



Vol. I.

TORONTO, NOVEMBER, 1922

No. 8



*The main business street of Haileybury after the fire.*

## THE FIRE DISASTER IN NORTHERN ONTARIO

**County Town of Haileybury and Other Vigorous and Growing Communities Destroyed by Sudden Calamity. Hundreds of Settlers Lose Their Homes.**

**Ontario Division of Canadian Red Cross Made Prompt Response to Need for Emergency Relief and Took Important Part In Efforts To Alleviate Suffering.**

*"Behold, how great a matter a little fire kindleth!"*

A HALF extinguished camp fire; a settler's slash fire; a spark from an engine; a bonfire in a farmer's field; a long period of warm, dry, windless weather with a gathering pall of smoke overhead; then suddenly a roaring gale fanning the smouldering embers, fusing into one flame a thousand sparks and creating a resistless blaze which leapt with giant strides from tree-top to tree-top through the bush, or ran low upon the ground over the farmer's fields, smothering himself and his family in the wells and root-houses to which they had fled for protection—such in brief epitome is the story of the great fire of October 4th in the district of Northern Ontario lying between Englehart and Cobalt. When

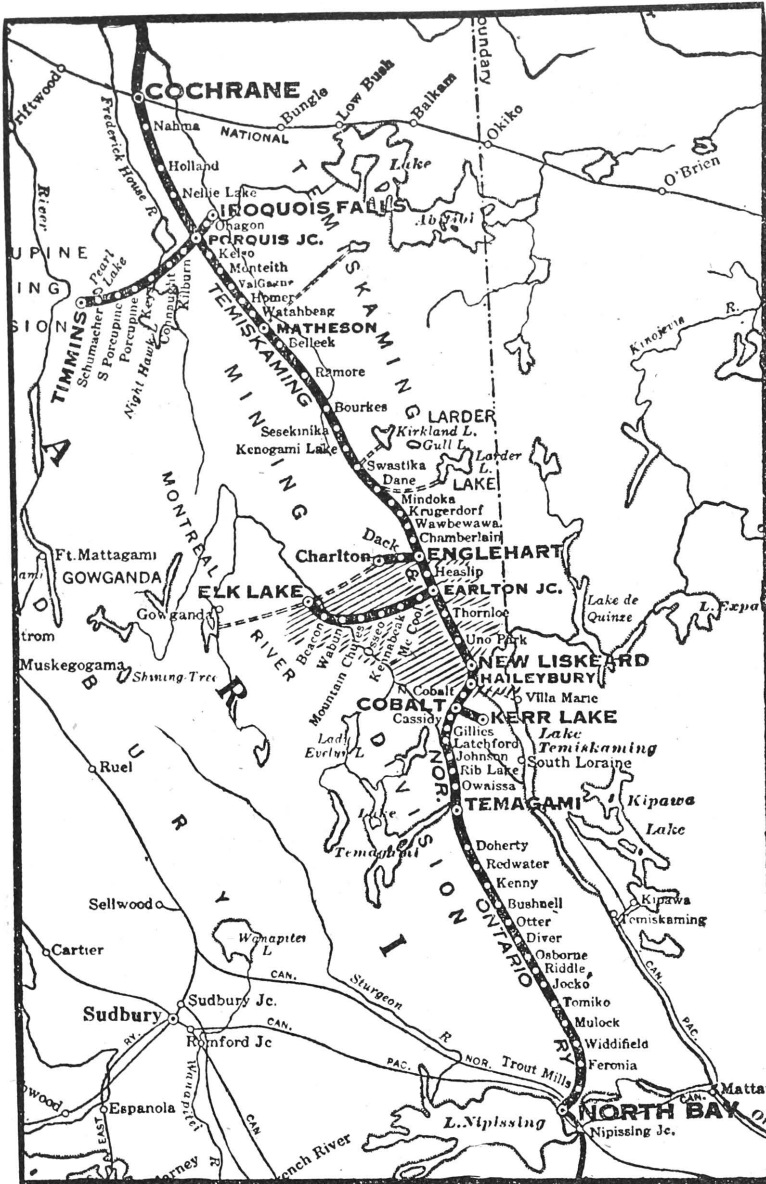
the fire had passed and the blessed rain had dropped from Heaven forty-four persons lay dead, hundreds of cattle were untended in the woods and fields, the lovely town of Haileybury was in ruins and hamlets like Charlton and Heaslip had disappeared from the map. Property of all kinds, worth many millions of dollars, had been destroyed and business life was at a stand still.

The first urgent need was the provision of food, clothing and shelter for some eight thousand homeless persons, many of whom had only escaped death by standing for hours in lake or swamp. Immediate relief was afforded by the nearest towns and settlements. Everybody became "neighbor" to the homeless sufferers. When the wide extent of the disaster became evident, help

was sought from further afield and Toronto, as the capital of the Province, naturally became the centre of relief organization.

The assistance of the Provincial authorities was immediately forthcoming. The Commissioner of the Provincial Police was placed in charge of the affected district and every Department concerned in the disaster was ready to assist along its own particular lines under the direction of the Acting Premier, the Premier having left for the scene of the calamity.

The Northern Fire Relief Committee, made up of representatives of the Government, the Boards of Trade, the City Council at Toronto, and similar bodies, had remained in office since the bush fires of 1916, holding a balance of \$90,000 available for the present disaster. This Committee sat all night, and by the morning of October 5th, had made preliminary plans for forwarding immediate relief. With the co-operation of the Government, the transportation companies and large business firms in Toronto, a relief train carrying stores of food, clothing, tents and other necessities, left Toronto for Cobalt at 10.30 a.m. The personnel on this train included a squad of twenty-three Provin-



*Map of a section of New Ontario showing towns affected by the Haileybury fire. The fire extended intermittently from Cobalt to Dane, a distance of 60 miles. The towns and villages burned were: HAILEYBURY, NORTH COBALT, HEASLIP, CHARLTON, NORTH TIMISKAMING, THORNLOE. New Liskeard and Englehart were partly burned. The damage north of Englehart was not extensive.*

cial Police, a doctor representing the Provincial Board of Health; Dr. Routley, the Director of the Ontario Division of the Canadian Red Cross, and Miss Laura Holland, the Division's Superintendent of Nursing.

At eight o'clock in the morning when the news of the disaster first became known the services of the Ontario Division had been placed at the disposal of the Provincial Government.

Through the activity of the Honorary Treasurer and First Vice President, Doctor Routley and Miss Holland were able to leave Toronto within three hours, each carrying a Red Cross emergency kit, wearing a brassard and provided with a preliminary stock of medical and nursing supplies. A telegram to North Bay secured a further quantity of drugs and another shipment left Toronto the same night.

At North Bay the Premier of the Prov-

ince joined the relief train, and during the night a Committee, of which Doctor Routley was a member, was formed as an emergency organization in the fire zone, to be co-ordinated at a later stage with the plans of the Northern Relief Committee in Toronto. To Doctor Routley was assigned the duty of organizing medical and nursing relief and this position was subsequently confirmed when the organization was placed on a more permanent footing.

Meanwhile in Toronto the officers of the Provincial Division, at the suggestion of the Acting Premier, met in consultation members of the Northern Relief Committee, and were requested to issue a general appeal to the Local Branches for clothing, more especially underwear for women and children, but this was subsequently enlarged to include all kinds of clothing both new and second-hand.

