



NATIONAL RED CROSS MEMBERSHIP ENROLLMENT BY PROVINCIAL DIVISIONS

VERY soon most of the Provincial Divisions will be making their appeals to the Public for Membership in the Canadian Red Cross Society. Some have already begun.

The discoveries of recent decades have brought home to the minds of men the belief that disease is no longer something to be helplessly feared. It is something to be prevented by intelligent action. The Red Cross helps its members and others to understand what to do to improve health and to prevent disease and gets them into the habit of doing it.

Disease can be prevented only by each person learning about the laws and precepts of health, by putting health knowledge into practice and by giving support to health authorities to help them make Canada a clean, wholesome and happy land in which to live.

This journal—of which a copy is sent to each member—is devoted to the spreading of health knowledge in a form—free from technical language—that can be easily understood by everybody who can read it. It also serves as a bond of union of Canadian Red Cross Members from coast to coast.

In these pages from month to month are recounted the activities of our Provincial Red Cross Divisions. They are too numer-

ous to give in detail. This list will suffice to indicate some of them:

- Care of Disabled Soldiers and partially Disabled Soldiers.
- Workshops for soldiers of "sub-standard" ability.
- Assistance to Soldier Settlers and Soldiers' Dependents.
- Recreation huts for Soldiers' Hospitals.
- Training of Public Health Nurses.
- University Courses for Nursing Housekeepers.
- Nursing Outposts in pioneer districts.
- Social Service in connection with Civilian Hospitals.
- Social Service in connection with Children's Hospitals.
- Health Caravans.
- Demonstration Dental Clinics.
- Child Welfare Work.
- Organization of Junior Red Cross.
- Cottage Hospitals for Fishermen.
- Emergency Relief in cases of disaster and crop failure.
- Co-operation with institutions working on behalf of the Blind.
- Co-operation with other voluntary bodies working in the cause of health.
- Teaching of Health through films, pamphlets, leaflets and magazines.

To our present members we make the appeal (1) to stay with the Red Cross and continue to give your support to the great work the Society is doing and (2) to invite and urge your friends to join.

The Annual Membership fee is One Dollar (\$1.00). The Sustaining Members pay Five Dollars (\$5.00) annually; and the Life Members pay Twenty-Five Dollars (\$25.00). Financial support from these sources is needed; and also support from personal participation in the work of the Red Cross by a wide-spread and general membership.

THE ENROLLMENT

Last year the Membership Enrollment was held by all divisions at the same time. Owing to the great extent of the country and the varying conditions under which our people live, this plan did not suit all Divisions.

The Divisions being the best able to judge of local conditions are able to choose the most suitable times for their respective Enrollments. The matter of Enrollment, therefore, has been left in their hands. In order that our members may be informed of what is being done throughout Canada in this regard, we present to them in this number such information as has been received from the Divisions to date.

British Columbia Division

THE BRITISH COLUMBIA Division commenced its Membership Enrollment in June last and its local branches have been holding Enrollments at times most suitable to them ever since. The month of September was deemed most convenient by a large number of the Branches and many Enrollments were held in that month. Others were obliged to defer their Enrollments until later in the year and it will probably be December before the complete returns for the Provinces have been received and compiled.

Alberta Division

THE ALBERTA DIVISION of the Canadian Red Cross has decided to hold its Membership Enrollment and Finance Campaign from November 5th to 11th. The canvass will begin on the first date and will close on the latter, which, it will be remembered is Armistice Day.

The Headquarters of the Division, after making a thorough study of the past organization, has decided to divide the Province into about four hundred districts. In each district a campaign committee will operate and will make an effort to secure at least 50,000 Senior Members. The Junior organization will assist in the Senior enrollment and will also enroll Junior Memberships.

During the past two years the Red Cross Division of the Province has embarked upon work of great value to the Province and has had many calls upon it to relieve distress through various causes. It is therefore in great need of funds and upon the success of the Campaign will depend the future of its work.

If you are a member be ready to give the Division all the support you can and if you are not a member, get in touch with a canvasser and learn what a lot of good work the Alberta Division is doing in and for your Province and join up in the greatest work of the Century, the Crusade for Good Health.

Saskatchewan Division

WHILE no definite decision regarding the Saskatchewan Enrollments has been made at the time of going to press, the general understanding was that if this were favourable the Division will conduct an Enrollment during the week of Armistice and Thanksgiving. It is quite probable that the three Prairie Provinces will conduct a simultaneous Enrollment during that week.

Manitoba Division

THE authorities of the Manitoba Division have come to the conclusion that the most satisfactory way to conduct their Enrollment is to provide a first-class enthusiastic organization in each municipality. By this means a thorough canvass can be made and the value of the great Red Cross work placed before all the people of the

province. The division has had an organizer in the field for the past two or three months making preparation for the general Enrollment which will probably be carried on at its greatest activity during Armistice week.

Ontario Division

INSTEAD of the usual Province-wide campaign for Enrollment, the Ontario Division this year proposes to conduct a series of campaigns by communities throughout the Fall and Winter months.

Several trained field workers will be used to assist and stimulate local organizations, but otherwise the campaigns will be in the hands of local committees.

The campaigns will be put on in groups of neighbouring communities. In this way, local interest and enthusiasm will spread from community to community, and the staff will be enabled to cover the ground with the minimum of travel.

During the past year, the Ontario Division has concerned itself mainly with relieving the adverse conditions prevailing in the

Give a good hearing and all the help you can to any representative of the Red Cross who may call upon you.

outlying pioneer districts of the Province. A splendid beginning has been made in the establishment of the Red Cross Nursing Outpost in Haliburton County, which in the seven months of its existence has accomplished a truly phenomenal amount of work.

The Red Cross Hospital at Dryden, Ontario, is now well under way, and it is proposed to establish many such hospitals in the outlying regions. It is the realization of the needs of these pioneer communities, and the steadfast effort to improve conditions in this and in many other spheres of life, which is making the Ontario Red Cross a real factor in the progress and development of the Province.

Nova Scotia Division

THE NOVA SCOTIA Division has planned its Membership Enrollment Campaign for the month of November.

In order to place its work before the people it has had some practical exhibits at fourteen of the fall fairs of the Province.

The organization of the Enrollment will be by Counties. An article upon the Division's travelling clinics appears in this issue.

New Brunswick Division

THE enrollment by the New Brunswick Division is now proceeding. Its latest interesting bulletin upon this subject is full of information upon the work that is being carried on. An extract therefrom will be found on page 3

Prince Edward Island Division

OUR PRINCE EDWARD ISLAND DIVISION sends in the following information:

"Our plans must necessarily be simple, for we have no one who can give full time to working up the Campaign. Dr. Johnson, who spoke in a number of places and was such a help last year, will do all he can to help this year also.

"Through the interest taken in our work by the Chief Superintendent of Schools, we have been able to enlist the School Inspectors as helpers.

"In each school district they will endeavor to get the name of one or more suitable people who will undertake to canvass the district or to form a committee to do so.

"We are also trying to interest the members of all types of organizations. The Women's Institutes have already been a great help to the Red Cross and like some other societies, will later try to bring their influence to bear on the Government.

"We shall also try to get the Churches to help.

"At our Exhibit at the Provincial Exhibition, we shall come in contact with a great many people.

"We hope to interest the teachers in the Junior Red Cross, both through the nurses, as they work in the schools and through the Inspectors, as they make their official visits to the schools.

"We shall probably not commence the actual campaign till the middle of October or first of November."

A TRAGIC INDICTMENT

"To me, the tragedy of this earth is a diseased child. The natural inheritance of a child is a joy in strength and growth and freedom. He is robbed of it all by disease.

"The most tragic indictment of civilization is a diseased child — civilization that stands still and lets a little child, through the ignorance of his parents or his teacher, or for any cause, be robbed of his divine inheritance of the joy and happiness of childhood!

"Medical inspection is intended to help prevent that tragedy — to help remove that terrible indictment against our Christian civilization."
—J. Y. Joyner.

New Brunswick Division— An Enrollment Questionnaire

THE NEW BRUNSWICK DIVISION arranged to hold its annual Membership Enrollment this year in September and October and it is now proceeding. Mrs. G. A. Kuhring, the efficient organizer, is in the field and many centres have shown marked enthusiasm. As the Red Cross has indeed made good and more than justified its Peace time existence, no difficulty is anticipated in securing as large or even larger membership than last year. Doubtless many questions will be put to the willing canvassers, and in order that they may meet them with correct answers the Bulletin has arranged a short catechism that will, it is hoped, cover these queries.

Question—Why did the Red Cross continue its work during Peace time?

Answer—Because at the close of the war the great enemy of the Nations was found to be Ill Health. Much of this is preventable. In order to put this knowledge before the people the members of the League of Nations agreed "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." The Canadian Red Cross Society therefore applied for such amendment to its Act of Incorporation as would make it legal for it to use its funds for the furtherance of this object. The amendment received the assent of Parliament and grants from the central funds of the Society were made to enable the Provincial Divisions to carry on this peace time work.

Question—To what use has the New Brunswick grant been put?

Answer—First and foremost to the educating and maintaining of Public Health Missionaries or Nurses who would teach the principles of the prevention of disease.

The services of all the Public Health Missionaries or Nurses to July 1st were provided by the Red Cross Society. This, with their training, has necessitated the expending of no less a sum than \$12,000, and more will be spent.

Question—To what other uses has this share been spent?

Answer—As a voluntary aid to the work of the Ministry of Health, the sum of \$20,000 has been set aside. With this money Travelling Clinics are being held. (Riley Brook, Buctouche and Minto have already benefited.) A Director for the Public Health Nursing Service has been secured and assistance has been given to carry on the very necessary work of combating Venereal Disease.

Question—Why was it necessary to provide the Department of Health with this fund?

Answer—Because any Department depends on the Government and the Govern-

ment serves only as the voice of the people, and until the people demand that their money shall be spent for these measures, Governments are powerless. Hence the great value of a voluntary organization such as the Red Cross to awaken the necessary Health Conscience.

Question—To what uses will our members' fees be put?

