

### Popular Men are Given Farewell Party on Friday

Friends to the number of over seventy gathered in the Matabanick Hotel last Friday evening for the purpose of bidding farewell to two of the most popular young men of the town in the persons of G. J. (Jap) Gibbons and L. D. Bryan.

Mr. Gibbons left early this week for a short visit with friends and relatives at Barrie and Toronto, and will take up his new duties in Montreal about the first of May.

Mr. Bryan will not be leaving until the end of the month, when he will visit relatives in Aurora for a while, and then take up his work in Toronto.

The early part of Friday evening was spent in playing cards, after which Mr. and Mrs. Bulger and assistants served lunch.

Then Jos. Isherwood, as master of ceremonies, stated the purpose of the gathering, presenting Messrs. Gibbons and Bryan with handsome wrist watches as tokens of remembrance from their friends in Haileybury.

Both recipients responded and expressed their regret at leaving town. Jap had been a resident of Haileybury for the past twenty-four years, and stated that he would always consider it as his home. Lee came to town about seven years ago, and has endeared himself to a host of townfolk who regret very much his departure.

Mr. N. J. McAulay, on behalf of the Masonic fraternity expressed sorrow at losing these men, but wished them every success in their new fields.

Others who expressed themselves at the gathering on behalf of various organizations were: W. (Irish) Donnelly, Dr. Crawford, for the Curling Club; Dr. Arnold; J. W. N. Bell; O. J. Thorpe, for the Board of Trade; Harry Stuckey; S. A. Glassford; Wm. Short for the Canadian Legion and the Temiskaming Game and Fish Protective Association. In connection with the latter organization, Mr. Short stated that now the ordinary fisherman would get a chance.

Everyone present enjoyed the evening and took the opportunity of wishing the boys best of luck and an eventual return to live in Haileybury.

Both of them intend to get back often enough to keep their friendships green, anyway.

### THE RHYMING OPTIMIST

By Aline Michaelis

#### The Stormiest Sea!

Some ships sail out always on placid tides  
And meet no tempests on their happy course,  
Before their prow a singing sea divides

And favoring winds lend them their kindly force;  
While others struggle on through angry waves,  
With timbers trembling from terrific blows,

Their sailors picturing deep, unquiet graves  
On the white floor where ceaseless ocean flows.

So would I go, a ship that fears no gale,  
But gains in courage every storm-wracked hour,  
And while it fights its way with close-reefed sail

Rejoices fiercely in its new-found power.  
I would wrest triumph from adversity,  
And gain my goal from even the stormiest sea!

#### Your Worry

Never mind the worry,  
Never mind the care,  
Never mind how thickly shadows stray.

There still must be some trouble  
To every being's share,  
But things will soon be coming out your way!

Though you may have often been misunderstood,  
You will never stumble if you choose

Pathways always honest,  
Always kind and good,  
There isn't any chance for you to lose!

Some men ask for honors,  
Others seek for fame,  
There are those who want life glad and gay;

But the best of dowers  
In this living game,  
Is knowing things are coming out your way!

### Mental Health

By D. M. LeBOURDAIS  
Director, Division of Education, Canadian National Committee for Mental Hygiene

#### GUIDE POSTS FOR LIFE IS MENTAL HYGIENE AIM

#### Persons in Mental Hospital Differ Only in Degree From Those on Outside

I have a letter from a reader for a definition of the term, "mental hygiene." This can best be answered by stating that "mental hygiene" comprises that group of measures designed to promote mental health, or the prevention of mental disorders. The mental hygiene movement is very new and that perhaps explains why its terms are not always understood.

It is not so long ago that persons afflicted with mental disease were believed to be possessed of demons. They were chained in dungeons and brutally used. Then gradually it came to be realized that these poor unfortunates were ill, and that treatment, not punishment, was required. This led to a transformation of the asylum of old. Today these institutions are really hospitals. Some are yet woefully over crowded and understaffed, but the poorest is

vastly better than the best of by-gone days.

Naturally the care of those who had already broken down was the first concern of the mental hygiene movement—the improvement of existing mental hospitals, the building of better ones, the replacement of idleness by healthful recreation, and the proper training of attendants, nurses and doctors.

There can be no question that those who suffered any mental breakdown should have the best of care, but it is perhaps more important that such breakdowns should be prevented. Therefore prevention was the next step in the mental hygiene movement.

Most forms of mental disease seem largely to be the result of long continued habit. Persons in mental hospitals differ only in degree from those of us from the outside. They indulge in day-dreams; they have fears and suspicions; they are up today and down tomorrow—but so do we all in greater or less degree have similar experiences.

As a person goes through life he must modify his behaviour in accordance with the rights, needs, wishes, of others—in the home, at school, in business, in marriage. All these contacts are possible points of conflict. The aim of mental hygiene, then, is, through a scientific study of human development, to set up cer-

tain well tested guide-posts by which people may, as early in life as possible, establish habits of living that will not only make less likely in later life the possibility of a mental breakdown, but will enable them to get the most out of life consistent with their individual capacities.

#### Crocuses Blooming Early In a Main Street Garden

Mr. N. C. McVittie, Main Street reports that crocuses bloomed in his garden this year on April 2nd, which he believes to be a record for early flowers in Haileybury. He had the plants near the south side of his house and as soon as the snow was off they sprang up and have not been injured by the recent frosts. The daffodils, also made an early start and were in bud a couple of days after the crocuses. We would like to hear from any other gardener who can equal this record.

#### New Admission Prices at The Classic Theatre, Cobalt

Evenings—Adults 50c including tax. Children 15c.  
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