

The **Canadian Red Cross**

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Thirty-eight National Red Cross Societies have agreed to carry on a peace time program for the improvement of health, the prevention of disease and the mitigation of suffering throughout the world

SAVING CHILD LIFE

A Scientific Discussion by an Expert on the Causes of High Infant Mortality. The Leadership of New Zealand in Infant Health. A Convincing Demonstration of the Value of Pasteurization of Milk.

By REV. PETER BRYCE,

Written Specially for the Canadian Red Cross.

FOR the past ten years or so there has been in the more highly civilized countries a belief that the most sensitive index of progressive social and sanitary administration is found in infant mortality figures. The keenest interest is manifested in reports from the various countries indicating the reductions made in infant mortality, and the measures taken to secure the results. "The improvement made in regard to infant mortality in the countries reporting constitutes one of the most important social events of our time."

The honor of having the lowest infant mortality in the world belongs to New Zealand, where it is now 40.6 per thousand. Dunedin in 1900 to 1907 had an infant mortality rate of 80. Today it is 30.8. This is ascribed to five main causes:—

1. Climate. With the mild prevailing weather there is no tendency to live in close overheated rooms.
2. Housing. There are no tenements. Dwelling houses in cities are for the most part one story bungalows or cottages, each set in its own plot of ground and provided with a flower or vegetable garden. The cities range from 70,000 to 130,000.
3. Favorable economic conditions. There is little or no poverty.
4. Public health and Welfare Laws. There are strict laws regulating midwives, and nurses, and the Infant Protection Act protects children boarded out in licensed homes. Public Health and sanitary laws are well observed.
5. The Royal New Zealand Society for the Health of Women and Children, and the Plunkett Nurses, voluntary organizations, have done noble work throughout the cities and rural districts of New Zealand in the provision of nurses, clinics, and in educational propaganda for the conservation of child life. These societies have been as active in the rural districts as in the towns and cities.

England reported in 1900 an infant mortality of 155, and in 1921 this was reduced to 80. In reply to the question as to the measures taken to secure these results it was stated that the Infant Welfare Clinics had much to do with the result. In 1914 there were 74 Child Welfare Centres. Today there are 1937; and 50,000 mothers take their children every week; over 150,000 regularly go to the clinics.

The better training of midwives has also very greatly helped in bringing about this result. In 1902 an Act was passed to secure better training of midwives and regulate their practice. In England and Wales, at the present time, there are 129 institutions

for the training of midwives; 40,513 are registered, and 22 per cent. of this number practise.

In the United States the cities on the Pacific Coast present the most favorable rate. Portland, with a population of 258,000, reports a rate of 60 per thousand; San Francisco, with a population of 520,000 has a rate of 67; and Los Angeles whose population is 600,000 reports 70.8. New York reports an infant mortality rate of 85.4. Buffalo with the same geographical location and about the same population as Toronto has an infant mortality rate of 104.5.

The figures reported for the cities in Canada for the year 1920 are:—

Victoria	52	British Columbia	61.22
Vancouver	55.3	Prince Edward Island	80.10
Calgary	67.1	Saskatchewan	87.88
Winnipeg	101.2	Alberta	93.78
Toronto	104.7	Manitoba	102.76
Halifax	115	Ontario	103.59
London	116	Nova Scotia	116.66
Regina	120.7	New Brunswick	135.82
St. John	154	Quebec	141.00
Montreal	192		
Quebec	214		

The city of Calgary has demonstrated what an efficient Medical Officer of Health and an enthusiastic and energetic body of

women interested in educational and preventive work for mothers and children can do. In 1910, before this work was organized, the infant death rate was 200, while in 1920 they report a rate of 67.1. In Toronto in 1900 the infant mortality rate was 197.3. Under the aggressive leadership of Dr. Hastings, Medical Officer of Health, this has been reduced until in 1920 a rate of 104.7 was reported, and for the first ten months of 1921 it was 83. In Winnipeg in 1912 the infant mortality rate was 212, in 1920 it was 101.2.

The figures reported for the provinces in Canada are:—

It was claimed in the Conferences, at Brussels and London, that infant mortality could be reduced in any community by the pasteurization of milk. Milk, it was stated, should be pasteurized,—never used in the raw state. Milk is the only animal food taken in its raw state, and this can be made safe by the process known as pasteurization, which destroys germs which may be in the milk without impairing its digestibility or nutritive quality.

Nathan Straus gave two interesting, and convincing demonstrations of the value of pasteurization. The death rate at the City Foundling Hospital, New York, then located at Randalls' Island, in 1897 was something over forty-one per cent—a death rate of almost half the babies received at the institution. That year Mr. Straus presented this institution with a plant for the pasteurization and modification of their milk supply. No change was made in the sanitary arrangements of the institution or in the regimen or diet of the infants. The same milk supply was used, but instead of being used raw was pasteurized and modified. The death rate dropped almost immediately to twenty-one per cent. or little over half what it had previously been.

In 1907, while Mr. Straus was conducting a campaign to introduce pasteurization of milk on the continent, his attention was drawn to the high death rate in a certain small town. Forty-six out of every hundred of the children of that town died before they were a year old. In co-operation with the Mayor of the town a plant for the pasteurization of the milk was installed, and milk was distributed free of charge in order that every child who desired it could obtain

PASTEURIZATION AT HOME



To pasteurize milk place the bottles containing it in the inner vessel of a double boiler. Then set the boiler on the stove and heat until the water in the inner boiler reaches 145 degrees Fahrenheit. Keep at that temperature—no more, no less—for 30 minutes. Then cork the bottles and place them on ice to cool. A good floating dairy thermometer should be used to make the temperature test.

it. The milk from the same cows was used before and after the pasteurization was introduced. In four months the death rate fell to half the average for the same four months of the five preceding years.

In August of the next year, when Mr. Straus was sailing for America he received the following telegram:—

“Since February 1, 1908, there died in our town eleven children under two years of age, against twenty-five for the corresponding months in 1907, and against thirty-two average for the five preceding years. We use same milk as before, only pasteurized.

Signed, Hambrecht—Mayor.”

At Mamaroneck-on-the-Sound, Mr. Straus' summer home, a Child Welfare Station was established in August, 1918. Many cases of malnutrition were found, and properly modified milk was prepared for each infant. This was placed in bottles and pasteurized, also milk for older children. An educational campaign was carried on in connection with the work of the Station. The mothers were taught the care of milk in their homes. Where they were unable to come to the Station for milk, they were taught to secure fresh milk, to modify it according to the needs of the baby, to bottle and pasteurize the feedings. A clinic was held each week; the babies weighed; and the mothers given advice and further instruction.

The infant death rate for the village of Mamaroneck, based on the number of deaths of infants under one year, in comparison with the number of live births in the same year is as follows:—

1915	72 per 1000
1917	85 " "
1920	17 " "

Miss Freeman, the Head Nurse, says “These figures speak loudly for themselves, and to me they seem to say that, given a proper milk supply, followed by instructions and advice in the care of infants, any town may practically determine its own infant death rate.”

AT THE FAIR

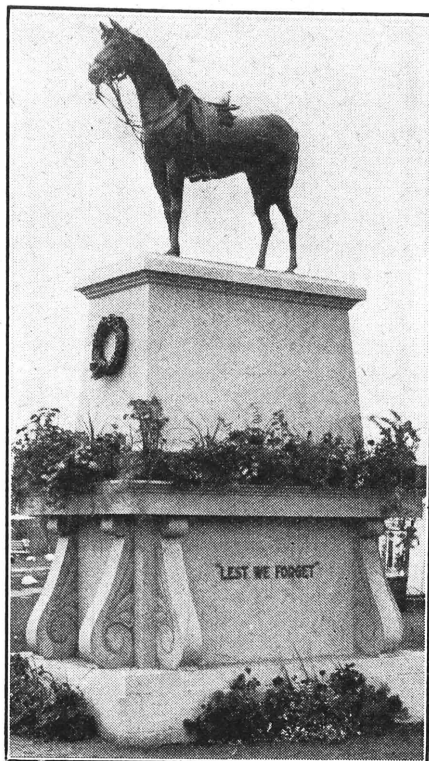
Stratford, Ont., Branch Conducted a Rest Tent

THE Stratford (Ontario) Branch of the Red Cross arranged to have at the Stratford Fair, on September 21st, 1921, a small space allotted in the main building, near the entrance, for the purpose of distributing Red Cross literature. This booth was attractively decorated in red and white, and several striking Red Cross posters were placed in prominent places. Representatives of the Local Branch were in the booth always ready to give information to those interested. A large quantity of literature was distributed.

The Stratford Branch felt that the Fair offered an opportunity of being of service to the community, as well as an opportunity for publicity. Realizing the distance many people had to come to attend the fair, a rest tent for the use of mothers with children was planned.

The Directors of the Fair were only too willing to grant the Red Cross free of charge

PETERBORO'S REMEMBRANCE



The City of Peterboro, Ont., has perpetuated the memory of its citizens who fell in the war by the monument shown in the view above. It is erected in the city fair grounds and represents a riderless horse equipped with military saddlery with the riding boots reversed in the stirrups after the custom followed at military funerals.

the necessary space on the grounds, and a Field Officers' Tent was obtained through the nearest Military Headquarters. Comfortable rattan chairs, two cribs for the use of small babies, a camp bed for an adult, and tables were loaned by one of the large furniture stores. The Department of Health kindly loaned their demonstration outfit, and mothers, especially those who lived some distance from the town, were extremely interested in the dainty but simple layette arranged on a sheet above a table on which was also displayed the necessary articles for preparing infant's food and a complete outfit for giving baby a bath.

A supply of pasteurized milk was on hand for children under five years of age and through the kindness of the Ladies' Aid Society, who ran a lunch room in the next tent, we were able to heat feedings for young babies when necessary.

The nurse was in attendance all day. Volunteer helpers aided her in looking after fretful infants and also enabled her to devote a part of her time to talking with mothers who were interested in the exhibits or the proper care of babies.

Infants asleep in their carriages were left at the Rest Tent and this gave their mothers an opportunity to do their sight-seeing in the crowded main building, which would not otherwise have been conveniently possible.

It was practically impossible to say what number made use of the Tent as the chairs were no sooner vacated than other tired mothers made use of them. Over three

hundred small cups of milk were given out. Altogether we felt the undertaking to be a great success, for it was:

- (1) A service to many mothers.
- (2) An opportunity to interest people in good habits for babies.
- (3) A chance to make known to mothers that a Baby Hygiene Clinic had been established in town, (twelve mothers with babies, who appeared undernourished, promised to attend the Clinic in the near future).
- (4) An opportunity to make more widely known the Peace-time Programme of the Red Cross and what it has already accomplished.

PROFUSE MULTIPLICATION

Inspired by the arresting cable to the effect that a single—or, rather, one—fly produces 3,985,969,387,755,103 descendants, the assistant managing editor, who has his serious side, sings the following:

ODE TO A FLY

O little fly, ere long you'll be
At least 3,985,969,387,755,103.

—New York Tribune.

The skin should be kept clean and warm and should have air. Clothes should not be tight.

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ONTARIO DIVISION

Public Interest Awakening In Peace-time Work of the Society. Commendations by Chief School Inspector and by President of Provincial Medical Association. The Year's Activities Reviewed at Annual Meeting.

THE fact that the Annual Meeting of the Ontario Division was the best since the War may be taken as evidence of the growing interest in the peace-time program of the Society.

