the chemists and food inspectors of the national and State departments. His experience led him to place his services at the disposal of Dr. Wiley, with whom he collaborated until the artificial food interest had demonstrated, by forcing the retirement of that intrepid reformer, that the factory was more influential than the farm at the head quarters of the national executive. He then determined to embody the results of his experience in a book for the purpose of national enlightenment.

It is in part a crushing indictment of the makers and purveyors of impure and devalued food; of the system of inspection, or absence of it, local and national, that permits dangerous food stuffs to flood the market; of the culpable ignorance that prevails regarding the relative values of foods, their uses and abuses; and of the lack of elementary instruction in the schools on matters so essential to the vitality of the nation. The Bureau of Education reported, in 1912, that there are 15,000,000 defective children in the United States, and the Census reveals that in 1910 two sevenths of the total mortality list of the country was occupied by children under ten, numbering 235,262, and that two thirds of these had not completed their first year. Mr. McCann makes out a good case for his contention that this alarming result is largely due to the fact that malnutrition, or ignorance of sound and reasonable foods, has rendered a majority of mothers either unfit to bear healthy children or unfit to care for them adequately; and that the heavy death rate of adults, the multiplication of disease, despite the advance of medical science, and the enormous growth of the drag-bill, which is overshadowing the bread bill, are in great part chargeable to the account of unfitness and neglect of the fundamental principles of hygiene.

His proofs and figures are strongly and widely based and in no way suggestive of the special plea of the faddist, and, as far as the soundness of foods and their intelligent use bear upon health, are usually convincing and always instructive. There is graphic and detailed description of the varied dangers of poisonous preservatives and adulterations and of degerminated, demineralized and denatured foods; but there is also a positive side to his teaching, his warnings being invariably grounded on the principles of food nutrition that are constant in nature. This portion of the book should prove of special value not only to the layman, but also to the numerous physicians who are more or less equipped with drugs and cure than with forestalling their necessity. That the art and into dust thou shalt return has a scientific as well as a religious connotation. Fertile earth consists of sixteen chief elements and the same sixteen elements are found in a grain of wheat and in a body of man. The elimination or diminution of any one of them, or serious disturbance of the proportions fixed by nature, destroys or diminishes the fertility of the soil and the growth and vigor of plant or man. The relative quantity of some, such as phosphorus, sodium and iron, is small, but as they enter into a countless variety of mysterious

combinations in process of assimilation and digestion, their qualitative functions are all pervading, and their presence is essential to normal health and development. The body gets these elements from its food only; and hence the importance of making sure that they are in it, and in proportions that God set when He gave nature its laws.

A large and rapidly increasing number of commercial practitioners in foods have been removing from foodstuffs, or disarranging, the mineral salts and ferments that nature intends for assimilative and digestive purposes, and there are many useful chapters exposing the various deceptions, "sensational" and "miraculous" that come to us in meats, butter, milk, candies, fruits, vegetables, foods that are treasured in tin and cogsulators conserved in ice; but those dealing with denatured, though unadulterated food, are still more urgently and generally needed.

"Polished Rice," even when uncooked with talcum and free from a single injurious ingredient, is an unnatural food, for the phosphorus compounds and other minerals that nature is wont to secrete in the chaffings of the grain have been industriously polished off, and hence the human organism is deprived of elements essential to its well-being. In like manner three fourths of the minerals are removed from the brown grain of wheat to produce white bread, and with more deleterious results, luscious as white bread is eaten more extensively than polished rice or foods similarly devastated. Defective and decaying teeth among from fifty to eighty per cent. of the children of England, Ireland and America is one of the lesser consequences of deprivation of the minerals from which nature constructs them, anomia, with its kindred malady, is another.

The instinct of the sturdy peasantry of Ireland and Canada, as well as the practice of whatever peasantry is still sturdy in Europe and elsewhere, is in accord with our author's contention. The old people in Ireland attribute the decline of the younger generations in physique and endurance to the substitution of white bread and artificial concoctions for homemade bread and oatmeal and the natural products of the farm; and a writer in the Irish Industrial Journal for May recalls that "in the good old days of simple people the genuine home produced foods proved themselves to be met with before the fine penny margarine or the frozen foods from foreign lands came into vogue. The French Canadian peasantry who work hard, live long, and have the largest and healthiest families in the world, refer emphatically to their brethren who emigrate to the States as 'les gens du pain blanc,' and regard them as a deteriorated stock, attributing to our white bread the physical inferiority supposed to follow their transplating. There are, of course, other causes besides the denaturing or adulteration of foods that debilitate men and women and children and transmit their debilities, but their can be no doubt that the general and habitual use of foods from which essential elements provided in the wise economy, of nature for human sustenance have been eliminated, must prove dangerously detrimental to health and physique; and the more universal the use, the more dangerous the detriment.

