



RESPONSIBILITY FOR HEALTH

**How the State Acts in Guarding the Physical Welfare of the People.
Laws Relating to Air, Water and Food are Highly Important to
The Satisfactory Enjoyment of Life.**

By DR. W. H. HATTIE

Provincial Health Officer, Halifax, Nova Scotia

FOR the present purpose, namely, the question of state responsibility in matters of health, it is necessary to give the term "State" a broad meaning and to apply it to any governing body which has the power to enact health legislation. In passing, however, it may be said that in many matters which concern health it would be well if every person were to accept personally the definition of the Grand Monarch of France, Louis XIV, who said—"L'etat c'est moi" ("I am the State.")

RESPONSIBILITY

The distribution of provincial authority in Canada differs. The responsibility for the administration of the health laws usually devolves first upon the municipalities or upon local Boards of Health appointed to serve polling districts or other convenient areas within the municipalities. Such local Boards of Health are usually given the power to make and enforce regulations that may be necessary to control local health conditions. In health matters which concern territories of greater extent than the small polling districts or municipalities the laws must be framed by an authority having wider jurisdiction. In the carrying out of such laws, however, the powers of the local authorities may still be required.

In such cases it is sometimes required that a definition be made of the extent of the responsibility to be borne by the local and the higher authorities respectively.

RELATION OF COMMUNITIES

If neglect on the part of one community should in any way imperil the health of another community, suitable action can only be taken by a central authority. Suppose, for example, one community contaminates a stream with its sewage. Another community down-stream yet situated far away from the source of pollution might be ravaged by typhoid as the result of the up-stream contamination. It sometimes seems as though human selfishness becomes intensified upon the organization of individuals into communities. It may be, but it should not be, too

much to expect that the big town up-stream will voluntarily undertake the expenditure necessary to safeguard the little down-stream village from water-carried infection. But since it is generally the case that the larger community does not take such action then a larger authority having jurisdiction must assume control and the "State" in such a case becomes the province, the nation, or perhaps an association of nations according to the special circumstances.

VIGOROUS HEALTH ESSENTIAL TO HAPPY LIFE

The making of laws is a function of the "State" and the motive behind the framing of laws should be that conditions most favorable to the satisfactory enjoyment of life by the people may be assured. Nothing is more essential to the satisfactory enjoyment of life than vigorous health. Therefore, it would seem to be a logical conclusion that one of the most important duties of the "State" is the framing and enforcement of laws which are designed for the protection of the health of the people. The prime necessities of life are air, water and food. These are necessary to everybody and it follows that laws relating to them should be made and enforced by authorities with extensive jurisdiction. Similarly the protection of the people from the ravages of communicable diseases should be undertaken by a state body having wide jurisdiction, for such diseases have a disposition to follow the greater routes of travel and over these the small municipalities can exercise but little if any control.

In such matters as these the State should assume full responsibility, not merely for the necessary enactments but also for the most complete enforcement of such enactments. There should also be a complete understanding between various legislative bodies, municipal, provincial and federal, as to the division of responsibility, and as to the action which the bodies of wider jurisdiction will take in event of failure of those of more restricted jurisdiction to properly exercise their powers.

THE JUNIOR RED CROSS IN AUSTRALIA

The Junior Red Cross is making rapid advancement in Australia and last year was able to hold a Junior Red Cross Exhibition in connection with a Red Cross industry exhibit and voluntary aid detachments fair. This took place in the Town Hall at Melbourne. A special feature was made of garments which were sent by the different Junior Red Cross circles and subsequently distributed to war orphans.

TABLE OF CONTENTS

	Page
Responsibility for Health ..	1
<i>By Dr. W. H. Hattie</i>	
Nursing Outposts	2
<i>By G. J. Seale</i>	
Taking a Chance	3
<i>By Galliena</i>	
Aeroplanes in Emergencies ..	3
Alberta Division	4
Hay Fever	5
Jack Miner	5
Sports	6
A Silver Wolf Scout.....	6
Places for Play.....	7
Editorial	8 and 9
Manitoba Division	10
The Care of the Baby.....	11
Sane and Practical	11
No Soothers	11
Working for Mental Health ..	12
<i>By C. M. Hincks, B.A., M.B.</i>	
Destroying Clothes Moths..	13
Industrial Hygiene	13
Habits and the Teeth.....	14
<i>By Dr. Wallace Secombe</i>	
Helping Newcomers	16
Junior Red Cross Director..	16
Posture—How to Climb Stairs	16
Executive Officers of Canadian Red Cross Divisions	16

NURSING OUTPOSTS

Red Cross Offer To Assist the Manitoba Health Board Enthusiastically Accepted and Four Excellent Nursing Stations Established In Outlying Districts. Manitoba Medical Association Co-operated In Good Work.

By G. J. SEALE, Commissioner, Manitoba Division, Canadian Red Cross

WITH the acceptance by the Canadian Society of the International Peace-time policy for improvement of health and prevention of disease, the Manitoba Division of the Canadian Red Cross made a comprehensive survey of health conditions in the Province, and existing facilities for caring for the sick, relief of physical suffering and combating disease.

In the organized Municipalities conditions were found fairly satisfactory—medical, nursing and hospital service available, being, generally speaking, amply sufficient to reasonably care for present need. It was quite evident, however, that in the newly settled areas, not yet sufficiently developed for local government, and where many ex-service men on their discharge from the army had taken up farming, the large majority of the settlers far removed from Doctor or Nurse were in a somewhat precarious position—a situation certainly not in accord with Canadian ideals.

Primarily, it may be maintained, it was the responsibility of Governmental authority to provide or facilitate at least the essentials of medical service in such districts as a detail of colonization, but with the burden of war-time taxation and legacy, and the heavy demands for reconstruction and re-establishment, the Government did not provide the necessary appropriation.

WILLING TO HELP

Following its constitutional function of auxiliary to Government, the Manitoba Red Cross intimated to the Provincial Health Board its willingness to co-operate in an effort to meet the exigency. The offer was enthusiastically accepted and four Nursing Stations or outposts were placed in operation almost immediately. These Stations cannot be regarded as hospitals, except in a most elementary sense. While each is provided with an emergency ward room this is only availed of in extremity. The Nurse patrols her territory, calling on, and at the call of, the sick, injured and diseased; her ministrations encompass a variety of circumstances ranging from tragedy to comedy, and calling for illimitable exercise of uncommon sense and ingenuity. Her day's work may include a maternity case, a fractured limb, a simple cut or wound, a potential epidemic, hysteria, melancholia or more serious mental disturbances—in fact any variation of the innumerable ills to which humanity is susceptible. Where possible the active co-operation of the settlers is enlisted; and in two localities, where the people are somewhat beyond the early stages of struggle of establishment in a new country, local committees provide without cost to the Society the Nurse's living quarters and emergency ward, horse and vehicle and fuel.

WHAT RED CROSS DOES

At all Stations the Red Cross assumes re-

sponsibility for the nurse's salary, provides furniture and equipment, drugs, medical sundries and surgical supplies; the Board of Health approves the personnel, supervises and directs the Service.

The record of the Stations and the work accomplished by the devoted nurses surpasses most optimistic expectations. Not only are they "Angels of Mercy" in sickness but they have by example and advice proved a potent force along the avenues of education, citizenship and material progress.

As opportunity presents and finances permit it is the hope of the Red Cross to extend the Nursing Service to the limits of the necessity.

CLOSE CONTACT WITH THE WORK

Board of Health and Red Cross officials maintain close contact with the nurses both by correspondence and fairly frequent visits; at times a nurse brings a patient to a City Hospital, and on these and other occasions every opportunity is taken advantage of to study the general situation and solve particular problems.

The Stations had hardly passed through the initial stages when it was realized that cases were arising calling for professional service beyond the limitations of the nurse's training or the responsibility she could be asked fairly to assume. The good offices of the Manitoba Medical Association were enlisted and the situation in all its bearings exhaustively considered—prominent medical men voluntarily visited the Stations, conducted clinics, and thoroughly canvassed remedial measures. Finally, with the co-operation of the Provincial Government, and under the continuous counsel of a Committee of the Medical Association, the Red Cross has now in the field a travelling physician and surgeon, fully qualified, experienced and able, who devotes his entire time to periodical visits to each Station in turn. During a recent five-days stay at one Station, the doctor examined upwards of one hundred and thirty men, women and children, drove many miles on calls, and in some twenty instances prescribed treatment or operation to forestall indicated approaching suffering and distress. Much of the doctor's work is along preventive lines, and in conjunction with the Nursing Stations cannot help but have a strong influence on the future physical and material well-being of the people in the districts served.

While the nursing service is absolutely free, it has been considered inadvisable to apply generally a similar principle to the doctor's practice, so that where specific attention is given and it is evident that patients can contribute they are encouraged to pay a nominal fee, but otherwise no charge is made.

As time goes on, and the financial conditions of these communities improve, it is

hoped and expected that they will appreciate the value of the service to the extent of willingly assuming the responsibility themselves and allowing the Red Cross and the Board of Health to transfer their activities to the newer fields that will surely open in the path of advancing development and colonization.

BE FAIR TO YOUR EYES

While reading or writing sit so that the light falls from behind the left shoulder so that it may be on the reading or writing surface and not on the eyes.

Use plenty of agreeable light. Glaring lights or dim lights tire the eyes.

Hold the reading matter about fourteen inches from the eyes.

Try to use only books and papers in which the print is large and clear. Small print or blurred print tires and strains the eyes.

Your eyes are human. If you tire and strain them, they will tire and strain you.

Rest the eyes frequently.

Your headache, neuralgia, nervousness, indigestion, the dizzy or tired feeling may be warning signs of your eyes. You would not engage a blacksmith to repair your watch—let your doctor treat your eyes—they are delicate mechanisms. You could buy a new watch, but you cannot see with a glass eye.

If your doctor advises glasses, get them—and use them.

Near and far sightedness, cross-eye, and astigmatism can usually be corrected by properly fitted glasses.

Be fair to your eyes.

THRIFT

The practice of Thrift by the people of any country is a National Asset.

A Savings Account

is not only insurance for the future, but a duty we owe to our country. Systematic, regular SAVING as a patriotic duty devolves upon every one of us.

Savings Accounts

may be opened at any branch of the Bank of Montreal.

Bank of Montreal

Established over 100 years

Branch offices in all important cities and towns throughout Canada and Newfoundland.

Over a Quarter of a Century of Public Service

of the highest order, stands behind
every packet sold.

"SALADA"

TEA

Black-Mixed-Green-Sealed Packet Only.

H269

TAKING A CHANCE

A SHORT STORY BY GALLIENA

THE buzzer on Brown's desk indicated that he was wanted in the inner office. Picking up his notebook he entered the holy of holies. The Boss was sitting at his desk and looking up, said:

"Have you straightened out that matter in regard to the Greensides Company?"

"Yes, sir," said Brown. Pulling his handkerchief out of his pocket he sneezed violently.