The meeting was held on January 31st, in Toronto, and was attended by representatives from nearly all the settled parts of the Province. The President, Mrs. H. P. Plumptre, occupied the chair and seated on the platform with her were His Honour the Lieutenant-Governor of Ontario—Colonel H. Cockshutt and Mrs. Cockshutt; Doctor John Waugh, Chief Inspector of Schools, Province of Ontario; Doctor F. J. Farley, President of the Ontario Medical Association; Colonel J. B. Maclean, member of the Central Council; Dr. Jas. W. Robertson, Chairman of the Executive, Canadian Red Cross.

His Honour the Lieutenant-Governor gave a brief and felicitous address and Mrs. Cockshutt presented the Red Cross Scholarships to eleven nurses.

In reviewing the work of the year the President stated that the peace-time policy of the Red Cross is to supplement the efforts of the Government and to aid it in improving the health of the people. She pointed out that there are settlements within 200 miles of Toronto which are 20 miles from the nearest doctor and 50 miles from the nearest hospital and with no nursing services except those that might be offered by a friendly neighbour.

During the past year a total of \$83,000 had been expended by the various branches upon ministrations to the needs of ex-soldiers. Child Welfare work had been undertaken by the branches at St. Thomas, Chatham, Guelph, Oshawa, Woodstock, Sault Ste Marie, Timmins and the York Township Branch.

The Division had raised \$73,000 for War Relief in Europe and the contribution of \$1,000 to this good purpose from the village of Chesley was given special mention. St. Catherines Branch made a large contribution to the funds for the Institute for the Blind; Ottawa made generous grants in aid of the May Court Club's tubercular work, the Ottawa Day Nursing, Great War Veterans' Relief, St. John's Ambulance Association, V.O.N., as well as contributing \$500 to the Aylmer Fire Relief Fund.

The Sarnia Branch had undertaken the most varied program of work in connection with playground, community health service and social service.

The Provincial Headquarters had undertaken the organization of the Membership Enrollment, the Junior Red Cross, the work in connection with military patients at Gravenhurst, the Military Hospital at Camp Borden and assistance to needy families of soldiers working on the land under the Soldier Settlement Board. The training of Public Health Nurses had been particularly beneficial. In 1920-21 forty-nine nurses had been trained through Red Cross

assistance to the University of Toronto. The second course with forty-five students is now in progress.

A grant of \$5,000 had been made to the Ontario Medical Association for the purpose of aiding doctors in rural districts to study the latest medical knowledge.

The Ontario Division is also making an exhaustive study of the large task of preparation for emergencies and in this has secured the aid of Professor J. A. Dale and Rev. Peter Bryce, two noted social workers.

Doctor John Waugh representing the Ontario Education Department expressed high approval of the work of the Junior Red Cross. He spoke of the relations between his Department and the Red Cross as "an alliance between two of the greatest forces for public welfare that exist in the world to-day." He stated that his Department welcomed with eagerness the work of the Ontario Junior Red Cross which was done by its capable organizer, Mr. S. B. McCready.

In a speech, Dr. F. J. Farley, President of the Ontario Medical Association, speaking on its behalf, thanked the Ontario Division for the grant of \$5,000 to enable rural practitioners to keep abreast with the advancements of medical science. Since July 1st, 1921, in seven months, 158 papers, addresses, demonstrations and clinics had been given throughout the length and breadth of the Province, to men who could not leave their practices for a post-graduate course.

"I thoroughly believe," said Dr. Farley, "that Post-Graduate Medical Education

has assumed proportions in the Province of Ontario doubtless not excelled or equalled in any other part of the civilized world, and the accomplishment which has been that of the Ontario Medical Association is, in a very large measure, a tribute to the Red Cross which made possible the activities which we are now carrying out."

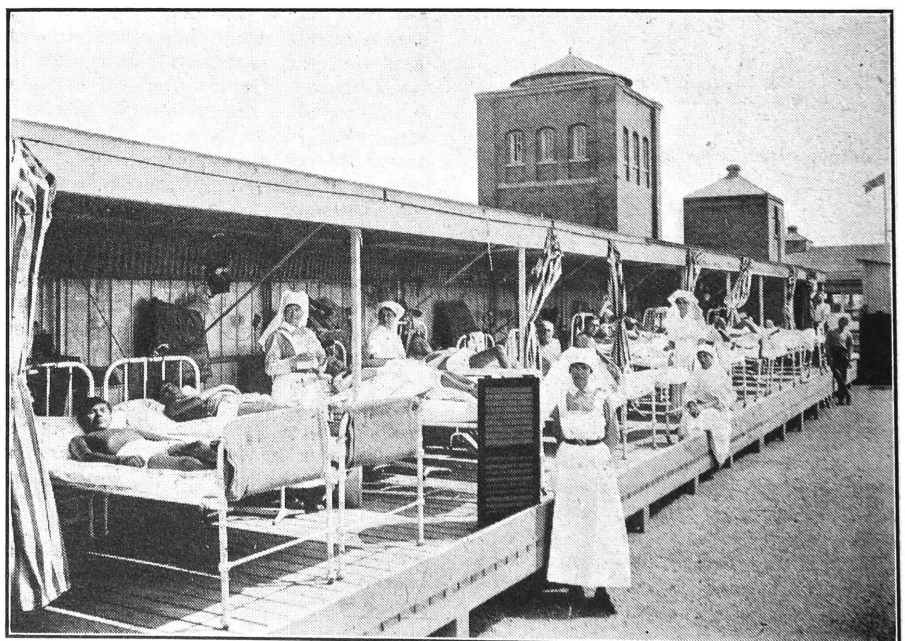
Dr. James W. Robertson, C. M. G., Chairman of the National Executive, gave a brief speech of commendation. "Be of good cheer," he said. "You have done well—keep on doing it," was the key-note of his message.

The Honorary Secretary, Professor Wrong, presented an exhaustive report in which he stated that all the directions given by the Council at its previous meeting had been carried out.

The Honorary Treasurer's report was presented by Colonel Noel G. Marshall. It showed receipts, \$55,726.52; expenditures, \$68,616.33. The excess of expenditure over receipts was covered by reduction of capital by \$12,889.81. The capital on hand at January 1st, 1922 was \$403,066.39.

The Nursing and Emergency report was presented by Miss Laura Holland, and Professor S. B. McCready gave an interesting talk on the development of Junior Red Cross work in the Province.

The officers elected were as follows:—Hon. President: His Honour, the Lieutenant-Governor of Ontario; President, Mrs. H. P. Plumptre; Vice-Presidents: Colonel George G. Nasmith, F. A. Mulholland, Esq., Miss Jean I. Gunn; Hon. Secretary, Professor George M. Wrong; Hon. Treasurer, Colonel Noel G. L. Marshall; Hon. Solicitor, Colonel Thomas Gibson. Executive: Mrs. C. R. Crowe, Guelph; Mrs. J. McGibbon, Sarnia; Mrs. H. E. Harcourt Vernon, Toronto; Mrs. George Watt, Brantford; A. H. Campbell, Esq., Toronto; A. F. Rutter, Esq., Toronto; Professor J. A. Dale, Toronto; Mrs. F. W. Cowan, Oshawa; Dr. R. E. Wodehouse, Ottawa; Mrs. Ronald Harris, London.



DOMINION ORTHOPEDIC HOSPITAL

The sun verandah for the open-air treatment of discharged soldiers suffering from Tuberculosis—Christie Street, Toronto, where the Toronto Branch of the Canadian Red Cross Society ministers to the needs of the patients.

THE CHINESE GIANT

A Great Nation Awakening To the Value of Public Health. Without Public Opinion, Money and Legislation Not Fully Effective.

UNDER the direction of a Joint Council on Public Health Education a vigorous program of health education is being carried out in China.

Christian organizations of the country are largely responsible for the work which is being directed by Dr. Peter.

In some parts of China smallpox is an ever present scourge and a vigorous campaign is being conducted against it. Note the poster which is reproduced in this issue. It is significant that both English and Chinese are used for this is indicative of the rapid spread of the use of English in that populous country.

In order to explain what National Health is, Dr. Peter again relies on ocular demonstration, the device, in this case, being a glass box which represents National Health. He explains to his audience that when he will have found the proper foundation for the latter, the box will light up. Dr. Peter then asks the audience to name one stone for this foundation of National Health.

The inevitable answer is "Money." A second box is brought out, bearing the title "Money," and placed on the glass box, but nothing happens.

The next box to be brought out bears the title "Special Health Laws," the meaning of which is previously explained, and it is placed under the one called "Money." But still there is no result.

A third box, labelled "Education," is also ineffectual, and it is only when the fourth, called "Public Opinion," is placed under the others that the glass box glows with light.

In the interests of public health Dr. Peter has visited 13 of the 18 provinces and has travelled 22,600 miles.

SLEEP REQUIREMENTS OF CHILDREN

Lack of sleep makes children nervous and fidgety. Children aged four years need twelve hours sleep a day; aged five to seven, 11 to 12 hours; eight to eleven, 10 to 11 hours; and twelve to fourteen, 9 to 10 hours. Children grow more while sleeping or resting than while active. Tired children learn with difficulty and often drift to the bottom of the class. When children go to bed late their sleep is often disturbed by dreams and they do not get complete rest and the result is nervousness during the day. Sufficient sleep draws a child onward and upward in school, and in home life; insufficient sleep drags it backward and downward. Tiresome children are often only tired children; test the truth of this. That a neighbor's child is sent to bed late is not a good reason for sending your child to bed late; two wrongs do not make a right. Going to bed late is a bad habit, which may be difficult to cure; persevere till you succeed in curing it.

When you come home tired out, lie down for a few minutes. Sleep for a few minutes if you can. Even fifteen minutes of rest or sleep will refresh you greatly especially before eating.

SMALLPOX
痘種來速



(Translation)

THE PRESENT METHOD OF VACCINATION

HAVE PLANT
VACCINATION VACCINATION
MARK

NOT PLANT VACCINATION HAVE
POCK-MARKED FACE

ON THE STREETS OF CHINA YOU
MAY CATCH SMALLPOX

The poster of which a facsimile is given above is being used in China to advise people to submit to vaccination to prevent smallpox. It will be seen that both English and Chinese are used on this poster. This is owing to the fact that the use of the English language by the Chinese, particularly along the sea coast, is spreading very rapidly.

An English translation of the Chinese characters appears below the cut. When written horizontally Chinese reads from right to left; when written vertically it reads from the right-hand side, top to bottom, and then to the top of the next line and then to the bottom again and so on.

TRAINING NEW FRANCE

Physical Culture Made Compulsory for Young People of Both Sexes.

THE Chamber of Deputies of France has unanimously adopted a bill making physical training compulsory for young people of both sexes.

Boys over sixteen must continue physical training, consisting of gymnastics, running, tennis and other athletics according to choice until they are incorporated in the army or navy.

Girls in the primary and secondary grades must all adopt physical culture, according to special rules to be issued by the Ministry of Public Instruction.

THE POWER IN OUR WILLS

AS is often the case, the man of true poetic vision sees at a glance facts of life, which the scientist wins only through long and tedious labour and study. Centuries before public health measures were suggested in Britain, Shakespeare, of universal vision, saw the power of the soul over the body and this is what he said:

"'Tis in ourselves that we are thus or thus. Our bodies are our gardens, to the which our wills are gardeners; so that if we will plant nettles, or sow lettuce, set hyssop and weed up thyme, supply it with one gender of herbs, or distract it with many, either to have it sterile with idleness, or replenished with industry, why, the power and corrigible authority of this lies in our wills."