Following this action the duty of or-



*The first Red Cross officials to reach the scene of the disaster. They left Toronto on a special train the first morning after the fire. They are Dr. Routley, Director of Ontario Division of Canadian Red Cross, Miss Holland, Director of Nursing of Canadian Red Cross, and Mr. Fennell, Emergency Assistant.*

ganizing the distribution of clothing was also assigned to the Director of the Ontario Division. He acted in close co-operation with the chairman of the Relief Committee in the fire zone and these two officials lived for the time being upon the relief trains which followed closely upon one another.

The supplies which these trains carried were issued to local committees which had been formed quickly in the centres along the line of the Temiskaming and Northern Ontario Railway.

It was immediately necessary to supplement the staff of nurses under Doctor Routley, and most fortunately the Provincial Red Cross was able, through its enrollment of trained nurses, to secure without delay a staff of highly trained nurses with public health experience, three of whom had seen service in the Halifax disaster. At the time of going to press there were eleven nurses under the Red Cross in the Fire Zone, in addition to a unit of five nurses of the Provincial Board of Health, who were also reporting to Doctor Routley. The nurses of the Provincial Board continued their medical survey of the district, and remained willing to respond to emergency calls. The Provincial Red Cross decided to develop its corps of nurses so that the very valuable family records, which have been secured through the Red Cross family history sheets, by local committees and at the clothing depots, may form the basis of a survey which will be of practical use to the community, and of value as a contribution to the history of disaster relief.

The establishment of two emergency outposts at Englehart and Haileybury was a further development of Red Cross relief, and it was hoped that these outposts would relieve the pressure on the small hospitals at Cobalt and New Liskeard which was caused by the burning of the splendid hospital at Haileybury. At the time of

(Continued on page 4)



# GOOD BUSINESS

The financial loss due to ill-health and preventable disease is a great burden upon modern life. It is largely a needless burden. It can be lessened by the intelligent action of each citizen. PREVENTION is GOOD BUSINESS.

The

## Canadian Red Cross Society

is a voluntary society working under authority  
of a Dominion Government Charter for

### THE IMPROVEMENT OF HEALTH AND THE PREVENTION OF DISEASE.

The Canadian Red Cross has been instrumental in improving the Public Health Nursing Services. It has established nursing outposts; it has employed travelling doctors and dentists for pioneer settlements; it has commenced the organizations of Junior Red Cross; it is distributing health-information to its members throughout the Dominion and is engaged in much other health service of great importance.

### THE SOCIETY NEEDS YOU AS A CONTINUOUS MEMBER; IT ALSO NEEDS NEW MEMBERS

## MEMBERSHIP ENROLLMENTS

are being held by Provincial Divisions as follows:

British Columbia	-	-	-	In Progress
Alberta				
Saskatchewan	}	-	-	Commencing November 1st
Manitoba				
Ontario	-	-	-	In Progress
New Brunswick				
Nova Scotia	}	-	-	In Progress
Prince Edward Island				

# JOIN

# THE



*A contribution of \$1.00 or more qualifies the contributor for annual membership. Members receive this magazine at their post office addresses.*



*Parcels of clothing leaving Toronto Red Cross warehouse for shipment to fire sufferers of Northern Ontario.*

### THE FIRE DISASTER

(Continued from page 2)

writing the work of the Red Cross in the north was developing along three lines: First—the distribution of clothing in co-operation with the Northern Relief Committee; second—the establishment of a medical and nursing service centreing around two outposts; third—a family survey for the general improvement of health, prevention of disease and mitigation of suffering. To round out its work the Ontario Executive asked its Junior Red Cross Committee to lay plans whereby the children of Ontario might play "Santa Claus" for the children in the fire-swept region.

Meanwhile the Divisional Headquarters in Toronto acted as "switch-board," keeping in communication with its staff in the field, with the Northern Relief Committee in Toronto, and with its Local Branches throughout the Province, and answering countless questions from many other sources as to the need for assistance, and making provision for supplying personnel and supplies to fire zone as requisitioned by the Commissioner.

It is difficult within the available space to give a true impression of what this "call to service" has meant to the Ontario Division of the Red Cross. Some of its Officers and Members have felt themselves carried back into the early days of the great war and have felt the thrill of being able to meet promptly and generously a call to patriotic service. As in the days of the war, office hours were forgotten and all the staff became volunteers. Men and women holding important positions abandoned them to serve at the call of the Red Cross and were always available for consultation or for action.

Perhaps the most inspiring aspect of the work was to be seen in the Local Branches. Telegrams were received telling of working parties organized to make infants' clothing

and hospital supplies, of warehouses and shops offered by business firms for the reception and packing of necessary garments, and of the other plans adopted to suit the needs of the various localities.

By mutual arrangement the warehouse opened by the Toronto Local Branch was used for a time for the reception of shipments from outside Toronto, but these premises speedily proved inadequate and the action of the Express Companies in giving free transportation for goods from any organization or individual, if addressed to the Northern Relief Committee or the Red Cross at Cobalt, made impossible any attempt to control the supplies reaching Cobalt, or to insure that the clothing sent forward was suitable for relief purposes. At the time of writing the Ontario Division had secured temporarily the services of Mr. H. H. Milburne, Superintendent of Red Cross Transportation during the war, who also handled Canadian Red Cross relief at Halifax, to assist Dr. Routley in administering these supplies.

At this writing it is impossible to do more than relate action taken or planned. The first stage of disaster relief, that of affording food, shelter and clothing, is only just at an end. It is too early to summarize or analyze the experience of the Ontario Division in this first great disaster which has occurred since its adoption of a Peacetime policy. But Red Cross readers will note that the existence of a semi-official body, such as the Northern Relief Committee, having had previous experience of a similar disaster and holding funds available for use in the present emergency, modified very materially the position and action of the Provincial Red Cross. Among many conclusions gradually assuming shape, one appears peculiarly definite. As in the organization of the Red Cross during the war, so in this first experience of Peacetime disaster relief, the supreme importance of transportation, whether applied to personnel, supplies, or information, looms large; and in considering the development of disaster relief it would be wise for every Division to review its relationship to transportation agencies so as to reduce to a minimum the inevitable confusion which aggravates suffering and retards the flow of relief.

ADELAÏDE M. PLUMPTRE

The illustrations used in this article are reprinted by courtesy of "The Globe," Toronto.

### NURSES ENDORSE JUNIOR RED CROSS

The Canadian National Association of Trained Nurses, at its Annual Convention in Edmonton, Alberta, June 19th and 22nd, this year, passed the following resolution:

"Resolved that the Public Health Section of the Canadian National Association of Trained Nurses endorses the policy of the Junior Red Cross of Canada and would recommend that Public Health Nurses give their support whenever possible."

This resolution was heartily carried by the general meeting and may be taken as an indication of the approval of all graduate nurses, of the aims and policy of the Junior Red Cross.

Membership in the Red Cross enables everybody to participate in the promotion of national health.



*Fire sufferers awaiting registration and supplies. The writing on the bulletin board says—"All fire sufferers must register upstairs." The Canadian Red Cross Emergency Relief forms were used for all registrations.*



## A BETTER UNDERSTANDING

**Sir Claude Hill, Director of the League of Red Cross Societies, Is Hopeful of the Good Influence of the Red Cross Federation of National Societies in the Service of Humanity. Some Notes on His Visit to the Canadian Red Cross.**

ON OCTOBER 2nd and 3rd the National Office of the Canadian Red Cross Society was honoured by a visit from Sir. Claude Archer Hill, Director of the League of Red Cross Societies. Sir Claude was received by Colonel Noel G. L. Marshall, President of the Canadian Red Cross and Dr. Jas. W. Robertson, Chairman of the Council and Executive, and after some conferences and personal interviews, proceeded to the King Edward Hotel, where he addressed the members of the Canadian Club. Sir Claude gave concise exposition of the Red Cross in its personal, national and international aspects.