"What's the matter," said the Boss. "Got a cold coming on?"

"I expect so," said Brown. "I usually get one at this time of the year."

"If you take my advice you will go home right now and fight it out in bed. That is the only place to fight a cold properly. If you stay around here you will infect some of the rest of the staff, perhaps, including myself."

"Oh, I think it will be all right in the morning," said Brown. "A cold is not a very serious thing anyhow."

"It may be serious," said the Boss. "You should go home, take a hot bath, drink a lot of hot lemonade or hot water, go to bed and stay there for a couple of days. That will cure almost any cold. I should do that, Brown, for the sake of others as well as yourself. I am going out of town and won't be back till Monday."

Brown left the room. It was nearly five o'clock and shortly after he left for home. The draughts on the car accentuated his condition and by the time he reached his house he felt decidedly uncomfortable. His eyes and nose were weeping copiously, chills were running up his back and he felt hot and cold alternately. However, he had had colds before and he did not think it was worth while taking it too seriously in spite of the Boss's gratuitous advice.

Accordingly he stayed up till about ten o'clock reading, then went to bed where he

tossed all night with a moderate fever. In the morning he was not feeling quite so bad and decided that he would go to the office.

"A cold had to have its way, anyway, and it would not get better any quicker by staying at home," argued Brown.

In the office he coughed and sneezed more or less all day long and at the end of the day his cold was decidedly worse. The following morning Brown was speechless. He had a violent headache and backache and his chest felt pretty sore. He decided that he would take the Boss's advice and stay in bed after all.

The developments in Brown's case were the following: He had a severe sore throat; he lost his voice for a week; he developed bronchitis which stayed with him till spring; the infection spread from the nose to the ear and a week later he had to have an operation for mastoid abscess.

His whole system had received a very bad shaking up.

When Brown returned to the office a month later he was again summoned to the sanctum.

"Well, Brown, I am glad to see you back," said the Boss. "You have had a time of it. Sit down, won't you? I want to have a talk with you. In the first place I understand you did not take my advice and came to the office the following day."

"Yes sir," said Brown.

"Well this is what has happened," said the Boss. "On the day that you came down, you undoubtedly infected Smith, the assistant bookkeeper, with the result that Smith was at home for two and a half weeks. That cost me in loss of salary, \$75. Miss Cowan, the stenographer, also contracted a cold which resulted in pneumonia and she is still away. Altogether that will probably cost me \$250 in sick pay. In your own case you were away for a month which is costing

me \$320 in sick pay. Altogether you will see that your carelessness, to put it mildly, has cost me something between six and seven hundred dollars in sick pay, decreased efficiency in the office and a considerable amount of worry. I want you to hand this sign out in the general office and see that the instructions thereon are properly carried out from now on."

The Boss then handed Brown a card on which was printed the following legend.

NOTICE TO EMPLOYEES

On and after this date any employee in this office showing any symptoms whatever of a cold or other disease shall remain away from the office until a report from a doctor indicates that it is safe to return. In the case of a cold it is strongly advised that the person follow the simple procedure recommended by this office, and which may be obtained on application from the chief clerk.

Signed J. SMITH

AEROPLANES USEFUL IN EMERGENCIES

Doctors, Medical Supplies and Food were Transported by Air to Earthquake Sufferers in Chili.

DURING the violent earthquakes which occurred in Argentine and Chili, causing the destruction of several towns and villages and great loss of life, several squadrons of aeroplanes rendered invaluable service in exploring the vast devastated areas where all means of communication had been destroyed. Doctors, as well as food and medical supplies, were transported by air to places which could not otherwise have been reached for a long time. This example of co-operation between the aviator and the Red Cross worker offers new and great possibilities, for it demonstrates that the aeroplane, after having been a powerful weapon of destruction, can be the means of taking assistance with great speed to the scene of a catastrophe otherwise inaccessible, and suggests the possibility of Red Cross co-operation with Government and aviation centres.—*Bulletin of League of Red Cross Societies.*

APPROVED THE GENERAL'S ACTION

Early in the War when the First Canadian Division was in the Armentieres sector, General Alderson, then commanding the Canadians, was inspecting one of the Field Ambulance Units. Part of the equipment inspected consisted of the horse-drawn ambulance wagons. The General noted a particularly well kept team and harness. It was in charge of a sturdy but elderly Canadian farmer, who, before the War knew nothing of military etiquette or discipline nor had he learned much more in his few months of service.

The General took special pains to congratulate the man on the excellent condition of his horses and equipment.

Trying to make what he considered a military salute the old fellow lifted the back of a huge hand to his forehead and replied:

"Thank you, 'Cap'! A little encouragement once in a while don't do nobody any harm."

ALBERTA DIVISION

Now Has a Membership of Fifty-Four Thousand Seniors and Juniors. Re-organization For Peace Time Work Accomplished and All Parts of the Province Represented on the Council. Important Resolutions.

THE annual meeting of the Alberta Division held on January 31st and February 1st in Calgary was of a most encouraging and inspiring nature, and brought once more before the public of the Province the valuable work the Society is doing.

From the point of view of the management of the Society's activities the most important item of information brought to light was the fact that the reorganization of the Division for peace-time work has been accomplished and the governing council is now representative of every part of the Province. The new council will consist of more than sixty members and the direction of affairs will be in the hands of the following officers for the year 1922-1923.

President: His Honor, the Lieutenant-Governor; first vice-president, Mrs. C. B. Waagen; second vice-president, John A. MacDougall, Edmonton; honorary vice-presidents, Premier Herbert Greenfield and Charles Stewart, Minister of the Interior; honorary secretary, Mrs. C. B. Waagen; honorary treasurer, A. E. Maybee, Calgary.

The executive consists of the foregoing officers with the following names added: Dr. MacRae, Dr. Kerby, A. H. Howard, J. A. Irvine, Rev. Father McDonald, Norman Hindsley, Miss Mary Pinkham.

The provincial council is as follows: Dr. Tory, University of Alberta; Walter Huckvale, Medicine Hat; Irene Parby, M. L. A., Edmonton; Mrs. Towns, director of Women's Institutes; J. Long, Granum; Father MacDonald, Calgary; Dr. MacRae, Calgary; H. A. Gray, Bishop of Edmonton; Colonel Weaver, Edmonton; H. A. Howard, Calgary; Captain Beatty, S.C.R., Calgary; Dr. Lincoln, Calgary; Dr. O'Callaghan, Calgary; Dr. Stanley, Calgary; Mrs. Evans, Edmonton; Dr. Herber Jamieson, Edmonton; Dr. G. W. Kerby, Calgary; C. R. Latimer, Calgary; Mrs. Jennings, Edmonton; Miss Ponton, Edmonton; Miss Pinkham, Calgary, Norman Hindsley, Calgary; Joslin Pirie, Edmonton; J. A. Irvine, Calgary; J. A. Johnson, Lethbridge electoral district; J. C. Brown, Granum, Macleod electoral district; James Howie, Howie, Medicine Hat electoral district; J. T. McKnight, Springbank, West Calgary electoral district; Rev. Whyte Smith, Acme, East Calgary electoral district; Mrs. Wood, Penhold, Red Deer electoral district; Mrs. Fred Smith, Edmonton, Strathcona electoral district; Dr. Orobko, Edmonton, East Edmonton electoral district; Mrs. Grimshaw, Peace River, West Edmonton electoral district; Alfred Wright, Altario, Battle River electoral district; Mrs. Myers, Carmangay, Bow Valley electoral district; Mrs. Flintoff, Ft. Saskatchewan, Victoria electoral district. Members at large: Mr. Murphy, Consort; Mrs. Riley, High River; Miss Tilley, Lethbridge; Mr. Beattie, Lethbridge; Major Jennings, Edmonton; Mrs. Gosselin, Wainfred.

The Secretary reported that the member-

ship in Alberta has reached the very satisfactory figure of 54,000 Senior and Junior members. Of these the Juniors total 18,500.

The question of a Membership Campaign was discussed thoroughly and it was decided to hold one some time during the year. The late summer or early autumn was considered the most suitable time and it will probably be held about that time.

The Council passed a resolution expressing the appreciation of the Alberta Division of the assistance given by the Alberta Medical Association in the various phases of Red Cross work and particularly in connection with the Junior Red Cross.

Honourable R. B. Bennett, who had been President of the Division since 1915, retired from the presidency. His Honour, the Lieutenant-Governor, who succeeded Mr. Bennett as President expressed the Society's deep appreciation of Mr. Bennett's services. In a more tangible form the Society showed its appreciation of the notable service Mr. Bennett had rendered the Red Cross by presenting him with a bound copy of the annual reports and a very attractive illuminated address.

In acknowledging the kind memento of his service, Mr. Bennett paid a high tribute to the Vice-President, Honorary-Secretary, Mrs. C. B. Waagen, for her untiring zeal and constant service in carrying on "a purely voluntary work without compensation of any kind except the compensation of work well done."

Miss V. M. McDonald, Director of Emergency Services, representing the National Office of the Canadian Red Cross, spoke on that phase of Red Cross work. She pointed out that disasters give little or no warning and that no community is free from the possibility of some of the forms of serious and sudden disaster. She also advised the meeting that the first step in preparedness for such eventualities is to make a nursing survey of local resources in personnel and supplies and with this information a local Red Cross branch can then proceed to form, with the co-operation of other agencies and individuals, a definite organization suited to cope with disaster.

The Council was also addressed by Dr. Orobko of Edmonton, a Ruthenian, who is also a graduate of McGill and Alberta Universities. He is doing a great deal of health work amongst his own people who have much need of it. He said he would like to see the Red Cross co-operate with and supplement the work of the Health Department and the Department of Education by enrolling members among the settlers and publishing pamphlets in Ruthenian and Ukrainian and sending travelling workers among them in their homes.

Addresses were also given by Dr. Baker of the Central Alberta Sanatorium, Dr. Hayman of Taber and Dr. Scott representing the Calgary Rotary Club.

In the report upon the Junior Red Cross,

which has made an astonishingly rapid growth, the following facts were cited:

"The Junior Red Cross department was established at provincial headquarters in March, 1920, and our report of last year indicated that little or no progress was made for the first three months. During the next four months, organization progressed slowly but steadily, and by October 31, 1920, 54 branches and auxiliaries were in existence with a membership of 1,650. Records of the department for the past year show 384 branches organized, as against 54 in 1920 an increase of 330, or approximately one new branch per day; 18,500 members enrolled, as against 1,650 at the close of last year, thus averaging an enrollment of 47 per day. Junior Red Cross Sick Children's Fund, total receipts, \$3,911.31, as compared with \$66.89 of last year. Disbursements to date amount to \$1,399.62, and 59 children have been cured and assisted by this fund."

Important resolutions were passed as follows:

(1) Urging the provincial government to take immediate action to complete the home for mentally defective children.

(2) Urging the establishment of a home for delinquent girls.