There it is, so briefly stated that it could be written on a quarter of a dollar. If we would be well and remain well "the power and corrigible (correcting) authority lies in our wills." If that were true at the time it was written, how much more so is it true now when we have at our command three additional centuries of human experience and medical knowledge?

TYPHOID A PREVENTABLE DISEASE

For us all the most important thing about typhoid fever today is that it is gradually disappearing from the earth. Even within the twenty-four years that I have been practising medicine, I have seen a marked diminution in typhoid fever. Nowadays there is hardly enough to teach about; in my student days the difficulty was that the wards were full of typhoid. We know more about typhoid, how it is conveyed and how prevented, than almost any other disease, and it ought to be perfectly possible to wipe it out. Dr. Richard C. Cabot.

If your eyes hurt, see your doctor. If you need eye-glasses, have a competent oculist prescribe them if possible, or at any rate, go to the best optician within your means.

SASKATCHEWAN DIVISION

New Constitution Adopted at Annual Meeting. Executive for 1922 Typifies Spirit of Co-operation for Service. Junior Red Cross Now Totals Forty-Thousand Children. Extension of Organization in Northern Half of the Province.

THE seventh annual meeting of the Saskatchewan Division of the Canadian Red Cross Society, held at Regina on January 12, 1922, was the most successful gathering of its kind in the history of the Division. Although the attendance was not as large as could have been wished it was representative and the interest displayed most gratifying.

The reports for the year ending September, 30, 1921, covered a variety of activities and revealed a great advance in the Peacetime work of the Society.

Presided over by His Honour Lieutenant-Governor Newlands, the meeting was favored with the presence of Premier Martin who, in a brief speech, spoke in words of the strongest commendation of the work of the Society. He expressed the appreciation of the Government of the splendid co-operation afforded by the Society and declared in emphatic terms that Saskatchewan was indeed fortunate in having such an active and efficient organization as an auxiliary to the Government.

The new constitution drafted by the Executive and providing for a more democratic organization than existed in war times was unanimously approved, and new officers and Executive chosen under the terms of that constitution. Mr. D. H. McDonald, M.L.A., Fort Qu'Appelle, was elected president, with Mr. P. H. Gordon, of Regina, and former Honorary Secretary, first vice-president, and His Honour Judge Dickson, of Humboldt, second vice-president. Included in the new Executive are members of the Provincial Government, several members of the Legislative Assembly, and representatives of such Government departments and Provincial organizations as the Bureau of Public Health, Department of Education, Anti-Tuberculosis League, Great War Veterans' Association, Daughters of the Empire, Women's Grain Growers Association, Canadian Patriotic Fund, and Saskatchewan Registered Nurses' Association, and a representative selected from each of the sixteen Federal constituencies into which the Province is divided.

The financial statement showed increased receipts over the previous year, and a cash surplus on hand at September 30, 1921, of \$46,692, or approximately \$6,000 more than at the beginning of the year. The Division also holds Victory Bonds to a value of \$200,850.

The nursing services showed gratifying development, and at the present time four Red Cross Nursing Outposts and one small hospital are being operated by the Society, with two district nurses in the field, and a nurse attached to Provincial Headquarters as supervisor and for emergency work.

Over 500 Junior Red Cross branches were organized during the year. Approximately 40,000 children are now Junior members. Five hundred cases have been cared for through the Junior Red Cross Fund for Crippled Children and two travelling motor

dental clinics are in operation in rural districts.

Among the important decisions reached by the annual meeting and at a subsequent meeting of the Executive was the appointment of a Field Secretary for organization purposes who will make his headquarters at Saskatoon and devote particular attention to the northern half of the Province. It was also decided to purchase a building at Regina as permanent Division Head-

quarters offices, and for this purpose the residence of Senator H. W. Laird, situated in the heart of the city and within a few steps of the fine Victoria Park, was bought. This site has a frontage of 108 feet on Victoria Avenue, Regina's finest street, and within a few minutes walk of the post office.

The Saskatchewan Division is planning to carry out a most efficient programme of service for the people during 1922.

HEALTH CENTRES IN SASKATCHEWAN

Mr. W. F. Kerr, Commissioner of the Canadian Red Cross in Saskatchewan, reports that a Community Health Centre is being established at Saskatoon in conjunction with the city medical Health Office. Steps are also being taken to establish a similar centre at North Battleford.

THE BOY SCOUTS

Helps Boys to Be Healthy, Helpful, Handy, Honorable and Happy. Lays the Right Foundation for True Manhood

SCOUTING gets boys interested in doing, by their own choice, things which promote good health, good habits and good character. Notwithstanding that, I am inclined to believe that the purpose and methods of Scouting—its real meaning and influence in the life of boys—are not understood by the bulk of our people. The picturesque uniform, the smart appearance of Scouts and their good manners, commend Scouting to even the casual observer. These superficial evidences are worth having; but they are not the real thing of Scouting.

THE SPIRIT OF SCOUTING

The spirit of Scouting is what counts for most and does most for the boys. The first step into Scouting is taken by the promise made by every boy on joining. Here it is:

ON MY HONOR I PROMISE THAT
I WILL DO MY BEST,
TO DO MY DUTY TO GOD AND THE
KING,
TO HELP OTHER PEOPLE AT ALL
TIMES,
TO OBEY THE SCOUT LAW.

I do not here quote the Scout Law in full. It begins: "A Scout's honor is to be trusted." It sets forth that the Scout is loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, clean. The tenth law reads: "A Scout is clean in thought, word and deed." These are the qualities that make a very perfect citizen and a very perfect gentleman. The Scout Law is not intended as a substitute for the ten commandments or the two-fold law of Christ: Thou shalt love the Lord thy God and thy neighbor as thyself; but it does interpret them in terms which the boy understands and which make him keen to obey.

THE CHANGE IT BRINGS ABOUT

The only way to understand what Scouting is and does is to observe the change it brings about in boys—in their sense of hon-

or and responsibility, in self-control, in courtesy and good manners, in interested and intelligent use of free time, in being prepared for useful service in emergencies as well as in the ordinary rounds of daily life.

BOYS LIKE THE PROGRAM

The Scout program is a well balanced combination of ideals, knowledge and practical doings in play, work, study and wholesome adventure. It appeals to the "likes" of boys because it suits their nature and age. It has been built up through the co-operation of many wise and boy-loving men for the sole purpose of helping boys to be healthy, helpful, handy, honorable and happy—first as boys and afterwards as men and citizens.

No other scheme of welfare work is more acceptable to the boys themselves. Through loving and obeying the Scout Law, and going in heartily for the activities of Scouting, boys are helped to preserve and develop the manly qualities which they themselves admire. Among these I put first the spirit of honor and loyalty. Through taking part in the varied program of Scouting, good habits are formed, good associations are enjoyed, good comrades are found, good health is promoted, and good character is grown. Is there anything better worth sustaining by personal service than a movement through which so many real blessings are brought within reach of boys in such way that they will eagerly make them their own?

JAS. W. ROBERTSON,
Chief Commissioner.

A STITCH IN TIME

Most diseases can be cured if they are taken in time; but if they go on too long they become serious. If you wait to see the doctor until you are too sick to be up and about it will often be too late for him to do very much to help you.

C. E. A. Winslow.

MILK—A FOOD

Cow's Milk is Good For Growing Children But Natural Feeding is Best For Babies. In Production of Pure Milk Cleanliness is Paramount. Value of Pasteurization.

By RUGGLES GEORGE, B.A., M.B.,
Canadian Red Cross Society.

THE most important part of any discussion or article upon the subject of milk is the maternal nursing of infants.

To bring about the healthy development of the baby no other food can possibly be as good as its natural food to which it has a natural right. The milk of the cow is designed to meet the needs of the calf and the digestive apparatus of a calf bears as close a resemblance to that of a baby as the furry hide of the animal does to an infant's delicate skin. The healthy bottle baby is merely an exception to the well-established rule that mother's milk is the one and only proper food for mother's baby.

The death rate for bottle babies is four times that of breast-fed babies. This heavy infant mortality rate outweighs the alluring advertisements of the promoters of artificial feeding. Despite many individual protests to the contrary, it is amply proved that nursing is possible by the vast majority of mothers. The secretion of milk is just as natural a process as any other secretion, although the maintenance of nursing often demands patience and perseverance on the part of the mother—and doctor.

For all other purposes except infant feeding cow's milk has all the characteristics of a complete food. It contains building material, fuel for energy requirements and is rich in vitamins. In the words of an eminent Canadian health authority—"Milk is the only article of food we possess that in itself constitutes a perfectly balanced diet, including the necessary vitamins. An adequate food supply intelligently administered, is the foundation of national greatness."

EFFECTS OF LACK OF MILK

Now that we are hearing so much about malnutrition and have evidence of the under-nourishment or under-development of a large percentage of all children, it is imperative that we should correct the causes. After all physical defects have been removed or corrected, the next important step is a properly selected diet, judiciously administered. Careful surveys made of city and country children have revealed the fact that the majority of under-nourished children had not been getting milk, or, if so, had not been getting enough. When milk was added to the diet improvement at once began and in a large number of cases the children soon attained their normal weight.

MILK A CHEAP FOOD

In spite of the price, milk is really a cheap food. Measured in terms of fuel units, a half-pint of milk equals any one of the following: 2 eggs, a large serving of lean meat, 2 moderate sized potatoes, 5 tablespoons cooked cereal, 3 tablespoons boiled rice, 2 slices of bread. As a food for children it possesses the great advantage of a richness in lime salts for making sturdy bones and sound teeth.

MILK STANDARDS

Dairy cows must be healthy, free from bovine tuberculosis, and from their food must be excluded certain plants and roots which convey disagreeable flavours or odors to the milk. The cows must also be clean so that particles of dirt or manure may not be shaken into the vessel receiving the milk.

Cleanliness must also be the motto of the building in which milking takes place and of the men and women who do the milking and super-cleanliness the label on the vessels in which the milk is received and stored. Once collected for shipment the good milk man's watchwords are "covered and cool."

Most of the gross dirt in milk is cow-dung. This is not a pleasant thought but it is a fact. Such dirt is readily demonstrated by filtration through absorbent cotton. This tell-tale stain on the filter has been a horrible revelation to many a farmer and milkman, who could not believe his clean-looking milk contained so much dirt.

PASTEURIZATION

Milk may carry the germs of tuberculosis, diphtheria, typhoid and scarlet fevers. The simplest way to destroy such germs is by pasteurization. This is simply a scientific parboiling. If milk is not efficiently pas-

teurized at the dairy, the housewife can and should do it herself with a saucepan or double boiler and a dairy thermometer. The milk is heated to 145 deg. F. and held at this temperature for 30 minutes, but is not boiled. The milk should then be chilled and kept cool until consumed. Pasteurized milk is just as palatable, just as nutritious and much more safe than raw milk. There is no more objection to the process than there is to the cooking of meat.

The people of Canada have gradually been learning the value of healthy milk. They have, however, been lacking in an appreciation of the value of milk as a food, as a food for adults and especially for children. This knowledge can become widespread only by popular education—hence the milk campaign.

CICERO ON OLD AGE

TO THOSE who have no resource in themselves for living well, every age is burdensome.

Great actions are not achieved by exertions of strength, or speed, or by quick movement of bodies, but by talent and mature judgment.

We must fight against disease. Regard must be paid to health. Moderate exercise must be adopted. So much of meat and drink must be taken. Senile folly, which is commonly called dotage, belongs to weak old men, but not to all.

