

An Example of Service

IN recognition of the valuable services which he has rendered the Canadian Red Cross Society, the Central Council at its annual meeting held on March 29th and 30th elected Colonel Noel George Lambert Marshall as President of the Society. His election was followed by many enthusiastic and cordial expressions of regard for his character and his services during and since the War.

During the War Colonel Marshall labored indefatigably at Red Cross work. His valuable knowledge of transportation matters was at the service of the Red Cross which built the bridge between the Society and all other societies of Canada and the battle fields. Colonel Marshall's wide financial connections were also an invaluable help in organizing the financial appeals of the Society.

During the war heavy demands were made upon Colonel Marshall to preside at or address meetings. He never refused when it was at all possible for him to arrange to give service of this character. He was a popular speaker at all meetings which he addressed and particularly in rural localities.

As an administrator he was capable and efficient and always considerate. A prominent member of the staff of the Canadian Red Cross who worked with him throughout the War said: "No one could work any length of time with Col-

onel Marshall without learning to love him."

In a surprising degree business shrewdness and kindness of heart are combined in the character of Colonel Marshall. During the latter years of the War when he was frequently dealing with cases of needy ex-service men, Colonel Marshall exhibited an intuitive knowledge of the soldier's point of view quite equal to that of an experienced commanding officer. Once he became assured of the justice of a man's claim there were no bounds to his kindness.

An interesting biography of Colonel Marshall, deposited with the Archives of Canada, describes him as a prominent Canadian citizen, financier and philanthropist. In connection with the Red Cross it speaks of him as follows:

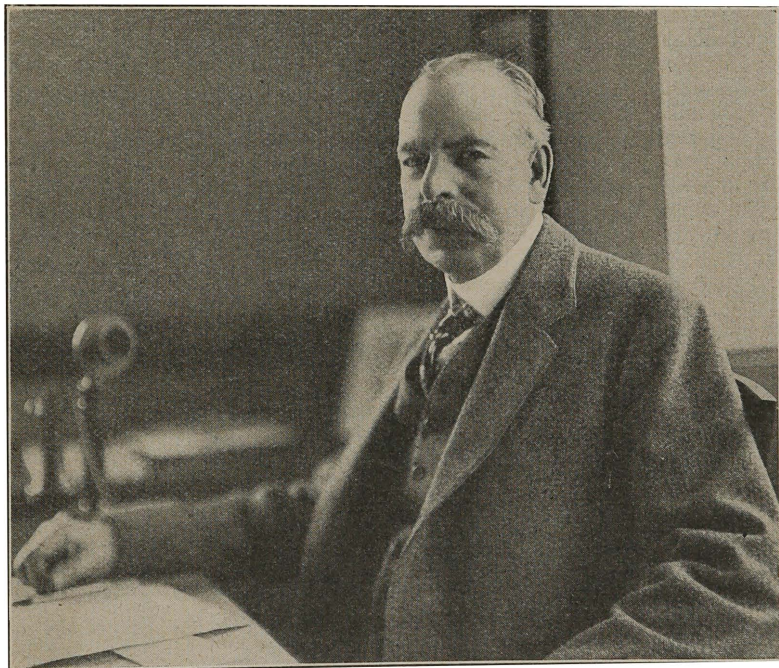
"Chairman of Council and Executive Committee, Canadian Red Cross Society for the Dominion, in which post he was active in directing the great tasks which fell upon his department to perform, during the Great War, re-

ceiving many honors, and the praise and thanks of all the belligerent countries."

Before his election to the presidency of the Society, recognition of Colonel Marshall's unselfish labors on behalf of the Canadian Red Cross Society had been made in other ways, among them being:

In October, 1920, at Government House, Ottawa, was presented with an address and Silver Service by the Governor-General of Canada on behalf of the Canadian Red Cross Society.

In May, 1921, in the Council Chamber of the City Hall of Toronto, was presented



Colonel Noel G. L. Marshall

CENTRAL COUNCIL ANNUAL MEETING

Federal Legislation To Be Sought For Purpose of Providing For more Democratic Control of the Society to Facilitate Carrying On of Peace Time Programme. Protection of Insignia and Name Provided For. Resolution Regarding Co-operation With Department of Soldiers' Civil Re-Establishment. Election of Officers.

THE SUBJECTS of outstanding importance discussed at the Thirteenth Annual Meeting of the Central Council of the Canadian Red Cross Society held at the National Office, 410 Sherbourne Street, on March 29th and 30th, were the questions of the revision of the constitution and the action to be taken upon the government's proposal that the Red Cross Society take over the administration of the workshops for "problem" cases arising out of the war.

The statutory conditions under which the Canadian Red Cross at present receives its authority and carries on its work are embodied in the original Act of Incorporation passed in 1909 and amendments passed in 1916 and 1919. In order to bring the charter of the Society up to date and to embody provisions made necessary by the adoption of a peace-time policy by the Society it was decided to seek Federal Legislation for the consolidation of the former acts with the desired amendments. Two sections of the original act of 1909 will remain. They are the preamble and the paragraph of incorporation. It was considered advisable from a legal point of view and most desirable from a historical point of view to retain these two parts of the original act.

SOME HISTORIC NAMES.

The incorporation paragraph contains the names of the charter members of the Society. They are:

1. His Honour Colonel John Morison Gibson, Lieutenant-Governor of the Province of Ontario; Sir Louis A. Davies, Ottawa; The Honourable George W. Ross, Toronto; The Honourable Hugh John Macdonald, Winnipeg; The Honourable George A. Cox, Toronto; Colonel George Sterling Ryerson, Toronto; Lieutenant-Colonel A. E. D. Labelle, Montreal; Lieutenant Colonel T. G. J. Loggie, Fredericton; Lieutenant-Colonel John Bayne Maclean, Toronto; Colonel Frederick Minden Cole, Montreal; Lieutenant-Colonel The Honourable John S. Hendrie, Hamilton; Lieutenant-Colonel William N. Ponton, Belleville; Lieutenant-Colonel George A. Sweny, Toronto; Lieutenant-Colonel John Irvine Davidson, Toronto; Colonel James Mason, Toronto; Colonel Sir Henry M. Pellatt, Toronto; Lieutenant-Colonel Hugh H. McLean, St. John, N. B.; Charles R. Dickson, M. D., Toronto; The Honourable George E. Foster, Toronto; Alexander MacNeill, Warton; The Honourable W. H. Montague, Winnipeg; Sir Charles Hibbert Tupper, Victoria; Judge D. J. Hughes, St. Thomas; Justin Miller, Mayor of Ingersoll; John George W. Hodgins, LL.D., Toronto; James Algernon Temple, M.D., Toronto; Daniel R. Wilkie, Toronto; Thomas G. Roddick, M. D., Montreal; Frederick M. Montizambert, M. D., Ottawa; Henry S. Strathy, Toronto; John T. Small, K. C., Toronto; and Charles Alfred Hodgetts, M. D., Toronto; and the following ladies, presidents of

local associations: Mrs. H. A. Boomer, London; Mrs. Harrington, Dorchester, N. B.; Mrs. Cornelia de Lancry Smith, Moncton, N. B.; Mrs. Helen Arnold, Sussex, N. B.; Mrs. Edith Boulton Nordheimer, Toronto; Mrs. Jennie C. McFadden, Brampton; Mrs. Florence A. Robertson, Newmarket; Mrs. Emma Tyrwhitt, Bradford; Mrs. Francis M. DuMoulin, Hamilton; Mrs. Emily C. Watson, Edmonton; Lady Tilley, St. John, N. B.; Mrs. Alberta Poulle Sackville, N. B.; Mrs. Jessie McEwen, Brandon; Mrs. Annie Lett, Guelph; Mrs. Kate I. Hare, Whitby, and Mrs. A. I. Domville, Rothesay, N. B.; and their associates and successors are hereby created a body corporate and politic in and for the Dominion of Canada under the name of "The Canadian Red Cross Society," hereinafter called "the Society."

MORE DEMOCRATIC CONTROL

An important reason for revising the charter of the Society was the desirability of having a more democratic control by representatives of all the Provincial Divisions upon the Central Council, in order that the peace time policy and programme might be better carried on.

The clause which defines the new Council provides that the representatives of Divisions shall always constitute a majority in the Council and for the information of all members of the Canadian Red Cross Society the part of the proposed new act is here quoted:

- (1) The governing body of the Society shall be a Central Council consisting of the Past Presidents of the Society, the Officers of the Society, and of 37 other members of whom 27 shall be appointed by the Provincial Divisions of the Society in such manner as may be determined from time to time by the Central Council, and 10 members elected by the Central Council

- (2) The Central Council shall have power to organize Provincial Divisions and branches in the various provinces of Canada under such rules as the Central Council may prescribe. Existing organized Provincial Divisions and Branches are hereby continued.

- (3) There shall be an Executive Committee consisting of the Past Presidents, the Officers of the Society, and of not less than seven and not more than twelve persons appointed by the Central Council from its members. Five members of the Executive shall be a quorum.

- (4) The executive Committee shall have and exercise all the powers given by this Act, when the Central Council is not in session, subject, however, to such regulations or restrictions as the Central Council may from time to time determine.

PROTECTION OF INSIGNIA

Another important provision was made on account of the necessity of having a more

clearly defined legal right to control the use of the Red Cross insignia and the Red Cross name. This is provided for in a paragraph embodying the wording of the British Legislation upon this subject as adopted by the Army Council and also by the Militia Department of Canada, as the sign of the Red Cross is also used by those authorities under the terms of the Geneva Convention.

"PROBLEM" CASES.

The proposal of the Department of Soldiers' Civil Re-Establishment that the Red Cross Society take over the administration of the workshops providing sheltered employment for "problem" cases of ex-service men was given a long discussion and the Council received for the second time a deputation from the Department of Soldiers' Civil Re-Establishment consisting of Major N. F. Parkinson, Deputy Minister, and Dr. Arnold, Director of Medical Services.

It may be stated that this question has been under consideration by the Society for over a year. A deputation from the Department was first heard by the Council in November last and for the second time at the meeting just past. In addition to these conferences a conference was also held by a special committee of the Canadian Red Cross and representatives of the Department of Soldiers' Civil Re-Establishment which met at Ottawa, December 12th and 13th, 1921.