(3) Calling the attention of the provincial government to the importance of the work of the Society in caring for dependent children of former soldiers and pointing out to the government the necessity of taking steps to co-ordinate children's work throughout the province and to establish homes for such children and to take the burden of the work from the Red Cross.

(4) Conveying to the provincial government information concerning the difficulties experienced by small rural hospitals in raising enough money for operating expenses.

MAGISTERIAL SEVERITY

In an East African district a doctor acts as understudy to the magistrate. Recently, when each was conscious of having broken the law by riding at night without a light, they agreed that the majesty of the law would best be vindicated by each appearing before the other.

The magistrate, taking precedence, tried the doctor and fined him five pounds. Then the doctor tried the magistrate and fined him twenty pounds, justifying his severity by pointing out that since this was the second case that day, obviously the offence was becoming far too common.

NOT MEANT THAT WAY

"Willie," said that infant's mother, agitated by the sudden appearance of a rich relative, "kiss your Uncle John and then go and wash your face at once."



Nothing is more conducive to health of body and mind than making a study of the wondrous ways of nature, and all nature lovers will be delighted with the photo which is reproduced here with the kind permission of Jack Miner, of Kingsville, Ontario. The birds shown on the pond are some of the migratory geese which visit his farm every spring and fall. In their ordinary habitats one could not hope—without ruse or decoy—to get within gunshot of these birds, but one sees them here content to be gazed at by a party of railway and government officials who have just arrived on a special train and who are but a few yards away. To breed this confidence in them has required years of patient restraint on the part of Jack Miner and his neighbors and all residents of the locality are now pleased with and proud of the result.

HAY FEVER

Annoying But Not Dangerous. Pollen of Certain Plants Causes This Complaint. Preventive Treatment Should Begin Some Months Before They Flower.

HAY FEVER which is an annoying but not often a physically serious complaint during the summer months, is generally caused by breathing the pollen of certain kinds of plants. Some people never suffer from the complaint; others have an attack each year.

The cause of Hay Fever was discovered by observing the regularity of the time of year at which persons susceptible to Hay Fever show signs of the disease. This time was found to correspond to the time of year at which certain plants are shedding their pollen in the atmosphere.

The disease begins like an ordinary cold and is accompanied by much sneezing and often closing of the nasal passages. Often there is a copious watery discharge from the nose. Sometimes there is coughing and sometimes there are asthmatic attacks. While not dangerous the disease is a great inconvenience and often has a very depressing effect upon the health of the sufferer.

The chief cause of late summer Hay Fever is the common rag-weed which grows to a height of from one to five feet according to the richness of the soil in which it lodges and it blooms from August to October. It is easily recognized by people who live in the country. It grows in vacant lots, neglected fields, untilled gardens and untended lawns. Its pollen is abundant and easily carried on the wind. Early Summer Hay Fever may be caused by the pollen of any of the grasses especially Timothy.

People susceptible to Hay Fever often find out the particular weed to which they are susceptible and know quite well the time of year when an attack may be expected.

The disease may be prevented by consulting a capable physician some months in advance of the usual season of the attack and by taking treatment which is given for the different types of the disease. It is for this reason that this article is published in this

issue considerably in advance of the season when Hay Fever is prevalent. The treatment consists of the use of pollen solutions. These solutions have a tendency to increase the person's power of resistance to the causes of the disease and to prevent it.

But the best preventive of Hay Fever is to eliminate the causes by destroying in the vicinity of the person's residence or work all such plants as Rag-weed and Golden Rod. In fact by doing so a double good is accomplished, the second being the prevention of the spread of these weeds which are of no value and which only take up ground which should be sustaining some plant growth valuable in the service of man.

JACK MINER

"AS SILLY as a goose."

Jack Miner of Kingsville, Essex County, Ontario, who is known to millions of human beings as well as to thousands of geese, wonders who said that first and why he said it.

When he gives his famous lecture on "Birds," Jack Miner repeats that saying over and over again and each time he says it he follows it up with a wonderful illustration of the natural wisdom and domestic faithfulness of the goose.

He speaks particularly of the Canada goose. We mustn't say "wild" goose, for "Uncle Jack," as his friends know him, doesn't use that term in speaking of the thousands of birds which know him as a friend. For though they range all the way from the Gulf of Mexico to Baffin Land, they always find a safe resting place on his farm at Kingsville in the middle of their journey. Within a few feet of his house they swim in the pond

and waddle about the shore and though they can fly seventy or eighty or more miles per hour, they will scarcely move out of the way when he and members of his family walk about among them and throw cobs of corn to them or even at them. It has required years of patient restraint on his part and that of his neighbors to breed this confidence in them.

Though Jack Miner's story of the geese sounds like romance it contains nothing but fact. He shows moving pictures of them swimming in hundreds on his ponds, hovering above the water or dropping out of the skies to rest their wings and refresh themselves on his friendly farm.

The migratory ducks also give him a call and the robins which frequent his gardens, rosebushes, lawns and fields will come to him and will literally eat out of his hands. He shows motion pictures of them clustering about him and eating custard out of a spoon which he holds. He loves to show pictures of children and birds and of these he has an excellent variety.

Among his "close up" pictures is one of a vigorous Canada gander defending his nest against a dog while the goose sits quietly on the eggs close by.

To help him in his studies of birds Jack Miner has fastened aluminium tags to the legs of hundreds of ducks and geese. Each tag has his name and address stamped upon it and some of them have also a motto or a brief text of Scripture. He shows on the screen many of these which have been returned to him by hunters who have shot the birds. His records therefore contain much valuable information upon the range and habits of his feathered friends.

Jack Miner is a lover of the great "out of doors" and its marvellous population and is a recognized authority upon those aspects of nature which he has specially studied. He is now writing a book on birds that will certainly be original for, as he says himself, he has never read a book through in his life.

WORTH WHILE

Health, strength and beauty are valuable human possessions. There are few more valuable.—Chicago Tribune.

SPORTS

Outdoor Games Have Great Value in Maintaining Health and Developing a Well-Balanced Physique. Progressive Governments of the World Are Beginning to Recognize This.

FOR the person who is accustomed to work for the greater part of the day indoors there is great physical benefit in outdoor sports and athletics. Their value lies not so much in developing muscles as in a general strengthening of the whole body which makes it better able to resist fatigue, colds and infection. They increase the ability of the organs to eliminate waste, give flexibility to the muscles and encourage good posture in sitting, standing or walking.

There is also a mental and moral benefit in athletics, for the discipline, concentration and effort involved in all games are essential to sustaining the protective measures necessary in keeping well.

IN SWEDEN

Many governments of the world recognize the great value of physical education. In Sweden a certain proportion of the time of each day is required to be set apart in the schools for gymnastic lessons and games. The Swedish National Gymnastic Sporting Association receives annually a money grant from the Government and it is the highest court of appeal in questions concerning the organization and direction of sports. The purpose and status of physical culture, as recognized by experts in Sweden, is as follows:

1. It is an aid in introducing the teaching of hygiene into the State Schools.
2. The obligatory daily lessons in gymnastic or other forms of exercise occupy one hour's duration in all schools of all grades and are regarded as a necessity in maintaining the physical welfare of the individual.
3. It is considered necessary to put physical culture on a par with all other subjects taught in the schools.

IN GREAT BRITAIN

England found during the war that the masses of her people were not trained athletes in spite of the tradition which had been reiterated since the Battle of Waterloo. On the contrary it was found that her industrial population was much below par and this was greatly due to faulty diet and neglect of physical training. As a matter of fact for every person in Great Britain who really habitually indulges in some form of outdoor sport there are hundreds and perhaps thousands who never indulge but only talk about it.

About thirty-five years ago a committee was formed in Great Britain to take measurements of the population in such numbers as to get some idea of a true average. It was found that about 4 per cent. of the population consisted of professional or highly educated classes. It was in these classes that the actual practice of sports was found to be most general. In this class the males of the age of thirty averaged 5ft. 9 inches at maturity. In the workmen's class the average at the same age was 5ft. 6 3-8 inches. The average height of all classes of the population was 5ft. 8 inches.

The recruiting figures in 1917 showed very different conditions. The minimum height and weight of accepted men were 5ft. 6 inches and 130 pounds. The average of those examined was 5ft 5 1-2 inches and 118 pounds. In the face of such progressive deterioration it is no wonder, therefore, that Great Britain recognizes the necessity of paying a more systematic attention to the physical condition of her people.

IN FRANCE

Sir Ian Malcolm, writing in the Cornhill Magazine, states that it is difficult to believe that only 30 years ago there were no football or lawn tennis clubs in France, or that up to 1903 English boxing was forbidden by law.

Now there is an Under-Secretary of the Government for Physical Education and Athletics. There are no fewer than 10,000 sporting clubs in France, grouped under Provincial federations, with a National Sports Association at their head. These regulate sport in all its branches, including rowing, shooting, polo, yachting, swimming, skating, tennis, archery and football. Violent opposition was offered in the early days to the organization of these manly exercises in France, which now can boast international champions in nearly every department—for example, Georges Carpentier and Mlle Leglem. And, apart from those who actually take part, sport has secured a real hold upon the French public, who flock in their thousands to every first-class fixture and follow the match with all the enthusiasm of an English crowd.

In Canada, which is only at the commencement of its nationhood, the situation is one of opportunity. Now is the time to take such steps as are necessary to lay the foundation of a strong, well nourished, fully grown, clean living population—one which will pass on to the next generation not only a sound physique, but also the knowledge and experience of how to preserve it.

WHICH OF WHICH

There are twelve parishes in England bearing the name of Whitchurch, a fact which gave rise to the following conversational twist:—

"I believe you know Whitchurch," remarked a parishioner to the new vicar. "I was married there."

"Indeed," said the vicar. "At which church at which Whitchurch?"

POLITICALLY SPEAKING

"What is your opinion of relativity?"

"I approve of it," replied the Senator.

"Then you understand it thoroughly?"

"Friend," replied the Senator, "if I had always been required to understand thoroughly everything I approved of I should have transacted considerable less political business."

A SILVER WOLF SCOUT



King's Scout, Jack Ritchie, of the First Troop, of Ste. Anne de Bellevue, near Montreal.

THE most prized of the decorations awarded Canadian Boy Scouts—the V. C. of Canadian Scouting—is the Silver Wolf. This decoration is granted for "the saving of life under exceptional circumstances, or the performance of some extraordinary or repeated act of bravery, endurance or self-sacrifice." It is further stipulated that the Scout shall have had at least two years of Scout service, and must be a King's Scout or King's Sea Scout, and the possessor of twelve proficiency badges.

The latest Silver Wolf awarded was that granted King's Scout Jack Ritchie, of the 1st Troop of Ste. Anne de Bellevue, near Montreal.