Answer—To great uses such as:—Assistance to the Disabled Soldier, the maintenance of the Red Cross Depot, assistance in Providing Public Health Nurses, the Junior Red Cross, Preparation for Disaster Relief.

Question—What form of assistance is given the Disabled Soldier?

Answer—Giving him the small extra comforts, happiness and attentions which he is not able to provide for himself and which the government, although generously taking care of necessities, does not see its way clear to bestow. To do this costs the Society \$6,000 a year.

Question—Is anything done for soldiers not in hospitals?

Answer—In many cases relief of various kinds is given—in homes and with their families. Requests of this sort are received from every part of the Province and, when deserving, are granted.

Question—What will the Junior Red Cross do for the children of the Province?

Answer—It will teach them in an attractive way to play the Health Game so that they may grow up in the practice of the fundamental laws of Health and of good citizenship.

Question—Of what use is the Red Cross Depot?

Answer—It unifies the work of the Province and forms a working centre. It is the home of the Red Cross in the Province, and through its Bulletin it issues the news of importance to all its branches.

Question—What is the cost of maintenance?

Answer—For rent, heat and salaries of the staff, it requires about \$250 a month.

Question—What is the Disaster Relief Policy of the Society?

Answer—This policy stands for relief in times of emergencies, such as fires, epidemics, floods, wrecks or other disasters. The Red Cross tries to be prepared to meet any of these disasters, through its Depot, by giving needful help to sufferers.

Question—What, then, may be said to be the main purpose of enrollment in the Red Cross?

Answer—The Red Cross, regardless of race, creed and language, urges that for the sake of caring for Humanity all will join the Society, in order "To Serve for Those Who Suffer."

AT KELVINGTON

The Medical and Nursing Committee of the Saskatchewan Division of the Canadian Red Cross has decided to establish a new Nursing Outpost at Kelvington in the north-eastern part of the Province.

Further extension of the work will be accomplished by placing district nurses at the service of the people of Souris Valley No. 7 and Lomond No. 37. These nurses will have their headquarters at Colgate and Bromhead and in the experimental stage the Red Cross will share the expenses with the municipal councils which are benefited by the arrangement. The council of the rural municipality of Bengough is so well satisfied with the work which is being done at the Red Cross Outpost that it has decided to improve the Outpost by altering and extending the building or perhaps build one of a more modern character.

According to the report presented to the Committee there are now eleven graduate nurses employed permanently by the Saskatchewan Division of the Red Cross in the Province. The expenditure in the past year for equipping and operating Outposts and maintaining district nurses in the field has been approximately \$20,000. Donations for this work and fees collected from patients have amounted to about \$4,000.

All municipalities which have received the benefit of the Red Cross arrangements for better nursing facilities concur in the great Value of the services that have been rendered.

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SASKATCHEWAN NOTES

News of Activities of the Division. Six Red Cross Nursing Outposts In Operation. Many Needy Children Benefited by Friendly Help of Junior Red Cross.

THE following summary prepared by the Red Cross Commissioner, Mr. W. F. Kerr—of the activities of the Saskatchewan Division, shows what a large and useful place the Society is filling in the life of the province.

RED CROSS MEDICAL AND NURSING SERVICES

Development of Red Cross Medical and Nursing Services in Saskatchewan has shown marked progress during the year to date. By September 1st there were six Red Cross Nursing Outposts in operation, located at Paddockwood (30 miles from the nearest doctor), Carragana in the Porcupine Soldier Settlement (65 miles from a doctor), Meadow Lake (85 miles beyond the railway and hospital at North Battleford), Cut Knife and Bengough (at the ends of steel on their respective branch lines of railway), and at East End. The Red Cross is also operating a small hospital at Robsart in a district where adverse crop conditions have prevailed for several years. Two other hospitals in districts similarly affected have been enabled to keep their doors open only by reason of financial assistance extended by the Red Cross. Two district nurses are also maintained by the Red Cross, making a total of ten nurses in the Red Cross Service.

During the six months' period ending June 30th the number of nursing days in these Outposts totalled 1,453, and 35 babies were born. Applications for new Outpost and district nursing services are now pending which, if decided upon, will double the number.

JUNIOR RED CROSS MEDICAL ASSISTANCE TO CHILDREN

Cases of children requiring treatment

by surgeons and specialists, but whose parents were financially unable to provide for the same, have now been reported to the Junior Red Cross to the number of slightly over 1,000 and with but a few exceptions these have been provided for out of the Junior Red Cross Fund for Crippled Children. This takes no account of approximately 2,000 children who have received dental treatment through The Junior Red Cross motor dental cars.

JUNIOR RED CROSS CLINICS

A new department by the Junior Red Cross has been the organization of clinics in isolated rural districts where numbers of children were reported by school nurses to require operations for the removal of diseased tonsils and adenoids. Six of these clinics were organized by the Junior Red Cross, five of them between June 1 and August 23. A total of 145 children were successfully treated. Since the inception of this work by the Junior Red Cross, several similar clinics have been organized by school districts and municipal health officers quite apart from the Red Cross.

NEW LOCAL BRANCHES

During the six months ending July 31st, 69 Local Branches have been newly organized, or war-time Branches re-organized for peace-time work, while renewed activity is reported from many other centres. Over 150 meetings were addressed on Red Cross Peace-time activities at which there was an approximate total attendance of 15,000 people.

A SURVEY OF THE PROVINCE (RED CROSS WORKSHOP)

A special committee of the Saskatchewan Division Executive is engaged in directing a survey of the Province with a view to as-

certaining whether there is need for the establishment of a Red Cross Workshop wherein sheltered employment for disabled ex-service men can be provided. Questionnaires have been prepared and sent out in co-operation with the Provincial Command of the G. W. V. A. to all local branches of that organization.

LUMSDEN LOCAL BRANCH

The re-organized Lumsden Local Branch commenced its work with a lawn social at the beautiful residence of Dr. W. Anderson to which all soldiers in hospital at Regina who were able to make the journey were invited. The Lumsden Branch provided railway transportation for all from Regina to Lumsden and after a most enjoyable day motored the boys back in the cool of a fine summer's evening.

FINGER POSTS

Attractive Folder Published by Canadian Tuberculosis Association Shows the Way to Health.

A new folder, "Finger Posts"—"Le Bonne Voie" is being distributed in French and English by the Canadian Tuberculosis Association, Bank St. Chambers, Ottawa. A page is devoted to each of the following six subjects: "Good Food," "Clothing," "Exercise," "Sufficient Rest," "Fresh Air," "Sunshine."

HOW PORT WORK HELPS

ACTING upon the advice given her upon one of the welcome cards handed her at the port of arrival, a Dutch mother just after her arrival in Manitoba, applied to the nearest Red Cross Branch for help concerning her child of three months of age. The woman was apparently ignorant of the correct methods of child feeding. She had brought from Holland some ten pounds of caraway seed and was making caraway tea for the infant. The weather temperature at the time of the nurse's visit was approximately 80 degrees, but in spite of this she had the child between two feather pillows.

The Red Cross Nurse took charge and induced the uncle, the only English speaking person of the family—to dispose of the caraway seed and to convey to the mother the nurse's instructions. Apparently good results ensued, for according to the last report the child was showing improvement.

THE ROW

The couple were married and traveled to the lakes for their honeymoon. As soon as they arrived they took a boat out upon the lake.

The following morning the bride's mother got a post-card, which read:

"Arrived safely. Grand row before supper."

She read and sighed.

"My!" she muttered, "I didn't think they'd begin to quarrel so soon."—*The Watchman-Examiner.*

A TRAVELLING CLINIC

Nova Scotia Division Co-operates with County Red Cross Organizations and Provincial Department of Health in Beneficial Enterprise.

IN DEVELOPING its Peace Time Program the Nova Scotia Division of the Canadian Red Cross has continued its scholarships to public health nurses in training, so that sufficient public health nurses may be available to spread the gospel of good health throughout every section of the province.

In order to follow up and round out the work of the public health nurses this Division organized a Travelling Tuberculosis and Dental Clinic which made a complete tour of three counties of the province. The clinic personnel comprised a Specialist in Tuberculosis, a Dental Surgeon, two special nurses and a mechanic to operate a moving picture machine and take care of the motor transport of the Clinic.

These Travelling Clinics were made possible through the active co-operation and intense interest taken in the question of public health, by the local branches of the Red Cross in the Counties of Antigonish, Guysboro' and Lunenburg. The clinics were the result of the joint action of the Provincial and County Red Cross organizations and the Provincial Department of Health. Funds were supplied by these three organizations and the Municipal Councils. St. Martha's Hospital in Antigonish aided very considerably in the work in the Counties of Antigonish and Guysboro' by lending its nurses as assistants to the special nurses and its X-Ray department for examination of cases of tuberculosis in which the diagnosis was obscure or doubtful.

A preliminary survey was made of each county. Committees were organized to look after finance, routes, accommodation, equipment and publicity.

Each county was divided into twelve districts and arrangements made to hold clinics at each of these stops.

Realizing that health education would be one of the most valuable results of these operations, a complete set of moving picture films dealing with health subjects was provided. The work of the Clinic was carried on during the day time and a moving picture show with popular health talks given every night. Suitable literature was distributed at each meeting. These meetings were attended by people who drove in from the surrounding country each night. It is estimated that at least 10,000 people attended these meetings, and the health lessons taught cannot but prove to be a valuable stimulus towards improving the health of these communities.

More than 1,300 persons whose condition was suggestive of tuberculosis presented themselves for physical examination. More than 2,500 people, mostly school children, were given dental treatment, and over 500 children were vaccinated against smallpox. Of those presenting themselves for physical examination, 180 were discovered to be suffering from active tuberculosis. They were in the early stages of the disease and were given special in-

struction regarding this disease, its mode of spreading, the precautions that must be taken to prevent its transmission to others, and the line of treatment they must adopt to effect a cure. Complete records, including X-ray findings of these cases were made and preserved where they would be available for the patient's family physician. The Public Health Nurse of each county has a record of these cases and will be enabled to follow up their progress and render them valuable assistance.