For, as I like a young man in whom there is something of the old, so I like an old man in whom there is something of the young.

One who always lives in these pursuits and labors for the welfare of the state does not perceive when old age steals upon him. Thus, gradually and unconsciously, life declines into old age nor is the thread suddenly broken.

If old men are peevish and fretful and passionate and unmanageable, or even covetous, these are the faults of their character and environment, not of their old age.

Cicero was a Roman orator and writer who lived 143-06 B.C. A profound wisdom characterized his utterances and many of them have stood the test of centuries of time.

A LAME COMPLIMENT

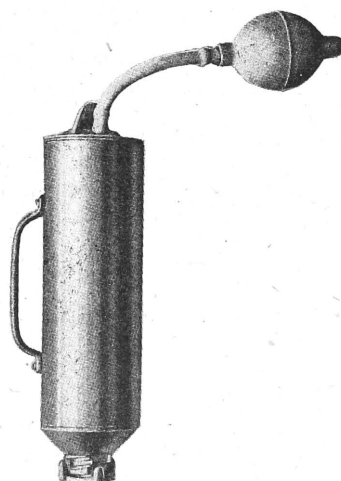
"How do you like my pound cake, dearie?" asked Mrs. Newlywed.

"Why, er—eh—er!" stammered Mr. Newlywed, "I don't think you pounded it enough, did you?"—*Edinburgh Scotsman.*

THE PORT OF ST. JOHN

The Canadian Red Cross work at the Port of St. John which is being carried on by the New Brunswick Division is under the direction of Miss. B. Gregory. She has the capable assistance of some local V. A. D. Nurses under Mrs. Rowan. To the end of January the Society had cared for 51 infants at the nursery and 391 children. The arrivals for the season at the time of reporting had been eight ships.

A MILK SEDIMENT TESTER



This device is for the purpose of finding out whether milk contains dirt. It is used by cheese makers, dairymen, health officers and by careful farmers who want to make sure they are producing clean milk. It removes and concentrates upon a cotton disc all the dirt in a pint of milk. The milk is placed in the vessel, the cover closed and the bulb squeezed and the disc placed on a paper to dry. The discs are usually made each day and when dry they form a good record of the condition of the milk produced or handled.

THE Canadian Red Cross

A national journal published monthly by the Canadian Red Cross Society, to place before the people of Canada information concerning its program and activities, and to assist in carrying out the purpose of national Red Cross Societies of the world as set forth in Article XXV of the Covenant of the League of Nations.

"The members of the League agree to encourage and promote the establishment and co-operation of duly authorized voluntary national Red Cross organizations having as purposes, the improvement of health, the prevention of disease, and the mitigation of suffering throughout the world."

CANADIAN RED CROSS SOCIETY

National Office:

410 Sherbourne Street — Toronto, Ontario.

Vol. I

MARCH, 1922

No. 2

THE RED CROSS JUNIOR

TO-DAY more than ever before we are realizing the great significance of Wordsworth's famous line: "The child is father to the man." To-day, amid all the turmoil following on the war, we are turning with renewed interest to the child, realizing that in a very few years the child will rule the world. And for that reason, if for no other, we are anxious to see that the boy or girl of to-day obtains not only a sound education but that he obtains sound ideals as to what constitutes a good citizen.

Our future hope lies in the children. It is clear then if this be true that the future lies in our hands, for we train the children. What we train them to be, that they will be. And on what they will be, the future of the world will depend. It is a stimulating thought but it brings home a sense of great responsibility. It includes the thought that the forces of the future for good or evil depend upon us.

One great conviction born of the war—to the average man, at least—is that an idea may be the most powerful thing in the world. He saw Germany steadily develop a nation-wide war spirit through the constant publication of an idea. He saw very clearly the effects of propaganda and that whole nations could be converted by the constant reiteration of an idea. He saw German morale languish and Allied morale improve as the result of the spread of certain ideas. He sees that the keynote of advertising is constant repetition for the purpose of inculcating ideas.

It is difficult to change the ideas of older people because they do not absorb new ideas readily. It is easy to implant ideas in the minds of children who absorb them with the greatest avidity. Therefore it is obvious that the impressions left upon children up to the end of their school period are those likely to persist. And, therefore, the teacher is perhaps the most important person in the world; next to, if not of greater importance even, than the parent.

The Red Cross realizes the enormous potential

value of right teaching of children, particularly in regard to its chosen work of prevention of disease, improvement of health and in good citizenship. So it has organized "The Junior Red Cross" which already has enrolled many millions of school children. The Junior Red Cross operates through the schools and it aims to bring every child under the influence of Red Cross ideals. In Canada the Junior motto is that of our Prince of Wales: "I Serve;" in the United States it is the same. Its aim is healthier, happier childhood the world over—through service. And what is more, it is working.

The Junior Red Cross adds nothing to the burden of the teacher. When once he or she grasps the idea it is found that it actually eases the burden. It lightens the task of teaching and vitalizes the work. It gives a renewed interest to the actual teaching and brightens the task which had formerly been drudgery to the pupil.

It is an accepted principle that no teaching amounts to much unless it has a bearing on life. It must have a social aspect. This is particularly true of the teaching of hygiene. Never had a fascinating subject been turned into such an uninteresting task as has the teaching of hygiene. Hob-nail liver, the skeleton and perhaps a picture of the eye are about all that remain in the memory of the teaching of physiology and hygiene of past days. No teacher showed those of the older school that by keeping the windows sufficiently wide open—without creating draughts—and thus keeping the air and in consequence the mind fresh—that ventilation was a practical possibility, and one to be applied at home.

The Junior Red Cross is enlisting the generous enthusiasm of youth in the cause of humanity. It is giving a new impulse, a new color, and a new fragrance to the teacher and the youth of our nations. It acts on the principle that it is easier to implant good ideas in the child than to uproot bad ones in the adult. It realizes that the greatest enemies with which we have to contend are bad habits. It realizes that it is almost as easy to develop good habits in the growing child as bad ones. And the Junior Red Cross aims to develop good health habits and good citizenship habits in its members.

Children take to the Junior Red Cross idea with enthusiasm for it appeals to the heart. In the boy and girl it is easy to obtain warm support in aid of crippled and suffering children. It is easy to get them to realize that their first duty to their country is to become stalwart, healthy citizens; and it is easy to get them to believe that they have obligations to their fellows which is the basis of good citizenship.

The old idea of teaching abstract things without application to life or society was stupid, and it failed. To-day the new idea of letting the child work things out for itself under direction is sane and succeeds. The old method left little or no impression and was forgotten when the school door closed behind the child. The new training becomes a part of the life of the child—a habit that persists.

The Red Cross to-day is the greatest existing force for diminishing suffering and adding to the sum of the world's happiness.

OUR GREATEST NATIONAL ASSET

Health is Everybody's Responsibility. The Efficiency, Prosperity, and Happiness of the People Depend Upon It. It Can Be Achieved by Each Person Caring for His Own Health and Thinking Also of the Welfare of Others.

By COL. G. G. NASMITH, C.M.G., D.P.H.

IN A BOOK, I think by Smollett, an elderly lady is pictured in old London town about to throw slops from an upper window into the street—a quaint custom of those times.

She prefaced the operation by the injunction, "look out below," and, evidently fearing that this would be of little avail, added: "And may God have mercy on your soul."

Those were "the good old days" when disease not only lurked in every shadow but stalked in the open ready and waiting to strike down on every hand the luckless citizens.

It is a far cry from those days to these as far as health measures go. Yet it is no exaggeration to say that if the knowledge which we now possess could be applied to the lives of the people we should in the next ten years make as much progress in improving the health of the people as was made in the previous century.

FORESTALLING TROUBLE

It requires a calamity to awaken humanity from its routine habits of life. The large number of men rejected as physically unfit during the South African War startled the British Health authorities. As a direct consequence medical inspection of school children was initiated. The object of medical inspection of school children was largely for the purpose of controlling epidemic diseases among children. It failed to achieve its purpose.

As time went on, however, the medical inspector began to search for physical defects and with great success. Nowadays youngsters are examined for the purpose of discovering decayed teeth, diseased tonsils, spinal curvature, defective eyesight and hearing, malnutrition and many other bodily ailments or weaknesses. This type of medical inspection has proved most valuable, for often the health of the children may be at once improved by treatment. The supervision and control of the nutrition of children in itself would justify the cost of medical inspection of school children. Many of the defects occurring in children result from malnutrition. The tens of thousands of half-starved babies in Central Europe are a terrible example of what defective or deficient diet can accomplish.

The recent World War graphically centered the attention of the medical authorities in Great Britain and other nations on the deplorable physical condition of the people. During the last year of the war, of over two million men taken under conscription in Great Britain only one-third were found fit to fight. In Canada only fifty per cent. of the conscripts were found physically qualified. The startling and shocking nature of these disclosures resulted in boards of medical experts being formed in Great Britain to investigate the causes operating to produce

such a large number of defective human beings. They found that the majority of the defects originated in childhood and were the result of malnutrition, or infectious disease, diseased tonsils, bad teeth or similar causes. Most of them are preventable and today are actually being prevented in up-to-date communities.

It has been shown over and over again that if you neglect the proper feeding of a calf or a pig during the first three months of its life you can never overcome its early loss or make a first-rate animal out of it. The same thing is undoubtedly true in the case of the human being and we are now certain that large numbers of the defects found in adults were contracted in the first few months of their lives.

PREVENTION AND DISEASE

In consequence of the knowledge brought to light during the war as to the physical defects of the Allied peoples and their causes, a Committee of The Red Cross Societies of the five great powers was summoned soon after the Armistice in 1918, "to formulate and to propose to the Red Cross Societies of the world an extended programme of Red Cross activities in the interests of humanity." The Committee representing the five great powers called a conference of some of the world's greatest public health and medical authorities at Cannes, France, in April, 1919.

A notable conclusion of this Conference was:

"Recognizing the prevention of disease and the protection of the health of the people as a primary responsibility and function of the government, a non-political organization such as that of the Red Cross will be able, by the education of the public and in many other ways, to stimulate, support and aid the government in its health work."

Following this conference at Cannes it was agreed by the powers participating in the Peace Conference at Paris to include in the Covenant of the League of Nations an article whereby they agreed to encourage and promote Red Cross Societies which would carry on a peace time programme. Article 25 of the Covenant reads as follows:

"The members of the League agree to encourage and promote the establishment and co-operation of duly authorized voluntary Red Cross organizations having as purposes the improvement of health, the prevention of disease and the mitigation of suffering throughout the world."

TO ENCOURAGE AND PROMOTE

Canada, as one of the signatories of the Peace Treaty, agreed to encourage and promote the establishment of its Red Cross Society with a peace time programme and

an amendment to the act of incorporation was passed by Parliament in 1919.

"Why," it may be asked, "should the Canadian Red Cross undertake such work? Public health is the function of governments, leave it to them."

The answer is that *for fifty years it has been the function of governments and yet we find that in Canada during the recent war fifty per cent. of the men conscripted and supposed to be in full vigor of life,—those on whom the safety of the country depends—were rejected by medical officers as physically unfit.*

Yet we cannot say that those enthusiastic men and women who have labored in health departments have failed. They have not. They have accomplished great things for the people. If their efforts have stopped short of complete success it is only because they have lacked the means of stimulating interest in health laws and regulations in all the people.