In the summer of 1920 Scout Ritchie was bathing in the Ottawa river near the Clarendon Hotel when he observed another bather, a man named James Hard, in difficulties. Hard, who could not swim, had gone into water beyond his depth, and was being swept away with the current. Ritchie at once hastened to the man's assistance. Hard, who had lost his head, grasped the boy, and drew him under. Utilizing his Scout rescue training, Ritchie broke clear, only to be caught again and dragged down. He persisted, and the struggle was repeated several times before he was able to secure a safe grip on the frantic man. He then swam shoreward, being assisted from this point by a second Scout, Patrol Leader Clifford Wright.

Hard was unconscious when the boys reached the landing with him. They at once began the Schafer treatment, and after efforts continued for some time were successful.

Ritchie's feat, and his courageous persistence in the face of the greatest danger to himself, were the more notable by the fact he was but fourteen years old at the time, and Hard a full grown man.

PLACES FOR PLAY

**Special Grounds for Children's Games
Now Recognized as Necessities in All
Progressive Cities.**

SLEEP, nourishment and play are three great essentials to a healthy child life. Nature provides the first, experience, science and nature the second, but the third, though the expression of an inborn instinct, is often interfered with long before the child reaches maturity.

A healthy child needs no spur to induce it to play, for its every action tends to that direction. Play is its mainstay, its real life. There are, however, many children who do not know or have forgotten how to play. Some city bred children of poor parents never have the opportunity and many of the peasant children of Europe lead pathetic lives under conditions too serious to allow them to develop their natural instincts. Such children can be trained to introduce into their tasks the saving element of play and to take up the more ambitious sports which strengthen the body and discipline the mind.

GREAT GROWTH IN EUROPE AND AMERICA

The play movement has grown steadily during the past few years and many of the large cities of Great Britain, France and the United States have allotted large sums to construct proper playgrounds for their children and youth. Instances are recorded where children have earned the money to equip their own playgrounds in public parks with sandbanks, fountains and swings for the younger, and athletic fields for the older boys and girls. Great tracts of public grounds and parks are of little service to the children unless cinder paths, ball fields, tennis courts, or play grounds, are maintained where the little ones, as well as the older ones, may be encouraged to remain in the open air and participate in healthful recreation.

The children's play centres which have been established in many cities and towns of Europe and America, have greatly en-



Unimposing in appearance, but doing a great and necessary work for the settlers, is this Red Cross Nursing Outpost at Carragana, Saskatchewan. It is situated in a district settled principally by men who in the battle line of the Great War helped to defend the sacred cause of liberty.

couraged organized recreation, such as instruction in musical drill, dancing, singing games, gymnastics, woodwork, cobbling, basket work, painting, plastic modelling, needle work and knitting. The older children are taught manly sports such as those of the Boy Scouts and other societies which encourage games and out-of-door pastimes.

Suitable playgrounds keep the children off the streets where they are sometimes subject to infection and always exposed to danger from passing vehicles. Those playgrounds which are capable of being maintained throughout the year and where the physical welfare of a community or district may receive constant attention are the most beneficial.

A MODEL PLAY-GROUND IN CALIFORNIA

A model playground of this type was established recently at La Jolla, a district of San Diego, California. It was built in connection with a community house on an irregular triangular plot covering nearly three acres, every available space being put to excellent use. The grounds were divided, one side for boys and the other side for girls and smaller children. Each of the sections has a tan-bark pit equipped with vaulting horses, flying rings, horizontal bars and usual playground apparatus. Outside the pits are swings for all ages, saws, volley-ball courts, a baseball field on the boys' side and, on the girls' side a wading pool and sand boxes for the little ones. There are also three tennis courts of concrete construction and a dancing pavilion within the grounds.

The community house provides facilities for club activities of all ages and is zealously used by every member of the district. There is a boys' club with pool tables and facilities for other indoor games, a large sunny room used as a club for girls and an adult's clubroom also used as a library and reading room. A community kitchen and dining room have been provided where light refreshment may be served. There are shower baths, a first-aid room and a little theatre where amateur plays are given once a month by the young people and free lectures provided each week. The playgrounds at La Jolla are maintained by the municipality as a part of the city play ground system.

Play centres which bring children together in a spirit of healthful sport and recreation, under wholesome influences, are valuable assets to any community.

BEAUTY WITHOUT EXTRAVAGANCE

LET us not think that this generation alone is all-wise or has the monopoly of progressive thought. Here are a few words spoken by a Greek statesman (Pericles) over 2300 years ago during an oration over those who fell in the Peloponesian war of 482-480 B. C.:

"We are lovers of beauty without extravagance and lovers of wisdom without unmanliness. Wealth to us is not mere material for achievement; and poverty we think it no disgrace to acknowledge, but a real degradation to make no effort to overcome. Our citizens attend to both public and private duties and do not allow absorption in their own various affairs to interfere with their knowledge of the doings and the interests of the State. We differ from other states regarding the man who holds aloof from public life, not as quiet, but as useless. We decide or debate carefully and in person all matters of policy, holding, not that words and deeds go together, but that acts are foredoomed to failure where undertaken undiscussed."

READY-WITTED SERGEANT-MAJOR

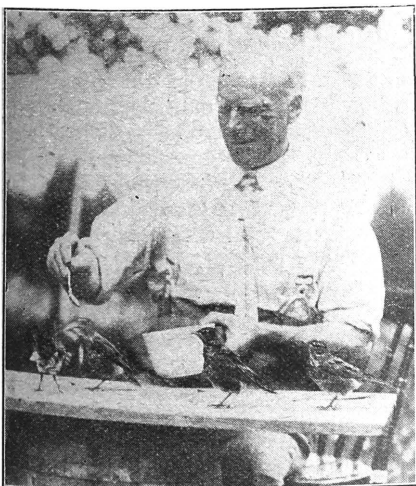
The Sergeant-Major and the young officer were inspecting the cook-house. Pointing to a large copper of water just commencing to boil, the officer said: "Why does that water only boil round the edges of the copper and not in the centre?"

"The water round the edge, sir," replied the Sergeant-Major, "is for the men on guard; they have their breakfast half-an-hour before the remainder of the company."
—From *Who Told You That*, by "Quer."

WHY IT CONTINUES

The decision to continue the Red Cross as a peace-time organization was not reached by a gathering of Red Cross enthusiasts, but by a body of statesmen who were convinced of its value as an agency to assist in the improvement of the health of the world.

Let in all the sunshine you can. Sunshine and fresh air kill germs and thereby help to keep out sickness.



Jack Minor in his garden entertaining some of his feathered friends to afternoon tea. They are robins and anywhere else but on his farm are as wild as any other birds of nature.

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.

APRIL, 1922

No. 3

KNOWLEDGE AND ACTION

The publishers of "The Canadian Red Cross" magazine are naturally pleased by the many kind expressions of approval that have come from all parts of Canada. Not only do these communications indicate that the magazine has been received with much satisfaction by members of the Society but they indicate also that the Society's peace-time programme for health goes right to the heart of popular desire. The cumulative effect of experience of many centuries is beginning to express itself in action. There is a general confidence that health can be made continuous by the application of personal knowledge of health rules and the interest that has been shown in the magazine seems to indicate that there is a general desire to gain the necessary knowledge.

In selecting the articles and facts to be presented in this magazine the endeavour is made to choose those which are sound and tried out by experience and to avoid any form of fad.

In the matter of health the old saying, "what was good enough for our fathers is good enough for us," does not apply. It is not founded on sound reasoning. Conditions of life have changed; much of the work of life has changed; it might be said, perhaps, that to some degree humanity itself has changed through the ever-wise adaptive power with which nature has endowed all life. Swinging between man's thoughts and his actions there is the pendulum of the human will and in so far as the pendulum is kept in motion by knowledge and intelligence, goodwill and sympathy so far does he go on the road of happiness.

It is a most hopeful sign to the publishers of this magazine that the public of Canada are beginning to take a deep interest in their own health and that of those about them. It fills the mind with hope and anticipation of the great good which may be accomplished within even a few years, and with the prospect of a richer and happier life to be gained for ourselves and for those who will follow after.

THE PRESS

The Canadian Red Cross Society takes this opportunity of expressing its grateful recognition of the kind offices of the press of Canada which have given liberal notices of the Red Cross magazine and of other Red Cross matters in their columns. The notices which we have received have been most gratifying; and from time to time we shall quote them—not for the purpose of any kind of laudation—but that they, side by side with other ideas, may enter the minds of our readers and help more rapidly to bring about the most desirable conditions of living throughout the Dominion.

* * * *

A VALUABLE MAGAZINE

(From the Medicine Hat News)

THIS MONTH the Red Cross Society enters the field of journalism with the publication of the first number of the "Canadian Red Cross," a national journal published monthly by the society to place before the people of Canada information concerning its programme 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 purpose of the magazine is stated as:

"To present, in readable and interesting form, knowledge of how health may be preserved. It is not intended to deal with the subjects of medicines and treatments of disease. It is believed that the way to improve individual and national health lies in making health facts generally known and in encouraging the intelligent use of the best health knowledge."

In view of the success of the society in its war work, it is reasonable to suppose that a large measure of success will attend this laudable crusade to improve, through education, the health of the people and in this work the new publication will be of invaluable assistance.

Such a magazine presenting in attractive form a wealth of accurate information on the subject of disease will act as an antidote to the misinformation current amongst the people, regarding its cause, propagation and prevention providing in its stead details of what can be done by the individual in the battle against its ravages.

No more worthy object could have been undertaken by the society than to endeavor to enlighten ignorance on matters of disease and to point out the pathway to health. In this work the magazine will exert a potent influence from an angle impossible to any other medium.

* * * *

THE RED CROSS

(From the Halifax Herald)

ONE OF the most inspiring things about Wednesday night's meeting of the Nova Scotia Division of the Red Cross Society was the interest taken in public health by representatives coming in from Cape Breton, Antigonish, Cumberland, Colchester, Hants, Kings, Digby and Lunenburg Counties, and the true ring of the reports, all showing that citizens of Nova Scotia are becoming actively interested in improving health conditions. From the very gratifying words of appreciation by Minister Armstrong to the last words spoken by Dr. Reid of Digby, each speaker emphasized the receptive mood of Nova Scotians, and their desire for improvement of community health.

The optimistic words of His Honor, the Lieutenant-Governor and the still more optimistic words of President J. L. Hetherington, were of themselves an inspiration to the audience. The peace-time program of the Red Cross Society seems to be reaching the hearts of Nova Scotians as completely as did its war-time program. Nothing seems to have been missed in promulgating plans for future work. The training of a corps of nearly thirty trained public health nurses with the influence of their teaching continuing over a period of years, will of itself greatly augment health teaching. The demon-

stration work done in the eighteen counties of the Province by specially trained health nurses makes the carrying out of the recent mandatory Act for county maintenance of nurses a pleasant duty. The further demonstration work, contemplated, of intensive studies of the tuberculosis problems in localized areas, of studies of cancer, of eczema and infant mortality, will awaken still further public response, and prepare the public to tax themselves for adequate support of health measure. Plans for continuing the acts of kindness and love to the returned over-seas man, whether in hospital or home, port work and relief work, will be continued as long as required. The big educational campaign is destined to do what Mr. Armstrong so well predicted, make the public appreciate how to be well and what to do to keep well and what it means to keep well.