The work of the Clinic in each county was brought to a close by a large conference, when all parties interested in the health of the community were brought together and the situation carefully considered.

The Clinic has demonstrated its usefulness and the very great value that would accrue to the community if such could be made a permanent institution.

With this end in view a strong resolution was drawn up and presented to the Government urging the need of enlarging the present Sanatorium accommodation for tuberculous patients and the institution of colonies in connection with the County Hospitals, where instruction and training in methods that are known to be effective in producing cures of the disease can be given to those cases whom the Travelling Clinic would discover to be in the incipient stage of tuberculosis.

Having accomplished what may be considered an unique piece of work in the Modern Public Health Crusade, the Provincial Division of the Red Cross Society feels assured that it can proceed with its autumn campaign for the enrollment of every public spirited citizen in the Province who is interested in the health of his community and the good of mankind generally. It is now being fully realized that sound health is of the greatest importance in establishing a useful citizenship.

The Government representative at the Conference paid a very high compliment to the work of the public health nurses, who have been made available to each county chiefly through the activities of the Red Cross Society.

But the Red Cross feels that the success of the whole venture depended greatly on the wonderful support given to the movement by the people of each county, who so nobly came forward and by their support made the Clinics a success.

FAST WORK

A lady who had just received an interesting bit of news said to her little daughter: "Marjorie, dear, auntie has a new baby, and now mamma is the baby's aunt, papa is the baby's uncle, and you are her little cousin."

"Well," said Marjorie, wonderingly, "wasn't that arranged quick!"—*Boston Transcript.*

SOLDIERS' DEPENDENTS

THAT the problem of the children of soldiers who died in their country's service is not by any means a new one may be gathered by a perusal of the following extract. It consists of a few words that were uttered by the Greek orator Pericles in the year 429, B. C., in a speech at a national gathering to commemorate the bravery of those who first fell in the Peloponnesian Wars:—

"I have now expressed in word what I had to say befitting this occasion and indeed those who are here interred have already received part of their honours; while for the remaining part the state will bring up their sons at the public expense from this time to their manhood, thus offering to these and to their posterity a beneficial reward for such contests, for where the greatest prizes for virtue are given there also the most virtuous men are found among the citizens."

HEALTH LEAFLETS

A series of leaflets on health education has just been prepared by the National Headquarters of the Canadian Red Cross Society.

This series is as follows:—

The Community Health Centre.

The Public Health Nurse.

Care Before Birth.

Breast Feeding.

Bottle Feeding.

Weaning the Baby.

Feeding Babies During the Second Year.

Care of the Teeth.

Colds and How to Avoid Them.

If you wish to have copies of any or all of these leaflets, write to your Provincial Division. The address will be found on page 16 of this issue.

THE OPTIMIST

Wife (away from home on vacation): "John! I forgot to turn off the electric iron!"

Husband: "That's all right. Nothing will burn long—I forgot to turn off the water in the bathtub."—*The Prairie Farmer.*



Isn't the country soothing, Arthur, after the noise and turmoil of the city.—Life.

THE CANADIAN RED CROSS

THE ALBERTA DIVISION'S EXHIBIT



THE ALBERTA DIVISION AT CALGARY ANNUAL EXHIBITION

THE ALBERTA DIVISION availed itself of the opportunity afforded by the Calgary Annual Exhibition to make an exhibit of the excellent work that it is doing in that Province. The Honorary Secretary of the Division, Mrs. C. B. Waagen, sent us the following description:

WORK OF THE JUNIORS

"One section was devoted to an exhibition of Junior Red Cross work, children's toys, made by the Juniors, and all kinds of garments sewn by our Junior girls, also knitting, some of which had been done by the boys. At the back of the stall was a Disaster and Emergency exhibit. This was modelled on the plan given in the American Red Cross, Exhibit Manual, and made a very successful showing.

SAMPLE SIMPLE MEALS

"At the centre of the stall was arranged a table of diets showing simple meals for school children for every day in the week. This we based on the suggestions contained in Pamphlet No. 5 of the Diet Series published by the Child Hygiene Section of the Canadian Health Association. Where it seemed inadvisable to show the actual food we placed a small ticket in a paper plate indicating the meat or drink to be used. All vegetables, salads, jellies, cereals, etc., were actually shown.

HEIGHTS AND WEIGHTS

"The other side of the stall was de-

voted to weighing and measuring school children. To all those who came up to standard height and weight, a tiny Red Cross flag was given. These very much delighted the children. Where any children were found to be under weight the address of the Red Cross Office was given to them, and they were told to apply there for further advice. This was to enable us to put them into direct touch with the city clinic.

"We weighed and measured over 2,000 children in a week. In this part of the stall we also had a Baby Outfit exhibit, and across the front of the stall a table with all kinds of literature which was given away freely during the week. The children were much delighted with the 'Rules for the Health Game', and we distributed many thousands."

AT EDMONTON

"A similar exhibit was also run in Edmonton and also met with success.

"We are, at the present time, having very great success with our Red Cross Window displays, and we are at present running two windows illustrating the 'Road to Health'."

Do not use drinking cups or towels which have been used by other people. Many diseases are transmitted in this way.

Avoid overwork. It weakens the body.

A SCRAP BOOK

FROM time to time in the Canadian Red Cross carefully prepared articles are published upon subjects connected with health and the prevention of disease. The information in these articles is selected with the greatest of care from the best of authorities. For instance, in the preparation of the series of articles upon "The Care of the Baby," the latest information available, not only in Canada but in other countries of the world, was examined and compared. A selection was made that would be best suited to Canadian life and ways of living and embodied in the articles. Such articles we would like to hint are well worthy of being preserved, and even if the remainder of the Journal be destroyed when it is read, such articles or others of equal value might well be placed in the family scrap book on matters concerning Health.

A balanced ration of well-cooked, pleasantly served food; exercise in the open, within the bounds of moderation; clothing to suit the season and occupation; a moving air which causes a feeling of well-being, but no discomfort; sufficient rest and lots of sunshine are what produces the Canadian, as the world to-day knows and respects him.
—Canadian Tuberculosis Association.

DAD SHOULD KNOW

that many parents are assuring their boys' university training by means of the Sun Life College Policy which provides **annual fees and a monthly income for expenses during the entire college course** even if the parent does not survive.

The moderate annual deposits made during the child's earlier years, cause no strain on the exchequer and are returnable with compound interest if the child dies before the parent.

Even permanent disability of the parent is provided against so that the boy's college course may be absolutely assured.

Issued also for girls

Write for booklet explaining the College Policy

**SUN LIFE ASSURANCE
COMPANY OF CANADA
HEAD OFFICE - MONTREAL**

ONTARIO'S PIONEER OUTPOST

**Red Cross Division Held Successful Nose and Throat Clinic.
Twenty-three Children Assured of a Better Physical Start In
Life. Noted Specialist Assisted.**

THAT the work which is being accomplished by the Red Cross in the pioneer districts of Ontario is of the most practical and beneficial kind is amply testified by the Nose and Throat Clinic held during the week of September 17, at the Red Cross Nursing Outpost in Wilberforce, Haliburton County.

The Outpost came into being last February. The nurse in charge was Miss Josephine Jackson, a graduate of Johns Hopkins Hospital, Baltimore, and of the Red Cross Public Health Nursing Course at the University of Toronto. In addition to an almost incredible amount of work in consultation, district visiting, and bedside nursing, Miss Jackson has visited and inspected six schools in the district, examining one hundred and eighteen children, and it was from the findings of this inspection that a Nose and Throat Clinic was found to be necessary.

In a district like Wilberforce there are almost unbelievable difficulties to contend with in getting even the simplest medical attention. The nearest doctor is twenty-five miles away, and many of the children who came to the Clinic had never seen a doctor in their lives! Under such circumstances, it was no easy matter to arrange a

Clinic, and the greater credit is due the public spirited people who made it possible.

Success of the Clinic was the more easily assured through the co-operation of Dr. Perry Goldsmith, Professor of Auto-Laryngology at the University of Toronto, who kindly consented to go up to Wilberforce without any fee, and who gave three days of his valuable time to this work. Dr. Goldsmith was associated in this instance with Dr. Fred W. Routley, Director of the Ontario Division of the Canadian Red Cross Society. Valuable assistance was given in the Clinic by the two local doctors who are within reasonable distance of Wilberforce, Dr. Embury of Bancroft, Medical Health Officer of the district, who lives thirty miles from Wilberforce, and Dr. F. J. Bell of Haliburton, who is twenty-five miles away. Both these men are very enthusiastic about the work that the Outpost has done and expressed themselves very decidedly about its value, and the value of such a Clinic.

Miss Jackson was assisted by Miss Catherine Lawrence, who is to take over the work of the Outpost early in October.

On the first day of the Clinic, September 19, the children who had been found to have nose and throat defects, were brought in from all the surrounding country for exam-

ination. Of the forty children examined, twenty-three underwent operation, it having been found that they had diseased throats, causing ear discharge, constant colds, and in most cases a distinct inability to breathe properly. A splendid evidence of the confidence of the children in Miss Jackson was that not one child evinced the slightest sign of fear. They all came into the Clinics as cheerfully as if they were going to a picnic.

This Clinic is not the only result of the School inspection, as children with defective vision have been fitted with glasses, ear and nose defects have been corrected, and defective teeth have been remedied.

Dr. Goldsmith has expressed himself as so impressed by the value of this type of work that he is ready to give his full co-operation in increasing the number of points at which a similar work can be done in the future.

RUNNING THE SCALE

The return of Paderewski to concert work should have the hearty approval of former Premier Clemenceau. When the famous pianist attended the Peace Conference on behalf of Poland, the French premier greeted him as follows:

"You are M. Paderewski, the pianist, are you not?"

"Yes, M. Clemenceau."

"And you have given up your position in the world of music to become prime minister of Poland?"

"I have, M. Clemenceau."

"What a come-down!"—*Ottawa Citizen.*

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

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OCTOBER, 1922

No. 7

USING OPPORTUNITY

BETWEEN now and Christmas every Red Cross member has the opportunity of being of real use and value to the Society's Crusade for Good Health.