After again hearing the deputation and full discussion of the question the Council decided that it would approve of the policy of Provincial Divisions and Branches of the Red Cross Society entering into negotiations with the Department with a view to reaching an understanding under which workable schemes for the provision of workshops for disabled men might be undertaken. The text of the resolution is as follows:

"1. That the Central Council of the Canadian Red Cross Society having considered the proposals advanced by the Department of Soldiers' Civil Re-Establishment, and the report of the meeting between a special committee appointed by the Red Cross for the purpose, with the officers of the Department on December 13th and 14th 1921, is of the opinion that these proposals are worthy of further consideration;

"2. That in the opinion of the Central Council adequate provision should be made for sheltered employment for problem cases of ex-service men;

"3. Further, that the Central Council desires to renew to the Department of Soldiers' Civil Re-Establishment an earnest expression of the desire of the Canadian Red Cross Society to act its full part as an auxiliary to the Department and to assist it in connection with work-

(Continued on Page 5)

"Nowadays"
 It is **"SALADA"** for
 breakfast, for dinner,
 for supper and five
 o'clock Tea the Con-
 tinent wide

**100
Per-Cent
Pure**

"SALADA"

Tea, as staple as our daily bread H272

when we want to find out about sickness we go—or should go—to the expert. The physician. The better the training and experience of the lawyer, the engineer or the doctor the sounder probably will be the advice we receive.

The storekeeper who takes legal advice from his neighbor storekeeper will probably receive 'fool' advice. The municipality which gets a carpenter to design a million dollar bridge may expect to go into bankruptcy. And the person who takes medical advice from somebody who knows nothing, or, what is almost worse, knows a very little, about the subject should hardly expect to get anything. Nothing from nothing equals nothing.

Every disease has a cause. The only person qualified to find out the cause of disease is the expert—the physician. Everybody else is a guesser and the chances will be that their guesses are wrong ninety-nine times out of a hundred.

If you want to gamble with your health or your life it may possibly be your privilege to do so. But if the health, the life or the happiness of anybody else depends upon it you have no right to take any chances. We all have obligations to ourselves, our families and our community.

Take all the sleep you need. If possible, walk fifteen minutes outdoors before you go to bed. Do not eat heavily or read exciting stories just before you go to bed.

THE GUESSERS

By GALLIENA

JOHNNY MACDONALD was a fine specimen of the hardy old settler. He lived in Northern Ontario in a sparsely settled district. In winter he went into the woods and cut timber. In summer he farmed, hunted, fished and lived in the open. About four years ago his stomach troubled him. He couldn't eat anything and he became very ill. As a last resort he went to a big city for advice but returned home without having received from the doctor any very encouraging assurance.

On the railway an old friend entered the car and sat beside Johnny, who told him all his woes. The friend was interested.

"Now look here," the friend said, "I will tell you something. If you will take a pound of honey, two quarts of milk and a single slice of bread every day you will be either cured or dead in a month! If you don't try the cure you will be dead anyway. It is worth trying."

The friend left the train and not long afterwards Johnny reached home. He took the pound of honey and the two quarts of milk daily and, strange as it may sound; he was well in a month. In two months he was again in the woods as a lumberman. He is still alive.

The wonderful cure of old John Macdonald was heralded far and wide. Everybody talked about it. Everybody remembered it and if you happen to go into that district today you will find that everybody keeps bees.

"This is the honey from the same strain of bees that Johnny Macdonald got his honey from," they will tell you with a considerable amount of pride.

If an investigation were made it would probably be found that deaths have actually resulted from the taking of Johnny Mac-

donald's cure. In a case of diabetes, for example, honey as a diet would be disastrous and would only hasten the end. The friend, of course, had made a shrewd guess and had recommended something which he thought might cure Macdonald.

We should be very careful not to believe everything we hear or read about universal panaceas or cure-alls for sickness. Every day we see patent medicine advertisements claiming to cure most of the diseases which trouble our lives. Every week a new method or system guaranteed to make one 'feel like a new man' is sprung upon us.

One group says: "Eat yeast and become vigorous." Another says: "Every ill can be cured through manipulation of the nerves of your spinal column." From Paris comes the news: "Have monkey glands grafted into your body and renew your youth." And so it goes. The danger is this, that some cases are relieved or cured by such methods and as a consequence the person cured becomes enthusiastic and recommends the system to everybody *irrespective of the cause of the trouble*. The result is that many people try out a so-called 'cure' which may be positively dangerous or even fatal in their particular cases.

One man I know can keep free of rheumatic pains as long as he eats plenty of bran. His trouble evidently has something to do with the kind of food he eats.

To another man whose rheumatic pains are due to poison from infected teeth or tonsils the consumption of bran would probably be of little or no use in relieving such pains.

When we are in legal trouble we go to a legal expert—the lawyer. When we want a bridge built we go to the expert engineer and

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SCHOOL HEALTH SUPERVISION

An Effort To Prevent the Spread of Communicable Disease Brought the System Into Being. It Has Since Extended To Detection of Defects and To Its Use As a Means of Imparting Health Education To the Young. Need As Great In Rural Schools As In Cities.

By DR. J. T. PHAIR

Chief School Medical Officer, Ontario Department of Education

SCHOOL Medical Inspection had its inception in a small way in France in 1833. Permissive legislation was introduced in Sweden about 1840 with the object of making it nation wide. But it was not until 1874 in Brussels that a well defined plan for a large centre was adopted. The movement spread to North America in 1894, Boston being the first centre on this continent to adopt Medical Inspection of its school children. The importance of the work being appreciated by all, it has now come to be an accepted part of school activities in practically every large centre and most of the smaller ones.

PREVENTING THE SPREAD OF DISEASE.

The primary object of School Medical Inspection was to aid in the prevention of the spread of communicable disease and it has been a large factor in the progress that has been made along that line. However, the attention of those most actively interested in the field of child welfare and disease prevention generally, having been focussed on the physical defects found in young adults and children of school age, defects which might have been prevented or cured in early childhood, it was felt that School Medical Inspection if extended to cover this field could be made a very valuable weapon in the campaign for better health.

WORK EXTENDED TO DETECTION OF PHYSICAL DEFECTS

Therefore, the inspection of children for the purpose of guarding against the presence or spread of contagion became only a portion of the task of those engaged in this work, and the examination of children for evidence of some physical defect, which was at the time or might in the future, if untreated, become a hindrance to the physical or mental progress of the individual, became an important part of their task. The School Nurse was at this juncture added to the School Medical Inspection staff and her duties were to aid in examination, inspection, and follow-up work. This last was early found to be exceedingly important, as only a relatively small percentage of the parents notified of defects found during the examination of their children took the trouble to have the condition corrected. Therefore to prevent the defects from becoming intensified by neglect the School Nurse was assigned the task of following-up all notifications. The possible results, if neglected, were emphasized, and to the School Nurse was allotted this important share in the work.

While School Medical Inspection was held to be at first more especially urgent

in the larger centres of population, on investigation it was found that the need was equally as great in the rural districts. The marked decrease in the infant and general death rate in the cities, as compared with the country, and the findings resulting from surveys made by trained workers, with the results emphasized during recruiting for the Great War, proved conclusively that something was very definitely outweighing the advantages that the country dwelling child had over the child reared in the city. With these facts in mind a Province-wide Survey was inaugurated in Ontario to emphasize the need of some form of permanent School Health Supervision in the rural and small urban centres. The results to date have more than justified the Department of Education in this action. Such figures as the following must of necessity be convincing proof of the urgent need for action.

SOME SERIOUS FINDINGS.

Of the 72,000 children of school age examined to date, 8,564 were found to have defective vision, and 1,707 defective hearing. Many of these children previous to Medical Inspection had probably been dubbed subnormal or inattentive, and had often received unwarranted criticism and undeserved punishment; 20% of those examined had Defective Nasal Breathing and nearly 30% were found to have abnormal tonsils. Picture to yourself these mouth breathing, dull and apathetic sufferers from adenoids, or the group with tonsillitis, bronchitis, laryngitis, colds, growing pains, rheumatism or some heart condition, aggravated if not caused by diseased or abnormal tonsils. Look further upon the large group suffering from malnutrition, flat-chested, undernourished, with soft, flabby muscles and poor appetite. Sufferers to the total of 48,913 were found to have dental defects, either temporary or permanent, that needed treatment.

ACTION NEEDED.

While these figures seem extreme, I can assure you that if they err, it is on the side of being too conservative. This means that in every classroom in the Province, either rural or urban, which contains 25 children, there are at least 4 of them suffering from defective vision, five of them have defective nasal breathing and six have diseased or abnormal tonsils, all sufficiently pronounced to warrant treatment. These are only some of the outstanding defects. There is undoubtedly one or more who would profit by special teaching in an Auxiliary class for the mentally backward, others who are the victims of environment, flat-chested, ill-nourished and anaemic, having too little

rest, fresh air and sunshine, too much excitement and over-indulgence, and many are strangers to the meaning of a well-balanced diet, and who know little or nothing of the value of the so-called good Health habits.

THE NEED FOR HEALTH KNOWLEDGE.

Third phase of this service, which is of paramount importance, is the one which might properly be called the purely Educational, the School Medical Officer or Nurse aiding the teacher in instruction, in personal and community Hygiene, by daily demonstrating the practical value of the many things, the lack of which, has just been emphasized.

ATTITUDE OF THE DEPARTMENT OF EDUCATION.

The Provincial Department of Education appreciates in the fullest degree this need for School Medical, Dental, and Nursing Service, and the staff of the Division of School Hygiene is at the service of any municipality or district, to aid in the inauguration or supervision of such a service. The Department suggests the following practical solution of the question for its establishment in the rural and smaller urban centres, namely—a union of a sufficient number of these schools to make a compact group of say 30 to 40 classrooms, which group can employ a school nurse, who will give her entire time to the work. The School Nurse would arrange a schedule and visit the schools, so many times each term, depending on the size of the school and the need of each section, to examine the children as thoroughly as possible, and by checking up her findings with the history of previous illness and record of attendance of the child, the teacher's report of his or her progress, confer with the parent if she judges the child to be physically subnormal, leaving the question of diagnosis and treatment, if any is deemed necessary, to the family physician and the parent. This plan is being satisfactorily carried on in many parts of the Province at the present time, and has no insurmountable difficulties in the way of its extension to other districts.

AN ENORMOUS WASTE.

When thinking of the economic side of this question, it is necessary to bear in mind the enormous annual waste of money, due to retardation and "school attendance," non-attendance and lack of progress of those handicapped by below normal health. The statement that sickness directly or indirectly is responsible for 75 per cent. of the absence from school in this Province,

adds another very material reason why a concerted effort should be made to raise the health standards of the children of school and pre-school age. A great deal can be accomplished to help solve this problem of retardation, and at the same time save a large amount annually spent in supplying Educational facilities for children who are not able to take advantage of them by a well worked out plan of School Health Supervision.

CENTRAL COUNCIL

(Continued from Page 2)

shops for problem cases in accordance with Red Cross practice;

"4. Further that the Central Council will approve the action of any Provincial Division or Branch of the Canadian Red Cross Society in negotiating with the Department of Soldiers' Civil Re-Establishment for the purpose of arriving at a satisfactory solution of the question of sheltered employment for problem cases of ex-service men, in their respective localities."