The Red Cross Society is writing a new page in the public health history of the world; and the Nova Scotia Division is leading Canada in a highly creditable constructive campaign. Within a few years we will all point with pride to what has been accomplished, and to a properly supported, skilled staff of municipal and provincial health officials; and the inevitable result, a rapidly declining sick rate and death rate. Possibilities of the Red Cross in peace time are infinitely greater than its admirable work in war time.

* * *

NEW RED CROSS JOURNAL

(Mail and Empire, Toronto)

IN THE publication of the first number of an attractive journal carrying the title, The Canadian Red Cross, and published at the national office in Toronto of the Canadian Red Cross Society, 410 Sherbourne Street, a new monthly makes its bow to the people of the Dominion. It is stated to be a national journal to place before the people of Canada information concerning the program and activities of the society and to assist in carrying out the purpose of national Red Cross societies of the world as set forth in the covenant of the League of Nations. The purpose of the publication is to present in readable and interesting form, knowledge of how health may be preserved. The frontispiece of the initial number is a striking picture depicting the winged figure of "Peace" commanding the Canadian Red Cross, shown as a crusader, with shield of "determination," and lance of "knowledge," to "Go forth and give aid in the crusade for good health."

* * *

THE RED CROSS SOCIETY

(Editorial from the *Morning Leader*, Regina, Sask.)

A STORY of splendid achievement is told in the reports presented to the directors at the annual meeting of the Saskatchewan Division of the Canadian Red Cross Society held in this city yesterday. Cold figures are a poor medium through which to attempt to show the amount of work done by the Society. Yet a few figures are worth quoting. The amount paid out in relief by the Saskatchewan Division last year was \$71,808.50. The nursing service maintained and the medical relief afforded by it cost \$12,845.26. The maintenance of the junior department required \$13,957.42. The Red Cross Lodges at the Fort Qu'Appelle Sanatorium and Earl Grey Hospital cost \$1,008.62 to operate. On supplies and grants for the comfort and entertainment of soldier patients \$3,637.37 was spent. The sum of \$15,000 was turned over to the British Empire War Relief Fund.

These items have to do almost entirely with relief of one sort or another—with the correction of conditions that already exist. The Red Cross does a tremendous amount of work of that sort; but far more lasting effects will be felt from the educational work it is carrying on with a view to preventing the necessity for medical relief arising. One of the greatest tasks to which the society has set its hand is the diffusing of knowledge as to what can be accomplished by prevention and by combating disease in its incipient stage. The Junior Red Cross has enlisted the interest of young people and children along these lines, with the result that the next generation of citizens in this province will arrive at maturity with a sound

The Leading Life Company of the Dominion

\$114,000,000
Paid to Policyholders

SUN LIFE ASSURANCE
COMPANY of CANADA
Head Office - Montreal

fundamental knowledge of many things their parents and grandparents never knew.

The compliments bestowed on the officials of the Division by His Honor the Lieutenant-Governor and by Premier Martin are well merited. There is no organization in the province which is doing a more beneficent work for all classes and conditions of people—but more especially for those in distress—than the Red Cross Society. As a medium through which the Saskatchewan Government can disburse relief to the needy it is invaluable. As an educational center for propagating public health culture it is incomparable. The Society has earned the confidence that the people of Saskatchewan have in it.

* * *

RED CROSS JOURNAL

(From *The Globe*, Toronto)

THE CANADIAN Red Cross, a national journal published monthly by the Canadian Red Cross Society, has made its first appearance, having to its credit sixteen pages of instructive comment and information regarding the activities and program of the organization. The purpose of the little magazine is to present in readable form knowledge of how health may be preserved, having in view the fact that the way to improve individual and national health lies in making health facts generally known, and in encouraging the intelligent use of the best health knowledge. In its leading editorial is the following summing up:

"During the past twenty years greater progress than ever before has been achieved by medical science in regard to public health measures, disease prevention and the means of promoting social welfare. Many diseases could be entirely eradicated, and many others deprived of their terror, if available knowledge were systematically applied. Already mortality has been reduced. The average man lives longer than he of even a generation ago, and the general health of the public is better. Yet of what could be accomplished to safeguard the health of the individuals and of nations but a small part is being done."

MANITOBA DIVISION

Work of the Year Illustrates In All Its Features Hearty Spirit of Co-operation With Provincial Authorities and Other Voluntary Societies. Dr. Gerald Grain Appointed To Supervise the Work of Nursing Stations In Unorganized Territories. These Nursing Stations Doing Valuable and Necessary Work for Settlers.

DURING the years that have elapsed since the Armistice the executives and workers of the Manitoba Division of the Canadian Red Cross have built up a useful and flexible organization that is carrying on a noble and valuable work for the health of the Province and is co-operating in the fullest degree with provincial authorities and other voluntary societies. These facts and others of importance were brought out at the annual meeting of the Division held last month at Winnipeg. A fine spirit animated the whole meeting.

One of the most important announcements made was the fact that the Provincial Health Department and the Red Cross acting jointly have now four nursing stations which have been designed to serve the necessities of areas distant from the centres of population. Dr. Gerald Grain, who was appointed to supervise the work took up his duties on January 3rd. The nursing stations are situated at Kinisota, Grahamdale, Fisher Branch and Reynolds. Each of these is situated in what is known as "unorganized territory"—that is, not governed by any municipality. These districts are huge slices of Manitoba's territory, which at some time in the future will be grouped into townships and counties. At present they are peopled by men and women of various nationalities, among them being English and French speaking Canadians, English, Scotch, Irish, Polish, Ruthenians and to some extent soldier settlers. In their great work of bringing the untilled fields of nature under the control of man they face a continuous struggle and when illness overtakes them are quite unable to pay even moderate medical fees. Even if they were able to pay there is still the almost insurmountable difficulty of distance from a doctor. The Manitoba Free Press commenting upon this situation says:

"Imagine a case of acute pneumonia or appendicitis, or brain fever, or one of the accidents which are liable to accompany the arrival of the inevitable baby, or a fractured skull, arm, or leg, a gunshot wound, or an artery bleeding from an axe wound, and that you, unskilled reader, are the only possible doctor or nurse or first-aid within 25, 50 or 100 miles—and how would you feel?"

Close contact is maintained between Board of Health officials and the Nurses by correspondence and fairly frequent visits and the Committee in charge is enabled to keep in touch with general conditions and to have a more complete understanding of particular problems pertaining to each district.

In the report of the Executive Committee it was stated with gratification that the Manitoba Division had been able to collect \$20,000 for the British Empire War Relief

Fund, which through the National Office had been sent to England and was administered chiefly for the purpose of saving Continental children, suffering as a result of the war.

It was announced that as a result of the Membership Enrollment, Manitoba had a total of 29,000 Red Cross members with several sections still to be heard from.

The calls upon the service and resources of the Executive Committee seem to be steadily increasing. On January 1st, 1921, there were 646 ex-service patients in the Manitoba hospitals; on the same date of this year there were 633 and on January 31st, 1922, 676. A large proportion of the patients are suffering from neurasthenia and either have a continuous record of this since their service overseas or have broken down since in the effort to re-establish themselves. In order to serve for such patients in matters not provided for by official authority, the Manitoba Division has a very active Hospitals' Committee, which has received from the patients many expressions of gratitude for its work. The activities of the Committee extend to providing a social atmosphere for the patients, cars for trips during the summer months, supply of equipment for sports, the up-keep of tennis courts and a golf course, the provision of fresh fruit, smoking material, magazines, newspapers, stationery, supplementary diet and even clothing as circumstances warrant. The estimate of the Hospitals' Committee for the expenditures of 1922 were as follows:

General expense—All Hospitals.	\$30,000.00
Winnipeg Beach Home—	
Purchase and repairs.	7,000.00
Winnipeg Beach Home—Main-	
tenance	10,000.00
Tuxedo Lodge	5,000.00

The War Service Department of the Division has adopted the following policy:

"To act in auxiliary capacity to governmental departments or voluntary organizations in extending a 'helping hand' to ex-service men or dependents whose distress is the result of illness of the individual or in the home where there is no income or resources to meet the need."

The sum of \$25,000 had been set aside for this and the following, from the report, cites the record of help afforded:

"During the year the Department and the Administration Office have had contact with some 3,750 cases, of which 881 received assistance involving financial expenditure of varying amounts; 621 were helped by Government or Municipal boards through Department's recommendation—the difficulties of most of these being due to their inability to present their claims in the proper manner to secure relief; 1,232 were not within the scope of the adopted policy—the larger proportion of these may be termed 'self-seekers' following the lines of least resistance. Still all were treated with sym-

pathy, assisted by advice, and given all the attention their circumstances merited."

The question of preparedness for emergency is in the hands of an Emergency Committee and the annual meeting was addressed by Miss V. M. McDonald upon this subject, she having been sent to the West by the National Office for the special work of organizing for relief in case of disasters.

Junior Red Cross—The Committee reported encouraging progress in organization. The Honorable, the Minister of Education, and the Winnipeg Public School Board, have granted formal approval, and a Junior Advisory Committee is being organized. This Committee includes Red Cross personnel and representatives of the Provincial Departments of Education and Agriculture, the Provincial Board of Health, and the Winnipeg School Board. It is hoped that this Committee will be further strengthened by nominees of the Manitoba Medical Association, the Manitoba Teachers' Association, and the Manitoba Association of Graduate Nurses; and later by representatives from the City Board of Health and the Manitoba Hospital Association.

In formulating the Peace-time policy for the Manitoba Division early in 1920, it was felt that there was necessity for providing additional Nursing Service in the municipalities adjoining the City of Winnipeg. The good offices of the Victorian Order of Nurses, who are doing such admirable work in the City were enlisted and provision made to enable them to employ four additional nurses for service in these districts.

The wonderful work of the Margaret Scott Nursing Mission has lost none of its appeal to the sympathy and respect of the people and has won the admiration of the Executive. A further grant of \$2,500 towards this work was made.

The clause of the Executive Committee's report dealing with Military Hospitals was spoken to by two ex-military patients and Dr. Barnes, Medical Superintendent of the Selkirk Hospital for Mental Diseases. The War Service Department activities were commented upon by Mr. Freer, Supervisor for Manitoba of the Soldier Settlement Board; the Nursing Stations brought very congratulatory remarks from Dr. M. Ellen Douglass who had visited two of the posts in the interests of the Public Health Department; the Tuberculosis question was dealt with by Dr. Stewart, Medical Superintendent of Ninette Sanatorium.

Assistance given the Children's Hospital of Winnipeg two years ago made possible the engagement of a Social Service Nurse, who has been of inestimable benefit in enabling the Hospital to enlarge its scope and effectiveness.