Health legislation differs in a measure from much other legislation. Laws concerning personal rights to property, public order and other such matters find their daily exponents in the courts and while they exist for the benefit of all, they do not occupy people's minds except when they are personally affected, such as, in cases of disputes of property or infringements of the laws involving court action.

A HEALTH CONSCIENCE

Health legislation is also enacted for the benefit of all. The people can be compelled to observe certain laws of sanitation:—to ensure themselves pure water or a safe milk supply:—to prevent, as far as possible, polluting sources of drinking water:—to observe quarantine regulations and so forth. In cases of emergency the health laws may even be invoked to compel the members of a community to be vaccinated. But health legislation is only effective in so far as the people have developed a health conscience; that is when public opinion on health questions has been thoroughly aroused in favor of its enforcement. To develop public opinion by official departments of health is exceedingly difficult and expensive. There is and can be no government organization for such purposes and the very people who need to be interested most cannot be reached through official agencies.

Yet upon the individual, his knowledge of health matters and his willingness to put this knowledge into practice, depends the progress of the health movement and it is in this sphere that such a voluntary body as the Red Cross can step in to stimulate individual and community interest and otherwise be ready to lend a hand wherever it may be needed or wherever improvement in health may be brought about through its aid.

ACROSS THE BORDER

National Convention of American Red Cross Inspired All Those Who Attended. Program Concluded With a Wonderful Pageant.

BRINGING together workers in all lines of Red Cross service, from Chapters in all parts of the country and its possessions and from foreign lands, the National Convention of the American Red Cross, at Columbus, Ohio, October 4 to 8, carried out a program which will have a strong influence on the carrying-on of tasks of the future.

The dominant note of the Convention was determination—determination to keep the Red Cross fires burning as brightly as in the days when the safety of civilization was at stake.

A strengthening of the Red Cross spirit in the millions of men and women, whose labor and sacrifices have made the word America and Mercy synonymous in all parts of the earth, is, in short, one of the chief results of the gathering, the first on a national scale in the history of the organization.

At this splendid gathering, the work of those loyal men, women and children who are keeping the Red Cross flame burning in the most remote parts of the country, was endorsed in the most emphatic manner by statesmen, educators and leaders in every line of thought and activity. Speaker after speaker, each of nation-wide prominence, praised the Red Cross in the most glowing terms, eulogizing its remarkable record in the war and the humane activities of its permanent program, and voicing the hope that each year would see Red Cross members counted in increasing numbers. They were unanimous in their opinion that the Red Cross was one of the best influences in American life.

The Red Cross worker from the big city and the Red Cross worker from the obscure hamlet, each of whom had often wondered if anyone but the disabled soldier, or the stricken family who had benefited by the help, really knew or cared what she was doing, found their hearts beating a little faster at this recognition of their unselfish services.

Little wonder, then, that the representatives of the Chapters go back to the communities scattered throughout the United States, with the feeling that their Red Cross work is distinctly worth all the effort put into it. Small wonder, again, that on the homeward journey they undoubtedly have talked Red Cross and conveyed the Convention's inspiring message to all with whom they have come in contact. Back in the Chapter environment, with the returned delegates there have been and there will be more miniature Red Cross conventions, reflecting the big gathering. And all of this mind to mind inspiration, supplemented by the generous space accorded the Convention in the newspapers of the country, has served to revive something approaching the war time interest in the Red Cross.

"Great Convention!" was the expression heard most frequently when the time came for saying farewells. "Great" is the word that best describes it. It was great in conception, spirit, enthusiasm and results—great from the opening on Tuesday night,

when Dr. Livingston Farrand, directing head of the organization, in one of his most graceful and inspiring efforts, set the deliberations in motion; great through the three days' sessions that followed and great to the point of being sublime in the monster pageant, called, "The Pageant of the Red Cross," which brought the event to a close.

More than a thousand boys and girls took part in an afternoon performance entitled "The Court of Service," which showed in an intensely interesting way the many activities of the millions of boys and girls enlisted under the banner of the Junior Red Cross. During the presentation of the various scenes another group of 1,000 school children sang songs written especially for the occasion. The spectacle closed with a mass picture that stirred the audience to prolonged cheering.

Sessions were so arranged as to permit the crowds to inspect the Red Cross exhibits in one of the larger buildings. These displays, embracing all activities of the organization and set up in such comprehensive fashion that even the children were able to understand them, proved to be one of the most interesting features of the Convention.

The mammoth pageant, which brought the Convention to a close, was one that will long be remembered by the thousands privileged to witness it. Nothing more beautiful has ever been conceived. More than 3,000 persons, including a chorus of 1,000 took part in the spectacle.

WORRY WEARS

Unload Fear, Fill Up on Hope and Confidence, Forget Your Troubles and Relax.

AN essential condition to being well and remaining well is not to worry about your health—not to worry about anything. If a person is cross, restless or excitable he is called "nervous".

Such a condition is not so much a matter of nerves as of brain disturbance. It may have a definite physical cause or it may be a bad mental habit. In either case it is perfectly possible to do away with the trouble.

PHYSICAL CAUSE AND PREVENTION OF "NERVES"

First: The body should be thoroughly overhauled periodically in order to discover and afterwards correct any infection, such as of teeth, or tonsils; any physical strain, such as might come from the eyes; or cause of poisoning, such as obstructed bowels. Fatigue and depression often disappear when such troubles are cleared up.

It is a good thing to have one's self physically examined every year. Such an examination should take away all fear because it is a careful going over of every

part of the body and reveals the exact truth about every condition. After a man has made the corrections or the changes in his living habits, suggested by the doctor, he is free mentally and physically to work, play and enjoy life according to his own capacity. This is the normal way of feeling.

MENTAL CAUSE AND CURE OF "NERVES"

Everyone now accepts the fact that bad mental habits can powerfully affect the body. People despise cowardice in themselves and more of them would fight to overcome worry if they realized that it is just one fear state after another, together with an exaggerated feeling of the importance of one's own troubles and difficulties.

Trust and confidence are the foes of worry and fear. If you have these aids you can forget your troubles and relax. If you sleep well at night you will, except in cases of extreme fatigue, be rested and ready for the next day.

Courage is the great enemy of constipation, fatigue and mental disturbance. The attitude of courage is the attitude of health—head up, chest arched forward, abdomen held firm.

The person who carries his burdens around with him all the time, stuffs them under the pillow at night so that he can't sleep—the person who is grouchy and wears a continuously "sour" expression, is really sick. If he is in good physical shape he must then seek mental hygiene, forget himself, keep out fear thoughts and admit only thoughts of health and strength.

"Hence, loathed melancholy!"

Don't let yourself be satisfied with anything less strong and glowing than a wholesome, interested, courageous, active point of view about life.

AN IDEAL

Preventive medicine can never be satisfied until it has approached Isaiah's ideal (Isaiah. LXV, 20), "There shall be no more thence an infant of days, nor an old man that hath not filled his days; for the child shall die a hundred years old." Newsholme.

GOOD HUMOR

Good humor is the spice of life. Its foundation is good nature and generosity of soul towards one's fellows and to all the events of life whether pleasant or otherwise. There is no such thing as good humor without good judgment and kindness of feeling.

Most of the trivial worries of life can, by a joke and a good laugh, be sent scurrying away to destruction. As long as one can laugh the spirit will not grow old. Good humor and good health walk hand in hand.

OSHAWA SUPPORTS JUNIOR MOVEMENT

The Oshawa, Ont., branch of the Canadian Red Cross has decided to give active support to the Junior Red Cross and has arranged to purchase five sets of scales and place them in the public schools of the town for testing the growth of the pupils. The honorary president of the branch is the mayor of the town, Mr. Stacey, and the president is W. E. N. Sinclair, M. L. A.

LITTLE JACK

A SHORT STORY BY GALLIENA

JOHN Mason was angry. His wife knew it by the way he banged the pail of milk down on the floor and splashed some over. She didn't say anything, however.

"Darn the health department," her husband suddenly broke out.

"What now?" asked his wife who was peeling potatoes.

"They've warned me that I mustn't ship any more milk to town after today. They say it's dirty."

"Well, it looks clean," said his wife, eyeing the pail.

"I tell you what I'm going to do. I'm going to town and make those fellows prove it. Why, look at that barn. Nothing finer in the concession. And my cattle are good stock. Those town folks are talking through their hats. I'll show them."

The wife said nothing. She knew that her husband would do what he said and she thought that probably it would be the best thing to do.

Next morning just before the 8:20 pulled in at Green Hill, John Mason drove up to the station and, handing the lines to his hired man, entered the station and bought his ticket to town. An hour and a half later he walked into the municipal health office.

"What can I do for you?" asked a clerk.

"I want to see the man who sent me this," said Mason, handing over the notice about his milk.

"Certainly," said the clerk, "this way," and led him into an inner room.

"Somebody to see you, sir," said the clerk and disappeared.

"Good morning," said the health officer, looking up. "What can I do for you?"

"Did you send me this?" asked Mason, handing him the letter.

"I did," replied the health officer, glancing at it.

"Well, it isn't true," said Mason.

"I think you're wrong," replied the medical officer.

Mason then entered into a long argument about his barns, his cattle and so forth. The health officer listened for two or three minutes and then cut him short.

"Just come with me," he said. "I think I can convince you that you are wrong." He took him into another room filled with bottles and chemical apparatus.

"Jones," he said, "have you a sample of John Mason's milk?"

"Yes," said Jones, coming forward.

"Would you like to see it?"

"Yes, bring it here."

The milk was brought. It was labelled: "John Mason, Green Hill."

"Test it for dirt," said the chief officer.

Jones brought a silver cylinder, put a little disc of cotton wool as big as a quarter on the wire gauze bottom, poured in a pint of the milk, adjusted the top and squeezed a bulb attached to the top. The milk flowed through the disc into a clean glass jar and then, taking out the disc, Jones handed it to his chief on a piece of white paper. The

disc was stained very dark with particles of manure plainly discernible.

Mason was dumbfounded. "Are you sure that was my milk?" he asked.

"Positive," said the officer. "Jones, bring me Mr. Mason's record."

Jones returned with a large sheet of white paper with about fifteen dried discs pasted on it. They were of varying shades of brown or black.

"Look at them with this glass," said the officer, handing Mason a strong magnifying glass. Mason looked and was shocked.

"Cow manure," said the chief.

"Yes," said Mason.

"Now, Mr. Mason, that dirt in itself wouldn't do much harm. But, as you know, a large proportion of cattle are infected with tuberculosis. The tuberculosis germs pass through the cow's intestines, get into the milk, and may give the child who drinks it bovine tuberculosis. That is why we want to get clean milk. Pasteurization kills most of the germs, but we do not believe in pasteurizing dirty milk. Such milk as you are sending is neither fit for us to drink nor for your own family. Are you satisfied?" asked the health officer.

"I never knew about that before," said Mason.

"Look here," said the health officer, glancing at his watch. "I am going up to the Preventorium now. Children threatened with tuberculosis are kept there. Would you like to drive there with me? You will find it interesting, I think, after this talk."

"All right," said Mason. "My train doesn't go till 4.30. I have lots of time."

Half an hour later the health officer and Mason entered the Preventorium. On open sheltered verandahs exposed to the air and sunshine were ten cots each occupied by a child. The children were sitting up and a teacher garbed in out-door clothing was instructing them.

"These youngsters," said the officer, "are all threatened with tuberculosis, mostly of bovine origin."

"What do you mean by bovine?" asked Mason.