A third feature of importance at the meeting was the annual election of officers. It will be remembered that the President for the past year had been Her Excellency the Duchess of Devonshire, who on account of being no longer resident in Canada is unable to again undertake the duties of that office. Her Excellency Lady Byng of Vimy preferred to accept the office of Honorary President.

THE PRESIDENT.

In recognition of his distinguished services to the Society during the whole course of the War, first as Chairman of the Executive and later as Chairman of the Council, and of the manner in which he has performed the services he has undertaken, the Council elected as its President, Lt.-Col. Noel G. L. Marshall and upon the motion for his election a general expression of appreciation of and gratitude to him was made.

THE CHAIRMAN OF COUNCIL.

Colonel Marshall is succeeded as Chairman of Council by Dr. James W. Robertson, C. M. G., and on the motion of Mrs. H. P. Plumtre of Toronto and Mr. D. H. McDonald of Fort Qu'Appelle, commendation was paid to him on account of the way in which as Chairman of the Executive Committee he has helped to guide the Society through the very trying period of reorganization for peace-time work, which it undertook when it incorporated in its charter the provisions of Article XXV of the Covenant of the League of Nations.

The following officers were elected:

PATRONS

His Excellency Lord Byng of Vimy, Governor-General of Canada,

His Grace the Duke of Devonshire, F. M. H. R. H., the Duke of Connaught.

HONORARY PRESIDENT.

Her Excellency Lady Byng of Vimy.

HONORARY VICE-PRESIDENTS

Lady Drummond,

Sir Richard Lake, K. C. M. G.

PRESIDENT.

Lieut.-Col. Noel G. L. Marshall.

VICE-PRESIDENTS.

Alberta—Right Rev. T. J. McNally, R.C. Bishop of Calgary.

British Columbia—F. W. Jones, Esq., Victoria, B. C.

Manitoba—M. F. Christie, Esq., Winnipeg, Man.

New Brunswick—C. B. Allan, Esq., St. John, N. B.

Nova Scotia—Mrs. Wm. Dennis, Halifax N. S.

Ontario—Mrs. H. P. Plumtre, Toronto, Ont.

Prince Edward Island—Honourable Mr. Justice F. L. Haszard, Charlottetown.

Quebec—H. R. Drummond, Esq., Montreal, Que.

Saskatchewan—His Honour, Justice Rimmer Regina, Sask.

CHAIRMAN OF CENTRAL COUNCIL

Dr. James W. Robertson, C. M. G.

EXECUTIVE COMMITTEE

The Past Presidents of the Society:

Brigadier-General Sir John M. Gibson, K. C. M. G.

Surgeon-General G. Sterling Ryerson, M. D., R. M. C.

Her Grace the Duchess of Devonshire.

and the following members:

Dr. James W. Robertson, C. M. G., Chairman.

Lieut.-Col. R. W. Leonard,

F. Gordon Osler, Esq.,

W. R. Miller, Esq.,

Colonel G. G. Nasmith,

Norman Sommerville, Esq.,

Honourable R. B. Bennett, K. C.,

A. W. Fleck, Esq., Ottawa,

Mr. Justice Osler,

Mrs. H. P. Plumtre,

Lieut.-Col. David Law,

D. H. McDonald, M. L. A.

ASSOCIATE MEMBERS

Sir Richard Lake, K. C. M. G.,

J. J. M. Pangman, Esq.,

Dr. J. L. Todd,

W. G. M. Shephard, Esq.

DITCHED

"And you say you lost control of your car?"

"Yes, I couldn't keep up the installments."

—Judge.

It is wrong to think that drinking much beer, ale, and other liquors gives strength. These only deaden the tired feeling and do not really take it away. One is more tired after drinking them and less able to keep away sickness.

TWO LAWS

One of Blood, Death and Destruction;
the Other of Peace, Work and Health. Strive For the Better.

Pasteur said:

"Two opposing laws seem to me now in contact. The one is a law of blood and death, opening out each day new modes of destruction, forcing nations to be always ready to battle. The other a law of peace, work and health, whose only aim is to deliver man from the calamities which beset him. The one seeks violent conquests, the other the relief of mankind. The one places a single life above all victories, the other sacrifices hundreds of thousands of lives to the ambition of a single individual. The law of which we are the instrument strives even through the carnage to cure the wounds due to the law of war. Which of these two laws will prevail? God only knows. But of this we may be sure, that Science obeying the law of humanity will always labor to enlarge the frontiers of life."

Patiently and unfalteringly Red Cross members are working for the law of peace, work and health.

"A YOUTH THERE WAS"

(With apologies to Kipling and the "Vampire.")

A youth there was who lost his health,
Even as you and I,
In seeking the thing that man calls wealth,
Even as you and I;
And now he knows the mistake he made.
To a "San" he went and long he stayed,
Even as you and I.

He longed and fought for the thing he lost,
Even as you and I;
Though his heart was heavy for he knew the cost,

Even as you and I.
But he stuck to the "game" through thick and thin;
He played it well and he played to win,
Even as you and I.

And long he tried and hard he fought,
Even as you and I;

Of quitting the "game" many times he thought,
Even as you and I.
But he played it through and regained the health

That a fool had lost in seeking wealth,
Even as you and I.



A Red Cross teacher telling Health Stories to the children on the Public Playgrounds at Halifax, during the summer holidays. This was a very productive means of imparting Health ideas and principles to the children. For the moment the camera has attracted the attention of a few of the younger ones.

THE PUBLIC HEALTH NURSE

The Central Figure in the New Movement for the Care of Children. Something About Her Training and Possible Spheres of Activity. Her Work Is Directed Towards Guarding the Health of the People and Preventing Disease.

IN THE modern movement for health reform one hears a great deal about the Public Health Nurse.

What is a Public Health Nurse and in what way does her work differ from that of the bedside nurse whose sphere in life is now so well known?

The bedside nurse gives her attention solely to the care of the sick. She acts under the direction of the physician in whose charge the patient may be, follows his orders in regard to diet and medicine and attends to any other matter designed to effect a recovery. When her patient is well the nurse takes a similar duty with another patient. The bedside nurse carries on her work either in the home or in the hospital. Her work is concerned with those who are ill. For such work the nurse must be adequately trained. Usually the training consists of a three years' course of instruction and practice in a general hospital.

The duty of a Public Health Nurse is of a different character. For the main part her work is directed towards the preservation of the health of those who are well. She works in a public capacity and is employed in a community either by public health authorities or by a responsible body acting with their sanction. Her duties to a large extent depend upon the nature of the community in which she is working. If it be in a section of a large city her work will be somewhat different in character to what it would be were she in a rural community.

The Public Health Nurse should have had training for her duties similar to the training of the bedside nurse, and in addition she should have taken a course of study in the application of the principles of hygienic living and the means of bringing them to the proper attention of the public. The work of the Public Health Nurse may embrace such matters as visiting nursing,

maternity and infant welfare, tuberculosis nursing. But any of these or other subjects may be studied and practised as a specialty. When the Public Health Nurse works in a general way she sometimes is called upon from time to time, to give bedside care to the sick. That, however, is not looked upon as her chief function. Whenever practicable she instructs a member of the family how to care for the patient in order that her time may be free to attend to her other duties. If during her visit the nurse should observe conditions in the home not conducive to the rapid recovery of the patient and to healthy living she calls attention to them and endeavors to have them set right.

A highly important part of a Public Health Nurse's duties is the care of the mothers and children by giving instruction to the mothers upon the best means of caring for their own health and preserving that of the children.

In the schools the public health nurse assists the school physician while he is making physical examinations of the children and afterwards makes visits to the homes to assist the parents in carrying out the doctor's instructions for the improvement of the health of the children. If there is no school doctor the nurse refers to the family physician all children with symptoms of ill health or evidences of physical or mental defect.

She teaches the principles of personal and home hygiene and promotes the formation of good health habits by the children in the school. She also helps groups of mothers and older children who are brought together for this special instruction.

In some of the large cities of Canada, Public Health Nurses are employed at Child Hygiene clinics, Well-Baby clinics and in other capacities—the nurse's efforts

in each case being directed towards the maintenance of the health of the people of the community. So valuable are the services of a Public Health Nurse that many large firms such as big stores and manufacturing establishments employ Public Health Nurses solely to assist in looking after the health welfare of their employees. This is very strong evidence in favor of the work that such a nurse can do. Big businesses are conducted in a manner that will yield the greatest profits and the managers of such businesses realize that the health and vigour of their employees is one of the best aids they can have to efficient management of their respective establishments.

It is not intended in this article to give a full outline of the many spheres in which the Public Health Nurses are valuable, but the cases here cited will serve to show what a vast field of opportunity lies before humanity in their employment.

TEETH NEED EXERCISE

Lack of Use to Some Extent Responsible for Their Early Decay.

TO BE FIT every part of the body needs exercise. Tie a man's arms to his sides for two weeks and they will be wasted and weak. Healthy arms need healthy work and exercise. The same rule applies to teeth. To brush teeth is not sufficient to keep them in health.

Teeth must have exercise and plenty of it. Soft food gives the teeth no exercise but the chewing of hard, tough food helps to keep teeth strong and clean. If you don't believe this, look inside a dog's mouth. The average bull-dog has a cleaner and healthier mouth than 99 per cent. of humans. The reason is that gnawing tough foods is his chief amusement and we know from experiments that if such foods are not given to a dog his teeth decay.

When the mother removes the crust from bread and gives the child the soft inside to eat, she is making a mistake which will injure the child's health. Teeth need exercise.

R. G.

C. A. P. T. MEETING

White Plague Causes Early Death, Early Widowhood, Much Suffering and Family Disaster. Plans For Eradicating and Preventing It Discussed By Conference of Experts. A Survey May Be Made.

THOSE who attended the Annual Convention of the Canadian Association for the Prevention of Tuberculosis, held at Ottawa, March 14th-17th, agreed that it was the best all round convention upon the question of tuberculosis ever held in Canada. The convention was under the joint auspices of the Federal Department of the Soldiers' Civil Re-Establishment and Canadian Association for the Prevention of Tuberculosis. It was attended by experts from all the settled parts of the Dominion of Canada and every aspect of the tuberculosis convention was given consideration.

FOR MORE DEFINITE KNOWLEDGE

One of the important discussions of the conference arose out of the suggestion that a survey be made of one 40,000-60,000 rural population area in each province. The survey is projected for the purpose of finding out as accurately as possible the prevalence of tuberculosis throughout Canada. It is known to be a very widespread disease, but if the Association had more accurate figures upon the matter it would be a useful guide in enabling it to formulate adequate plans of action.

TESTING CATTLE.

Among the motions which were passed was one expressing approval of the efforts of the Dominion Department of Agriculture in testing herds of cattle for bovine tuberculosis and in providing for the establishment of dairy herds accredited as free from tuberculosis. Another motion expressed the Association's appreciation of the humanitarian work of Rev. Canon Scott in writing the book, "The War As I Saw It," and in giving the entire profits to the Canadian Red Cross Society for expending on behalf of ex-servicemen suffering from tuberculosis.