A further grant of \$5,000 was made to the Central Western Division of the Canadian National Institute for the Blind.

THE CARE OF THE BABY

ARTICLE I.—THE BEST START IN LIFE

EVERY mother desires to give her child the best possible start in life.

Although we are in the habit of reckoning life from the time of birth the babe when born is really some months old. This period is one of the most important in the whole life history. The health of the mother during these months will, to a great extent, determine whether her child is to get a good start or begin life under the handicap of poor health. To be born healthy confers a wonderful heritage and such a splendid endowment can to a considerable degree be assured by the care of the mother before the birth of her child.

What should an expectant mother do to ensure a healthy babe?

As soon as she is aware of her condition she should, if at all possible, place herself under the care of a good physician or maternity clinic. Proper medical care will increase her comfort, enable her to avoid many trifling ills and worries and, best of all, will greatly reduce the possibilities of danger to herself and her child. She should act upon the doctor's orders and not follow the advice of well-meaning friends or neighbours.

The mother's teeth often decay during pregnancy and need special care to keep them clean. The expectant mother should have the dentist put her teeth in good condition.

Unusual symptoms which frequently indicate the necessity of careful attention during pregnancy have great significance to the practised physician. The treatment of abnormal conditions shown by such symptoms must begin early. Delay may be dangerous to both mother and child.

The first, best and only way for the mother to take care of her unborn baby is to take care of herself. To be well during pregnancy, and to remain well the mother should be cheerful and—

Eat three meals of plain, simple, nourishing food. Use plenty of milk, eggs, well cooked fruits and green vegetables. Brown bread is better than white. She should not take meat or fish more than once a day nor eat anything which does not agree with her. If this diet does not prevent constipation the doctor may order some simple laxative.

The following matters should be also attended to:

Keep fit by walking daily in the fresh air and working or taking other exercise in moderation.

Dress comfortably and sensibly. Avoid tight clothing and tight garters.

Keep the outside of the body clean by a bath; keep the inside clean by drinks of water between meals. Go to the toilet regularly at the same hour every day.

Sleep from 8 to 10 hours with the windows open and lie down for a short rest whenever very tired.

During the latter months of pregnancy the expectant mother should send her physician every fortnight a specimen of urine for examination. The doctor should be told of persistent and sudden or severe headaches,

swelling of the face or hands, and increased swelling of the ankles. The doctor should be called at once if any discharge coloured by blood appears.

Patent medicines are often advertised to make child-birth safe and painless. They are frauds. Instead of wasting money on them expectant mothers should seek a doctor's advice.

After the baby is born the mother should:—
Stay in bed at least ten days.

Do little or no work until the baby is about six weeks old and her strength has returned.

Eat the same good food as previously listed and take more milk and other fluids.

The doctor should see the mother when the baby is about six weeks old to make sure that the mother has quite recovered and that the baby is in good condition. Finally, the parents should make sure the baby's birth is registered. This should be done without fail, for, on some future occasion, an important decision upon such questions as the legality of the birth, the age, or the right to a legacy, may depend upon the registration as required by law.

NO SOOTHERS

Government of France Takes a Keen Interest in the Babies of the Nation.

THE following interesting despatch from Paris appeared recently in the Canadian Press:

"A bill has been introduced in the French Chamber of Deputies for the abolition of artificial baby soothers. It will insist that the manufacture and sale of all rubber nipples, which have long been a boon to weary and busy mothers, be prohibited. Not only will the marketing of these be punishable, but there will be a fine for the use of sugar soothers in bits of cloth if the save the children commissioners decide there are no mitigating circumstances such as illness of the parents or poverty."

The despatch did not state whether the bill was passed but the very fact of its introduction into the Chamber shows the interest the French government is taking in its population. It is also evidence of the recognition by the public, that the use of such nipples for purposes other than feeding is most detrimental to a child's health and welfare.

IT'S AN ILL WIND

In nautical language, an old sea captain was reproving his daughter for being out late in an automobile with that "lubber," as he called her beau.

"But, father, we were becalmed," she explained. "You see, the wind died down in one of the tires and we had to wait until it sprang up again."—*Mail and Empire*

"SANE AND PRACTICAL"

Former Director of Nursing to League of Red Cross Societies sent to see Course for Public Health Nurses at Toronto University.

MISS ALICE FITZGERALD, former Director of the Department of Nursing in the League of Red Cross Societies has left that position and returned to America prior to proceeding to the Philippine Islands, where, under loan of the Rockefeller Foundation to the United States Government, she will organize nursing services in the Philippine Islands. She will be attached to the staff of the Governor of the Islands—General Wood, formerly of the United States Army.

Before leaving on this important duty Miss Fitzgerald was sent to Canada to study the system adopted in the training of Public Health Nurses at Toronto University. This course, it will be remembered, was organized at the instance of the Red Cross and is carried on by means of financial support of the Ontario Division of the Canadian Red Cross.

"Very interesting, very sane and very practical," was Miss Fitzgerald's statement of her impression of the course. She also spoke highly of the ability of Miss Kathleen Russell as Director of the course.

Very few qualified nurses have had Miss Fitzgerald's opportunities of studying nursing methods adopted in various countries of the world. She has visited England, France, Poland, Bulgaria, Czecho—Slovakia and Serbia, and besides has had opportunity of much administrative experience during her service.

Miss Fitzgerald was graduated at Johns Hopkins Hospital and later was chosen by the State of Massachusetts as a "gift nurse" to Great Britain as a tribute to the memory of Miss Edith Cavell. She served as a British Nursing Sister until the arrival of General Pershing when she was transferred to the American Headquarters in France. Shortly before the Armistice she was despatched to Italy to organize a hospital and then became Chief Nurse for the American Commission in Europe. She began her work with the League of Red Cross Societies in November, 1919.

It is probable that none of the tasks that she has hitherto undertaken will have surpassed in interest the new work she goes to in the Philippines.

NATURE'S AVIATORS

Pat was helping the gardener on a gentleman's place and, observing a shallow stone basin containing water, he inquired what it was for.

"That," said the gardener, "is a bird bath."
"Don't ye be foolin' me," grinned Pat.
"What is it?"

"A bird bath, I tell you. Why do you doubt it?"

"Because I don't believe there's a burrd alive that can tell Saturday night from anny other."—*Boston Transcript*.

As most of us are in heated houses in winter a large part of the time, we should wear light-weight clothes. Upon going out-of-doors put on heavy outer clothes.

WORKING FOR MENTAL HEALTH

The Energy and Enthusiasm of the People of Western Canada Have Assisted Greatly In This Rational National Movement. A Brief Review of Some of the Activities of the Canadian National Committee For Mental Hygiene.

By C. M. HINCKS, B. A., M. B.

Secretary Canadian National Committee of Mental Hygiene

SINCE April 1918 the Canadian National Committee for Mental Hygiene has been instrumental in fostering Mental Hygiene progress throughout the Dominion. This voluntary society has placed its services at the disposal of the Federal Government, Provincial Governments, school boards, and other official bodies, in devising ways and means of bettering the lot of the mentally handicapped. It is gratifying to report that these services have been in demand and that the Society has been enabled to accomplish noteworthy results. Activities in various parts of Canada are of interest to those who are striving to improve health conditions, and a brief report is now submitted.

MANITOBA

Through the courtesy of the Public Welfare Commission of Manitoba the Committee was invited to make a mental Hygiene survey of that Province in 1918. It was found that considerable progress had already been achieved in providing needed facilities for the insane and feeble-minded. A Psychopathic Hospital (an institution for treating those suffering from diseases of the mind) in Winnipeg for the observation and early treatment of cases of mental disease was in course of construction—the first hospital of its kind in Canada. Special classes for subnormal children (children suffering from mental disease that may be cured by special treatment) were performing useful work in the Winnipeg school system. The insane were receiving treatment in hospitals in Brandon and Selkirk, and a small group of feeble-minded were being cared for in an institution near Winnipeg.

After a careful study of the needs of the Province, the Committee made numerous recommendations and many suggestions were carried into effect. Before detailing progress, the point should be emphasized that full credit should be given for all developments, to the initiative and enterprise of the people of Manitoba. Indeed, the Committee's efforts in all parts of the country would have been in vain if Canadians possessed of wide vision and knowledge, had not energetically co-operated to bring about the desired result.

Among notable developments in Manitoba was the governmental appropriation of approximately two and a half million dollars for the erection of new buildings, and the remodelling of existing institutions. Hospital units for the treatment of acute cases of mental disease were built in Brandon and Selkirk. Arrangements were made for the establishment of a colony for chronic cases of mental disorder. An extensive tract of land near Portage La Prairie was set aside for a Training School for Mental Defec-

tives, and one of a number of proposed buildings is in course of construction.

Developments in Manitoba do not end with the provision of new buildings. The whole Mental Hygiene service has been placed upon a creditable footing. Through Provincially appointed officers, cases from the Juvenile Courts receive mental examinations; public school children are studied from the standpoint of mental fitness; occupational therapy is promoted in the various institutions, etc. A satisfactory system of providing facilities for mental examination of all criminal cases has been adopted. Laws have been revised to sanction the voluntary admission of patients to mental hospitals. Arrangements are made for the supervision of cases on parole from hospitals so that they can be readjusted more readily to life in the community.

BRITISH COLUMBIA

The second Provincial Survey conducted by the Committee was in the Province of British Columbia in 1919. The study demonstrated that in many ways British Columbia had kept abreast of the times in dealing with its abnormal population. Splendid mental hospitals were found at New Westminster and Essondale—institutions that were somewhat handicapped in their work, however, through overcrowded conditions. The special class system of Vancouver was the best that had been seen in Canada. Twelve classes under able directorship were doing much to prevent future crime and distress.

The recommendations of the Committee were generously received, and \$300,000 was spent in the erection of three buildings for mentally handicapped boys. Arrangements were made for the building of a Nurses' Home, and for a hospital wing for acute cases of mental disorder. A Mental Clinic was organized in Vancouver under the auspices of the Committee, and a vigorous campaign is being conducted for the establishment of a Psychopathic Hospital.

OTHER PROVINCES

The Society has made surveys in Nova Scotia, New Brunswick, Saskatchewan, and Alberta. As yet, it would be premature to forecast results. There are substantial grounds for the belief, however, that much will be accomplished in the way of expansion and reform.

In the Province of Quebec extensive studies have been made in Montreal and other parts. A Mental Clinic has been established in the Royal Victoria Hospital, and valuable mental hygiene service has been given to the Montreal Juvenile Court. An experiment in social service, dealing with patients on parole from mental hospitals, saved the Province \$60,000.

In Ontario, through co-operation with the Provincial Department of Education, school children have been studied in many centres with the result that special classes are being organized rapidly. Valuable research has been conducted in connection with education, delinquency, and industry. The studies are pointing the way to many needed changes. Industrial research, for example, has shown the value of incorporating vocational guidance as a necessary activity in connection with employment bureaus. Through mental examinations many handicapped individuals can be directed successfully to suitable posts in the industrial world.