"From cows," said the health officer. "By giving this fresh air treatment, plenty of rest, and lots of nourishing food we can usually arrest and cure the disease. Of course it is expensive treatment. Naturally, though, we prefer to cut off the tuberculosis germs before they reach the children. It is the more sensible way."

John Mason was greatly impressed. The little wan faces burned themselves into his brain. He was silent on the way back to the municipal offices. On shaking hands with the health officer he said:

"Thank you for your consideration. This has been an interesting day to me. I didn't know about these things before. I didn't understand why you were doing them. I will follow any instructions you send me to the letter and you will never have another complaint about our milk if I can help it. Good day."

"Good day," said the health officer, as he turned to enter his office.

That evening John Mason was strangely silent. He had told his wife most of his experiences of the day but not all. After supper John Mason looked out of the window for a long while in silence. The moon was shining brilliantly over the fields.

"Mary," he asked, "what was it the doctor said our little Jack died of?"

"Bovine tuberculosis," replied his wife.

"Bovine tuberculosis," repeated her husband mechanically. "My God."

TRYING A SUBSTITUTE

A Scottish farmer's better half saw a row of pots of marmalade in her grocer's window advertised as "a grand substitute for butter," and forthwith bought a pot of it.

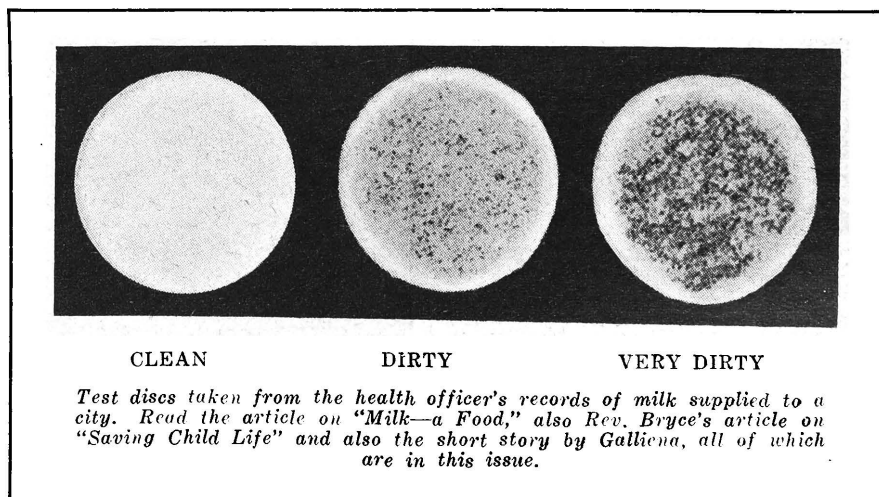
With evident anger on her face she rushed in the grocer's shop the next morning and shouted: "My man, what did you mean by tellin' me that's a grand substitute for butter?"

"Well, madam, so it is," calmly replied the shopman.

"A grand substitute it is," replied the good woman. "I fried my man's fish this mornin' in it, and a nice job it made o' it!" *Farm and Home.*

"And does your cow give you milk?" asked the kind neighbor of little Mary.

"No!" the little tot replied indignantly. "Uncle Fred just has to take it away from her!" *Ladies Home Journal.*



Test discs taken from the health officer's records of milk supplied to a city. Read the article on "Milk—a Food," also Rev. Bryce's article on "Saving Child Life" and also the short story by Gallienna, all of which are in this issue.

NEW CANADIAN CITIZENS

The Red Cross, Being Universally and Favorably Known to Continental Immigrants, Can Be a Great Help in Assimilating Them

By MRS. C. B. WAAGEN,

Vice-President and Honorary Secretary, Alberta Division, Canadian Red Cross.

THE problem of assimilating foreign-born new-comers to our shores is one which from the outset of its Peace activities attracted the attention of the Canadian Red Cross and experience would seem to indicate that service of a peculiar value may be rendered by the Society in this connection.

The Red Cross care and rest rooms for mothers and children which have been established at the landing ports, the Red Cross card placed in the hands of the new-comer, bearing its message of welcome, advising where to apply for help in case of illness or accident, is a first step towards assimilating the immigrant. This work is found to be the more easily done because of the fact that the Red Cross is a sympathetic agency universally recognized and favorably known to all who seek to make their homes among us.

Despite legislation, despite education, despite the earnest efforts of our social and religious teachers, there is no doubt that little Russias, little Germanys, and little Polands have been allowed to spring up and flourish, especially in Western Canada.

The solution of our alien problem lies most with the new young citizens, the children of to-day, whom our educational system is endeavoring to draw within the circles of Canadian life, customs and ideals. In this effort the Junior Red Cross will no doubt prove of enormous value and the work is already finding its place in the schools.

During the Red Cross Membership Campaign last year an effort was made to enlist the sympathy of our foreign-born citizens in the Red Cross. Representative Ukrainians were appointed as members of Campaign Committees, and seemed anxious to serve the interests of the Society. News travels fast amongst these people and what is of interest to one community seems to interest all. Not long since, the writer, while in Edmonton, received a visit from one of the most influential Ukrainians in that city. He called to offer his services to the Red Cross and to state that he was already organizing his people to support the Society. His efforts extended to those districts where the Red Cross is already working. He is anxious that the Ukrainians in Canada should become good Canadian citizens and believes that the most effective way of reaching his people is through the Red Cross organization which they know and trust and through which they can learn right principles of living and citizenship.

There is no doubt that in carrying on the Crusade for Good Health among our foreign-born the Red Cross must be prepared to cope with extreme ignorance and suspicion.

Many of these people have been oppressed in their own country and unfortunately, so often exploited in that of their adoption, that they fear any attempt to present to them ideas that are new or beyond their immediate comprehension. They are to a certain extent fatalists. Their point-of-view is too

often mercenary. Most of them have known extreme poverty, and money toiled for and accumulated in this new country suggests affluence which brings with it a sense of power. It spells immunity from evils with which they are only too familiar.

On the other hand they have a keen appreciation of any kindness shown to them and are anxious to improve their condition. They are suspicious of Government intervention. They are not suspicious of the Red Cross. It would appear that in this field the Society can, without doubt, render a service which will prove of the utmost benefit to the State.

HELPING THE SETTLERS

Alberta Division Aiding Provincial Government In Extending Aid To Sufferers From Crop Failure

AT THE request of the Provincial Government of Alberta the Alberta Division of the Canadian Red Cross undertook the task of distributing relief to sufferers from crop failure in the southern part of the Province.

The lives of settlers in the newer parts of the Province, even in most prosperous times, are fraught with many hardships. Failure of crop and consequent poverty during the past season has transformed ordinary hardships into dire privation and some of the people have not been in the possession of even the necessities of life nor had they money to buy them.

The greatest need during the winter was clothing and by the end of January of this

year the Alberta Division had distributed wearing apparel or food supplies or both to 8,000 persons.

In order to give the public an opportunity of participating in needful assistance to their fellow citizens the Alberta Division launched an appeal for funds in order to continue the relief work. The appeal was given the endorsement and sympathetic support of Premier Greenfield and other members of the Alberta Government and at the time of writing many citizens and public bodies had given practical evidences of their sympathy with the cause.

CONSTRUCTION OR DESTRUCTION

It was Rutherford who said that "the race may date its development from the day of the discovery of a method of utilizing atomic energy." So enormous is this energy that it will confer upon the man or the race which learns to release and control it a power only less than that of the Omnipotent. Before that day arrives let us hope that a way will have been found to put more of the human in human nature.—*Scientific American.*

PLUCK WINS

"Pluck wins: it always wins: Though days be slow.

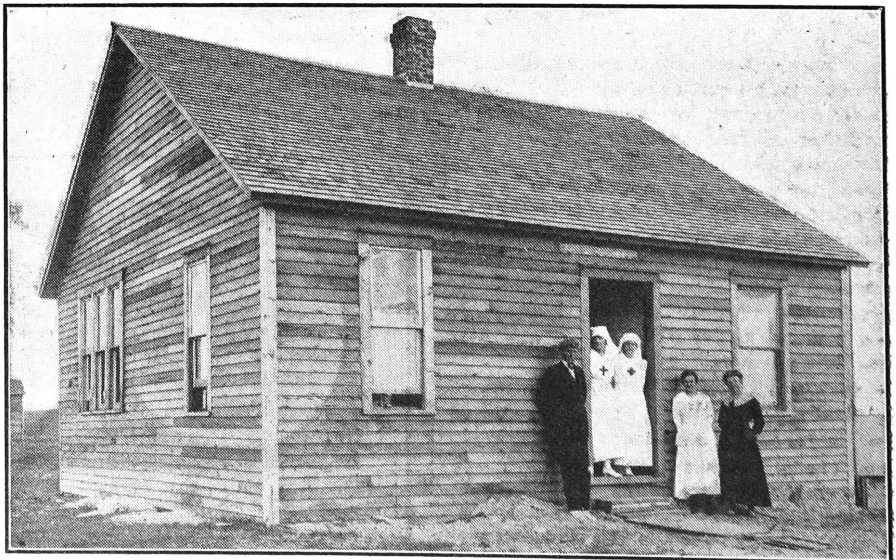
And nights be dark 'twixt days that come and go,

Still pluck will win; its average is sure,
He gains the prize who will the most endure;

Who faces issues; he who never shirks;
Who waits and watches, and who always works."

APOLOGETICALLY

"OH, MAMMA," little Margaret exclaimed in an awed tone on returning from a visit to a spinster aunt noted for the prim neatness with which she kept her house. "I saw a fly in Aunt Maria's house. But," she added thoughtfully, as if half justifying its presence, "it was washing itself."



Red Cross Nursing Outpost at Altavio, Alberta. This building is situated on the fringe of the pioneer districts of the Province where without this Red Cross service attention to the nursing needs of the settlers would not have been possible.

QUEBEC DIVISION

Special Care Is Being Directed Towards the Welfare of Ex-Service Men. Memorial Workshops and Two Red Cross Lodges are Among the Activities of the Division.

THE Executive Committee's report of the Quebec Division presented at the Annual Meeting which was held on Wednesday, November 30th, gave a comprehensive survey of the work that the Division is carrying on on behalf of soldiers discharged from the Canadian Expeditionary Forces.

Excepting for Junior Red Cross work in which a beginning has been made and the education of Public Health Nurses, the Quebec Division has not as yet undertaken special activities under the peace-time program of the Canadian Red Cross. It is interesting to note that the report of the Executive states that the number of responsibilities in connection with ex-members of the Canadian Expeditionary Forces and their dependents is constantly on the increase. The report states:

"The first and foremost plank in the Peace-time Policy of the Red Cross Societies of the world, is to continue and complete the after War Work and to render assistance in case of sickness or accident to those who served their country.

Your Executive Committee have felt that this after War Work would increase rather than diminish as years pass by and they have, therefore, confined their energies to the care of ex-soldiers and sailors and their dependents."

The work of the past year of the Division is dealt with in the report under twelve headings, which are as follows:

- Hospital Comforts,
- Clothing Supplies,
- Relief Work,
- Montreal Red Cross Lodge,
- St. Anne Red Cross Lodge for convalescents,
- Memorial Workshops,
- Immigration Nursery (Quebec),
- Entertainment for men in Hospital,
- Hospital Treatment,
- Junior Red Cross,
- Membership,
- Administration.

Relief was given during the year to many dependents of ex-soldiers, who under the regulations of the Canadian Patriotic Fund were not entitled to assistance from that source. Such cases were referred by the Canadian Patriotic Fund to the Quebec Division and then dealt with. Of a similar nature were the cases of single men for whom but little provision is made by any authority.