A large part of the time of the conference was taken up in technical discussions upon the disease and its manifestations and upon the ways and means of checking and eventually eradicating it. Many experts of national and international repute gave the convention the benefit of their knowledge and experience.

A PERSISTENT MENACE

Among the statements made at the convention were the following:

"It is found that among 436 mothers who are receiving pensions under the Mothers' Pension Act of Saskatchewan 13% are widows through tuberculosis. In the families represented by these mothers 143 deaths have been caused by tuberculosis and there are still 65 active cases living in the same families."

Honourable Dr. Beland, Minister of Health, expressed his approval of the excellent work which is being carried on by the Canadian Association for the Preven-

tion of Tuberculosis. "Its reputation," the minister said, "is excellent, its cause humanitarian in the purest interpretation of the word and the approval, encouragement, co-operation and assistance of my Department are assured."

BE PREPARED

An Incident Which Illustrates the Need of Readiness To Cope With Unforeseen Disaster.

AN INTERESTING coincidence which illustrates the need of an organized survey by municipalities of possible "disaster zones" occurred recently.

On March 23rd Miss V. M. Macdonald, Director of Emergency Service for the Canadian Red Cross Society, addressed a public meeting in Charlottetown, Prince Edward Island. The meeting was composed of representatives of the Provincial Government, members of the City Council, the Rotary Club, other leading citizens and members of the Prince Edward Island Division of the Canadian Red Cross. The subject of the address was the desirability of having an organization designed to meet a situation caused by unforeseen disaster.

In dealing with the subject of danger zones Miss Macdonald—without reference to local conditions—pointed out that large oil tanks containing stores of combustible oil were always a source of danger no matter how well guarded they might be. In the discussion members of the audience called attention to the fact that large stores of kerosene and gasoline were held by an oil company in tanks close to the city.

Strangely enough a fire broke out on April 1st in the Oil Company's wooden warehouse quite close to the large oil tanks. The news despatch states that the fire "threatened to ignite the nearby storage tanks and was only extinguished after a hard fight. A strong north-west wind blew the flames and sparks directly towards the oil tanks and in the direction of the city, which was seriously threatened. One tank contained 60,000 gallons of kerosene was only forty feet from the burning building. Another of larger capacity was fifty feet away and within fifty yards there was a tank containing 250,000 gallons of gasoline."

This incident has naturally impressed the citizens of Charlottetown with the fact that disasters are possible in any community, that they cannot be foreseen but that provision should be made to be ready in case they arise.

THE MILK CAN

Sour milk, it appears, is the favorite food of inhabitants of the Caucasus. The inhabitants, naturally enough, are Kurds. *The Star*.—

PEOPLE AND SHIPS

Incidents Illustrating the Routine of Red Cross Workers at the Port of St. John, N. B.

At the Port of St. John during the winter and at Quebec during the summer the Canadian Red Cross co-operates with the Dominion Immigration Authorities in attending to the physical welfare of immigrants. The following are a few selected incidents in connection with the work:

"One day when the steamer docked, the Immigration Agent asked the Red Cross nurse if she would go on board and see a girl from Jugo-Slavia who was ill and lonesome on board. Miss Gregory in her white uniform, with her veil and Red Cross armband, was always a pleasant sight, but to a girl from mid-Europe the familiar Red Cross was a vision of safety. Neither young woman could talk to the other, but the girl from Europe could and did hold the hand of the nurse, and when arrangements had been made to take her to a hospital she went willingly with the "Sister." Later it was found that she had diphtheria and so it was impossible for Miss Gregory to see her, but every day while she was in Saint John some remembrance from the Red Cross, a flower, fruit, a card, just something to let her know that she was not forgotten, was sent to her, and when she was well enough to go on to her friends the Red Cross said "Good-bye" and wired the Branch at her destination to meet her.

Another day it was an old Jewish woman, travelling alone from Havre to Hamilton, who was brought to the Nursery. She had fractured her ankle on the pier before embarking and for fear that she might not be allowed to travel or enter the country, told no one of her trouble. But the Red Cross was different, and she submitted without a murmur when the nurse called in the doctor, and the swollen foot and ankle were properly treated. Then her son was wired concerning her condition and friends carried her on the train, much to her delight.

Another day a blind woman, travelling alone, and a deaf woman, also alone, occupied the time and attention of the V.A.D.'s who had that day rather an unusual group of patients, another being a man who was ill and whose baggage they located for him. That day also three men came in for minor dressings on arms, yes, and fingers, and from all interesting stories of life were gleaned.

NATURE'S SWEET RESTORER.

A child of six needs eleven hours sleep per day. So do all children of ten years or less. Between ten and seventeen youth requires nine hours sleep. Men and women should know how much sleep they need and should take it.

Shakespeare speaks of "sleep that knits up the ravelled sleeve of care." He also speaks of it as "tired nature's sweet restorer, balmy sleep." Wonderful man, Shakespeare.

Sleep is a great human battery charger and builder of resistance against disease germs.

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.

MAY, 1922

No. 4

EXPANSION OF TOWNS AND CITIES

IT SEEMS reasonable to hope that within the next few years many of the economic problems which confront the world to-day will have been well advanced toward solution. The process of reconstruction is slow but it is proceeding. The nations of the world at present are gradually re-establishing themselves and entering into new relations with each other. In many countries there is already much industrial activity which later will result in sending to and fro the loaded trains and ships of commerce. Humanity cannot recover overnight from such a great disaster as the World War. But it will recover and there is every reason to hope that Canada will have an early and full share in the recovery. It is reasonable to expect also that Canada at no remote date will advance still further in population and importance.

The problems which come with expansion should be considered now. An endeavor should be made to make it impossible to find in Canada the poverty and squalor which are the accompaniments and often the cause of ill health, low vitality and disease. In the building of additions to our towns and cities provision should always be made for open spaces where children may play, for spots of green—with flowers—where the eye may rest and where men and women may still see something of the wondrous ways of nature. With the ample room that Canadian towns and cities have to expand it does seem strange that any houses should be built without light and air on all sides. The future of such matters as this lies within our own hands. If due consideration is given to these matters now it might be possible many decades hence to determine the period at which parts of a town or city had been built or improved by the degree of wisdom and skill with which they had been planned and the comfort, convenience and conditions for good health which the buildings provide.

WE HAVE received a copy of the first number of the Canadian Red Cross, with a request that we assist in the post-bellum crusade now being conducted by the society in the interests of "good health." We very gladly comply with this request, believing that there is no movement of greater importance than that to which the Red Cross is devoting its peace activities. The principal aim of this magazine, which will be published monthly, is stated to be "to spread useful knowledge whereby the members of the Red Cross and others will be better qualified to co-operate with public health authorities and professional leaders—in their efforts to secure ever-improving conditions for health." Much valuable assistance has already been given by this admirable society in the various provinces, both by money and practical effort, to promote this great object. Scholarships have been established in nursing and public health courses financed. The society acts as an auxiliary to the departments of health, and is especially interested in the physical welfare of the young. The Junior Red Cross is a flourishing organization, which is doing a fine work in the direction of inculcating habits of health and instilling the elementary principles of hygiene in the minds of young people. The provincial minister of education, in a circular addressed to the public school teachers, has expressed his opinion that "part of the time each week required for instruction in hygiene may be profitably spent in Red Cross activities."

The magazine is a serviceable and interesting production. It contains articles, written in an entertaining and popular form, admirably suited for the purpose of educating the public in matters affecting the health of the individual and of the community, dealing with the subject from the standpoint of "prevention being better than cure;" it tells how to escape common ailments, how to prevent their spread; gets down to causes and puts the reader on his guard against those causes. The importance of fresh air, wholesome diet, simple precautions, exercise and recreation is stressed; recognized authorities deal with such subjects as the conquest of typhoid, "Saving Human Lives," the prevention of colds, nursing activities, etc. There is an article by Dr. James W. Robertson, chairman of the executive committee, on The Crusade for Good Health, in which the peace-time program of the Red Cross is explained, and the magazine is enlivened with many humorous anecdotes. The purpose which the editors have in view is well achieved in this initial number.

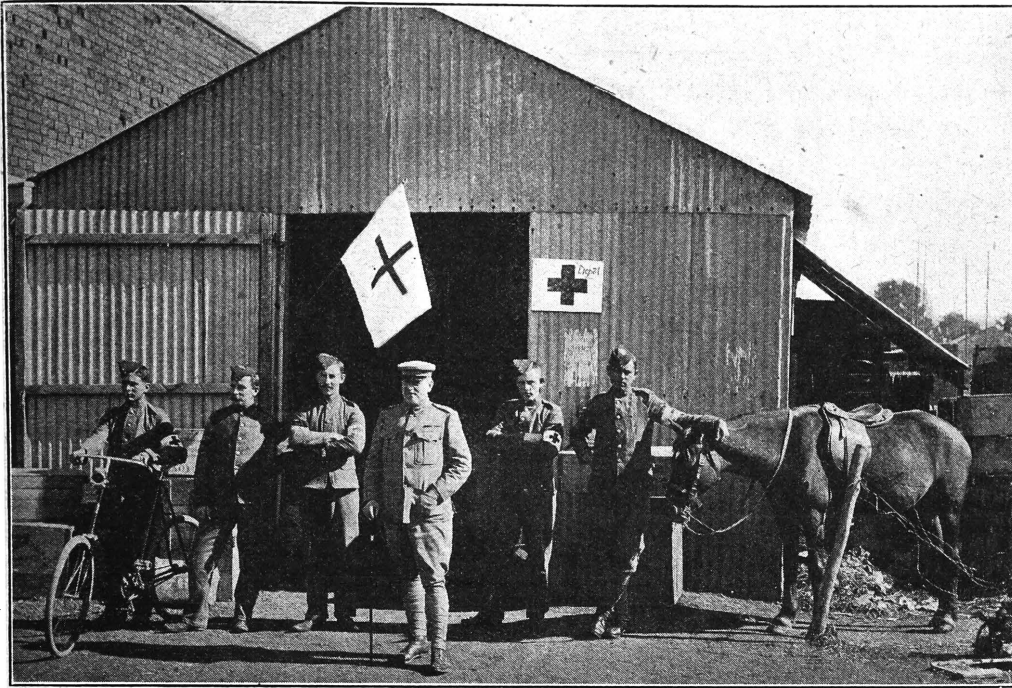
A VALUABLE PUBLICATION.

(Regina Leader.)

THE FIRST number of "The Canadian Red Cross," a national periodical published monthly by the Canadian Red Cross Society from its offices in Toronto, contains a wealth of informative material attractively presented. The purpose of the magazine is stated as follows:

"The purpose of this publication is to present in readable and interesting form, knowledge of how health may be preserved. It is not intended to deal with the subjects of medicine 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."