The first thing to do is to renew one's own membership. That being done, the next step is to place the Society's cause before those who are not members and secure their interest and membership.

The Society's peace time work can be summed up in a few words: GOOD HEALTH, GOOD WILL, GOOD SERVICE.

Is there a greater or more practical work for humanity than the maintenance of health and the prevention of disease? Of itself, ill health is an affliction. It is an unwelcome experience and when it comes it does not always come alone. Sometimes it brings with it poverty and misery to share in the downfall of the home it visits.

The Society's work for soldiers, for pioneer settlers, for those who arrive at our ports with a view to making their homes in Canada, for disaster relief and for the cause of public health is broad and far reaching. Tell your friends about it, secure their interest, their co-operation and their membership. This is a form of personal service every member can undertake and perform to the great benefit of the Society and its cause.

The Red Cross needs sustaining members at \$5.00 each annually. And even more than money the Red Cross needs the personal participation in its work of thousands and thousands of members. By the knowledge, training and wisdom obtained in advancing health questions and health habits the members gain more than they give.

MAGAZINE'S MIRROR WORLD HEALTH DRIVE (Manitoba Free Press)

Interesting lights on the manifold activities of a great organization's world campaign with the motto, "Health for all and all for health," are given in recent issues of "Canadian Red Cross." A sister magazine, the "Red Cross Junior," full of good stories, prize competitions, and real-life tales and articles about those dumb friends, birds and animals, tells the work and reflects the thoughts, as well as entertains, the boys and girls who have enlisted with the grown-ups, in the great humane peace-time army of the Red Cross.

An article by Provincial Commissioner G. J. Seale, on "Nursing Outposts," outlining the work done in Manitoba's remote districts, those places that have in the past been beyond the doctor's reach, indicates the success attending the combined work of the Manitoba Health Board, Red Cross and Manitoba Medical Association.

Though the "Canadian Red Cross" is now only in its fifth number, the vital quality of its news and articles has attracted attention.

"In selecting the articles and facts to be presented in this magazine," says an editorial statement, "the endeavor is made to choose those which are sound and tried out by experience, and to avoid any form of fad."

With this end in view, the issues at hand contain, for example, articles on hay fever, its cause, and how to get ready, ahead of the season, to resist it; cancer; value of outdoor games in maintaining health; diet and care of expectant and nursing mothers; Canada's work for mental health; the value of daylight in the schoolroom; habits and the teeth; health as the greatest national asset (outlining in a clear way the points in a nation-wide campaign for health); and many other timely subjects.

The "Red Cross Junior" of which a sample copy has been sent into every school in Manitoba, aims to interest the young in health, civics and service for others; and to inculcate that interest in natural history which always results in sympathy with the birds and animals. All the children of the File Hills Indian Reserve boarding school are among those who have become enthusiastic members of the Junior Red Cross.

A RED CROSS MAGAZINE (Indian Head News)

That the Red Cross work in Canada has attained very substantial, national proportions is evidenced by and through its monthly organ "The Canadian Red Cross" which made its first appearance in February of this year. With such a splendid motto as "Health for all and all for health" this magazine on its mission of mercy to its thousands of Canadian readers is certainly exemplifying its place in the mission of the Red Cross.

There is nothing of more practicable benefit to the health of the peoples of all nations than the dissemination of first hand knowledge, presented in intelligent and comprehensive form, of the simple truths of health and disease prevention. Far better it is to preach a practical wholesome health than to have to administer remedies that are oftentimes only understood by the profession itself. 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 it can reach in the science of health. With such a splendid aim the citizens of the Dominion should one and all see to it that they have the privilege of reading this free contribution and publication in the interest of our individual and national health.

THE RED CROSS SOCIETY (Morning Leader, Regina, Sask.)

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

The hope of the nation lies in its HEALTHY citizens.
Your body is a delicate machine. Take care of it.
You need fresh air—day and night.

IS HE A RELIGIOUS MAN?

IN THE COOL evening of a perfect day he dropped over for a brief visit. His presence was restful. He fitted in. He had been matured by a long life of useful labor and unquenchable good will. He respected pigs—for pig purposes; and he loved flowers and children. In a mischievous spirit I challenged his opinion of pigs.

"Suggest some improvement—for pig purposes."

That was his defence.

I tried him on chickens. I was a bit of a bird fancier myself. He had raised them by the hundred and crate-fattened the young cockerels.

"In three weeks you can double the edible portion. It is sheer waste to kill a skeleton before it carries toothsome flesh."

So that was his sordid summing up. It was nearly disturbing. Then he told me in mock gravity of the harmless fights he had enjoyed watching, when two little balls of down on spindly legs were sparring and pecking for their first scrap—for chicken purposes.

And so we babbled, as boys do, about the rabbits we had fed and the pigeons we had bred. I could see he was living each experience over again. He had trained

himself—I think unconsciously, to dwell only on the humorous, laughable, enjoyable incidents. It was entertaining and seemed sufficient for a superficial mentality. Then he murmured more to himself than to me.

"They were helpless in my hands and I did my best to make their lives happy—for rabbit and pigeon purposes."

After many days there were other reminiscent evenings. When I knew him better I beguiled him into telling me some of his notions on man—for man purposes. His raillery was in the same sweet vein. I regret that the bloom and sheen of its soft spoken words are lost in transcribing them. He was all alive with the sense of realities. My power of analysis was confused when I tried to determine whether humility or pride gave the tenseness to his simple sentences.

"Is a man's life worth while—for man purposes? A thousand times yes. Personally I have come to the evening of a long happy life. But for humanity the dawn is just breaking. There are great things to do. There are greater things to be. They are part of everybody's job—for man purposes. Here are some of the really big things c'ose

by to everyone to win for himself and others: Good health and good character; intelligence and practical ability to earn a living; willingness to contribute a quota to the well-being of others; good will and team play for the common good.

"Without these you may have the pig-man, the chicken-man, the rabbit-man, all sorts of animal-man; but with these man becomes more and more a bit of the divine—the eternal ever making for righteousness and happiness."

The mischievous spirit in me was nearly subdued but it blurted out in spite of my profound subjection to the wisdom of his convictions.

"So you have let go the religious creed of your youth."

"Maybe yes, maybe no. I often forget the words in which it was imperfectly stated; and I cannot find new words to say fittingly what I believe and feel and hope. All the world's a stage and the players' chief end—for man purposes—is to glorify God and to enjoy Him forever."

"All that sounds like the creed of the Crusade of the Red Cross."

"If it strikes you that way, why not join up and play the game?"—J. W. R.

AUTUMN RESOLUTIONS

In Winter More Time Is Spent Indoors. To Be Healthy We Should Adopt Habits Suitable To Winter Conditions.

SO FAR as health is concerned, September 1 is a better date for good resolutions than January 1. September 1, or thereabouts marks the end of continued warm weather.

"From this time on we face a rise in pneumonia from two to five times the summer rate, a rise in diphtheria and scarlet fever to twice the summer rate. This is the annual experience.

"Is this inevitable or is there anything that human ingenuity can devise to stop it?"

"The increase in these diseases is unquestionably due to lowered resistance of the body. The average indoor worker gets less physical exercise, is exposed to less sunshine, and to less stimulation or outdoor cold and breeze.

"Indoor heat produces more sickness than outdoor cold. Furthermore, the opportunities for transmission of infection are greater with the greater huddling together in winter.

"Facing these facts, the wiser person will begin in the fall to harden his body to meet the oncoming cold. It is better to begin now than in midwinter. The person under 50, unless there is medical advice to the contrary, can resolve upon daily exer-

cise, a mile walk, jog trot, or run after rising in the morning, followed by a hot and then cold shower and a good rubdown before breakfast.

"If this is too disconcerting, he can at least walk a mile or two at noon while out for lunch. Instead of making a bee-line for the lunch counter, try the long way round.

"The wiser person will wear light underclothing and a heavy overcoat.

"He will live indoors in an atmosphere between 65 and 70 instead of 75 and 80. He will get at least eight hours sleep in a cool airy bedroom.

"He will use discretion in diet, curbing his desire for the meats and sweets that appeal to his eye and giving more consideration for the simple substantial vegetables and dairy products which are best for him.

"If he will do these things, he will feel great. He has a fine chance of going through the winter without a single cold."

—*Detroit Weekly Health News.*

Health first—low taxes afterward. Can all garbage in a garbage can. You can.

WAR SERVICE AGAIN

Greek Red Cross Calls Upon American Red Cross for Assistance on Behalf of Christian Refugees.

The Greek Red Cross cabled from Athens to the American Red Cross an appeal for assistance in its attempt to care for Christian refugees who have fled to Greece from Asia Minor. The American Red Cross is already caring for about 1,000 naturalized Americans among the refugees who have been transferred from Smyrna to Athens and Salonika and Acting Chairman A. Ross Hill announces that it will also co-operate with the Greek Red Cross in furnishing clothing for the sufferers so far as supplies are available.

Latest reports from Major C. Claflin Davis, in charge of American Red Cross relief operations at Smyrna, indicate that repatriation of refugees to their homes in Asia Minor is impossible at this time and that the only solution of the problem is to move them to Europe, naturally to Greece.

Doctor: "Your trouble is dyspepsia; you should laugh heartily before and after your meals."

Patient: "Impossible, doctor. I cook them myself and then I wash the dishes."
—*Medical Pickwick.*

GIVING THEM A GOOD START

Medical Inspection of Schools Is a Public Health Measure Worthy of Support of Every Progressive Citizen. France Was the Pioneer and Began It Nearly Ninety Years Ago.

MEDICAL Inspection of schools is the health supervision of school accommodation and school children, for the purpose of maintaining a high standard of vitality, and in order that physical or mental defects may be noted early in life and the proper treatment applied to remedy them.

The medical inspection of schools is not a new idea. The pioneer in this department of public health work was France, which in 1833 passed a law which required the school authorities to provide for the sanitary condition of school premises and for the expert supervision of the health of children. For forty years France was alone in this work and it was not until 1867 that Germany took the matter up.