In the course of his address he gave his hearers the reassuring message that:

"At the present time in Continental Europe the position of England and the reputation in which she is held is higher than at any time in England's past history."

Continuing he said: "Such a situation of necessity demands or imposes certain responsibilities and I believe that the British Empire at the present time has responsibilities of more far-reaching order than those which are the part of any other nation in the world, to set an example of putting its own house in order and to assist the remainder of the world in its appalling task of reconstruction."

Sir Claude Hill then gave a brief outline of world conditions and showed the great necessity for the existence of national Red Cross Societies.

He pointed out that at the formation of the League of Red Cross Societies it was decided that

"It should be the object of all National Red Cross Societies to develop, as far as possible, popular membership of their Red Cross Society in order that as many people as possible in their country may be personally interested in the peace-time programme. The main purposes are the education of everybody as far as possible in the means of avoiding the avoidable misery and avoidable sickness."

"Now, to a gathering of this kind," said Sir Claude, "I think it might be relevant to point out that this policy of instructing the people to take advantage of all the discoveries in science of health which have so far outstripped their utilization, is not only a philanthropic work but it is directly aimed at the economic uplift and the reconstruction of the world. Very few people willingly suffer from bad health but a great many people inadvertently fall into bad health through sheer ignorance of how to avoid it. It is that which we wish to remedy and to avoid if possible through the agency of National Red Cross Societies."

"It may be of interest to you to know that last November the Secretariat of the League were asked to meet the Interna-

tional Labor Bureau at Geneva at their annual session, to explain the programme of peace-work. Lord Burnham presided and at the conclusion of our exposition, in summing up what we had told the Assembly he said it was clear to him that it would be to the interest of Labor organizations and Employers' organizations throughout the world to interest themselves in the National Red Cross Society of their country in order that through the agency and educational machine which it is hoped to evolve within the National Red Cross Society, the members of such organizations may learn how to avoid that sickness which is such a burden upon the health of the community in normal times."

### VALUE OF VOLUNTARY EFFORT

Referring to the value of voluntary effort in the cause of health, the speaker said:

"There is a fundamental need that the general tax-payer, as represented by the government, shall be interested in and shall desire to see recognized the voluntary work as an indispensable aid to official endeavor in the field of public health."

Turning to another aspect of the great federation of National Red Cross Societies, Sir Claude said:

"Statesmen have been holding conferences and all sorts of endeavors have been made in Europe during the past three years to arrive at some basis for the general reconstruction of the Continent. Hitherto there has not been that gratifying success for which one might have hoped but usually the break-down has occurred through misunderstanding. From that point of view, may not the International Red Cross through its international relationship between national societies, eventually break down the misunderstandings and the ignorance of one another which characterizes nations?"

### A COMMON CAUSE:

"Since there are forty-two nations united in federation for peace-time work in the cause of public health, meeting to discuss with one another various proposals bearing on public health, industry and so forth, may not that gradually result in an improvement of understanding and relationship between the different countries concerned?"

"I confess that I have the temerity to hope and believe that the International Red Cross has a mission even greater than the mission of enabling people to take effective advantage of health measures and that greater mission is the bringing about of the better understanding of one another, which alone can break down the misunderstandings which in the long run lead to war. In fact the National Red Cross Societies may become a very great influence in

the cause of the peace and brotherhood of mankind."

Referring to the Canadian Red Cross, Sir Claude regarded it "as probably the most efficient in the world. I say so," he continued, "in no spirit of flattery but because in the headquarters of the League it is commonly said that the health propaganda which we see from Canada is quite admirable and gives us most of the hints which we pass on to other societies. Further the spirit which enabled Canada to raise such enormous sums during the war for the relief of suffering is continuing and is gradually adapting itself to the same purposes in relation to peace. Therefore from this point of view I say that the Canadian Red Cross in many aspects seems to me to lead the world in the matter of peace-time Red Cross development."

On the evening of the same day Col. Noel Marshall entertained Sir Claude Hill and other distinguished guests together with members of the National, Ontario and Toronto executives and staffs at dinner at the York Club. On this occasion Sir Claude gave an intimate account of the workings of the League. Short speeches were made by Sir Edmund Walker, president of the Canadian Bank of Commerce; Sir Robert Falconer, president of the University of Toronto; Dr. Jas. W. Robertson, Dr. Hastings, Medical health officer, of Toronto and Mrs. H. P. Plumptre, president of the Ontario Division.

Sir Claude proceeded to Washington to address an American Red Cross conference. He was accompanied by Mr. H. Barton, the League's director of Junior Red Cross.

**Good health for all is the aim of the Red Cross. Become a member and help.**

Some raw foods such as fruits and salads have things in them that are good for you. These things are in some cases lost in cooking. For this reason, you should eat some raw foods each day.

Some of the best foods are fruits, boiled milk, sour milk, potatoes, bread, vegetables, and nuts, if they are well chewed.

**Great results are achieved when many people, animated by a noble purpose, pull together for a great cause. Join the Red Cross and pull for a high standard of national health.**

### AN OUTSIDE VIEW OF CANADA

"Our friends the Canadians are prosperous and booming. Their money is at par, their crops abundant, their railroads are running, and efficient. Strikes don't tie them up. They have excellent government, resources practically unlimited. A great empire is growing up there to the north, destined to be greater than all the British Empire as it stands now. And this country is glad of it. A good pacemaker is a good thing."—From the *Detroit Times*.

The improvement of health and the prevention of disease are worthy national aims. Help the nation to realize them by becoming a member of the Red Cross.

## SUNNY ALBERTA

Springtime on the Prairie and the Springtime of Life as Manifested by the Junior Red Cross

**S**PRING time in Sunny Alberta! Sunrise on the prairie! Bon jour, Mr. Man-from-the-City. Awake from your slumbers! Come out and greet the morn! What, you will not? You never rise till 8.30 in Calgary? Sir Sleepy-head, you are far from artificialities of town life here, down on the farm, where we do not turn night into day, and day into night.

### THE MORNING

Out here, we are sun-worshippers and life is timed by nature's great time-piece. Hark! The Lark at Heaven's gate sings! No, you stupid creature—Not the English sky lark, but his cousin the Canadian meadow lark. Hasten, or you will be too late for Turner's sky effects. Don't you remember exclaiming over his canvases in the Turner Gallery in London? Look! Have they not come to life in this opalescent dawn? To us prairie dwellers God sends sky scenery, night and morning, and he who misses the beauty of the Lord in the pearly grey dawning, misses more than he knows. Listen! Someone is singing—a child's voice in the garden, fresh and clear, "God's in His Heaven, all's right with the world!" Sing on, little Pippa, this Old World needs thy child-like faith! Sing on, in the happy abandon of innocent childhood!

Ah, here you come, dear stranger, in time to see the pearls change to rubies overhead. Look, how "ilka blade o' grass has its ane drap o' dew."

"Earth's crammed with Heaven

And every common bush afire with God,  
But only he who sees takes off his shoes,  
The rest sit round and pluck blackberries."

No, sir, Mrs. Elizabeth Barrett Browning was not fanciful—she uttered a deep truth in those lines. What did you say? "Earth's crammed with Hell to those who care to look." Granted, Thou hole-in-the-doughnut, but thank God, the fight's still on, and they that be for us are more than those that are against us.