CONCLUSION

The past four years' experience of the National Committee proves conclusively that the Governments of Canada are prepared to make more adequate provision for the mentally handicapped. It is also evident that a voluntary society can do much to foster progress. In the past the Canadian Red Cross Society has assisted materially the Mental Hygiene Movement, and this course seems justified because of the excellent results obtained.

SEARCH FOR CAUSES

Proficiency in the Art of Health Lies Within Our Own Powers.

THREE persons out of four are utterly unaware of the general causes of their own ill-health, and of the ill-health of their children. They talk of their "afflictions," and if they be pious people, they talk of the "will of God" and of the "visitation of God."

I do not like to trench upon those matters, but when I read in my Book and in your Book that "it is not the will of our Father in Heaven that one of these little ones should perish," it has come to my mind sometimes with very great strength that that may have a physical application as well as a spiritual one, and that the Father in Heaven who does not wish the child's soul to die may possibly have created that child's body for the purpose of its not dying except in good old age.

When one sees an unhealthy family, then in three cases out of four, if one takes time, trouble and care enough, one can, with the help of the doctor who has been attending them, run the evil home to a very different cause than the will of God; and that is to stupid neglect, ignorance, or, what is just as bad, stupid indulgence.—*Rev. Charles Kingsley.*

DESTROYING CLOTHES MOTHS

ARTHUR GIBSON, Dominion Entomologist, Ottawa, in an article in the Canadian Veterinary Record gives some very timely information on Clothes Moths. He says:

"There are two different clothes moths in Canada, namely, the Webbing Clothes moth (*Tineola biselliella*) and the Case-making Clothes moth (*Tinea pellionella*). Both are small moths of a satiny grayish-yellow color, with a wing expansion of less than half an inch. They are active little creatures, seldom seen during the day except when disturbed from their hiding places. They cannot of course do any damage in this stage. Their duty in life is to mate and lay eggs which hatch into small, whitish caterpillars, the destructive stage of insect.

"The female moth lays her tiny pale-colored eggs upon objects composed of suitable food for the young caterpillars to feed upon. The caterpillars do not grow very quickly as do many of the kinds which feed upon vegetable matter. The webbing species upon hatching from the egg at once begins to spin a silken path, which as the caterpillar increases in size, becomes conspicuous and is of a rather thick, cobwebby, tube-like nature.

"The case-making species as its name indicates, constructs a movable case or jacket, within which it lives, from small particles of cloth upon which it feeds; the interior of the case is lined with whitish silk.

They Work During Summer

"The caterpillars of both species attack materials of an animal nature, such as woollens, carpets, furs, feathers, etc. The chief injury is effected during the summer months. It is then that unprotected or forgotten clothing, etc., is noticeably damaged if not altogether destroyed.

How to Destroy

"These insects like the carpet beetles and some other household pests thrive best in situations where there is relatively little disturbance. Woollens, furs, etc., hung up in cupboards or left in bureau drawers or on shelves during the summer are frequently damaged to such an extent that their use is no longer possible. It is, therefore, important that such articles should be aired and carefully brushed before they are packed away in the spring. The method of protection which I personally follow is to place winter clothing, etc., after brushing, in a tight trunk and fumigate the same with bisulphide of carbon. The clothing is simply placed in the trunk and on the top of the same a saucer is placed into which is poured about three ounces of bisulphide of carbon. The lid of the trunk should then be closed tightly and the fumigation allowed to continue for at least forty-eight hours. As the bisulphide of carbon is highly inflammable, no light, of course, of any kind, should be brought near the trunk while the fumigation is in progress. Afterwards, when the clothing, furs, etc., are removed from the trunk, they should be wrapped twice with strong wrapping paper, care being taken to see that the edges are turned so that no moths may

gain access. When thus carefully packed they may be placed away upon shelves or other places without danger.

Protection of Garments

"Pasteboard boxes such as that in which tailors deliver suits are useful, strips of paper being pasted over the edges of the cover, so as to prevent the entrance of any insects. Many people use the paper bags known as "moth bags" for the protection of fabrics. As an added protection, camphor and naphthalene is frequently used. Such deterrents do not kill the insects and are only partially successful in keeping them away. Material found infested at any time may be fumigated as above mentioned, with bisulphide of carbon. Cupboards in which the insects are known to be present should be sprayed with benzine or gasoline, particularly all cracks and crevices. These chemicals will kill all the insects they reach.

Low Temperature

"The value of low temperature in preventing injury by clothes moths is well-known and appreciated by such commercial establishments as storage companies, furriers, etc. The practice of sending valuable furs to such establishments is now largely adopted. On the other hand high temperatures are useful for destroying household insects, being particularly recommended for bed bugs.

Superheating

"In superheating we have a remedy which is inexpensive, not necessarily dangerous to human beings or to dwellings and one which is certainly effective in killing all kinds of household insects in their various stages. Briefly, it consists in introducing additional means of heating so that the temperature in the infested rooms will be raised to 120 degrees F., preferably to 130 degrees or 140 degrees F., and kept at such high temperature for six hours.

"In our work in controlling bed bugs by superheating we have used various kinds of stoves to produce a temperature high enough to kill the insects, such as salamanders or plasterer's stoves, gas stoves and oil stoves. Standard thermometers should be placed on the wall of each infested room, about two feet from the floor, and readings made every hour to see that the necessary temperature is maintained. Superheating could not, of course, be carried on during the winter so conveniently as in summer when the outside temperature makes it easier to secure high temperature indoors."

THE PUZZLED CRITIC

A musical critic was once asked by a girl for an opinion on her voice. After hearing two verses of a song he stopped her.

"Tell me," he said, "are you very fond of music?"

"Oh, yes, immensely," she replied in a voice brimming over with enthusiasm.

The critic raised his eyebrows, looked intensely puzzled, and answered: "That's very curious."

INDUSTRIAL HYGIENE

Attention to the Physical Welfare of Employees Stimulates a Feeling of Brotherhood in all Connected with the Firm.

THE following remarks are by Dr. A. W. Colcord, M.D., Medical Director of the Carnegie Steel Company, Clairton, Pa., in an article upon the physical examination of employees of his firm. This doctor tells among several reasons why the Carnegie Steel Company instituted physical examination for its employees the following:

1. To sift out the physically, mentally or morally unfit.
2. To help the man in order that he may be enabled to have his disabilities corrected.
3. To protect the men already working in the mill against contagious or infectious disease, against the vicious, the hopelessly stupid, against the degenerate, against the man too blind or too deaf to protect himself or others from danger.
4. As the years go on, and as we do more and more follow-up work; as the improvement in health and efficiency of the workers becomes more apparent; as the great importance of preventive medicine is borne in upon us; as we look beyond the mill to the homes of the workers and see the appalling amount of preventable sickness among the men and their families, we shall feel the need of systematic, regular examination of all the well; we shall catch disease in its incipency; we shall study the causes of sickness and remove them—then and not till then will the industrial physician have fulfilled his mission and come into his own.
5. Finally, examination of employees, done in the right spirit and with the proper "follow-up," is in keeping with the trend of the times toward better living, better and healthier homes, and mills; more help to the fellow that really needs it; and toward that feeling of brotherhood which must come if we are to solve the problems that confront us."

A GRAMME OF RADIUM

In order to afford facilities for treatment for Belgian sufferers from cancer, the Belgian Red Cross has placed an order in the United States for one gramme of radium. The National Society in addition has decided to devote the greater part of its remaining war funds to the construction of a model dispensary with an institution for the treatment of cancer similar to that which exists in Paris. The radium will be at the disposal of all in the nation who suffer from the disease.

FIRST SERVED

"I didn't see you at our annual banquet last night."

"No; I discovered that the moths had been holding their annual banquet on my dress suit, so I had to stay at home."—New York Sun.

HABITS AND THE TEETH

Eighty-five Per Cent. of School Children Suffer from Dental Decay Which is a Manifestation of Unhygienic Living. The Kind of Food we Eat and Manner of Preparing It are Much at Fault.

By DR. WALLACE SECCOMBE

Professor of Preventive Dentistry, Royal College of Dental Surgeons, Toronto

FOR many years the teeth have been considered without regard to their relationship to the health of the body. This is a mistake, for diseases of the teeth are no different from diseases in other parts of the body and have the same depressing action upon the sufferer's health. It was thought that infection in a tooth or in the gum tissue was not a menace to health and was not related to the blood stream or other parts of the system. Furthermore it was thought that the alarming increase of diseases of the teeth was in no way connected with conditions of bodily health and had nothing to do with the ordinary function of the bodily organs.

Both of these suppositions have been shown to be absolutely erroneous. Not only may infection in the teeth act as a starting-point of infection of the body precisely as does an infected tonsil, but general bodily health conditions may and do directly affect the health of the teeth. Thus health of the teeth, or dental health as it is called, rests upon the broad foundation of general health.

Since about 85 per cent. of the school children suffer from decayed teeth it will be seen that dental disease is the most prevalent disease afflicting mankind and may properly be considered in the nature of a national scourge. But disease of the teeth is only one of the manifestations of unhygienic and unscientific living.

DO WE CARE

We live in strenuous times. The modern pace is furious and the load is heavy. Will the civilized races of to-day survive the strain? Do we want the Canadian nation to live through the centuries? Do we care whether Canadians deteriorate physically and become diseased and smitten, or whether they evolve, develop and exemplify the "survival of the fittest."—Do we care?

If we do, we cannot settle back with smug complacency and overlook all our weaknesses and failures. How far can we go, as a people, unless we follow habits of living that make for health, strength and virility? We are creatures of habit. We pride ourselves upon our democratic ideas, while in fact most of us are abject slaves to custom. Our preconceived ideas lead us to regard the Chinaman as one who works backwards. But upon due consideration it may be found that the Chinaman has equal justification for thinking that we do things quite up-side-down. Many of our habits of living have been thoughtlessly acquired and are continued from year to year without reason and with little regard to the unfortunate results.

It is time that every good citizen stopped to enquire the why and wherefore of modern methods of living and to "abhor that which is evil, cleave to that which is good" in

our civilization, if Canadians are to retain their physical fitness and survive.

Perhaps the most menacing feature of our modern diet, from the standpoint of the teeth, is the demineralizing of our foods. Modern milling methods degrade the wheat, eliminate vital and essential germ elements, and produce a flour, refined but seriously deficient in food essentials. Bolted flour is degerminated and demineralized—we might almost say devitalized—and too highly refined for health, and this has all been done in the name of progress by nation-wide publicity campaigns. The importance of this matter is appreciated when we remember that almost one-third of the average diet is made up of the cereals such as bread and flour products.