Great Britain did not commence medical inspection of schools until 1891. It was tenth in the order of time among the countries which adopted it. At that time the work was undertaken only in London and did not spread to the other great cities until later. The first medical inspection of schools in Canada was undertaken in Montreal in the year 1906.

There are two sides to the medical inspection of schools. They are:—

- (1) Examination of buildings.
- (2) Examination of pupils.

In the examination of buildings the doctor or the nurse makes a thorough scrutiny of the following:

- Drainage.
- Lavatory facilities.
- Ventilation.
- Heating.
- Lighting. Suitability of and placing of the seats.

Arrangement of the cloak-rooms.

All other matters likely to have a bearing upon the health of the children.

During the inspection a watchful eye is kept for any conditions that may be favourable to the development or spread of contagious disease. The seats are noted to make sure that they are suited to the size of the children. The lighting and the placing of black-boards is examined to see that they are so placed that there is no fear from reflected light and that they are close enough to the children using them that there may be no eye strain.

The physical examination of the pupils is necessarily a most important side to medical inspection of schools.

The purposes of the examination are two: Firstly, for the pupil's own benefit, in order to note physical defects of hearing, vision, mentality, vitality or other matters affecting the child's growth and progress.

Secondly, in order to see that the child is not the carrier of infections or contagious diseases which would be of danger both to himself and the other children of the school.

The examination of children is usually made by the Doctor and the public health nurse, and if possible, with one of the parents and the teacher in attendance. Clothing is not removed without the par-

ents' presence or consent. Examinations are made for defective vision, defective hearing or breathing, defective tonsils, teeth, and in order to see that the child is properly nourished.

It is unnecessary in this short article to tell the various aspects of these defects, but as an illustration, defective sight may be mentioned. Many children are short-sighted or long-sighted and their daily endeavours to read print of books or writing upon black-boards is the cause of great physical discomfort.

A careful examination by trained experts would reveal such defects. Suitable steps could then be taken to correct them. This would improve the child's progress, increase its happiness and assure greater efficiency in mature life.

Other defects are sometimes found in children, namely: Heart disease, affections of the lungs, mal-formations of the hands, feet or limbs, nervous affections, and defective mentality. To let a helpless child grow up without discovering and attempt-

HOME FINDING

The Destitute Child Obtains a Better Chance in a Home Than in An Institution.

HOW to deal with a child deprived of its natural home is an old problem, yet it is only within recent years that it has been dealt with in a way to meet the needs of the destitute child.

In a pamphlet* written for the Child Welfare Council of Toronto, the Rev. Brother Barnabas outlines a plan that is based upon an experience of twenty-five years in this work.

Child welfare workers agree that an institution is not a good place for a child without parents and that a household affords a child advantages greater than those of even the best institutions.

A destitute child may either be placed in a free home as a member of the family or into a boarding home or legally adopted. Experience shows that the child stands the best chance of a normal home life when placed out under the age of five years. Boys over fourteen and girls over ten years seldom fit well into their new surroundings.

Before a child is placed in a foster home, a trained worker investigates the prospective home to determine if the conditions are likely to be good for the child. The foster parents must be in good physical and mental health, industrious and thrifty. The best are those who desire a child for the child's sake and who will care for the child as if it were their own.

After the child is placed, the worker pays regular visits to see that all goes well. As a rule, this supervision is continued until the ward is twenty-one years

ing to remedy such defects is imposing upon it a serious handicap in the life struggle and laying upon it the burden of many unhappy years that might be avoided by proper attention and care.

Health inspections of schools are not generally made among pupils over the age of 15. In large cities, the inspections are undertaken by nurses and doctors together, both of whom are thoroughly trained in this branch of work.

In country places, where the system of medical inspection of schools is adopted, it is usual for a doctor to spend only part of his time in this work. If a doctor is not employed the examination is made by a properly trained and qualified nurse, who calls the attention of the parents or the family physician to observed defects that should receive attention.

From the many other arguments in favour of periodic medical inspection of schools we select the following:

(1) It teaches and encourages health habits in the child. (2) The close contact of children in school makes the spread of contagious diseases comparatively easy and regular medical inspection enables the school authorities to detect disease early and to prevent it spreading. (3) Medical inspection of schools helps to impress upon the community the fact that it is part of its duty to provide wholesome school environment for all its children.

of age. Even then it may not entirely cease for many of the former wards remain in friendly touch with the agency that befriended the needs of their childhood.

*"Standards of Child Placing and Supervision." By Rev. Brother Barnabas, Director Catholic Welfare Federation, Toronto.

NATIONAL HEALTH DAYS

Three days, December 8th, 9th, and 10th, have been set aside by the health organizations of the United States as "Health Days." During these days a special effort will be made in every State and community throughout the country to take stock of the health of every individual man, woman and child.

CIVILIZATION AND THE TEETH

"One of my earliest observations when I came to the Eskimos was that those who were not eating civilized food to any extent invariably had undecayed teeth, although they were sometimes badly worn down through chewing food containing sand."—Stefansson.

GIVE YOU ONE GUESS

"Do Englishmen understand American slang?"

"Some of them do. Why?"

"My daughter is to be married in London, and the earl has cabled me to come across."—*Boston Transcript*.

Live, work, play, sleep and rest whenever possible in the open air. Teach children to do the same.

STABLE DISINFECTION

**Is One of the Necessary Measures To Ensure a Clean Milk Supply.
Sunlight, Heat and a Judicious Use of Chemical Disinfectants
Are the Best Germicides.**

THE following are extracts from an excellent article upon Stable Disinfection and Milk Hygiene which appeared in the Canadian Veterinary Record under the authorship of C. J. Bousfield, of Charlottetown, Prince Edward Island:

Strictly speaking, stable disinfection is only one small phase of the very much bigger and more complex subject—milk hygiene. However, we should regard stable disinfection as one of the cogs in the big wheel of clean milk production, and if there is anything wrong with this cog, the machine does not work smoothly, and it is only a question of time how long it can run before it must be shut down completely for repairs.

There are many disinfecting agents. They may be divided, for convenience, into three groups, Sunlight, Heat in its various forms and Chemical substances.

SUNLIGHT

Sunlight is always referred to as the cheapest disinfectant at our disposal. This fact should be kept constantly in mind in the construction of dairy barns or stables of any kind where animals are kept. The maximum window area allowable with good construction should be provided for, and where there is a choice, and there is usually, windows on the south side of the barn are preferable to any other side. This fact was in the minds of the officials who drew up the dairy score card in allowing a generous number of points to the dairyman whose barn was well provided with windows. A minimum of four square feet of window area for each cow stall should always be provided.

CLEANER STABLES

Besides allowing the entrance of sunlight, which in itself is always desirable, the illumination afforded by the windows will undoubtedly result in the stable being kept in cleaner condition. Dirt that is rendered visible is much more likely to be promptly removed than the filth which slowly but surely accumulates in the dark corners.

The dirt itself is not particularly harmful or dangerous, but it may, and frequently does, afford either a resting place or a breeding place for disease producing germs.

There are three things that disease producing bacteria require for growth: Food, moisture and a suitable temperature, usually that of the body.

HEAT

With other bacteria, not necessarily disease-producing, the body temperature is not actually required, but they multiply at ordinary atmospheric temperature within certain limits. These bacteria are the ones that bring about the decomposition of organic matter, the putrefactive and fermentative groups of organisms. The

putrefaction of vegetable matter is usually accompanied by the liberation of gases, many of which have objectionable odors. Such a condition should never be tolerated in or near any place where milk is handled. Heat in its various forms is another disinfectant at our disposal, and one that we should utilize wherever possible. We are depending upon heat as a disinfectant every time we cremate the carcass of an animal that has died from an infectious disease, every time that we scald out a milk pail with boiling water, or every time we sterilize a milk can by inverting it over a jet of live steam. Pasteurization is merely a process of utilizing moderate heat for a given length of time, in preference to higher degree of heat. As a general principle, the higher the temperature the shorter the time required to destroy a given amount of infection.

For example, to destroy the tubercle bacillus in milk, the usual time and temperature combinations given are:

- 140 degrees for 15-20 minutes
- 160 degrees for 5-10 minutes
- 176 degrees for 1-2 minutes

CHEMICALS

The chemical disinfectants might be divided into three groups, according to their material state, namely, solids, liquids, and gases.

GASES

Certain gaseous disinfectants, of which formaldehyde is an example, are excellent disinfecting agents, but only when the proper conditions are provided. Disinfecting by means of a gas is usually spoken of as fumigating, but from the very nature of the process its success depends almost entirely upon our ability to properly confine the disinfecting gas. This is a difficult matter in the average stable and the time and expense of tightly sealing up all the openings in the stable would probably offset any advantages the method might possess.

SOLIDS

Solids almost without exception must be combined with more or less moisture before they are able to exert their disinfecting power. Therefore in looking about for a suitable disinfectant for use in the stable, we are limited somewhat in our choice. Besides the physical nature of the material itself, we must take into consideration its cost and adaptability for the particular purpose in mind.

CARE WITH POISONS

Some very good disinfectants are highly poisonous, and must be used only with considerable caution, notably carbolic acid and bichloride of mercury (corrosive sublimate). The latter substance has one great advantage in that it is practically odorless. Against this we have its poisonous nature, and the fact that it corrodes

metals. We might go down the entire list of chemicals that have disinfectant properties without finding a single one that did not have some great drawback to its extensive use as a general disinfectant.

The disinfectants usually spoken of as the coal-tar group, a large number of which are available, are generally regarded by most authorities as the best for general disinfecting purposes.

(To be continued)

RHEUMATISM

**In Order Not to Overtax the Digestion,
Afflicted Persons Should Avoid Foods
Not Suited To Them.**

THE public and many of the medical profession have a tendency to name every indefinite, generalized pain situated in a bone, joint or muscle, as rheumatic.

No more serious error could be possible.

Rheumatism is a distinct disease having several forms—the Acute, the Sub-acute, and the Chronic. These types have a series of symptoms, at times somewhat indefinite but withal rather characteristic.

Many constitutional disturbances have been called rheumatic in order to cover ignorance or error on part of those treating them.