Along with the development of curative medical knowledge should go extension work in disease prevention; and there is nothing that will lessen disease more rapidly or more effectively than the dissemination of accurate information that will enable the general public to stem the tide of disease at its source. As long as people generally do not know what can be accomplished by themselves in their own homes and look upon the doctor as alone responsible for individual and public health, all the doctors in the world will be powerless to stamp out disease. The Red Cross Society can make no more valuable contribution to the cause of good health in the nation than the creation in the public mind of a sense of the responsibility of every man, woman and child to do his, her or its share and the instruction of every man, woman and child it can reach in the science of health. This is the purpose, we take it, that the publishers of "The Canadian Red Cross" have in mind; and, adhered to, it is a purpose which will make the periodical of tremendous service to the nation. The most potent ally of disease is ignorance. Get rid of that—and half the battle against disease is won.



Canadian Red Cross depot at Bloemfontein, South Africa, which assisted in ministering to the needs of the Canadian Forces in the South African War. Reading from left to right the soldiers in the photograph are Pte. Dorion, Sergt. Craig, Corpl. McLean, Col Ryerson, Pte. Brown and Pte. Anger.

THE SOUTH AFRICAN WAR

A Brief Outline of the Canadian Red Cross Society's War Service In the Campaign of 1899—1902.

By MAJOR-GENERAL G. STERLING RYERSON, M. D., C. A. M. S.

ONE ONLY needs to read history of the British Empire to find out that most wars in which the British people have been engaged have found them unprepared at the start. The South African War of 1899-1902 was no exception. Unpreparedness and lack of foresight in regard to the character of the troops required and the possible numbers necessary were outstanding characteristics of the early stages of the war. It has been stated that the army regulations enforced at the time had not been revised since the time of the Crimean War. There was only a narrow gauge railway extending from Cape Town to the war areas and the medical service though willing and desirous of giving good service was hampered by traditions and defective organization. All these elements combined to produce frequent difficulties.

No one knew better than the Boers how to increase those difficulties. One of their chief means of impeding the British operations was the destruction of bridges and the tearing up of lines of railway and they did it most effectively. Fortunately the British had as chief of staff, a great military engineer, Lord Kitchener, then at the pinnacle of his powers, and he in turn was aided most effectively by a man of genius in transportation matters, namely, Sir Percy Girouard, a Canadian Engineer in the Imperial Service, and the son of a Canadian Supreme Court Judge. Had it not been for those

two men the war might have gone on much longer. As it was it lasted three years.

From the medical point of view the outstanding feature was the epidemic of typhoid fever which attacked and seriously depleted the troops during the latter part of 1899 and a good part of 1900. Fifty-seven thousand cases occurred of whom nine thousand died. The losses by wounds and killed in action were relatively small. Contrast what military sanitation and preventive medicine have done for the soldiers in the Great War. The army in South Africa consisted of 300,000 men. The British Army in France numbered its millions. And the numbers of cases of typhoid among the troops may be considered negligible, much fewer in fact than there would have been among the same numbers of men in civilian life.

The difficulties which the Canadian Red Cross Commissioner had to face were the red-tape, the distance from home, the slowness of communication and the congestion of the narrow gauge railway which had to carry men, food, ammunition, arms, equipment and all other necessary supplies for the army on the extended fronts of operation.

At the time of the South African War medical officers had no power to indent for clothing. They lost touch with their units and consequently could draw no clothing from supplies. The Commissioner found

eleven men in bed in hospital at Kimberley. They were convalescent but had no trousers. He went to the nearest shop and bought them and thus enabled the men to more quickly regain their health by getting out in the open air.

The number of beds for the sick at Kimberley was insufficient and the authorities were at a loss to supply them. The Canadian Red Cross Commissioner contracted with the DeBeers Mining Company to make cots and obtained one hundred in a few days.

I have mentioned the difficulty of getting up Red Cross supplies. One means the Commissioner took to overcome that difficulty was to arrange with the Canadian Army Post Office Official to send them up in mail bags. Red Cross trains were being sent up empty from Cape Town to Bloemfontein, a distance of 800 miles. The Red Cross Commissioner arranged with the authorities to have the trains carry beds and all kinds of hospital supplies. At one time at Bloemfontein there were 5,000 sick and wounded and the Commissioner was able to fill a hospital with supplies sent from Canada. The Red Cross Depot was manned by invalid Canadian soldiers from the Royal Canadian regiment who had been trained by the medical authorities for light duty and the Depot was one of the busiest spots in South Africa. Many tons of

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HEALTH—Our Greatest National Asset

Compulsion Through Health Laws of Little Value Unless Public Opinion Understands and Believes in Them. The Need for a Nation-wide Campaign and the Development of a National Health-Conscience. The Entry of the Red Cross Into a Great Field of Effort and Some of the Ways In Which It Has Helped.

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

THE MAIN objects of a nation-wide health campaign are two-fold. The first is to create interest in the laws of hygiene and healthy living. The second is to take effective measures to reduce cases of infectious disease. The second will result from the first and can only be brought about when the public has developed a 'health conscience.' A Health Conscience will develop only when the people become interested in health and prevention of disease through knowledge. Most sickness is due to unhealthy habits of life or to infections from other individuals pursuing unhealthy habits or living. If these fundamental causes of disease could be wiped out the number of sick people left to be doctored would so shrink that our hospitals, asylums and other institutions would be half empty.

Educative measures are by long odds the most important, for when the people become interested in a practical way in the simple laws of healthy living there will be no difficulty in carrying out the laws to prevent infection. The word 'doctor' originally meant 'teacher' yet how many of our doctors do more than try to heal the sick.

Why are we unable to control infective disease? Because we do not discover the case of disease until the least qualified person in the world—the sick one himself—calls in a doctor, who reports the case to the health official, by which time the disease has been transmitted to others. In the army the medical officer through systematic inspection of his men detected infections in their early stages and thus prevented the spread of the disease.

In civilian life we wait till the disease comes to our notice. Could anything be more ridiculous? In war time it was possible, under exceedingly difficult conditions, to clothe, feed and protect from sickness enormous numbers of men. If the plan whereby the soldier could go to his military physician for advice and treatment or where the physician regularly enquired about the soldier's health is compared with our present system where the doctor sits in his office waiting for the sick patient, who perhaps never comes, the reason for our failure to cope with disease is evident.

At present we actually endorse a system which forces the physician to wait till the sick person comes to him. When we realize that the health of the people is our greatest national asset this surely seems a stupid system, to put it mildly. At one time there were individuals who resented the visits of a school nurse or doctor as they did the truant officer; it was a kind of infringement of their freedom. That day is fast slipping by and people are

realizing that the school nurse and doctor are doing great work for their children. New ideas are always difficult to absorb. There are people who believe even yet that we should drink raw, polluted water instead of filtered and sterilized water. The fact that before water was filtered and sterilized thousands more men and women died every year from typhoid fever than at present carries no weight with them.

Compulsion, in itself, is of little use. The general tendency of health officials is to rely upon law. Health laws are for the good of the general public. They are framed with the idea that the health of the people is of paramount importance. During great epidemics measures to protect the health of the people must come first. But health laws without public opinion behind them are of little avail. The laws cannot be superior to the people who frame them. If legal health measures are enforced in an arbitrary manner the people will repeal those measures. Public opinion must be behind them. Therefore, public opinion must be first created in favor of health legislation.

About two years ago an attempt was made by a health department to compel everybody in a municipality to be vaccinated against smallpox. The judges refused to uphold the health officer because public opinion in that case was not behind the law.

Had there been a systematic attempt to show the people that vaccination was in their own interest and for their own good there probably would have been no trouble and no appeal to the courts.

The Red Cross Society in Canada has entered into a campaign to improve the health of the people. It is aiding many organizations already in the field. It is not only carrying on its war work for disabled soldiers, but in one or more of the provinces of Canada it has helped or is helping the following organizations and classes of people with money grants or an equivalent:

1. Official Public Health Departments (providing the means of supplying them with public health nurses).
2. Provincial Universities (funds for training public health nurses.)
3. Scholarships for nurses.
4. Chairs of Public Health in Universities.
5. Nursing housekeepers. Emergency relief work (cyclones, fires, etc.)
6. Assistance to soldier settlers suffering from ill-health.
7. Care of soldiers' children.
8. Courses for wives of soldiers.

9. Workshops for crippled soldiers.
10. Rural hospitals.
11. Rural nurses.
12. Nursing missions.
13. Victorian Order of Nurses.
14. Nursing stations.
15. Providing child welfare nurses.
16. General health education and propaganda.
17. War relief in Europe.
18. Junior Red Cross (teaching of better health habits, etc.) in co-operation with Departments of Education.
19. Helping to care for the blind.
20. Monetary assistance to the Canadian Public Health Association.
21. Monetary assistance to the Canadian National Society for combating Venereal Diseases.
22. Monetary assistance to the Association for the Promotion of Mental Hygiene.
23. Monetary assistance to the Canadian Association for the Prevention of Tuberculosis.
24. Monetary assistance to the Institutions for the Tubercular.
25. Summer camps for tuberculous children.
26. Children's clinics.
27. Assistance to immigrants at St. John and Quebec.
28. Travelling health caravans for diagnosis and treatment of defects in children.

Why should all these organizations be doing health work? One province is doing one thing and another province a different thing according to the need or its relative importance. These numerous associations are in existence: they are doing good work, in some cases great work, in preventing disease and in educating the public. They are all voluntary organizations—except the official departments of health and universities—and they exist because the Canadian people are as a whole not aroused to the necessity of a better order of things and a more comprehensive scheme of preventive medicine.

The Crusade of The Red Cross in enabling the public to realize the existing situation will eventually help to bring about a new era in the prevention of disease, the improvement of health, the mitigation of suffering and the increase in happiness of the Canadian people.

We hope the time will soon come to an end when four thousand women in one Canadian province will have to go without
(Continued on Page 13)

SOUTH AFRICAN WAR

(Continued from Page 9)

hospital clothing, food and comforts, chiefly supplied by the British Red Cross, were given out on application from the officers commanding hospitals. Sir John Furley was chief British Red Cross Commissioner, but as it was necessary for him to remain at the base, the work of the advance depots was done by the Canadian Commissioner, hence it happened that he was among the first to take supplies into Kimberley after the relief by General French.

During the war the Canadian Red Cross did a good work which was highly appreciated and commended by the British authorities.

EDITORIAL NOTE.

The photograph which is here reproduced of Colonel (now Major-General) G. Sterling Ryerson and his staff at the Red Cross Depot, Bloemfontein, is one of the records in the possession of the society of the first war work of any importance undertaken by the Canadian Red Cross.

Major-General G. Sterling Ryerson is the Founder and a Past President of the Canadian Red Cross and one of the active and valued members of the Council and Executive Committee.