### BREAKFAST

Have a good breakfast, and you'll see things straight afterwards. Glad you like the fruit. We bought it from the Red Cross Bazaar—home-canned by an expert farmerette on the next farm to us. Take lots of cream with your porridge. We're a' Scotch here, and actually brought that parritch spurtle frae the Land o' Cakes ten years ago. Home made bread and home cured bacon—a breakfast fit for a king you say? Yes, there are some compensations for living the simple life on a farm. After all one does know just what one eats. There's the school bell ringing! Come children, hurry up, else you'll be late. Shall we go along too, did you say, as it's your Red Cross day, and the public are invited to be present? Yes, indeed, we would like to see the Juniors in harness.

### AT SCHOOL

Here we are at the school building—a crowd of youngsters are falling into line, left, right, march! All are in order at their desks. The children rise to greet us. Here comes the doctor with his hands full of specimens. He is giving a Red Cross lecture to-day. On the board he draws a skeleton. Each child sits eager with note book and pencil. As the medical man proceeds with our "fearfully and wonderfully made" bodies, the children listen, awestruck. They had not known they were of such marvellous machinery. A new reverence is bred within, as they realize "what a piece of work is man." Yes, it is practically the Junior course of instruction in First Aid.

### PRACTICAL TEACHING

When they have learned of their bones, muscles and arteries, they will study the methods of stopping bleeding, of the first aid treatment of a broken bone and making temporary splints, and carrying an injured person. All very useful information to farm folk who are subject to many forms of accident with farm machinery or runaway horses or obstreperous cattle. They will learn also the mode of using the triangular bandage, and how to treat the apparently drowned or suffocated persons, or scalded or burned, or persons in fits or fainting.

### THE BABIES

Here are the girls ready to march down to the little Red Cross Hospital to their baby-welfare class. A dear, tiny morsel of humanity is to be bathed and dressed this morning. The girls stand round in class, taking mental notes of the best way of handling a baby from birth. If you have ever seen the foreign born mothers wrap their infants up like a parcel, binding down the arms and legs in bandages, you will realize the need of teaching their children different methods from those in vogue in Russia and Poland. Do you see the faces of the Red Cross girls glow with interest and delight as the little pink rosebud is tenderly lifted out of the bath by the skilled hands of the nurse? That is the dawn of mother love shining in their eyes, proclaiming that human nature is ever the same, and though woman may advance and progress along strange and new lines, still she is only supreme as the Mother of the World, the creator and preserver and guardian of the nation in its infancy.

### HOME HEALTH

Next month these girls will return to learn how to wash and dress sick persons—how to disinfect and ventilate bedrooms, change sheets and make poultices and many other duties that every wife and mother must know if she is to be an efficient mistress of a home. Yes, the girls marry early on the prairie. Usually in

their early teens, and perhaps one of the tragedies of married life is the unpreparedness for maternity. Those in the seats of the mighty who planned our educational curriculum evidently ignored the fact that the knowledge of the duties of marriage and motherhood are women's rights—that the necessary information does not come by instinct after the parson has tied the knot, but should be taught in our schools as a preparation for life itself. Too many of us think of ourselves as under dispensation with laws only for our souls, overlooking the fact that our God given bodies are governed by a complete and perfect code of laws.

### TRUE TRAINING

Ruskin says "Education is not the teaching the youth the shapes of letters and the tricks of numbers, and then leaving them to turn their arithmetic to rogues, and their literature to lust. It is, on the contrary training them into the perfect exercise and kingly continence of their bodies and souls." How true this is, those of us who have worked amongst children, and teenage boys and girls know only too well. If we fail to educate in the true sense before a child is 14 we inflict an irreparable injury upon the country of the next 50 years. Let us thank God that the Junior Red Cross of the world has caught a glimpse of the great and crying need of the age, the need of guiding into right paths the little feet of the children, for on its little children's feet the nations march forward. What, you say, is it a system of education and a religion in one? I say it is. The Junior Red Cross sets out to produce a radical change in human behaviour, a change basically religious. It will become a revelation of God to this generation—for will it not emphasize the fact that to fight is to make a wrong use of force, and will it not teach the peoples through the children the guiding principle of brotherhood, doing so in the natural order of progression, through the individual first thence to the family or families, then to the nation, and thence to other nations?

### JUNIOR CITIZENS

Our Junior Red Cross is an excellent training in the duties of citizenship. Stay and see our Juniors conduct their own business. A young girl is in the chair. She has the gravity of a Prime Minister. Another by her side is the Honorary Secretary, and the Chancellor of the Exchequer. How earnest every one looks—they feel the sense of their responsibility. They are grave little people to-day with many important matters to decide. The meeting opens with a short speech from the chair, after the reading of the minutes and correspondence. Here is a letter from the School Inspector calling attention to a foreign child who needs operative care. Will the Juniors take up the case? They study the pros and cons. Consult their bank account, and turn to ask the Senior Adviser's opinion on the subject.

Yes, all hands go up when the motion is made, and seconded by the boys, that the Junior Red Cross take the little girl in hand, and have her made whole at the Hospital. "Inasmuch as ye did it." Nay, but your eyes are dim with tears—come,



come, it is a time of rejoicing this, to see that the deep truth of the "inasmuch" has entered into the souls of the young.

You are deeply touched with the strange admixture of modesty and strength of character shown in the conduct of their meetings. Let us be glad of these opportunities to indelibly mark their lives with the spirit of service. "*Ich Dien*" (I serve) will be the master key to open all doors.

#### AT ALTARIO

You remember at the Calgary Museum noting with amazement the imprint of fern leaves, etc., that fell on the soft clay ages ago. How perfectly every feature, vein and line is preserved. So in the great Book of Life shall be read in the ages to come by men and angels the lessons of love and service, of self-sacrifice the Junior Red Cross teaches its children. This is no figment of the mind that I tell you, reader of mine, it is just a leaf out of the

history of the Red Cross in the village of Altario, 300 miles away from the city. We shall be glad to see you in our town if you care to come, and we shall show you the Hospital which the girls and boys helped to build by their funds from concerts, etc. We shall show you our little patient who is cured and on her way rejoicing, and tell you other stories of what we have done, and what we are hoping to do.

Don't you like the story of the observant farmer who remarked once that he admired the cock not for his crow, but for his spurs that backed up his crow? We have crowed about our Juniors, but that is not all, our spurs are our ability to deliver the goods and to show you practical results of our program of healing. These children are helping to put the "Can" in Canada in matters of health, for the Arabian proverb is true, "He who has health has hope, and he who has hope has everything."

M. H. CONQUEST

## THE SMOKE NUISANCE

**Bulletin of Winnipeg Health Department Asks Its Citizens To Consider Public Welfare and Prevent It. Co-operation of Citizens More Effective Than Enforcement of Laws.**

THE Winnipeg Health Department publishes monthly an interesting bulletin, not too long, well prepared and containing in each issue some health topic or topics of popular interest discussed in a very readable way. One such bulletin is before us and it deals with The Smoke Nuisances in cities.

It says:

"Winnipeg, with its cheap power, should be a city of electrically driven machinery and appliances, and no smoke should be visible from the remaining heating plants if adequate precautions are taken. Do those persons who continue to violate the provisions of the Public Health Act realize that:

By allowing smoke to escape from their power plants they increase the cost of production; that a saving of twenty per cent. might be effected by obtaining maximum fuel and boiler efficiency, and this may mean an appreciable increase of business; that a great saving may be made on overhead charges relative to heating?