Nevertheless it can hardly be denied that the digestive, assimilative and eliminative functions are apt to be disturbed during a rheumatic attack.

During this period the diet should be such as would place the least possible burden on the digestive system.

A person afflicted with "twinges" should exercise the utmost care not to over-tax his digestion and should consult a doctor.

PUBLIC HEALTH QUESTIONS

Sanitary science and preventive medicine are fundamentally separate and distinct from the practise of medicine as a healing art. It would be a lamentable confusion of functions and duties if the view were to gain general acceptance that the medical profession, as represented by practising physicians and surgeons, is to be considered "the guardian of the public health."—*Frederick L. Hoffman, L.L.D., Statistician and Third Vice-President of the Prudential Insurance Company of America.*

WITH RESERVATIONS

Mother (to Betty who has been sent home owing to indisposition of school-mistress)—But I hope you were sorry poor Miss Pringle was ill.

Betty—Oh, I was, mother, but I couldn't help clapping my hands under my breath.
—*Punch (London)*

FAMILIARITY

Music Teacher: "What do you mean, Miss Juno, by speaking of Dick Wagner, Ludie Beethoven, Charlie Gounod, and Fred Handel?"

Pupil: "Well, you told me to make myself familiar with the great composers."



The first group of Red Cross Volunteer Nursing Sisters serving at the request of the Baltimore University Hospital in the hospital dispensary. Their service was a great help owing to the shortage of nurses. Fifty women are enrolled in this work and twelve are on duty daily. Each took the Home Nursing, First Aid and Dietetics classes given by the Red Cross Chapter

A CITY BRANCH

Baltimore Chapter of American Red Cross Conducts Many Important Auxiliary Services In Health Matters.

THE Baltimore Chapter of the American Red Cross is solving the problem of the place of a Local Red Cross Branch in a city where the municipal health and education authorities are active and successful, where the hospital system is excellent, and where the presence of a world-famed school of medicine and nursing has created a standard for health activities which would condemn any effort which fell short of efficiency.

Many Branches of the Canadian Red Cross are facing a situation in which some at least of these conditions are reproduced. Therefore as an ounce of practice is said to be better than a ton of theory, it seemed worth while to take advantage of the courteous permission of the Baltimore president, and accumulate as much as possible of the experience of her Chapter for the benefit of local branches in Canada.

Over the war-time activities of the Chapter we need not linger for they were identical in aim with those of our own city branches and, as in Canada some aspects of war-work continue into days of peace.

ON BEHALF OF SOLDIERS

The proximity of large military hospital at Fort McHenry affords an opportunity for the Canteen Committee to supply comforts, arrange entertainments, and provide flowers for the 700 patients under treatment. Doughnut parties, at one of which two thousand doughnuts were baked and served, were an unfamiliar feature to a Canadian visitor. A delightful 'Children's Room,' equipped by the Atlantic Division of the Red Cross, serves the same purpose as the Red Cross Lodges in Canada.

HOME SERVICE

The "Home Service" committee continues to carry on the work of economic relief for the families of soldiers which was a part of the war activity of the American Red Cross, but which, in Canada, was assigned to the Patriotic Fund Committee.

THE BLIND

Just outside Baltimore is situated the

lovely estate of "Evergreen," lent to the Red Cross by the late Mrs. T. H. Garrett for the use of blinded veterans. There 300 soldiers are still being trained, somewhat on the lines made familiar to us by St. Dunstan's and Pearson Hall. Although this institution is no longer under the jurisdiction of the Red Cross, its students are still an object of care to the local Chapter. Doubtless the presence of so many blinded men has produced and stimulated the interest of the Red Cross members in work for the blind. When the blinded men began to return to America, they found an almost entire lack of books in the Braille type which they had learned to read in Europe.

BOOKS IN BRAILLE

To print books in Braille is an expensive operation. A grant of \$10,000 from the Library Association paid for only eighty books (counted by titles) although they filled many volumes. The Red Cross came to the assistance of the agencies already interested in the transcription of books into Braille, and in some Chapters, of which Baltimore was one, regular classes for instruction of volunteers were organized, in preparation for the certificate issued by the Red Cross for efficiency in transcription. Books transcribed by certificated writers are taken into the Congressional Library at Washington and bound. They are then distributed throughout the country and blind soldiers have the first claim on these volumes. There must be many Local Branches where such classes could be organized, and we feel sure that the National Institute for the Blind would welcome co-operation along these lines if the volumes produced were not needed for local sufferers.

DISASTER RELIEF

Disaster Relief has always been a plank in the programme of the American Red Cross and Baltimore has organized for emergencies on a system of county centres—for Baltimore extends its activities over

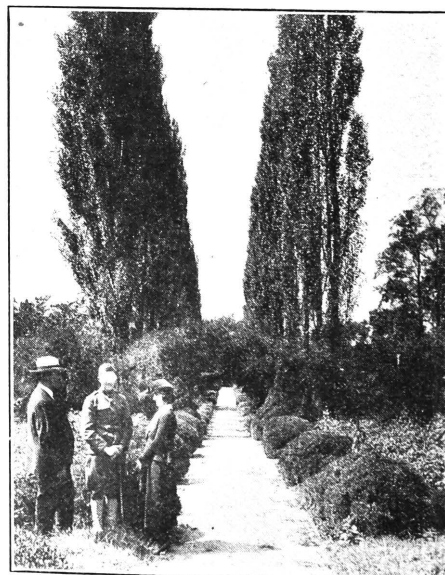
the adjacent counties—directed from Red Cross headquarters. There are committees on Supplies, Housing, Medical service, Nursing service, Relief and Rehabilitation. On the Central Relief committee, the municipal authorities and all social agencies are represented, and a survey of available emergency hospital accommodation has been made with the co-operation of the hospitals. An excellent little booklet on Disaster Relief has been published by the Chapter.

SOCIAL SERVICE

Although the war workers of Baltimore are still actively engaged in Red Cross work the Chapter has felt the need of a trained social worker to direct the peace-time programme of the Chapter so as to ensure its co-ordination with the efforts of other agencies. In Miss Hagner the Chapter has secured a most efficient and enthusiastic executive officer and the wisdom of this appointment is demonstrated by the cordial relations existing between the Red Cross and governmental and other social groups.

AN OUT-PATIENT CLINIC

Perhaps the most interesting feature in the peace-time work at Baltimore is the Red Cross organization centering in the University Hospital. The Red Cross has taken charge of the basement of the hospital and transformed it into a convenient and efficient out-patient clinic department. This necessitated expenditure of a very considerable sum on paint and plumbing and furnishing. Valuable surgical equipment, such as apparatus for a cysto-scopic clinic, has also been provided at a cost of \$2,000. But "the gift without the giver is bare" and personal service has added enormously to the value of the gifts in kind and money. Fifty trained volunteers are enrolled for service in the Dispensary and Baby Clinics. They are certificated members of the Red Cross V.A.D., having passed examinations in Home Nursing, First Aid, and Dietetics. Ten or twelve are on duty each day with a trained nurse in charge. A social service worker organizes



In the garden at "Evergreen," Baltimore, the Red Cross Institute for blinded soldiers.

follow-up work. A very becoming cap of original design is a distinctive feature in their uniform.

PUBLIC HEALTH NURSES

The Chapter has two public health nurses working in the adjacent counties. Their salaries are paid from the membership fees collected in the last Roll Call when Baltimore raised \$21,000 in fees. Each nurse is provided with a car, and is under the supervision of the Director of Nursing for the Atlantic Division.

THE JUNIORS

In the one hundred and fifty schools of Baltimore the Red Cross has a flourishing Junior organization under the leadership of the Assistant-superintendent of schools. Every schoolroom is an auxiliary of the Junior Red Cross and a child becomes a member by subscribing one cent a year for the "Junior News". As the average number of children in a room is forty-five, this produces a subscription of about forty-five cents a year for the News from each room. The girls make layettes in their sewing classes. They cut their own patterns and garments, and purchase materials at wholesale prices through the Red Cross. The garments are then distributed locally or sent to Red Cross headquarters. For three years, the children in the schools organized Red Cross "Thanksgiving Showers" of groceries for the children's institutions of the city.

If this brief record of the many-sided activities of an American Chapter is able to suggest new avenues of usefulness to a Canadian Branch, it will have amply fulfilled its purpose.

A. M. P.

IMPROVE LIVING STANDARDS

Disease is an ally of ignorance, dirt and disorder and it everywhere tends to disappear on the improvement of knowledge and of social conditions. Standards of personal, domestic and municipal living are ever advancing and sweeping away the opportunities that formerly existed for the spread of infection.—George A. Soper, Ph. D., Major, Sanitary Corps, U.S. Army.

THE TALLY

It isn't the job we intended to do
Or the labour we've just begun
That puts us right on the ledger sheet;
It's the work we have really done.

Our credit is built upon things we do,
Our debit on things we shirk,
The man who totals the biggest plus
Is the man who completes his work.

Good intentions do not pay bills;
It's easy enough to plan.
To wish is the play of an office boy;
To do is the job of a man.

WHICH?

Which can you be likened to in your organization, a drop of oil that helps to make things run smoothly, or a grain of sand that tends to hurt the gears?

HOW DISEASES ARE "CAUGHT"

People Carry Bacteria. Contact Is the Chief Cause of Transmission From One To Another. Light and Drying Will Kill Most Germs.

MOST communicable diseases are caught from people and not from things. This statement holds true of violently contagious smallpox on the one hand, and slightly contagious consumption on the other. Malaria, typhus and anthrax are exceptions to this rule but these diseases are rare in Canada.

It is true that many health departments continue to fumigate with gases. This is partly because fumigation kills some bacteria, partly because it ensures a thorough cleaning up and partly because it provides a definite period of quarantine and thus helps indirectly to have persons obey quarantine while it is in force.

The reason health officials insist less frequently on fumigation after communicable diseases is because science has proved that bacteria are not readily transported by the air and that the bacteria which cause disease are killed by exposure to light and drying.

In the course of a case of scarlet fever, the objects in close touch with the patient will become contaminated, but objects in the remoter parts of the room will

receive so little contamination that drying and light will kill it off and keep them safe.