The Division, under an agreement with the Government, continues its management of the Red Cross Lodge for the care of permanent war cripples. Since the first of December, 1920, the cost of this effort has been \$21,000.

The Division also maintains a Red Cross Lodge at St. Anne de Bellevue. It is a convalescent home for ex-service men to enable them to recuperate after discharge from city hospitals. It has a bed capacity of 21

and during June, July and August was practically always full.

During the year \$7,000 was contributed towards the maintenance of the Memorial Workshops, which have become an established institution, and in which 47 partially disabled men have been employed. The cost of providing employment for each man has amounted to about \$12.50 per month and has enabled him to earn on an average of between \$60.00 and \$70.00 per month.

In connection with the endeavour to provide a larger supply of Public Health Nurses and to encourage the Public Health Nursing Movement, the Quebec Division is making an annual grant of \$5,000 to McGill University in order that it may carry on a course in Public Health for graduate nurses.

IN CZECHOSLOVAKIA

Unique Method To Be Adopted To Bring Health Question To Attention Of The People

THE new Republic of Czechoslovakia is taking up very vigorously the health of its citizens. To impress the people with the great personal losses that are sustained from preventable diseases it has been proposed to proclaim a "National Sorrow" or mourning for those who died in the previous year as a result of community neglect of health principles.

It is estimated that during 1921 those who died of preventable diseases totalled 70,000. It is expected that a Government proclamation will be made concerning the day of "National Sorrow" and outward evidences will consist of peals of bells, black flags hoisted on Government buildings, sudden stoppage of street traffic and meetings of workmen. Political parties, churches, schools, preachers, special speakers, would be enlisted to arrange for the delivery of special addresses upon subjects suitable to the occasion.

In order to stimulate Government activity it is projected that a resolution of all parties will be delivered to the Minister of Health requesting if he be aware of the danger of the present state of affairs and asking what the Government proposes to do in the cause of the health of the people.

The Czechoslovakian Red Cross is taking a leading part in this health movement. It is directed by the Reverend Oscar Odstrcil, a Czechoslovakian clergyman who was formerly engaged in church work in Saskatchewan, and who has returned to his own country specially to engage in this work. In a letter to the Canadian Red Cross Society he mentions that specially good work is being done there in Child Welfare, Health publications and organizations, and the distribution of food and garments and the Junior Red Cross. Care and attention is given to orphans and destitute children of whom there are many as a result of the war. Children who are morally or physically defective or incurably diseased are directed to hospitals,

industrial schools or other institutions likely to help them.

The Junior Red Cross Society of the Republic now includes 23,335 members in 647 classes.

ON AN INFANT DYING AS SOON AS BORN

I saw where in the shroud did lurk
A curious frame of Nature's work;
A flow'ret crushed while in the bud,
A nameless piece of Babyhood,
Was in her cradle-coffin lying;
Extinct with scarce the sense of dying:
So soon to exchange the imprisoning womb
For darker closets of the tomb!
She did but ope an eye, and put
A clear beam forth, then straight up shut
For the long dark: ne'er more to see
Through glasses of mortality.

Riddle of destiny, who can show
What thy short visit meant, or know
What was thy errand here below?
Shall we say, that Nature blind
Check'd her hand, and changed her mind
Just when she had exactly wrought
A finish'd pattern without fault?
Could she flag, or could she tire,
Or lack'd she the Promethean fire
(With her nine moons' long workings sick-
en'd)

That should thy little limbs have quicken'd?
Limbs so firm, they seem'd to assure
Life of health, and days mature:
Woman's self in miniature!
Limbs so fair, they might supply
(Themselves now but cold imagery)
The sculptor to make Beauty by.
Or did the stern-eyed Fate descry
That babe or mother, one must die;
So in mercy left the stock
And cut the branch; to save the shock
Of young years widow'd, and the pain
When Single State comes back again
To the lone man, who, reft of wife,
Thenceforward drags a maimed life?

The economy of Heaven is dark,
And wisest clerks have miss'd the mark
Why human buds, like this, should fall,
More brief than fly ephemeral
That has his day; while shrivell'd crones
Stiffen with age to stocks and stones;
And crabbed use the conscience sears
In sinners of an hundred years.

Mother's prattle, mother's kiss,
Baby fond, thou ne'er wilt miss;
Rites, which custom does impose,
Silver bells, and baby clothes;
Coral redder than those lips
Which pale death did late eclipse;
Music framed for infants' glee,
Whistle never tuned for thee;
Though thou want'st not, thou shalt have
them,

Loving hearts were they which gave them.
Let not one be missing; nurse,
See them laid upon the hearse
Of infant slain by doom perverse.
Why should kings and nobles have
Pictured trophies to their grave,
And we, churls, to thee deny
Thy pretty toys with thee to lie—
A more harmless vanity? C. Lamb

BY STILL WATERS

Province of Manitoba Has Efficient Organization to Deal With Tuberculosis Problem. A Model Sanatorium in Treed Valley at Lake Ninette.

By DR. R. E. WODEHOUSE, O.B.E.,

Secretary of Canadian Society for the Prevention of Tuberculosis

IN the special field of tuberculosis the Province of Manitoba has at present as complete a combination of health workers and institutions as has been planned for any Province of Canada. The Manitoba Sanatorium at Ninette is beautifully located at the lower end of a treed valley, near the shore of Lake Ninette. It is in the district of Souris, is located on the Canadian National Railway and is about 35 miles south-east of Brandon. The buildings are modern and are well planned. The Medical Officers are efficient and sympathetic, and the members of the staff which they have chosen to assist them are without exception of the same temperament. In their evident contentment which is so important an adjunct to their successful fighting against tuberculosis, the three hundred patients reflect these happy surroundings.

AN EDUCATIONAL CENTRE

In Manitoba nearly all the teaching or educational work on this disease is conducted through and by the staff of this institution. Courses of lectures on Tuberculosis and Health are given to the students of the Normal Schools. These students become teachers in the Public Schools. All medical students in Manitoba receive a course of instruction from the Ninette staff. The final year medical students have to complete one month or more as house surgeons at the Ninette Sanatorium. All nurses training in the hospitals of Winnipeg receive instruction from the Ninette staff.

The Public Health nurses employed by the Provincial Board of Health are given a course of instruction by the Sanatorium doctors. They receive four months instruction before being placed in the field and among other things are taught by the staff of the Normal School some of the principles of the art of teaching, so that they may be the better able to impart their knowledge to the people of their municipalities.

WHEN PATIENTS REACH HOME

The Public Health nurses in the Province of Manitoba outside of the City of Winnipeg, are all on the roll of the Provincial Board of Health service. The Board's nurses now number over sixty and are doing work for more than half of the Provinces' population outside the City of Winnipeg. Tuberculosis follow-up work in the homes is an activity that is almost a hobby with these capable nurses. All cases discharged from the Ninette Sanatorium or diagnosed at the Sanatorium or the chest clinic in Winnipeg, or at the hospital in Winnipeg for advanced cases of Tuberculosis or from the university or city laboratories, are notified to the nurse in charge of the municipality in which they live. Any suspicious cases seen by the rural doctors or the nurse, where a doctor is not available, are arranged for, if the doctor desires, to be sent

free to Ninette for observation and diagnosis. This word *free* includes railway fare if the nurse reports to the Provincial Board of Health that this assistance is necessary.

WELL-ORGANIZED EFFORT

Post graduate courses for medical practitioners are conducted at Ninette and the members of the staff avail themselves of every opportunity to address associations of medical men, nurses and municipal officers. It would appear that Manitoba's well organized effort to improve the health of its people, both city dwellers and those living outside the cities, will have a marked effect upon the number of people suffering from tuberculosis. Each citizen must have better knowledge of the early symptoms of the disease. More doctors must have the inspiration and interest created in them by studying awhile at the Sanatorium. Visits to these institutions by the medical men cause them to be more interested in tuberculous cases and therefore they detect the cases in their earlier development while cure is easier and loss of ability by the patient to earn a living is very small.

LITTLE LIGHTS ON LITERATURE

THE English language which we all speak and which is spreading over the world faster than any other tongue, did not always have the same form which it now possesses. English is not a fixed means of expression. It is an ever moving stream, ever changing to meet the altering needs of the progressive English-speaking races.

It is made up of two great currents of language, the French and the Anglo-Saxon, which were brought together at the Norman Conquest of England. For centuries they were spoken side by side without being mingled very much and they were not united into one until they were fused together by the burning genius of one Geoffrey Chaucer, who lived from about 1340 A.D. until about 1400 A.D.

Chaucer was a great student of classical lore and a great observer of human nature and his writings are characterized by a profusion of ideas and a wit that is ever ready to turn an amusing phrase. Unless special study is made of his writings they can only be read with the aid of a teacher for in them one finds archaic Saxon and French words that have long since passed into disuse and many of which, though the same as used to-day, are used with a different meaning.

For those who have never studied the works of this wonderful old writer, the following poem will be both interesting and will

show how much the English language has changed since the homely days of the Crusaders and the Canterbury pilgrims. It is printed in its original form.

THE COMPLEINT OF CHAUCER TO HIS EMPTY PURSE

To you, my purse, and to non other wight
Compleyne I, for ye be my lady dere!
I am so sory, now that ye be light;
For certes, but ye make me hevye chere,
Me were as leef be leyd up-on my bere;
For whiche un-to your mercy thus I crye:
Beth hevye ageyn, or elles mot I dye!

(wight - person; compleyne - complain;
dere - dear; certes - certainly; hevye -
heavy; leef - leave; leyd - laid; bere - bier;
beth - be; ageyn - again; mot - must; dye-
die.)

Now voucheth sauf this day, or hit be night,
That I of you the blissful soun may here,
Or see your colour lyk the sonne bright,
That of yelownesse hadde never pere.
Ye by my lyf, ye be myn hertes stere,
Quene of comfort and of good companye:
Beth hevye ageyn, or elles mot I dye!

(voucheth sauf - vouchsafe; hit - it; soun -
sound; hadde - had; pere - peer; lyf - life;
myn - mine; hertes - heart's; stere - ruler;
quene - queen; companye - company.)

Now purs, that be to me my lyves light,
And saveour, as doun in this world here,
Out of this toune help me through your
might,

Sin that ye wole nat been my tresorere;
For I am shave as nye as any frere.
But yit I pray un-to your curtesye.
Beth heavy ageyn, or elles mot I dye!

(purs - purse; lyves - life's; saveour - sav-
iour; world - world; toune - town; doun -
down; wole - will; tresorere - treasurer;
nat - not; shave - shaved; nye - night; frere -
friar.)

THE WRONG IRON

An experienced golfer, in a fit of condescension, invited a novice to take part in a game. The novice, to the golfer's dismay and disgust, ploughed up the ground at every stroke.

After one particularly vicious dig, the golfer remarked, "You've revoked."

"We're playing golf, not whist," said the novice.

"Yes," replied the golfer, "but you have just played a spade where you should have played a club."

As Sir Wm. Osler once said: "The vital factor in disease is, after all, the power of resistance possessed by the individual." If the resisting elements in the blood are sufficient and in fit fighting condition, the invading hosts of disease germs may be halted, held at bay, and even annihilated. Hence the necessity for keeping our bodies physically fit, well nourished.

DEFYING TIME

"Yessir, eighty-two I be, an' every tooth
in my 'ead same as th' day I were born."

Do not wear tight shoes or high heels.