"These smoky chimneys are responsible for vitiation of the atmosphere with objectionable carbon, sulphur acids and tar, and also cause defacement and consequent expense in cleaning of exteriors and interiors of buildings, damage to merchandise by soot deposit, soiling of washing clothes, and amongst other items, creating an atmosphere detrimental to the health of citizens generally.

"The increase of the prevalence of fog and the obscuring of the beneficial effect of the sun's rays must not be overlooked.

#### THE FORCE OF EXAMPLE

"If any such person responsible for creating a smoke nuisance considers the above, could he conscientiously state:

That he had the interest in com-

munity welfare that a true citizen should have.

That by his action he is setting an example to others in obeying the law.

That as owner, agent or manager he is acting in a conscientious manner to promote economy by inducing over-all efficiency.

"What would happen to an employee who persisted in ignoring his employer's orders in the same way as the employer neglects to comply with the Provincial Legislation?

"Every citizen should be interested, amongst other things, in having a clean city. We are of opinion that there would be no visible smoke if the persons responsible took adequate precautions.

#### CONSIDER PUBLIC WELFARE

"Unfortunately, the law does not give us jurisdiction over locomotives, but recent interviews with officials of the Railway Companies lead us to expect that considerable nuisance will be eliminated in the near future, especially from roundhouses, and that even without legislation, consideration will be given to the public welfare. Such action is becoming more and more general amongst the larger business institutions who have at heart the comfort and well being of the community generally.

"A person is entitled to carry on his business compatible with the law. Others, from our viewpoint, are entitled to breathe uncontaminated air and be free to continue their daily work without experiencing nuisances created by non-law-abiding citizens.

"We would emphatically and respectfully request that all violators of the Public Health Act take prompt and effective measures to abate such nuisances."

The Bulletin also recommends to factory

owners and others the course to take to investigate the best means of consuming fuel in order that it may give off but little smoke.

The remarks in the foregoing article may well be taken to heart and applied by all who are interested in the Crusade for Good Health.

## HOME AT LAST

**After Eight Years of Separation Members of Polish Family In Saskatchewan Reunited Through the Efforts of the Red Cross.**

THE RED CROSS pays no particular regard to the immense size of the world. In peace or war, whenever or wherever a useful task confronts it, it goes right ahead and does it in spite of the difficulties of distance.

After eight years of separation, during which his wife and daughters have undergone hardships and misery in Poland, John Marusich, employee of the city engineering department of Saskatoon, Saskatchewan, and his family have been reunited. The happy meeting was the result of the work of the Red Cross Society.

Through all the time of separation the husband struggled on, hoping against hope for news of the loved ones he had left behind in Russia in 1914. Until last year he had heard nothing of their fate. Then a letter from a brother who had escaped from Russia into Poland re-established communications between the father and his family. The chain of communications by means of which the members of this family were reunited was as follows: Mr. W. F. Marshall, Field Secretary of the Saskatchewan Division of the Canadian Red Cross, who communicated the facts to Mr. W. F. Kerr, Regina, Commissioner of the Saskatchewan Division of the Canadian Red Cross, who forwarded particulars to Dr. A. H. Abbott, General Secretary of the Canadian Red Cross. Dr. Abbott communicated with the League of National Red Cross Societies at Geneva and they, in turn, passed the information on to the Polish Red Cross which searched the country until it found the missing members of the family. Then began the work of getting passports, of preparing for the journey, of the necessary examination for immigration purposes and all other of the many details incidental to a long journey. Finally this was completed and the happy people joined the head of the family at Saskatoon.

#### MODERN

Neighbour—"Why do you look so tired and sleepy, Millicent?"

Little Millicent—"Oh that new baby at our house—he broadcasted the whole night long!"—*Farm Life*.

**Work for individual, community and national health. Join the Canadian Red Cross and renew your membership each year.**

**Help your Provincial Division in its Health Campaign:**

- (1) By continuing your membership;
- (2) By helping it to get new members.

# THE Canadian Red Cross

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

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

CANADIAN RED CROSS SOCIETY

National Office:

410 Sherbourne Street — Toronto, Ontario

Vol. I.

NOVEMBER, 1922

No. 8

## AN EMERGENCY CALL

ONCE again has fire laid its devastating hand upon some of our Canadian communities and again, as has always been the case in the Dominion, the fellow citizens of the sufferers have shown in deeds rather than words their ready and practical sympathy.

As most Canadians are now aware, the stricken district was in New Ontario and several of its vigorous young towns and many farm homes were either wiped out of existence or severely damaged. More than 8,000 people were rendered homeless and it will require the construction of nearly 1,700 temporary homes to shield the sufferers from the rigours of the winter now imminent.

So sudden and so swift was the destruction that most of the people had time only to flee before the devouring flames and to save nothing but the clothes which they wore. Sadder still is the fact that more than forty persons were unable to escape and perished.

The Canadian Red Cross feels deeply the sadness of such a calamity. At the same time it is confident that its members throughout Canada will take satisfaction in the fact that its Ontario Division was able to take an important part in the relief efforts that were speedily entered upon. Thanks to the emergency disaster relief organization effected by the National Society in co-operation with its provincial divisions early this year, the disaster found the Ontario Division prepared, and by virtue of its preparedness, it was able to render most effective aid to the provincial authorities in their efforts to mitigate the suffering caused by the unhappy event. The completeness and efficiency of the Red Cross organization was apparent to the Provincial authorities at first sight and was immediately accepted by them. The Ontario Red Cross Director was at once placed in charge of the Nurs-

ing and Medical relief and also of the intimate task of working in co-operation with the local committees in the distribution of clothing, the registration of individual sufferers from fire and compiling the necessary facts concerning their condition and losses.

Of the after results of the great fire the most gratifying to the Red Cross was the speed with which the local branches of Ontario awakened and responded to the call for service. Some branches which had not been active since the war work ceased, responded at once with offers of service. Such readiness to be of assistance showed that the splendid spirit which had developed in members of the society during the war is still alive, and is still animating the lives of those who in the dark days of armed conflict were enrolled under the Red Cross banner.

## THE NECESSARY ACTION

In this and in the preceding two issues the Canadian Red Cross has placed before its members the need for and the merit of a strong Red Cross Society in Canada. After three years of peacetime work it can point not only to hopes for the future but to deeds already done in the new field of endeavour for health. We feel that both of these aspects appeal to our members and to the Canadian public. If they win your thought and consent let them also have the much-prized value of your action. If you are a member, rejoin the Red Cross and if you are not already enrolled, give your name and contribution to the nearest local branch or canvasser. The need is great and you can help to fill it.

## AS OTHERS SEE US

By ALLISON CRAIG in "Manitoba Free Press"

It has become a commonplace, albeit a glorious one, to recall the work of the Canadian Red Cross during the Great War. The announcement this week that the story of that effort is to be recorded is, however, a timely one, for it contains one of the finest pages of Canadian history. That work was not only a contribution to the war, it was a story of self-sacrifice, gladly undertaken, of selflessness achieved without a struggle, of pain transmuted into the beauty of easement of another's pain.

This week I sat in at the meeting of the council of the Canadian Red Cross. It is an experience which one would recommend to any of our leading pessimists. All of Canada with the exception of Prince Edward Island—was there—a confederation of the family.

The Red Cross to-day is not the shadowy ghost of war effort.

It is a more mature, more considered, more deeply thoughtful Red Cross of peace. Perhaps in this is carried a hint of a new day which will see in the combats, defeats and victories of peace, not only a "moral equivalent" but a stronger, more human-sized effort, than that involved even in the mighty sacrifices of war.