Though the South African campaign has been overshadowed by the Great War it called for a great effort on the part of the whole British Empire. The extent of territory covered by the operations was enormous. Active service was undertaken from the middle and northern part of Cape Colony up to the Tropic of Capricorn. It was the most recent campaign in which "open" warfare was the prevailing method; it was a campaign in which long marches and rapidly executed skirmishes were the rule; it was a war of movement. For instance—the march of Kitchener's columns in the Cape Colony Rebellion extended over hundreds of miles. In that march the Canadian Artillery Brigade under the late Colonel Drury, C. B., covered a distance of some 500 miles in a little over six weeks. It was quite ordinary for a fighting column en route to extend for a distance of twelve miles. Between its advance guard scouts and its rear guard scouts the distance would be much greater. The distances over which wounded had to be evacuated were enormous and the difficulties of supply and medical assistance were correspondingly great. The Canadian Red Cross in this war found its first opportunity for its humane service and under Colonel G. Sterling Ryerson, who kindly contributed the article on this page, the supplies and contributions donated by the Canadian people were efficiently and effectively administered.

UNDYING SONGS

"There are songs," said the musician, "that have never, never died. They go ringing down the ages."

"That is true, sir," Brown replied. "For the past six months and upward I have heard my daughter try to kill two or three each evening but they never, never die."—*London Tit Bits.*

SPEECH FROM THRONE

Reference Made At Opening of Nova Scotia House of Assembly To Good Work For Health.

THE NOVA SCOTIA Division of the Canadian Red Cross Society which has been carrying on a very energetic program for the health of the people in the Province received encouraging recognition from the Government in a notice incorporated in the speech from the throne at the opening of the House of Assembly.

A reference to the Society is found in clause twelve, which says:

"It is particularly satisfactory to learn, that as a result of the efforts made by the Government to conserve the health of our people, the death rate is the lowest for many years. Several municipalities have agreed to continue the maintenance of public health nurses, whose aid in carrying out the general health program, has been made possible by the generous assistance of the Canadian Red Cross Society."

In commenting upon this "The Morning Chronicle" of Halifax said:

"The opening Speech reviews in a comprehensive way the record of the province during the past year, noting the conditions which affected the chief industrial interests of the Province, adversely or otherwise, and remarking the general progress made and the improvements achieved in the several branches of the public service. Perhaps most important of all, although it is the one which is least stressed in the discussion of Provincial affairs, is that which relates to the conservation of the public health. It is particularly gratifying that already the program which has been carried on efficiently and zealously by the Public Health Department, under the direction of Dr. Hattie, with the assistance of the Canadian Red Cross Society, is showing beneficial results, and we may hope that as the campaign of education spreads and the people become more fully aroused to the supreme importance of public health as a national asset, it will be possible to record far greater achievements from time to time."

HER DIAGNOSIS

The telephone rang and the bookkeeper answered it.

"Yes, madam, this is Wilkins' market."

"This is Mrs. Blank. I want you to know that the liver you sent me is most unsatisfactory. It is not calf's liver at all; calf's liver is tender and—"

"What is it?" Wilkins asked.

The bookkeeper surrendered the phone. "Mrs Blank," he said, "liver complaint."

STAY ON THE OUTSIDE

Miss Bug—"Is it true, Mr. Fly, that you are going into the movies?"

"Well, not exactly, but I am on the screen quite a lot."—*Judge.*



In the Province of Nova Scotia the first Red Cross membership taken in 1921 was that of Lieut.-Governor MacCallum Grant. The Lieut.-Governor is Honorary President of the Nova Scotia Division and an enthusiastic supporter of Red Cross activities.

BRITISH RED CROSS

An Outline of Possible Activities. Brig.-Gen. H. B. Champin, who served in France, Gallipoli, Mesopotamia, and Persia, Appointed Secretary.

IN a pamphlet recently issued by the British Red Cross Society the following are cited as possible activities of the Society:

1. The establishment of voluntary aid detachments of women qualified in first-aid and home nursing.
2. The care of the wounded ex-service man.
3. Assistance to hospitals.
4. The eradication of Tuberculosis.
5. Child Welfare.
6. Infant welfare centres.
7. Assistance at municipal health centres.
8. The establishment of voluntary health centres.

Brigadier-General Hugh Bateman Champin has been appointed Secretary of the British Red Cross Society. He served for many years in the British Army in India and during the early part of the war commanded a battalion of Gurkhas in France and Gallipoli. He afterwards became Assistant Adjutant-General of the Mediterranean Forces and later commanded a brigade in Mesopotamia. After the Armistice he commanded the British Forces in North Persia for two years.

"All work and no play makes Jack a dull boy." To be healthy and happy we must all work, but we should also rest and play. Those who do hard physical work all day should play simple games to work their minds. This will let the tired muscles rest. Read good newspapers and books. Tell jokes and stories. Laughter is very healthy.

CANCER

EARLY TREATMENT OFTEN CURES

NOBODY in the world knows why one person contracts cancer and another does not.

But enough is known about the treatment and cure of cancer that if such knowledge were widely spread it should result in saving many lives.

This is the essential message:

It is generally considered that cancer is not hereditary. It can be said with certainty that it is not contagious. Its occurrence in a family does not necessarily imply that other members of the family are more likely to have it than people belonging to families in which it has never occurred. Nor can it be inferred that any individual is immune because there is no record of cancer in his family.

Cancer starts as a small swelling or lump. At that stage it is usually only a painless annoyance and can be removed by a surgeon without danger to life or health. If allowed to grow and spread removal is always difficult and sometimes impossible. It often happens that a person notices a lump in the skin or flesh or feels a swelling inside the body but neglects to consult a doctor in the hope that the lump or swelling will disappear. Such delay has cost many lives. Only a doctor can tell the difference between a harmless swelling and a dangerous one. Neglect of early surgical treatment means that the patient forfeits the best chance of a cure. If this fact were generally known deaths from cancer would decrease by one half.

The most effective cure for cancer is surgery. Radium is helpful in some cases, but quack remedies are a deadly danger to such people as are ignorant and easily deceived. The prompt removal of a cancerous growth is usually the remedy that can be most trusted.

Cancer is cured more often than is generally known. Many persons go to the hospitals to be operated on for cancer who do not let the nature of their ailment be known, even to their friends, because they have such a dread of disease. Often they undergo an operation and are cured and their friends and acquaintances do not even know that they had suffered from cancer. On the other hand before people die of cancer they frequently endure a long and lingering illness. This has brought into existence a belief that cancer usually means death. As a matter of fact many of the most experienced surgeons believe that half of the cases of cancer which are brought to the physician are cured and they are certain that many more than that proportion could be cured if treated early.

The vital necessity is to find out early what is the exact nature of the ailment. If a surgeon is able to operate soon enough cancer can almost always be cured.

Persons who have any abnormal swelling in any part of the body should consult their family physician or a reputable surgeon and receive his assurance if there be no danger and suitable treatment if it be required. Deaths from cancer will decrease when this course is more generally followed.

J. R. C. IN ENGLAND

Youth Will Study First Aid and Elementary Hygiene. Plans of Organization.

The British Red Cross has perfected its plan for the establishment of a Junior Red Cross. It is to be an integral part of the organization, will have its central office at Headquarters, and will publish a monthly magazine giving account of its activities.

The plan contemplates the enrollment of units consisting of at least five or not more than thirty-six young people between the ages of 11 and 17 years. It requires that at least 20 per cent of each unit shall take one or more of the courses of Junior instruction provided by the society. These cover First Aid and Elementary Hygiene for which certificates will be granted, and include also correspondence with the Junior organizations of other national societies.

REVERSING THE STIMULUS

When a dog hears a waltz song he starts wagging his tail, but when he hears a jazz tune his tail starts wagging him.—*Melody.*

MODERATION

This is the day of the "Eat-More" campaign. From billboards, newspaper advertisements and periodical pages, the slogan "Eat-More" crashes upon the reader's intelligence. He is besought to eat more meat; he is requested to eat more raisins; it is hoped that he will eat more oranges; he is invited to eat more apples; the coffee planters beg him to drink more coffee; the tea importers beseech him to imbibe more tea; and the tobacco manufacturers plead for purchase in carton rather than in individual package. And whenever possible the earnest advertiser drags in a medical argument to sustain his plea. Without reference to the actual justice or injustice of any of this advertising, it is well to bear in mind that greatest of all medical aphorisms: "Moderation in all things."—From *Journal of American Medical Association.*

UNDESIRABLE COMPANIONS

The Fly, the Flea, the Mosquito and the Rat, have all been arrested, indicted, proved guilty of carrying disease and condemned, with great relief to the public and all concerned.

NEW BRUNSWICK

Board of Education Has Made Junior Red Cross An Optional Subject In the Schools.

THE NEW BRUNSWICK Division of the Canadian Red Cross Society has given authority for the expenditure of \$7,000 for the erection of a hospital recreation hut for the Lancaster Military Hospital. It will be used for the social life of the soldier patients.

At a recent meeting of the Executive of the Division, Mrs. F. R. Taylor, in reporting upon the Red Cross services to the hospital, stated that there were 140 soldiers still under treatment.

The Junior Red Cross Committee was reported upon by Miss Jessie Lawson, who was able to state that acting upon a petition received from the New Brunswick Division of the Red Cross Society the Board of Education had made Junior Red Cross an optional subject in the schools of the Province. The Red Cross officials of the Division are greatly encouraged by this action of the Board and organization of the Junior work will be proceeded with at once.

THE GREATEST CITY

What do you think endures?
Do you think a great city endures?
Or a teeming manufacturing state? or a prepared constitution? or the best built steamships?
Or hotels of granite and iron? or any chef-d'oeuvres of engineering, forts, armaments?

Away! these are not to be cherish'd for themselves,
They fill their hour, the dancers dance, the musicians play for them,
The show passes, all does well enough, of course,
All does very well, till one flash of defiance.

A great city is that which has the greatest men and women,
If it be a few ragged huts it is still the greatest city in the whole world.

Walt Whitman.

WINDOWS.

As far as the climate permits open all windows wide before you use the room in which you live or work. Let fresh air in all the time. The best temperature is between 60 degrees and 70 degrees Fahrenheit.

Open one window at the top and one at the bottom. The good air comes in one window and the bad air goes out the other. If you feel the air blowing on you, place a board in front of the open window to send the air up. Such a "window board" should always be used in winter.

TWO IN ONE.

School Nurse: Did you open both windows in your sleeping room last night as I ordered?
Pupil: No, ma'am; not exactly. There's only one window in my room, but I opened it twice.—*Pick-up.*

The Leading Life Company of the Dominion

**\$114,000,000
Paid to Policyholders**

**SUN LIFE ASSURANCE
COMPANY of CANADA
Head Office - Montreal**

HEALTH--OUR GREATEST NATIONAL ASSET

(Continued from Page 10)

medical assistance during childbirth, as was the case in 1920: when many people in all the provinces have to travel hundreds of miles to a hospital for an emergency operation and when thousands of Canadians who develop disease through ignorance or no fault of their own die because they cannot afford to send for a doctor.