A THRILLING PAGEANT

Wonderful Spectacle Presented to Delegates at Conclusion of American Red Cross Convention at Cleveland. Dramatic Representation of Great Historical Characters.

PICTURE if you can a flag-draped arena of vast proportions, filled with dancing children, marching soldiers, sailors and marines, Red Cross nurses and other Red Cross workers and a solid phalanx of armor-clad horse-men; visualize more than 2,000 persons garbed in costumes covering all the periods of two thousand years—kings, queens, monks, crusaders, athletes, sirens, heralds, slaves, Sisters of Charity, hermits, refugees, warriors and philosophers—their picturesque attire harmonizing in a most perfect blending of color.

Let your imagination carry you along until you see this many-hued assemblage massed about three wonderfully appealing figures—Humanity, Columbia and Community—and hear the cheering of more than 5,000 spectators when a mammoth American flag appeared suddenly above the arena, while a chorus of 1,000 voices and a brass band rendered a patriotic hymn—picture all these things and you will then have a faint idea of the splendor of the final scene in "The Pageant of the Red Cross," which brought to a stirring close the first National Convention of the American Red Cross.

None of the thousands who were privileged to see the spectacle will ever forget it. In point of human appeal, genuine heart interest, beauty of conception and perfect execution, steadily increasing action and sheer loveliness of color, it will take rank with the best of pageants that have gone before. From the opening chorus—and the thousand men and women who provided the vocal part of the entertainment have every reason to be proud of their contribution to the spectacle—it was a highly colored moving picture, with the onlookers thrilled and spellbound by turns. As the comprehensive story of service down through the ages, beginning with the time of Christ, unfolded itself in scene after scene of historical correctness, now somber in its setting, now a brilliant splash of color, the spectators were carried back behind the centuries to the birth of the idea which attained its full flower in The World War.

The entrance of four heralds on horseback, following the rendition of "Be Not Afraid" and "Elijah" by the chorus, signalized the start of the procession which marked the opening of the spectacle. A blare of trumpets announced the approach of Humanity, who presently made her appearance on the big stage at one end of the arena attended by Love, Mercy, Faith, Hope, Knowledge, Courage, Service and Sacrifice. Humanity, in an appeal to America to hear her message, summoned from the past those who had tried to serve and assist their fellowmen.

"The Good Samaritan," the first advocate of Service of which there is any record, was the first to appear in answer to her summons. Holding on a donkey the wounded man he found by the roadside, he made his way slowly about the arena. In turn, followed Queen Helen, believed to be the organizer of the Sisters of Charity,

accompanied by her handmaidens and slaves, the latter carrying a litter on which reclined a wounded soldier. The appearance of the Knights of the Round Table and The Crusaders brought the spectacle up to the Twelfth Century. The Hospitallers and an Order of Monks were next in line, followed by a group of women dressed in the garb of those who looked after the wounded soldiers in the Revolutionary War. This group was preceded by three figures representing "The Spirit of '76."

Florence Nightingale, bearing her famous lamp and leading thirty-six nurses dressed in the picturesque black and white worn by nurses of that period, led the Eighteenth Century part of the procession. The first organized nursing service is one of the achievements credited to the famous Englishwoman. Groups of men with high hats and shawls wrapped about them represented the Sanitary Commission of Civil War days which was the forerunner of the American Red Cross. Women dressed in clothing of the Civil War period were part of this picture.

Henri Dunant, the man who launched, at his home in Geneva, in 1864, the Red Cross movement which has since spread to all parts of the world, was portrayed by a solitary figure—a man walking alone. On reaching the stage he told of a vision in which he could see all the countries of the earth with Red Cross organizations. Even as he spoke the vision came true. Children representing the different countries of the world, now banded together as the League of Red Cross Societies, came marching into the arena, the flags of each country held aloft. This was a beautiful picture and a fitting finish to the procession.

Following the battle scene, the pageant portrayed in graphic fashion the activities which made the permanent program of the Red Cross. Community, wooed by indifference, is about to succumb when there moved across the arena a pathetic group of ragged children, disabled soldiers, men and women aged and infirm and shaking with illness. As they stretched their arms toward her, Community left Indifference and, turning to Humanity, pleaded for enlightenment as to how to help them. Faith, Love and Courage removed the somber robes that had been worn by Humanity up to this time and there was revealed to the audience, in flowing robes of white and pale blue, "The Red Cross of Peace." The latter called Community to her side and read the Red Cross creed, which showed the numerous ways in which Red Cross Service is at the disposal of every place, no matter how remote. Columbia listened and then gave The Red Cross of Peace her commission. Scenes showing the value of Health Service, Disaster Relief, Junior Red Cross, Nursing, Production, Nutrition and others of the organization's activities followed in turn, the whole leading to the big climax.

The pageant was written and directed by Ruth Mougey Worrell, who was show-

ered with congratulations at the close of the performance and who will continue to receive them for a long time to come. Through the trying period of rehearsals, covering a period of almost two months, Mrs. Worrell's unflinching good nature and gentleness endeared her to all who worked with her.

NARROW LOTS

High Tax Rates Based on Frontage Lead To Smaller Houses, Crowding and Impaired Health.

THE Medical Health Officer has declared himself to be opposed to the building of dwellings on city lots of a frontage less than 20 feet. It is surprising to learn that houses are projected on lots less than seven yards across. To allow for a side entrance of two feet, the maximum width of the dwelling would be about 17 feet. There are many houses in Toronto on lots from 20 to 25 feet wide, but most of these are double houses, or in terraces. The narrowness of the frontage is one of the effects of a high tax rate based on frontage, and especially of onerous local improvement charges. One of the principal objections to Toronto residential districts of middle-class type is the way the dwellings are jammed in against one another, leaving practically no room except what is available on the street or in a bit of backyard. The very density of the residences ought to bring down local improvement charges to reasonable amounts. But in the newer districts, like the Runnymede section, local improvement rates make the taxes so onerous that builders still keep down to the 25-foot lot when possible. This congestion cannot be good for the health, even if it is forced on the pocket.—*Mail and Empire.*

POVERTY RETARDS GROWTH

Thus Poverty leads to premature employment of children, with detriment to their normal growth, followed by diminished efficiency in adult life. This implies low wages throughout life, and so poverty is passed on to a second generation.—*Newsholme.*

AT GRAND MANAN

The New Brunswick Division reports the recent formation of a senior branch of the Canadian Red Cross Society at Grand Manan, and a junior Red Cross branch at St. Pauls, Chatham.

THE EASIEST WAY

The sweet young summer visitor from the city was getting in touch with her country surroundings and asked the farmer questions upon many subjects among them being the methods of handling milk.

"Do you pasteurize your milk?" said she. "No," said the gruff one, "we pasturize the cows."

If you stand straight and breathe deeply it will help you to keep your chest up. It will also help to keep your bowels in good condition.

ANCHOR POINTS OF LIFE

Birth and Death are the Two Great Facts of Earthly Existence. State Records Concerning Them of Prime Importance to the Individual and to the Community.

RECORDS of births and deaths that are made and kept under state authority have a legal value that should be more generally understood and appreciated. Because such records are comparatively recent in Canada there has been a tendency to overlook their legal aspect and to regard them as of use only for the compilation of "Vital Statistics." But records of birth and death have legal value to individuals in addition to their use in furnishing information to governments.

BIRTH CERTIFICATES

Already in some provinces a copy of the birth certificate is required, either by statute or school regulation, for admission to the public school or for permission for children of school age to go to work.

A birth certificate may be demanded to establish age in order to obtain a marriage license or the right to elective franchise.

It may be demanded as evidence of eligibility to civil or military office.

It is frequently necessary to prove nationality and citizenship.

Failure to produce such evidence during the World War resulted in the incarceration of many unfortunate individuals until their origin could be established. Failure to find such records seriously hampered the right of many citizens to travel, especially in foreign countries. During the war there was a great demand for copies of birth certificates to aid in establishing the status of individuals under the provisions of the Military Service Act.

Copies of certificates of birth are most important evidence of rights in heirship and in title to property, and in claims for pensions. They may be required to prove legitimacy.

DEATH CERTIFICATES

Certified copies of certificates of death are frequently required in settlement of claims for insurance and pension. Fact and date of death as shown in death certificates may be important evidence in proof of heirship, title to property, legitimacy, or legality of marriage, and sometimes for defense in criminal prosecutions.

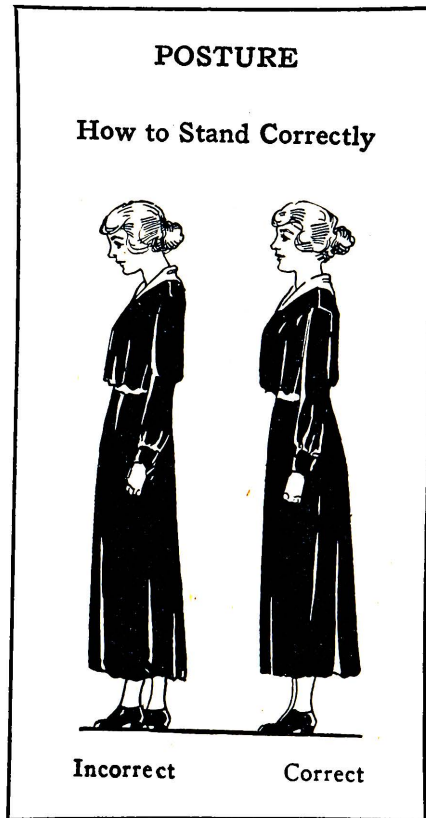
Vital statistics which are compiled from official records of births, marriages and deaths have a direct value in estimating the health and physical welfare of a nation.

Registration of deaths determines the prevalence of fatal diseases and, combined with birth statistics, gives a basis for calculating the growth or decrease in the population. Upon number of infants dying during the first year of life the infant mortality rate is calculated. The infant mortality rate is one of the best measures of the healthfulness and intelligence of a community, for it indicates truly the factors for good or ill which are at work among a people.

Correct vital statistics afford the officials responsible for public health the opportunity to form conclusions upon which to frame adequate laws for prevention.

Throughout Canada these registrations of

births, marriages and deaths are legal requirements and the laws concerning them cannot be carried into full effect without the wholehearted co-operation of every citizen.



PHOTOGRAPHS WANTED

THE "CANADIAN RED CROSS" will deeply appreciate contributions of photographs suitable for illustrating "The Red Cross Junior," a magazine which will shortly be issued by the Canadian Red Cross Society to members of the Junior Red Cross.

One of the aims of the magazine will be to give the youngsters information and interest them in parts of Canada outside their own localities, to help them grow up with the ability to see the point of view of their fellow citizens in other provinces.

Photographs may be illustrative of natural scenery, public buildings, public works, outdoor life, animal life, farm life, Canadian industries, anything in fact which contains some point of interest.

For reproduction photographs should be clear in outline and with plenty of contrast they should, in fact, be "good photographs." The name of the province, county, locality or place and any other facts of interest which the photograph represents should be written on the back of the photos or on a sheet of paper accompanying.

Kindly send photos to:

Director of Publications,
Canadian Red Cross Society,
410 Sherbourne Street, Toronto.

TO BE SAFE—PASTEURIZE

Dr. W. H. Park, Director of the Research Laboratory of the New York Health Department stated "More cases of typhoid come from milk than from any other source and the only actual safety for the consumer lies in pasteurization. Fifty per cent. of the children fed on cow's milk who die from tuberculosis got the disease from the milk."

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