The men and women delegates gathered were types of the best Canada has to offer, everyone of them persons who do things. And there was no whit of condescension to the effort before them, but rather an emphatic zest for the work in hand. We emphasize this that the thousands of members of the Red Cross scattered over the Dominion may know that this enterprise of theirs is conducted in no perfunctory manner, but has the benefit of the same business skill and business enthusiasm that is at the service of any of our successful commercial houses. It has something more too—something that Canadians, diffident beneath their veneer of confidence hesitate even to name—"a light that never was on land or sea."

One cannot touch on personalities at such a meeting, except to say that the Chairman, Dr. Jas. W. Robertson, through his grave purpose, mastery of detail, breadth of view and understanding,



both of the head and heart variety, gives the Council a leadership worthy of its personnel.

To me there were two things most significant of the meeting. One was the reality of the Dominion bond and the other was the fine efforts recorded from each and every province. Canadians are gradually being educated beyond the sectionalism of provinces and that education is coming largely through meetings of Canadian-wide organizations.

Much of the work of the Dominion executive is educative and along that line the delegate from Halifax observed, "What the Red Cross wishes to do is to awaken the public consciousness to the possibility of and the desirability of health for everybody."

### THE RED CROSS SOCIETY

*From the "Morning Leader," Regina, Sask.*

A STORY of splendid achievement is told in the reports presented to the directors at the annual meeting of the Saskatchewan Division of the Canadian Red Cross Society held in this city yesterday. Cold figures are a poor medium through which to attempt to show the amount of work done by the Society. Yet a few figures are worth quoting. The amount paid out in relief by the Saskatchewan Division last year was \$71,308.50. The nursing service maintained and the medical relief afforded by it cost \$12,845.26. The maintenance of the junior department required \$13,957.42. The Red Cross Lodges at the Fort Qu'Appelle Sanatorium and Earl Grey Hospital cost \$1,008.62 to operate. On supplies and grants for the comfort and entertainment of soldier patients \$3,637.37 was spent. The sum of \$15,000 was turned over to the British Empire War Relief Fund.

These items have to do almost entirely with relief of one sort or another—with the correction of conditions that already exist. The Red Cross does a tremendous amount of work of that sort; but far more lasting effects will be felt from the educational work it is carrying on with a view to preventing the necessity for medical relief arising. One of the greatest tasks to which the society has set its hand is the diffusing of knowledge as to what can be accomplished by prevention and by combating disease in its incipient stage. The Junior Red Cross has enlisted the interest of young people and children along these lines, with the result that the next generation of citizens in this province will arrive at maturity with a sound fundamental knowledge of many things their parents and grandparents never knew.

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

### A NEW PAGE

*From "Halifax Herald"*

The Red Cross Society is writing a new page in the public health history of the world; and the Nova Scotia Division is leading Canada in a highly creditable constructive campaign. Within a few

years we will all point with pride to what has been accomplished, and to a properly supported, skilled staff of municipal and provisional health officials; and the inevitable result, a rapidly declining sick rate and death rate. Possibilities of the Red Cross in peace-time are infinitely greater than its admirable work in war-time.

### THE LADS WHO ARE PAYING STILL

*By R. O. SPRECKLEY*

We who unscathed in wind and limb  
Came back from out the fight  
Secure in mind and body, with  
The blessed gift of sight,  
But little reck now of the price  
To war's infernal mill  
That's hourly paid each lifelong day  
By those who are paying still.

We see them limping down the street  
Devoid an arm or limb,  
A lad who's blind, led by the hand,  
Will smile, though sad and grim.  
And lads whose wounds no eye can see  
Will smile through grievous ill.  
'Tis hard for them to e'er forget—  
The lads who are paying still.

And yet they'll greet you with a smile,  
I've seen it oft before,  
I saw it in the old front line  
In those fierce days of yore;  
The boys who at the parapet,  
Who by the star-shell's glow  
With grim and gallant courage kept  
Their gaze towards the foe.

The lads who shoulders rubbed with death  
By night as well as day,  
Who laughed at mud and lice and dirt  
Encountered on their way,  
They gave the selfsame smile before  
Brave mirror of the mind  
Worn by our bravest and our best,  
The lads we left behind.

When we are discontented  
What shame we all should feel  
To think of the matchless courage  
Such gallant lives reveal;  
What tongue can praise the dauntless mind,  
What words of tome or quill  
Can voice the priceless valour of  
The lads who are paying still?

Though war be but a memory,  
A nightmare of the past,  
And in the quiet paths of peace  
Our happier lot is cast,  
Yet must we e'er remember  
The lads who foot the bill,  
The gallant lads, the glorious lads.  
The lads who are paying still.

# THE CENTRAL COUNCIL IN THE WEST

**Representatives of the Canadian Red Cross Divisions Held Semi-Annual Meeting at Winnipeg. A Unified and Enthusiastic Gathering. New By-Laws Necessitated by Amended Charter were Adopted. Each Division to have Three Representatives upon the next Council. Summary of Important Decisions.**

**A**T NO Central Council Meeting since the commencement of the Peace-time programme, has there been manifested such unity and enthusiasm as were noted at the semi-annual meeting held October 10th and 11th in Winnipeg. Reports of the Provincial Divisions indicated that the Society's opportunities for service are gradually expanding. This gave general satisfaction and prompted the feeling that public and official appreciation of the value of the peace-time programme is steadily increasing.

The sessions were opened on Tuesday, 10th of October, by the President of the Society, Colonel Noel G. L. Marshall, who, with his characteristic cordiality, in a few words made the delegates feel at home and happy to undertake the deliberation of the important matters which confronted them. Colonel Marshall took the opportunity of expressing his thanks to the delegates for the honour of his election to the Presidency of the Society.

Following the President, Mr. M. F. Christie, President of the Manitoba Division, extended a hearty welcome to the delegates. His Division, he said, felt honoured in having the Central Council Meeting and he hoped for its success. It would be an added incentive to the western members to continue and enlarge their interest in the peace-time programme.

The sessions were conducted by Dr. James W. Robertson, C. M. G., Chairman of the Council and Executive who, speaking to the opening address of Colonel Marshall, mentioned how much the Society and all the people of Canada appreciated his self-denying war-time service. He thanked the Manitoba Division for the excellent preparations and hoped for a satisfactory completion of the business in hand.

In that the matter was of great concern to the future of the Society, the adoption of the by-laws and regulations arising out of the amended charter may be considered of significant importance. In these new by-laws which are designed to facilitate the Society in working out its peacetime programme, two items may be mentioned.

## PROTECTION OF NAME AND SIGN

The first is the question of protecting the name "Red Cross" and the insignia (the red cross on a white ground) of the Society. Upon this question the delegates were enlightened by the opinion of Mr. Norman Somerville, honorary legal adviser of the Society, who sent a written statement of the Society's position. In future only the Canadian Red Cross Society, The St. John Ambulance Association and Brigade and the Militia Department of Canada will have the right to use and display the Red Cross on a white ground. This

is a matter of such importance to the Militia Department that it will assume responsibility for any legal action should it become necessary.

## THE NEXT COUNCIL

The other item in the by-laws meriting special mention is that defining the composition of future Central Councils. In these the Divisions will appoint three members each. The charter defines that

"The governing body of the Society shall be a Central Council consisting of the Past Presidents of the Society, the President, the Honorary Secretary, the Honorary Treasurer, and not more than forty other members of whom not more than thirty shall be appointed by the Provincial Divisions of the Society and not more than ten members elected by the Central Council."