In the opinion of the writer the Crusade for Better Health by The Red Cross Societies of the world is the greatest movement for the betterment of society that has been initiated since the time of Christ. It is a world-wide movement, international in scope and basic in its character. The fundamental principles of justice, sympathy and mercy as promulgated by the great religious teachers in bygone centuries have gradually permeated society and made possible a movement of this nature. Men and women are realizing today as never before the great fact that they cannot live unto themselves and that society is one great organism of which each individual is an integral part. In no way is the inter-dependence of the individuals composing the community so clearly seen as in the domain of public health.

Most children are born into the world healthy, yet one out of every ten dies before it is five years of age. Eighty per cent. of those

who die could be saved. In plain English, they die from dirt, ignorance, carelessness or starvation. Furthermore, as a result of the same influences a large percentage of those left are damaged for life. One has only to examine the reports on the medical inspection of school children, the examination of applicants for the army during the war and the reports as to the effect of starvation on the children of Europe, to see the truth of this statement.

People who are sick cannot be efficient and they are rarely happy. Preventable illness is responsible for much unemployment and the consequent misery resulting from whole families being forced into the bread line. Preventable disease largely helps to fill our hospitals, our outpatient clinics, our asylums, our institutions for the poor and incurable and even our jails. Much of it is due to ignorance, some to carelessness and depravity. The one great weapon that can be employed against preventable disease is knowledge and to be effective that means arming the whole populace, man and woman, boy and girl. That is why a great comprehensive scheme of health is fundamental to the success of a movement to eliminate disease and the consequences which can be eliminated. That is why a great movement such as this Red Cross Health Crusade will in the course of a few years make a healthier, a happier and a more prosperous Canadian people. This is not a prophecy. It is a certainty—as much as anything can be a certainty.

EXAMPLE OF SERVICE

(Continued from Page 1)

with an illuminated address and some thousands of letters, from the women representing the different organizations of Canada, in recognition of his work as Chairman of the Canadian Red Cross Society for the Dominion.

In 1916, was summoned to an audience by the President of France.

In 1918, was summoned to Buckingham Palace by His Majesty, King George V.

In 1919, was summoned to St. James' Palace by His Royal Highness, the Prince of Wales.

Colonel Marshall has also had the following decorations conferred upon him: Commander of the Order of Legion of Honor of France, 1919.

Commander of the Order of Regina Maria of Roumania (first-class), 1919.

Commander of the Order of the Crown of Italy, 1919.

Grand Officer of the Order of St. Sava, Serbia, 1919.

SASKATCHEWAN'S FIELD SECRETARY

To organize Red Cross Work in the northern part of Saskatchewan, Mr. W. F. Marshall of Saskatoon has been appointed Field Secretary. Mr. Marshall is very well qualified for his work for during the War he voluntarily organized over two hundred branches in the northern part of the Province and during the Membership Campaign last year he supervised the work for the whole of the northern part of the Province. His office will be located in Saskatoon.

SCHOOLS SHOULD BE HEALTH BUILDERS

We believe that our schools have met with a fair measure of success in inspiring moral living. We have assumed that children may and do improve in their study of arithmetic, geography, writing and reading. There is a general consensus of opinion, however, that our experiments in building healthy boys and girls have had few tangible and worthy results. We have never really expected that children would graduate from school in as good or better condition than when they entered. At the end of each year we have expected rather that they would be in a run-down condition. It is time we began seriously to consider the means whereby boys and girls will improve in health, whenever their condition demands it, in the same way that they improve in drawing or geography.—DR. J. MACE ANDRESS, United States Bureau of Education.

A QUICK REPLY

The Master of Balliol, Oxford, a learned and scholarly man but not too learned to enjoy a good story tells the following:—“A professor asked: ‘What would King Alfred, if he were alive now, think of the Home Rule Bill?’

“A boy returned the admirable answer: “‘If King Alfred were alive now he would be too old to be interested in politics.’”

THE PRAIRIE PIONEERS

A Picture of the Lives of Those Who Are Breaking the New Ground In the West. An Achievement of the Altario Settlers Made Possible by Red Cross Assistance.

WERE THE Goddess Hygeia to descend from Mt. Olympus to bestow a crown on that Branch which has best interpreted the Peace Policy of the Canadian Red Cross Society, I believe the laurel would be won by the little town of Altario, Alberta, where the Red Cross flag proudly waves over the smallest Hospital in the world.

Come and see for yourself, ye doubting Thomas of the city; come to the edge of the world—beyond the Beyond! Though you may come scoffing or sceptical, you will be constrained to doff your cap in admiration of the vision realized—the faith materialized of the folks in that remote region—whose creed is that “man tae man the war! o’er shall brithers be for a’ that.”

The story is full of human interest—the how and why of this the first Red Cross Peace Hospital in Alberta.

The world was familiar enough with the spectacular war-work of the Red Cross Nurse, in the Military Hospitals, overseas, but when the drums ceased beating, when the flags were furled, and the old world received her orders “as you were,” the Red Cross did not lay down arms, but buckled on armor anew, and sought fresh fields to conquer. It found her opportunities for service where the battle of life was being fought by helpless women and children by the far distant settlements in this fair province.

To the Provincial Headquarters there came one day a clarion call from this tiny town, 300 miles distant from the City of Calgary. A tale of simple folks with the bravery of the pioneer who blazes the trail on the vast plains, where still the buffalo’s bones lie bleaching, and the coyote’s howl is heard—a tale of women side by side with their men folks toiling early and late to establish new homes on a new land. A tale of wee helpless babes—the nation’s most precious possessions—wailing their weak new-born cries in the rudely constructed solitary shacks. “An infant crying in the night,” on a prairie homestead was the magic sound that touched the heart-strings of the “greatest Mother in all the world.”

In the wonderful way that mothers have all the world over, she hastened to her prairie children, and when they were sick she came unto them, the least of all the brethren.

A day’s journey from Calgary will bring you to this little hospital. Take care you do not miss the little town as you arrive at night. There are no C. P. R. officials about at this hour, but our good friend, the Doctor, a man recently out from McGill, is there and will be our guide. He has his team and cutter waiting, for roads are not suitable for cars, except in Spring and Summer. This he learned to his cost when bringing a patient to hospital, for his car stuck in a drift, and the Doctor was forced to walk eight miles to get a team to the rescue. It

is a tiny town, you see, with not more than seventy-five souls all told.

How can you support a hospital, you ask in surprise? “Every one interested in Red Cross” is the answer. In a population like ours composed of British, Russians, Jews, Poles, Swedes, Americans, French and Chinese, there is one symbol that is a common tongue to us all—the familiar Red Cross. Money is raised in various ways, the farmers holding a yearly auction when horses, cows, sheep, poultry, farm implements, household goods are given to the cause. The women organize dinners and lunches and dances and the dollars roll in, doing double duty, providing funds for the hospital, and supplying a great social need in the get-together of the community.

One of the sources of income is from the Red Cross Juniors—boys and girls of our School, 100% strong, who gladly lay their talents at the service of the Red Cross, and are known far and near for their musical and dramatic recitals, at which every cent received is for Red Cross activities.

Here we are at the hospital, and a Red Cross matron smiles a welcome. There is a look of home in these pretty little wards with their pink and white window curtains—two beds in the women’s ward and two in the men’s. Some little baby baskets are there with little tiny red faces cosily nestled within—a crib with an older child—a mother in the maternity ward thanking God from the depth of her heart for this haven of rest—a young lad in a rocker, awaiting an operation on the morrow. Look in the operating room, and, though a layman, your confidence must be increased by the complete appliances at the surgeon’s command. Here is a table second to none, and there are the latest instruments known to city surgeons. This is the dispensary ready for all emergencies and needs. As you look around at the patients, the thought comes to you, “What in the wide world would these people have done if there had been no Red Cross?”

Let me tell you—they might have died. Some of them in their pain and anguish, alone with their sorrowing relatives in some lonely shack far from trained attendance. There is perhaps no work so worth while as this, for if we are to people these plains at all then in the name of reason let us safeguard life in its initial stages.

The unborn child of a prairie settler should be our supreme charge. Has the mother had pre-natal care and does she understand infant feeding? Many a homesick little war-bride far from her own mother in the old land has rejoiced to find that out here in the wonderful west another Mother has been thinking about her, planning for her comfort, ready to stand by her when she entered that valley of the shadow which every woman travels alone—a Mother whose human personal touch was infinitely tender, and whose ministry was performed in the

intimate and kindly way that Governments in all their glory can never attain.

Behind the Hospital is the Nurses’ Home, a cosy place with three little bedrooms and sitting room. The staff consists of two graduate nurses and a housekeeper and not the least part of the cure of the sick is in the enjoyment of their food, served daintily and of pleasant variety.

The Hospital is managed entirely by the Local Branch who, through their Board, direct internal affairs, the Provincial Office assisting in the payment of Nurses’ salaries. The Local Branch erected the buildings, a labor of love—and the Provincial Red Cross was responsible for the entire equipment. In the summer baby clinics are held and mothers come from many a distant farm to have their babies entered in the Best Baby competition.

The Altario Red Cross Hospital serves a radius of 50 miles, a district covering almost a dozen townships. Besides Home Nursing within its walls, its nurses are sent out frequently with the Doctor on cases at distant points where, for some reason or other, it is impossible or inexpedient to remove the patient to the village.

In this town, small of size, but big of heart, the words of Isaiah are fulfilled.

“They helped every one his neighbor; and every one said to his brother “Be of good courage.”

M. H. CONQUEST.

DOUBLY SIGNIFICANT

Small boys often ask embarrassing questions. A preacher was addressing the Sunday School, and explaining the significance of white. “Why,” he asked, “does a bride desire to be clothed in white at her marriage?” As no one answered, he went on, “Because white stands for joy, and the wedding day is the most joyous occasion in a woman’s life.”

Immediately a little fellow piped up: “Please, sir, why do the men all wear black?” *Mail and Empire.*

CHOOSE THE EASIER WAY

Those who are feeling depressed at the labor troubles through which we are passing would receive a good tonic if they took a walk through Whitechapel, for on the notice-board of a certain church there the following piece of anatomical pleasantries has been painted:

It is easier to smile than to frown!
To frown you use 64 muscles, but only 13 to smile!

London Morning Post.

MARKET SURPRISES

Fresh eggs are credited in a market item with having made a “startling” advance. Eggs are like that, though. You get an egg and it either astonishes you by its excellence or startles you with its depravity. We say this advisedly. There’s nothing in life as bad as a bad egg.—*Toronto Star.*

“What is a budget?”

“Well, it is a method of worrying before you spend instead of afterward.”