"For Physicians only" is the title of the final chapter, which supplies facts concerning the principal sixteen elements found in natural food and in the body of man, which every physician should know at once. The facts are equally advantageous and quite understandable to the layman, but it is particularly desired that the physician should weigh them and hold them in mind, for when he has realized the perils of the food factories' defiance of the law that concerns him most, his medical associations will demand reform and foster an enlightened opinion. There are business houses that employ lawyers rather than to defend them against litigants; physicians would render a similarly useful service to the public by directing their energies and professional knowledge rather to preventing the occurrence of diseases than to prescribing for them when they occur.

If the most highly regarded and best paid family physicians were those who are most successful in securing the continued health of the family and the individual and developing a perfect bibia! into perfectly developed men and women, the food question would be close to a satisfactory solution, and there would be no danger of 'starving America' by the deficient nourishment or the slow poisoning of its sons and daughters.

"Every man is a fool or a physician at forty," the author sees the on hope of reform in making every one an elementary physician at ten. "The reform work must be done in the schools. Our children must be

## If Your Back Hurts You YOUR KIDNEYS ARE RESPONSIBLE.

Mr. JOHN BRIDGES, Whitewood, Sask., writes:—"I am sending you this testimonial out of pure gratitude, as I am not a believer in patent medicines, but I got so run down, that I became quite willing to give anything a trial. I paid a visit to our local druggist, and told him I was suffering intense agony with my back. He told me I had kidney trouble, and handed me a box of Doan's Kidney Pills, saying it was the best thing he could possibly give me. I tried them, and the effect was certainly marvelous. They are worth \$10 a box of anybody's money, and I would not be without at least 50 more. I certainly owe my present condition to DOAN'S KIDNEY PILLS."

Doan's Pills are 50 cents per box, or three boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering direct from us specify DOAN'S.

taught how foods are processed, bleached, colored, denatured, degerminated, demineralized, chemically treated. They must be taught the relationship of such food to sickness and death; the relationship of natural food to health and life." We do not know that every view and statement in the development of his thesis is incontrovertible, but we are satisfied that the wide dissemination and careful study of his book, the drafting of its principles into law, and the instruction of the young in its elementary teachings, would result in salutary and far-reaching benefit to the nation.—M. KENNEDY, S. J., in America.

A Sensible Merchant.

Milburn's Sterling Headache Powders give women prompt relief from monthly pains, and leave no bad after effects whatever. Be sure you get Milburn's. Price 25 and 50 cts.

Heck—Someone calls the tongue an unruled member.  
Peek—In our house it's the ruling member.

There is nothing harsh about Lax Liver Pills. They cure Constipation, Dyspepsia, Sick Headache, and Bilious Spells without griping, purging or sickness. Price 25 cts.

Tightwad—"Were you out when he came to borrow that ten?"  
Easy-mark—"No; but I was when he left."

Minard's Liniment cures Dandruff.

Lady Riformer—"My good girl do you believe in a minimum wage?"  
The Girl Works—"Why shouldn't I? Ain't I getting it?"

Gibbs—"So you've bought a farm eh? What are you going to raise first?"  
Dibbs—"The money to work it!"

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.

"The Joneses go in for a lot of fuss and feathers."  
"Yes, Jones gets the fuss and his wife the feathers."

Minard's Liniment cures Neuralgia.

Fraser & McQuaid,  
Barristers & Attorneys-at-Law, Solicitors, Notaries Public, etc.,  
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Get Next To Your Liver. IF YOU DON'T Something Serious May Happen.

At times everyone is bilious, the Liver becomes overworked, bad bile is accumulated, and enters the blood, and causes a general clogging up of the secretions. When this happens no one can escape Constipation, Jaundice, Headaches, Heartburn, Indigestion, Liver Complaint, and those tired weary feelings which follow the wrong action of the Liver.

Milburn's LAXA-LIVER PILLS stimulate the sluggish Liver, clean the coated tongue, sweeten the breath, and clear away all the waste and poisonous matter from the system.

Mrs. H. A. McCLEAREN, Rimbey, Alta., writes:—"I have used MILBURN'S LAXA-LIVER PILLS, and am greatly pleased with the results. I had indigestion, and such a bitter taste in my mouth after retiring that was so unpleasant I could not sleep well, and also had a distressing sickness sometimes after I had eaten. Two vials of LAXA-LIVER PILLS have cured me."

MILBURN'S LAXA-LIVER PILLS are 25 cents per vial or 5 vials for \$1.00. See that you get them when asked for. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

\* Starving America. By Alfred W. McCann. New York: George H. Doran Co.; Cleveland: F. M. Barton.

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MONEY TO LOAN

Offices—Bank of Nova Scotia Chambers.  
July 26, 1911-1f

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Jas. D. Stewart.

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Newson's Block, Charlottetown

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