This new representation of Divisions will go into effect at their next annual meetings when the delegates will be elected.

## THE GOVERNOR-GENERAL

During the second day's session the Council was honoured by a visit from His Excellency, Lord Byng, Governor-General of Canada, and Lady Byng. Owing to a well-filled programme arranged for his public visit to Winnipeg, His Excellency was unable to spend much time with the delegates. He found time, however, to express cordial appreciation of the work of the Canadian Red Cross in its various spheres and to hear statements of the work of the Manitoba Division and the Saskatchewan Division as stated by Mr. M. F. Christie and Mr. W. F. Kerr respectively. In a short address, His Excellency stated that he did not feel sufficiently expert in Red Cross matters to give advice. He would only offer one small suggestion of a constructive nature. He stated that at the close of the war he had been placed in charge of the administration of the Canteen Funds of the British Army and before taking any steps towards deciding in what way those funds should be used he consulted the British Red Cross. The advice he received was to the effect that the establishment of a number of Rest Homes for soldiers and soldiers' children was the best way of putting such funds to use. In making this suggestion His Excellency referred to the fact that the Canadians' share of the Canteen Fund amounted to about £100,000.

## FOR FIGHTING TUBERCULOSIS

The Chairman of Council called attention to the excellent work which the Canadian Tuberculosis Association is doing

with a view to eliminating that serious disease. He outlined in detail the steps which that Association was taking toward the desired end and referring to its need of funds to continue its work, recommended that a special grant be made to it of \$10,000. The Council approved of this action and passed the grant.

## DEER LODGE HOSPITAL

An application was made by the Winnipeg Branch of the Manitoba Division for authority to enter into negotiations with the Militia Department with a view to co-operating with that department in the control of the Deer Lodge Hospital. The motion was made by Mr. J. C. Waugh, who explained that the Tuxedo Hospital, another military hospital, had been closed and a concentration of the local military patients had been made in the Deer Lodge Hospital. The Council accorded the necessary authority. It is likely that negotiations with the Militia Department will be continued forthwith.

## A RED CROSS HISTORY

The importance of the preparation and publication of a history of the war work of the Canadian Red Cross Society was strongly urged upon the Council by Mr. J. C. Ridington of British Columbia. Mr. Ridington pointed out that the Red Cross work during the war was a very important part of the history of Canada and a well-written, readable history should be available for all members of the Society who wish to consult it and for the purpose of supplying public and reference libraries with an authoritative account of the Society's work during the war. Council passed a motion recommending to the Executive early action in this matter.

Upon the subject of Junior Red Cross, Council went on record with the following resolution:

"The Council of the Red Cross Society of Canada wishes to express its sincere appreciation of the general and sympathetic co-operation of Departments of Education and Teachers throughout Canada in their approval of, and in their carrying out of the programme of the Junior Red Cross, which has for its object, healthy, happy childhood, and the Council desires to commend earnestly to all leaders of education in Canada, the Junior Red Cross movement as a means of improving health and developing good citizenship in our children."

The Council was addressed by Major Parkinson, Deputy Minister of Soldiers' Civil Re-Establishment, who reviewed the progress that had been made in arranging



with provincial Divisions for taking over the control of workshops for sub-standard ex-service men.

Before concluding its sessions the Council, upon the motion of Lady Drummond, passed a unanimous vote of thanks to the Manitoba Division for the "thoughtful and efficient arrangements" that had been made for holding meetings and for the cordial hospitality that had been extended to the visiting delegates.

Recognition of the valuable help of the press was passed upon the motion of Sir Richard S. Lake, seconded by Mr. McDonald of Fort Qu'Appelle, "that this Central Council of the Canadian Red Cross Society expresses its appreciation of the press at Winnipeg in their attentiveness and generous allotment of space for the purpose of presenting the accounts of these sessions to the public, and to the newspaper proprietors, editors and reporters of Canada for the ready support they have given the Red Cross Peace-time programme for health."

There was a good attendance at the sessions and all Divisions were represented except Prince Edward Island.

In the evening of Tuesday, October 10th, the delegates were entertained at dinner at the Motor Country Club, which is now quartered in lower Fort Garry, one of the historical buildings of Winnipeg. Short speeches were made by M. F. Christie, who was the host, by Colonel Noel Marshall, President of the Society, and by Dr. James W. Robertson, who thrilled his hearers with a most magnetic speech in which he dealt with many matters of social advancement in Canada and graphically portrayed the evolution of the higher type of man from his primitive progenitors.

## AT LANG BAY

ON JULY 6th, 1922, a forest fire struck southward from Myrtle Point, British Columbia, and inflicted great loss on the settlement of Lang Bay. The British Columbia Division of the Canadian Red Cross Society at once decided to investigate conditions and despatched to the scene Mr. John Ridington, a member of the Council of the British Columbia Division, who was accompanied by Mrs. Anna Stabler, Director of the Nursing Service of the Canadian Red Cross Society in the Province.

The representatives of the Red Cross took with them eight sacks of clothing and other relief supplies. They found that a number of settlers had lost everything except the clothes in which they stood and even they were unfit for wear on account of being torn and burned by days of continuous fire fighting. Children were shoeless and men and women were without underwear. The Red Cross representatives personally visited the home sites of the burned-out settlers and confirmed the need for immediate and effective relief. The Provincial Government's first measures for relief consisted of the provision of food through the local constable and forestry officials. The local relief organization consisted of a committee with John Young, senior, local postmaster, as chairman, and John Gilfoyle, a returned soldier, as secretary.

Upon their return to Vancouver, the Red Cross representatives made known the



### A CENTRAL COUNCIL GROUP

Front Row, Left to Right—Judge Reginald Rimmer; Mrs. H. Fleming; Colonel Noel G. L. Marshall—Colonel G. G. Nasmith, C. M. G.; His Honour, Dr. Brett, Lieutenant-Governor of Alberta; Dr. Jas. W. Robertson, C. M. G., Sir Richard Lake.

The following members of the Council—some of whom are in the photo—also attended the meeting—C. B. Allan, Lady Julia Drummond, Mrs. P. M. Fielding, Mrs. C. M. deR. Finnis; Mrs. W. M. Graham; W. D. Galvin; P. H. Gordon; F. J. L. Harrison; David Law; J. A. Machray; H. E. Mahon; D. H. McDonald; J. J. M. Pangman; A. B. Perry; John Ridington; Theodore Ross; C. D. Shepard; Mrs. C. B. Waagen; J. C. Waugh; A. P. Black; M. F. Christie; W. R. Miller; Mrs. T. B. Brown.

Also the following officials of the Society—Miss Jean Browne; Miss Jean Urquhart, Mrs. H. Lawrence; S. B. McCreedy, Frederick Davy, W. F. Kerr; G. J. Seale and Dr. Albert H. Abbott, General Secretary.

conditions through the press and received a large number of useful articles of clothing which were forwarded to the local relief committee. A grant of \$1,500.00 to aid the settlers was made by the British Columbia Government and this together with a public subscription was distributed equitably to the fire sufferers by the Red Cross with the co-operation of Colonel R. Ross Napier, who on behalf of the Red Cross

had been in charge of the relief work for a similar fire at Merville. The cases eligible for financial assistance were examined with the utmost care and the distribution of funds available made in proportion to their losses and needs.

The British Columbia Government has expressed its thanks to the Red Cross and its complete satisfaction with the way the work was done.