THE CARE OF THE BABY

ARTICLE II.—THE BEST FOOD

THE most loving act a mother can do is to nurse her baby. Mother's milk is the best food for mother's baby. A nursing baby not only gets the best food but develops firmer muscles, sturdier bones and is less liable to disease, than if fed on any other food.

The baby will have the best chance of living if he is fed at the breast. Of every 100 breast-fed babies, 6 die in the first year of life; whereas of every 100 bottle-fed babies, 25 die in the first year of life.

A baby should be breast-fed exclusively except when the supply of breast milk is insufficient to make him gain properly. Nearly every mother can nurse her baby during the first three or four months of life; and if she can nurse him for nine months, so much the better.

The act of suckling helps the milk to come into the breast. At first the milk may be scanty but intelligent care and perseverance by the mother will usually increase the supply.

THE MOTHER'S HEALTH

The nursing mother needs plenty of fresh air and some exercise each day in the open air, preferably walking or light work.

The ordinary household duties may be performed; but the nursing mother must not be overworked. She should take a nap each afternoon, or at least lie down and rest in a cool room. A nursing mother should have a contented mind. She cannot afford to have a "spell of nerves" for anger, worry, grief and excitement all make milk scanty in quantity, of poor quality and indigestible to the baby.

THE MOTHER'S DIET

The nursing mother should have three abundant regular meals and milk or gruels made with milk at bedtime. She needs as much food as a man doing heavy manual labour. At least two glasses of water should be taken between meals, though eating between meals is not necessary and is apt to upset the digestion. As a rule she may follow her choice of diet, avoiding foods she knows to be indigestible, as these will disturb the digestion of the baby. The following diet is recommended:—

All kinds of soups.
All kinds of fresh fish, boiled or broiled.
Meats, once a day—beef, mutton, lamb, veal, ham, bacon or fowl.
Eggs—one or two a day.
All cooked cereals with milk and cream and sugar.
All stale breads, avoiding fresh bread and rich cake.
All green vegetables and plain salads with oil.
Desserts of plain custard or pudding; ice cream but no pastry.
Fruits should be taken freely—all ripe, raw fruits and cooked fruits.
Drinks—milk, buttermilk, cocoa and plenty of water; weak tea and coffee sparingly, not more than once a day.

Constipation should be prevented by suitable food. Fresh fruits are laxative; so are bran biscuits or bran added to the whole-wheat flour. Whole-wheat bread is better than white bread and does not constipate. A glass of hot water the first thing in the morning is good for the bowels.

If the mother's milk is scanty, a more generous diet will often increase the quantity. She should take more fresh milk, eggs, fresh vegetables, ripe fruit, nourishing liquid food and drink plenty of water, avoiding tea and coffee and all alcoholic preparations or patent medicines.

RULES FOR NURSING

During the first month the average healthy baby nurses every three hours by day and once at night. By the end of the first month it is usual to omit the night feeding. During the second and third months the three hour interval is kept during the day. From the beginning of the fourth month most babies do best with five nursings at intervals of 4 hours during the day. This system of feeding is shown by the following schedule:

Month of Age	Times of Nursing
First,	6 a. m., 9 a. m., Noon, 3, 6 and 9 p. m. Once during night.
Second and Third,	6 a. m., 9 a. m., Noon, 3, 6 and 9 p. m.
Fourth to Ninth,	6 a. m., 10 a. m., 2 p. m., 6 p. m., 10 p. m.

It is very important to nurse at regular hours. Feed the baby by the clock and you can set the clock by the baby. Good habits are formed just as readily as bad ones and punctual nursing is an excellent way to develop good health habits in a baby. If baby is fed every time he cries, his digestion soon will be upset. If he cries between feedings, give him plain cooled, boiled water. Babies are as likely to cry from overfeeding as from hunger.

The amount of food taken at a feeding varies with the size and activity of the baby and with the breast. Ordinarily a baby is allowed to take all the milk he desires in the length of time allowed for nursing. This should not exceed 20 minutes and should be shortened if the babe shows by regurgitation (spitting-up) or by indigestion that he is being over-fed.

The baby should be offered cooled, boiled water between feedings. Beginning with a teaspoonful during the first few days after birth, the quantity of water should be gradually increased until the baby is taking from 4 to 8 ounces of water daily, during the latter months of the first year.

Boil a pint of fresh water every morning, put it in a clean bottle, and keep in a cool place. Do not give the baby ice water.

The baby should be given fresh orange juice each day, preferably just before the second nursing. Beginning with one teaspoonful when the baby is a month old, the amount should be gradually increased, un-

til by the time he is a year old he is taking from one to three tablespoonfuls diluted with an equal amount of water. Strained tomato juice may be given in like proportion when oranges are not available.

SUPPLY THE MORAL

It was at a fall fair. A doctor stood admiring a large fat hog, when a small boy standing by piped up: "That's my father's hog. He got the first prize."

"Wonderful," said the doctor; "certainly a very fine hog." Then he looked at the boy. "How old are you, son?" he asked.

"I'm nine past," said the boy.

"Why," said the doctor, "you are small for a nine-year-old. What do you eat and drink?"

"Just what the rest of the folks do—bread, meat, pie, potatoes, coffee, cake and tea."

"But," queried the doctor, "don't you drink milk?"

"Naw," said the boy in a tone of disgust; "we feed milk to the hogs."

Write your own moral to this tale.

FORGET IT

The mind has a strong effect on the health of the body. A fit of anger, or a spell of worry, or envy, or hate, or jealousy may make you more tired than a hard day's work.

Try to drive out the thoughts that make you unhappy by thoughts that make you happy. Say to yourself of your worry, "Forget it." It is hard to do this, but you can learn, just as you learned to read and write or to ride a bicycle, or to skate.

A MERRY HEART DOETH GOOD

We all want many things, but we must not want them so hard that it will strain our minds and bodies to get them. Take your life and your work cheerfully. When people learn to do this they will be happier and will get more of the things they want.

Even if the outdoor air is damp and foggy, it is generally healthier than stale air indoors. This is just as true in the city as in the country.



NAÏVETE

"But my dear madam, it's beginning to get very dark for taking that child's picture."

"Oh, surely there's enough light to take the picture of such a small baby!"

—Le Journal Amusant (Paris).

DAYLIGHT IN THE SCHOOL

Should Be Sufficient and Should Fall In the Right Direction. In Planning and Placing the Country Schoolhouse Light Is a Most Important Consideration.

A VERY important question in country places is that of daylight in the school-room. This question should be carefully thought out before building is commenced because once the building is completed lighting defects are difficult to overcome. The first question is that of sufficient daylight and the next that of having it fall in the right direction.

The amount of window space has less significance than the amount of light the window is able to admit into the school-room. For instance, a window might be very large and yet so shaded with trees or shrubbery that its use for purposes of light-giving might be comparatively little. A very good test of the lighting power of a window is the question of how much open sky can be seen from the darkest point in the room at which objects will be placed to be looked at.

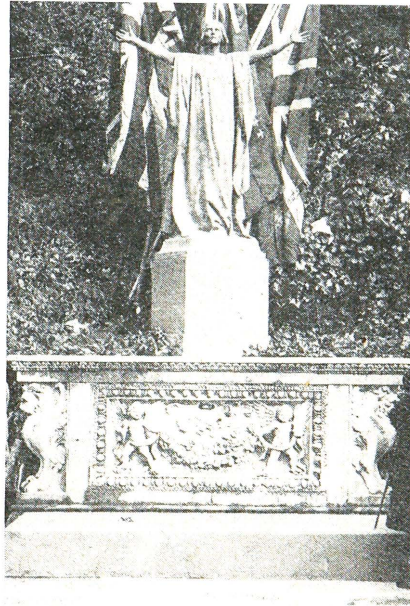
It is often stated that a sky-light is the ideal window for illumination. But a sky-light is not often practicable. In places where the winter is very severe it is quite likely that it would be blocked up with snow for a part of the year. Then again it can only be used in the top story of a building.

The roof-window, therefore, may be safely discarded and nothing is left but the wall-window. The wall-window in order to be of the greatest use should go all the way to the ceiling. It is very frequent practice to carry the window only part way to the ceiling and leave a block of dead wall space above it. This dead wall space occupies what should be the most valuable part of the window as it usually gets the most unobstructed light.

It is a generally accepted principle that for use at a desk the light which falls partly from the rear and partly from the left-side is the best. The following principles for good daylight illumination of school-rooms are well worthy of consideration by those who have to deal with the planning and building of schoolhouses.

1. The selection of a site and making plans so that neighbouring trees or buildings shall in no case rise more than 15 degrees above the horizontal plane of the bottom of the windows. Large trees, so close to the walls that they can be trimmed up to clear an angle of 60 degrees with the horizon, may be permitted in warm climates where it is important to keep down heat.
2. Placing the windows high enough to permit light from them to fall at an angle of from 15 to 40 degrees in the part of the room most distant from them, shutting off all glare of light below 15 degrees, and placing windows so that the light will fall over the left shoulders of the pupils.
3. Controlling direct sunlight by light shades that will intercept and diffuse it, drawn out of the way when not needed for this purpose. Placing all

dark shades at the bottom of the window and drawing them up only as needed to raise the level below which glare is excluded from the eyes. Using polished shutters that swing on a horizontal axis to reflect light on the ceiling when obstruction to clear sky renders this help necessary.



This beautiful statue stands in the Italian garden at Cliveden, Taplow, England. It was erected to the memory of the soldiers who died in the Duchess of Connaught Red Cross Hospital and whose graves are in the garden.

MAKES GOOD CITIZENS

Anyone who backs the Boy Scouts is backing good citizenship. The Scouts are given wholesome outdoor activities and are shown new interests in wholesome life. They are made self-reliant and resourceful and are taught that physical activity and hardihood enter into the make-up of a clean life. Together with these they are given a fine code of courtesy and consideration for others and all these things are accomplished in a way that suits the boys.

THE AMATEUR

Mr. H.—“Do you know I can strike nails like lightning?”

Mr. S.—“Is that so?”

Mr. H.—“Yes, lightning never strikes twice in the same place!”—*Science and Invention.*

Do not make hard work of being healthy. If you worry about it you will not be healthy.

Executive Officers Provincial Divisions of Canadian Red Cross

BRITISH COLUMBIA:

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

SASKATCHEWAN:

W. F. KERR,
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Regina, Sask.

ALBERTA:

MRS. C. B. WAAGEN,
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PRINCE EDWARD ISLAND:

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

SHOES



Which will carry you to success in life?

A Shoe to Be Correct

1. Should have a straight inner border, because the foot is by nature straight on the inner side.
2. Should allow room for the toes by having an outside curve following the lines of the toes.
3. Should have a broad low heel.
4. Should preferably have a flexible shank, because this allows the muscles of the arch to remain strong through use.
5. Should be low, allowing free circulation and use of the foot and ankle muscles.