Light and drying are such effective purifiers that if a patient remains in a room during convalescence, there is a good chance that nothing in the room will cause the disease when the convalescence is complete.

The Health Department of one city discontinued fumigation twelve years ago and has found no increase in communicable diseases. Instead of fumigation of the room, the patient is given a good bath and supplied with fresh clean clothing. Mattress, pillows, blankets, draperies and rugs are given a sun bath for at least 6 hours. Furniture and woodwork are washed with soap and water with especial attention to door knobs and other objects much handled. Hair brushes, tooth brushes, towels and wash cloths are scoured thoroughly and placed in the sun. When the room is cleaned thoroughly, it is aired for a day or two. That is all, though if a mattress or bedding is badly contaminated, these are sterilized by steam under pressure.

TIPS FOR TYPISTS

Suitable Seating, a Good Method and Vigorous Bodily Condition Essential To Speed.

THOMAS INCH, a writer in Tit Bits, giving some advice to typists says:

"Most typists fail to sit high enough over their work—they work up to the machine instead of down to it. The result is low speed, inaccuracy, and quick fatigue.

"See that your chair is a high one.

"Keep the elbows near the sides, and work as much as possible with fingers and wrists.

NOT TOO MUCH MOTION

"Remember that the straight line to a given point is the shortest and quickest way; do not lift the fingers and wrists several inches above the keys each time you strike one. This is not only tiring, but cuts down speed tremendously. If you watch a really fast operator you will find that the fingers are always near the keys—they move over them lightly and are scarcely ever lifted.

"Do not place the machine too far away from you. This fatigues the shoulder muscles and makes for inaccurate typing.

KEEPING IN CONDITION

"Remember, if it is your ambition to write quickly, that you must keep fit. Take a walk daily, a rubdown with friction gloves, and a few light exercises. Massage the fingers, hands, and wrists morning and night, rubbing briskly with flesh gloves after bathing in hot water. Then open and close the hands forcibly for a minute or two to strengthen the fingers and wrists.

"There is always room at the top, for

tests on several hundred applicants for posts as shorthand revealed the dismal fact that the average speed in shorthand was eighty words per minute, and typing (from shorthand notes) fifteen words per minute. Two hundred words a minute can be attained at shorthand, while the speed record for typing is one hundred and forty words per minute.

LLOYD GEORGE'S WIT

When Lloyd George was to address a meeting in South Wales, the chairman thinking to be funny at the speaker's expense, said in introducing him: "I had heard so much about Mr. Lloyd George that I naturally expected to meet a big man in every sense; but as you can see he is very small in stature."

Lloyd George arose. "I am grieved to find," he said, "that your chairman is disappointed in my size, but this is owing to the way you have here of measuring a man. In North Wales we measure a man from his chin up, but you evidently measure him from his chin down."

TELLING IT

Tailor— "There, stand in that position please, and look straight at that notice while I take your measure."

Customer reads the notice: "Terms cash."

No public health evidence is more definite than that vaccination, properly performed, protects against smallpox. The more persons vaccinated, the fewer cases of smallpox shall we have.

NOISY CITIES

Too Much Noise Levies a Heavy Tax on Human Vitality and Increases Nervousness and Irritability. Much of It That Is Undesirable Can Be Prevented.

SOONER or later the health authorities of our large cities will be called upon to deal with the question of unnecessary noises. Some, we understand, have already made a beginning.

The need for effort along this line has long been noted by people who find that when walking along the streets crowded with heavy street car and vehicle traffic they are unable to converse with one another without shouting at the tops of their voices.

Nor is it only the day which is disturbed by the din and clash of traffic and other noises. In very few localities of any large city on this continent is quietness known at any hour of the day or night. That all health authorities have not taken up this question is not because they have not seen the need. It is because they are for the moment engaged in tasks of first importance such as preventing the spread of epidemic diseases, the provision of pure water supply, devising and maintaining adequate systems of sanitation, taking measures to assure the citizens of pure milk supply and providing for child welfare.

Undoubtedly the effect of continual noise, even upon healthy persons, is to make a steady drain upon the nervous energy. Upon persons, who, while healthy in every other way are in a low state of vitality, and those who suffer from nervous troubles, the effect is most distracting. Upon very sick persons the effect sometimes is a prolongation of illness or in very severe cases loss of life itself. Persons who live in a continual din and clatter become so accustomed to the noises which surround them that they only notice those of an extraordinary character. But the noises which are not consciously heard are nevertheless keeping the hearing organs and nerves in agitation and are making a continual demand upon the reserve of nervous strength. To work where great noise or much noise prevails and not hear it means that the individual has trained himself not to hear it. This also means conscious or unconscious control which requires a definite output of energy.

THE STREET CAR

One of the greatest disturbers of the quiet of the cities is the street car. When a street car is passing, pedestrians on the sidewalk are often obliged to cease conversation because of the din made by the electric vehicle as it makes its way along the rails. While the noiseless street car may be impossible it is quite possible to reduce its noise to a minimum.

Quite often the excessive noise is due to inefficiency, such as crooked tracks, uneven roadbeds, flat wheels or loose adjustments in the machinery. The street car when travelling on heavy, perfectly-aligned, well-bedded rails, with its bearings properly adjusted and all bolts and fittings tightened snugly, makes far less noise than the car which is not in that condition. Even such a car, however, makes too much noise and it

is quite possible that in future an ingenious mechanic who can devise a means of reducing the noise of the rumbling street car may reap a rich reward.

But the street car is only the most noticeable because it is the most intense of the noises which have become a part of the modern Canadian city. There are many others such as whistles, bells, open cut-outs of motor vehicles, and loose drive chains on motor lorries and many others.

WHISTLES

Of what value is the factory whistle when all the workers carry watches. It may be argued that whistles are sometimes used as a warning when machinery is to be started or stopped. But only the workers in a particular factory need the warning—not the people for miles around. For the workers a system of electric gongs within the factory would serve equally well.

Since workers generally live at long distances from their respective factories, whistles to waken them or warn them of the hour are of little value because they would be so seldom heard by those for whom the sound was intended. So far we have only

A NOVEL MILK DELIVERY

In Switzerland the Goats Are Driven To the Doors of the Customers. A Picturesque Scene In Geneva.

DURING a personal tour of the western part of Europe in the month of July this year the editor of this journal was at Geneva on a visit to the League of Red Cross Societies Headquarters.

Geneva is a clean, picturesque and altogether lovely city—a beautiful gem set in a ring of mountains. There are many things pertaining to it about which one might write but one which may be of special interest to our readers is a system of milk delivery which for ages has been used there.

As you may know the Swiss use a great deal of goats' milk. Some of the owners of herds do not milk the goats and then deliver the milk to the customers as is done with dairy herds of cattle. They drive the goats to the customers houses. When they arrive the housewife hands out a bowl or glass or jug or jar and the herdman milks a sufficient quantity to fill the order. Hands in the milk, takes the money and—the transaction complete—drives on to the next house. There can be no accusation of adulteration. Sometimes as many as a dozen goats are driven and the people along their route come to windows and doors and throw out crusts of bread or bits of cabbage leaves or other kitchen discards. So when the herd has finished its journey a double purpose has been fulfilled. The milk has been delivered and the animals have made a good start on an evening meal. The goats wear little tinkling bells so that everybody

mentioned the factory side of the whistle question. Even if the whistle does serve some purpose for the management and workers of a factory—which is debatable—it may be only an annoyance to hundreds of others living close by who are not interested in the factory at all.

MOTOR CARS

With the advent of the motor car and the motor cycle no part of the city is sheltered from the din which pervades the night as well as the day. Without a doubt the motor car has added to the pleasure of the day, but at the same time it has become a terror of noise that flieth by night. At any hour of the night a motor car may be driven along a street which has sleeping people on either side and mid the noisiest of rackets it is run into its garage. In its progress it has most likely awakened from a well-earned slumber a score or scores of tired men, women and children.

The noises mentioned are not all. Crowing roosters in thickly populated districts, barking dogs, loud shouting and singing outdoors during the day and night hours, ringing of bells, clanking of cans and other unharmonious sounds all contribute to the pandemonium of a modern city.

Noise intensifies the irritability of those who suffer from "nerves." It taxes the vitality of those who are well and much effort may be well directed towards eliminating all such noises as cannot be avoided.—F. D.

in the locality knows when the milk service is operating.

STORIES ABOUT LONGFELLOW

Longfellow was fond of gently laughing at his own fame, and the occasional absurd things said to him by ignorant admirers. He wrote his friend Greene: "I am rather busy answering school girls in search of autographs. One wrote that she loved poetry, and would I please copy my 'Break, break, break!' for her." "Years ago," he told Greene, "while at Newport, a stranger was introduced to me, and he straightway said, with great enthusiasm: 'Mr. Longfellow, I have long desired the honour of knowing you. Sir, I am one of the few men who have read your 'Evangeline.'"

Here is another amusing incident that the poet told:—

"As I was standing at my door one morning a lady came up and asked, 'Is this the house where Longfellow was born?'"

"'No, he was not born here.'"

"'Did he die here?'"

"'Not yet.'"

"'Are you Longfellow?'"

"'I am.'"

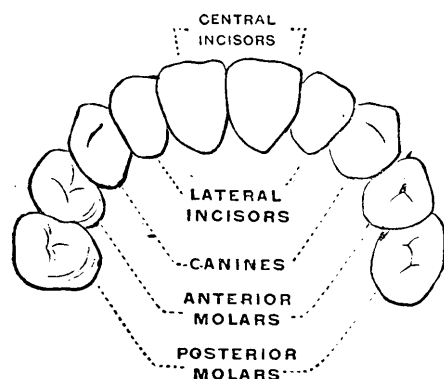
"'I thought you died two years ago.'"

Almost all of us can take enough time to eat our meals slowly. The foods that make us most healthy are often the cheapest foods. Expensive foods, like meats, are apt to be less healthful.