OUR TREATMENT OF FOODS

Another serious fault arises through the loss of mineral elements in the preparation of foods. Boiling vegetables and throwing away the water is possibly the most glaring. The water in which vegetables are cooked should always be retained and used in soups or otherwise, as it contains much of mineral salts which are so essential to health. Sugars and starchy foods ferment in the mouth and form acids. If mineral constituents are present in sufficient quantity in our diet our saliva will neutralize the acids constantly being formed. Consequently our teeth will not be attacked. But if our diet is defective in mineral constituents these acids are not neutralized, our teeth are attacked and decay is the result.

Besides being related to the general condition of the body there is no doubt that decay of the teeth is, to a great extent, caus-

ed by the deficiencies of our modern diet such as:

(a) Too little of the foods containing mineral salts.

Correct this by using plenty of whole wheat flour, fruits, vegetables in abundance eaten raw or if cooked by using the water they are boiled in for soups. Other corrective foods of this character are eggs, dried peas, green peas, beans, lentils, raisins, nuts, dates, figs and other natural foods.

(b) Too much sugar, sweets and jams.

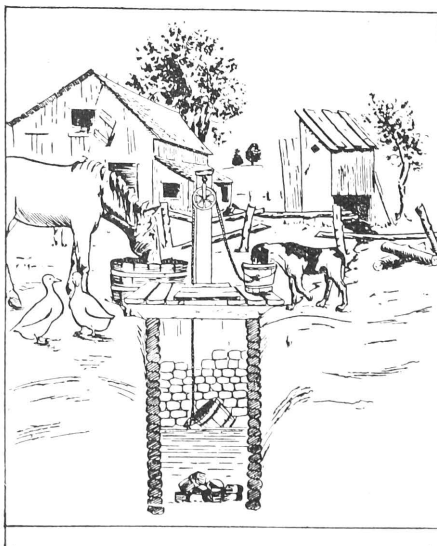
Correct this by moderation. Drink plenty of milk. In general terms it may be said that such a diet will supply necessary vitamins and will also exercise a powerful influence in the prevention of dental disease.

A bill has been introduced into the Massachusetts Legislative Assembly, asking that it be declared an offence to supply children under thirteen years of age with candies, without the written consent of the parent or guardian. This gives some indication of the feeling in some sections of the country regarding over-indulgence in sugars and sweets.

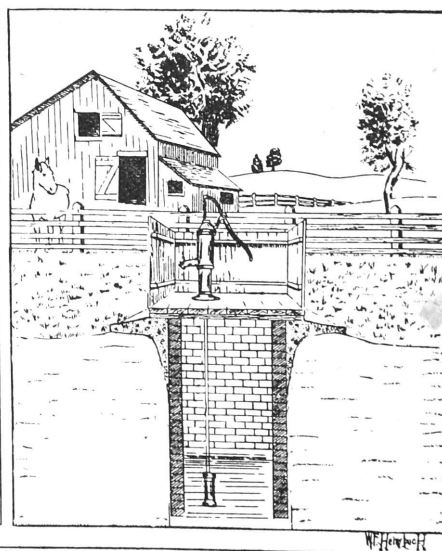
THE VALUE OF OUR TEETH

We value our teeth for beauty no less than for use. They give form and symmetry to the face, assist in speaking, and make thorough mastication of food possible. All food, and particularly starches, such as bread and potatoes, should be thoroughly mixed with saliva, the action of the salivary ferment upon starches being the first step in their digestion. Even soft bread and mashed potatoes should be thoroughly masticated, so that the ferment in the saliva (ptyalin) will be thoroughly incorporated with the food before swallowing. Mastication of food, particularly fibrous foods, such as raw vegetables and fruits, celery, etc., have a cleansing action upon the teeth. Mastication is sometimes spoken of as "nature's dentifrice." Therefore, thoroughly masticate all food and give much needed exercise to the jaws and teeth, which in turn will bring about a proper blood-supply and health development of the dental organs and surrounding parts.

Water Supply In the Country—The Farm Well



BAD



GOOD



Made
in
Canada.

This
**New Book
of Hand Knit
Styles**
25¢

Here's a book that is full of the very newest and most stunning styles in hand-knit garments—all especially designed by our own designers in accordance with the latest tendencies of Fashion, and introducing many novel effects by the use of novelty yarns.

With every style you get complete, detailed instructions for knitting—the exact number and kind of stitches, the precise kind and color of yarn to use—all stated in clear, concise language, so that you are bound to be successful if you follow the instructions. If you want Dame Fashion's "last word" in knit styles you need this Monarch Book No. 8.

All the yarns recommended for the styles in this book are the famous, high-quality, Canadian-made,

MONARCH-YARNS

Besides our well-known Monarch Floss, Down, Dove and Butterfly Yarns, this book illustrates some beautiful new yarns we have recently developed, including Monarch Starlite, Kurly, Silver-twist, Fairy, Alpaka and Art Silk. These new yarns produce the most pleasing effects and are the same reliable quality as our older established yarns.

Just fill in the coupon, enclose it with 25 cents in stamps, or Postal Note, and mail it to us, and we will send you this big new style book by return mail.

Mail Us This Coupon

THE MONARCH KNITTING CO. LIMITED
DUNNVILLE, ST. CATHARINES AND ST. THOMAS, ONT.
Also Manufacturers of
Monarch-Knit Hosiery, Sweater Coats, Etc.

The Monarch Knitting Co., Limited,
Dunnville, Ont.

I enclose 25 cents, for which please send me
"Hand Knitting" (Monarch Style Book No. 8).

Name

Street or R.R.

P.O. Prov.

CANADIAN RED CROSS

HELPING NEWCOMERS

Port Work of Canadian Red Cross Makes It Possible For Local Agencies To Deal With Cases of Illness Among New Settlers.

MR. W. F. KERR, Commissioner of the Saskatchewan Division of the Canadian Red Cross, tells the following interesting story which illustrates the usefulness of the Port Work the Society is doing:

"A few days ago, I received a follow-up card to the effect that a woman had landed at St. John on February 12, and was proceeding to her husband who was an employee in an hotel here. Her baby, one year old, was reported from St. John as suffering from a bad cold.

"I immediately sent a nurse to the hotel. The mother was not there but the nurse saw the father and the hotel proprietor was also present. The Red Cross nurse introduced herself and said she had called to see the mother and child who had just arrived from St. John.

"The hotel proprietor and the father expressed amazement and wanted to know how the Red Cross at Regina knew that this woman and child had just arrived here. Our nurse explained the plan we have in effect and this called forth words of commendation and praise from both men.

"The nurse later visited the mother and child at their home, found the baby had greatly improved, that this new settler was comfortably established in her Regina home, and that they were more than grateful for the interest which had been displayed by the Red Cross in their welfare."

JUNIOR RED CROSS

National Office Appoints Director To Assist In Organizing the Work Throughout the Dominion.

MISS JEAN BROWNE has been appointed Director of the Junior Branch of the Canadian Red Cross Society.

Miss Browne was formerly Director of School Hygiene in the Department of Education of the Province of Saskatchewan, and last year held the Canadian scholarship in the International course in Public Health Nursing arranged by the League of Red Cross Societies at King's College, London, England. While engaged in this course she made a careful study of child welfare work in visits to important centres in England and France and was able to make herself acquainted with the most advanced European methods.

Early in 1911 Miss Browne organized the School Health work for the Regina public schools and in 1917 organized the School Hygiene Branch of the Saskatchewan Department of Education. She brings to her new task much useful experience and personal qualifications that should help her to achieve the success with the Junior Red Cross that has attended her efforts in other spheres in the past.

Unless the weather be severely cold wear porous cloth, that is, cloth so loosely woven that you can blow air through it.



The Red Cross Nursing Outpost at Bengough, Saskatchewan.

MUSIC

JESSICA. I am never merry when I hear sweet music.

LORENZO. The reason is, your spirits are attentive:

For do but note a wild and wanton herd,
Or race of youthful and unhandled colts,
Fetching mad bounds, bellowing and neighing loud,

Which is the hot condition of their blood;
If they but hear perchance a trumpet sound,
Or any air of music touch their ears,
You shall perceive them make a mutual stand,

Their savage eyes turn'd to a modest gaze
By the sweet power of music. Therefore the poet

Did feign that Orpheus drew trees, stones
and floods;

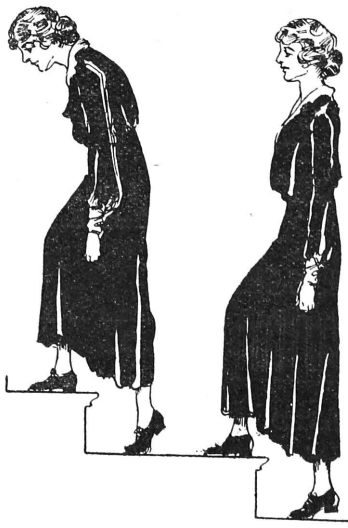
Since nought so stockish, hard and full of
rage,

But music for the time doth change his
nature.

The man that hath no music in himself,
Nor is not moved with concord of sweet
sounds,

Is fit for treasons, stratagems and spoils;
The motions of his spirit are dull as night,
And his affections dark as Erebus:
Let no such man be trusted.—*Shakespeare.*

POSTURE—How To Climb Stairs



Incorrect

Correct

Executive Officers of Provincial Divisions of Canadian Red Cross

BRITISH COLUMBIA:

MR. A. J. FORSYTH,
626 Pender St. W.,
Vancouver, B.C.

SASKATCHEWAN:

W. F. KERR,
1821 Scarth St.,
Regina, Sask.

ALBERTA:

MRS. C. B. WAAGEN,
O'Sullivan Block,
Calgary, Alta.

MANITOBA:

G. J. SEALE,
187 Kennedy St.,
Winnipeg, Man.

ONTARIO:

DR. FRED W. ROUTLEY,
410 Sherbourne St.,
Toronto, Ont.

QUEBEC:

MAJOR J. F. BUCKLEY,
45 Belmont Park,
Montreal, Que.

NEW BRUNSWICK:

MISS ETHEL JARVIS,
160 Prince William St.,
St. John, N.B.

NOVA SCOTIA:

DR. D. A. CRAIG,
63 Metropole Bldg.,
Halifax, N.S.

PRINCE EDWARD ISLAND:

DR. S. R. JENKINS,
Charlottetown, P.E.I.

AN EARLY SPRING SONG

One golden gleam of Spring! At last
The drear, dark days have given o'er
To warmth and sunshine; Winter's store
Is spent, his surly reign is past;
His icy clasp and bitter blast
With trembling haste make way before
One golden gleam of Spring!

The little lakes, by Cold made fast,
In new-found freedom kiss the shore;
And branches beckon birds once more—
For Hope into our world has cast
One golden gleam of Spring!

K.B.T.—*Chicago Tribune.*

IMPURE MILK

Dr. Hastings, in an address given before the Canadian Medical Association in 1908, was quoted as saying:—"If the truth were known, 15,000 of the 30,000 children who die in Canada annually might justly have the epitaph 'poisoned by impure milk' placed on their gravestones".