THE CARE OF THE BABY

ARTICLE V.—HOW TEETH GROW

WHEN the baby comes into the world it is apparently toothless. Nevertheless even at birth the crowns of the first teeth are practically completely formed and are lying beneath the gums. Still more marvellous is the fact that under these first teeth there are already the beginnings of the second set, the permanent teeth. It needs no lengthy explanations to prove that these teeth cannot develop as they should if the body is not supplied



The Temporary (Milk) Teeth

with a sufficient amount of the necessary building material. Hence, in the food of both the mother and the child we should supply that part which builds bony structure, of which the tooth is a type.

Phosphates and lime are important building material for bones and teeth and for the growing child there is no better source of these important elements than milk—mother's milk in infancy (providing the mother's diet is adequate) and clean

cow's milk later. After infancy the diet of every child should include a glass of milk with breakfast and with supper and, in addition to this, there should be other sources of mineral salts, such as fruits, green vegetables, and water.

Teething in a healthy child is a normal process, though it is often blamed for disturbances really due to other causes, such as indigestion.

The normal baby cuts its first teeth when about six months old. These are usually the lower front teeth, whose appearance is followed by others in the following order:

Two upper front teeth, at 6 to 8 months.

Two more lower front teeth, at 7 to 9 months.

Two more upper front teeth at 8 to 10 months.

Four back (molar) teeth, one on each side of each jaw, at 10 to 14 months.

Four more molar teeth, back of the other, at about 2 years.

Four cuspids (popularly called "eye" and "stomach" teeth) at 2 to 2 1-2 years.

Every tooth, as it comes into place, is a milestone that marks another advance in the child's development. After the teeth appear they must be given exercise by chewing solid food.

Food for older children should be given in such a form that it will require chewing. For this reason the diet should include a certain amount of coarse material upon which the teeth may be exercised. Coarse whole-grained breads; baked potatoes eaten with their jackets on; rusks and toast; fresh apples, these and similar articles included in the diet will do much to stimulate the growth of good teeth.

NOVA SCOTIA

Public Health Authorities Undertaking Vigorous Program In Which the Provincial Red Cross Division Is Giving Its Aid.

"Sickness and death are costing the people of Nova Scotia, directly or indirectly, fully \$25,000,000.00 a year. Forty per cent. of our deaths are from diseases which it is possible to prevent."

THE foregoing statement is taken from a quarterly bulletin of the Department of Public Health of Nova Scotia, a province which is undertaking a very vigorous and effective health program. Such a statement in an official publication shows that the Government and the health authorities realize the value of the Crusade for Good Health and are deeply concerned in the health welfare of their people.

The same article, dealing with the question of What The Public Health Nurses Are Doing In Nova Scotia, says that the

nurses begin their work in the schools, as the discovery of defects in school children frequently provides them with a specific reason for visiting the homes of such children. They also go to homes, however, upon the invitation of physicians, and particularly on account of tuberculosis, for the purpose of instructing those in the homes in preventive measures, the care of infants and children.

"As far as practicable, the work of the nurses is being followed up by physicians connected with the Department. These physicians check the work of the nurses, make a complete medical examination of such children as appear in need of it, and also make a sanitary survey of the school premises—recommending such improvements in sanitation as may be indicated.

"During the year under report nearly 31,700 school children were examined by the nurses. More than sixty per cent. of these children were found to be suffering from one or more defects, of which carious teeth were the most common. The parents were notified of the defects found, and approximately 20 per cent. of these defects have already been corrected

"Of the children examined, 56 per cent. had carious teeth, 10 per cent. had imperfect vision, 28 per cent. had diseased or enlarged tonsils, 5 per cent. had scalp or skin disease, 2 per cent. had enlarged glands, 1 per cent. had defective hearing, and 7 per cent. were poorly nourished. The importance of these findings must be obvious. These defects are deterrent to progress in the schools and militate against the robust development so necessary to efficiency and success in adult life.

"Most gratifying to the Red Cross Society is the statement following:

"This encouraging beginning was made possible by the generous action of the Nova Scotia Red Cross organization in supplying a nurse to each county (as nurses become available) for a period of one year, at no expense to the country. For continuation of their work after the expiration of this first year, the various municipal and town councils within a county must jointly provide for the nurse's maintenance."

In the same issue entitled, "A Word of Appreciation," the bulletin says:

"It is difficult to single out one from among the various agencies for particular mention. Instinctively, however, one thinks of the Red Cross Society as pre-eminent in this particular. Few will doubt the pre-eminence, though they may assert that since the avowed object of the Society's existence in peace time is for the purpose of carrying on a public health program, it is but natural to assume that their interest, being a professional one, should surpass that of other organizations not formed for that particular object."

NOT NOW

A member of one of the theatrical clubs tells of a stranded but still haughty leading man who was obliged to put up at a dilapidated country hotel. He glanced frowningly about the office, reluctantly signed the register, and took the brass key from the proprietor.

"Is there any water in my room?" he demanded.

"There was," replied the proprietor, "but I had the roof fixed."

A balanced ration of well-cooked, pleasantly served food; exercise in the open, within the bounds of moderation; clothing to suit the season and occupation; a moving air which causes a feeling of well-being, but no discomfort; sufficient rest and lots of sunshine are what produces the Canadian, as the world to-day knows and respects him.—*Canadian Tuberculosis Association.*

Most disease germs enter the body through the mouth. Keep the mouth clean.

SCARLET FEVER

Some Points About the Disease That All Parents Should Know.
The Steps That Should Be Taken To Prevent It.

SCARLET FEVER occurs chiefly during the school months and is most prevalent from November to May, inclusive. The disease is dangerous, not only because the acute attack may itself result in death but also because of the serious complications which may follow even a mild attack and which may leave a child deaf or with defective kidneys or heart.

Scarlet fever seldom attacks nursing infants, but when it does attack a child under one year of age the chances are about one in three that death will result. The greatest number of cases occurs in children from five to ten years of age, and 95 per cent. of all the cases occur during the first fifteen years. Not all children exposed contract the disease, and the chances of escaping it increase rapidly with age, and, if the disease is contracted, the older the child the more favorable the outcome. There is no specific cure for the disease. Once it is contracted it must run its course.

To understand how to prevent scarlet fever one must understand how it is spread. The evidence shows that it is carried from the infected child to the well child in particles of the mouth or nose secretions. The most common way for this exchange to occur is by the infected child showering the well child's face with small droplets of these secretions while coughing, sneezing and laughing, or the well child may become infected by placing candy, pencils or playthings belonging to the sick child in it's mouth, or from placing the fingers, contaminated by the handling of such things in it's mouth. Therefore to prevent scarlet fever the child should be taught at the earliest possible age, (1) to keep away from people with colds, running noses and sore throats, (2) the danger of coughing and sneezing into each other's faces, and (3) not to "take bites," trade candy, gum or apples, nor to put pencils or playthings into their mouths. If these simple principles are understood and practised much sickness will be prevented.

When the scarlet fever has developed the two essentials in preventing further spread are an early recognition of the disease and prompt and efficient isolation of the sick from the well. The chief symptoms of scarlet fever are sore throat, fever and a rash. The sore throat usually precedes the rash by two or three days, and in mild cases the rash may not develop. The child may spread the disease before the rash appears. Therefore, when a child complains of a sore throat or shows other signs of illness such as headache, fever or vomiting, the parents should isolate him from the other children and call the doctor. The other children should be kept away from school until the doctor arrives and decides what is the ailment. Often the symptoms may be so mild that they are unnoticed by the parents and the child goes to school.

Here the teacher can do a great service to the community by sending the child home on observing the first symptoms and at the same time notifying the parents and the health officer.

When a case has been diagnosed as scarlet fever it should be effectively isolated at once. The other children should be kept at home for about ten days. If they are still well at the end of that time, they may return to school if the health officer approves. When this procedure is impossible the next best is to isolate the child at home or send the other children to a friend or relative where there are no children.

The health authorities should be notified at once and will give the necessary instruction to the parents, or, as is usually the case, the family physician will care for the case in accordance with the rulings of the health department. This article is only intended for the purpose of pointing out to parents some of the important principles involved in preventing the spread of scarlet fever and some other diseases, and their responsibility in assisting the health authorities in this important work.—*Health Information Service, Canadian Red Cross Society.*

TO VISIT THE WEST

The Secretary of the Canadian Tuberculosis Association will visit Manitoba, Saskatchewan, Alberta and British Columbia in October and November.

EFFORTS APPRECIATED

The Commissioner of the Saskatchewan Division has received the following encouraging letter from an admirer and supporter of Red Cross effort:

Carlyle, Sask.,
June 16th, 1922

W. F. Kerr, Esq.,
Canadian Red Cross,
1821 Scarth St.,
Regina, Sask.

Dear Sir:

Enclosed please find one dollar for subscription to "The Canadian Red Cross." I would like to say that I appreciate very much the line of education found in that magazine. I consider that the aim of the Red Cross to awaken public intelligence towards the advantage and possibility of a much improved medical service and its distribution in more equitable terms in rural districts will do much to solve Canada's population and immigration problem.

Yours truly,

(Signed) T. L. NEISH.

Executive Officers Provincial Divisions of Canadian Red Cross

BRITISH COLUMBIA:

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

SASKATCHEWAN:

W. F. KERR,
2331 Victoria Ave., W.,
Regina, Sask.

ALBERTA:

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

MANITOBA:

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

ONTARIO:

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

QUEBEC:

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

NEW BRUNSWICK:

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

NOVA SCOTIA:

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

PRINCE EDWARD ISLAND:

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

A HOT BERRY

"I want to look at a pair of eye-glasses," said the young woman with a determined air.

"Yes, madam," said the optician.

"While visiting in the country I made a very painful blunder which I never want to repeat."

"Indeed! Mistook a stranger for an acquaintance, perhaps?"

"No, not exactly that. I mistook a bumble bee for a blackberry."—*Boston Transcript.*

A HINT TO THE HENS

Abbie, the little girl of the family, was seated at the breakfast table one morning. As usual eggs were served.

Either she was not hungry or she had grown tired of the bill of fare, for very earnestly and soberly she remarked:

"I do wish hens would lay something besides eggs."—*The Progressive Grocer.*