Ruins of Haileybury Court House. A case was being conducted before His Honour, Justice Orde, at the time of the fire. A hurried adjournment had to be made to enable Judge, Counsel, litigants and observers and court officials to save their lives.

# SANCTUARY WOOD

By Major Frederick Davy, O.B.E.

**I**T IS specially fitting during this month—in which we shall be celebrating the fourth anniversary of the Armistice—to recall to mind the sterling heroism and endurance and suffering of the brave men who united their efforts to bring it about. The history of the Canadian Forces in the war is full of stirring deeds such as the example which follows.

In the Spring of 1916 the Germans made a surprise attack upon the Canadian line at Sanctuary Wood. Advancing under a terrific artillery barrage, they took the Canadian trenches overlooking the wood and inflicted terrible losses upon the defenders. Two Canadian guns were captured and the gallant young officer commanding them, Lieut. Cotton, was killed and the 3rd Canadian Division sustained the loss of its general officer commanding, Major General Mercer.

But the captured ground was not allowed to remain long in the hands of the enemy. Speedily and resolutely the Canadian General Staff organized a counter attack and before the Germans had time to remove the captured guns they were driven from their newly acquired position by an irresistible attack by the 13th and 16th Battalions.

The valiant advance, over rough ground full of shell holes and strewn with military debris, was made on a pitch dark night in a pouring rain. As a result of the irresistible attack the wood was cleared of the enemy and the line re-established beyond and over the brow of the Hill. The following description of the contested ground is an actual pen-picture of the scene as viewed at the time of the recapture:

Sanctuary Wood! The words conjure a pretty picture. Leafy foliage rustling in the breeze, delicate winding paths almost hidden in overhanging verdure, bird voices in the branches and an ancient hallowed shrine with perhaps a dainty spring and trickling rivulet close by—these are some of the ideas conjured to view by the words "Sanctuary Wood."

But the Sanctuary Wood of the great war—far up near the point of the blood-washed Ypres salient—presents a vastly different spectacle. How ghastly it looks from afar. Of the hundreds of once beautiful oaks not one remains whole. Leaves? Not a leaf has escaped the scorching, withering blast which swept across this ground. Stumps, scarred and pitted—some crowned by huge rosettes of spreading splinters—and the split and battered trunks lying at all angles on the ground, are all that remain to tell that on this spot was once a shady wood.

The abomination of desolation hangs over the place but a fatal fascination clings to it also and grips the mind despite an occasional sniper's bullet or stray burst of shrapnel. Scarcely a soldier enters here but feels the strange impulse to remain and

prowl about. Look at that ground plowed and pulverized in every part by high explosive and bursting shrapnel. What flot-sam and jetsam is strewn about, left in the varying tides of battle. Here is a row of rifles, some broken and splintered, some plastered all over from breech to muzzle with mud. The gallant fellows who held them were annihilated by the torrent of iron and lead that burst above them. Here is a row of holes, the birthplace of a trench line. It stretches for hundreds of yards. What is that one stumbles over? A bulky wooden frame with strange characters upon it. Not ours? No. An enemy device to support the deadly machine gun. Look at that huge shell unexploded, that lies upon the surface. Birmingham or Manchester knew it not. But touch it not for death lies en-chained within it.

These two pits you see almost tell their own tale. They screened two gun positions—you see parts of the sandbag breast-works still remaining and also a litter of ammunition that caught fire. Canadian guns they were, and the gallant fellows who worked them stuck to their task until every one was wiped out. Over there by that up-turned tree was found the body of the lieutenant, a gallant young fellow, beloved by all. He was the son of a Canadian general who had lost another son in action in the South African War.

Every foot of this devastated area is packed with human interest and signs of

human suffering. Over and over again first one side then the other has turned its artillery upon it. Over and over again has a torrent of humanity streamed across it and at last mingling with the clay of mother earth lie friend and foe alike. See that little heap over there? A Canadian—so it is.

They lie here uncounted. One pitch dark night in a swirling shower of rain they came across, two gallant Canadian regiments, firmly, determinedly, and irresistibly, and won once more from the enemy this blistered and torn corner of the world now known as Sanctuary Wood.

Baptized with the blood of Canada's sons, its earth pressed by their heroic footsteps, its air sanctified by their sterling devotion and lofty hope, how appropriate is its name.

Once again this year the writer visited the scene. Sanctuary Wood now presents a different appearance. A low underbrush covers it and many of the stumps of the trees that remain have sprouted into foliage. Nature's hand has been at work to cover the scars of war. A smooth, firm macadam road built by the Canadian Government under the direction of Brig.-Gen. Hughes, of the Canadian Engineers, connects the scene with the Menin Road at a spot which, during the war, was known as Hell Fire Corner. On either side of the road young maple trees—brought from Canada—have been planted and when they grow to maturity the thoroughfare will have the appearance of many a country highway in the Dominion. The high ground over-looking the wood and a large part of the former Ypres salient, has been prepared to receive a noble Canadian monument that will tell to all succeeding ages the story of the heroic defense of the ground by the Canadian forces.

The Red Cross can give as effective aid to Public Health Authorities in time of peace as it gives to the Army Medical Service in time of war.

In Saskatchewan and Alberta the Junior Red Cross has already interested thousands of children in personal hygiene—thus laying the foundation for wholesome manhood and womanhood.

Poverty, ill-health and even misery are frequently the result of disabilities, ailments or disease that might have been prevented by early intelligent action. The Red Cross aims at helping the people to adopt adequate measures of prevention and needs your help as a member.

LEST WE FORGET

Armistice  
Day

November 11th, 1918

Fourth  
Anniversary

November 11th, 1922



# HOW FAR WILL IT GO?

**A**RE you facing the issue squarely? The amount of your life assurance may look fairly big as a sum. But, **as income**, how much per month will it yield—and for how long? That would be the vital question with your wife and kiddies. Would it not be well to determine, now, how much they would require monthly to carry on? Then take out a Sun Life Monthly Income Policy to make up the amount. The income is payable as long as the beneficiary lives and is guaranteed for twenty years in any event. There is no worry about investing capital to advantage—a task for which few women are fitted.

Do not delay—you may not always be insurable. Get in touch with a Sun Life Representative to-day.

*Branch Offices in all large centres*

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

## FOLLOW-UP WORK

**The Public Health Nurse Has Much of This To Do. It Is the Constant Vigilance Which Holds Disease In Check.**

**"FOLLOW-UP WORK"** is a twentieth century phrase. It is the way of describing methods of attacking twentieth century problems in a twentieth century way. Lloyd George had this method in view last summer in dealing with the Irish question. When King George at the opening of the Ulster Parliament made his historic appeal for the warring factions in Ireland to "Forgive and Forget," Lloyd George promptly started "follow-up work" by arranging conferences and negotiations between the Ulsterists and Sinn Feiners and the British Government.

Not only in affairs of State, in safeguarding the civil and religious rights of the people, but in the no less important work of safeguarding the health of the people is following-up necessary. In all efforts to eliminate communicable diseases, it is imperative to not only attack the disease itself but to follow it to its origin and attack the conditions and surroundings that help to produce the disease. There must be a net-work of activities for the Public Health nurse to carry out in her efforts on behalf of Child Welfare. Her efforts are

not only needed in the school, but among the children too young to attend school, to infants, and to the mothers themselves. Home conditions have to be taken into account in the question of safeguarding the young. Education must be brought into play, because there are many conditions leading to ill-health in the young that the mother or father does not realize until the matter is brought to his or her attention by the Public Health nurse.

In many parts of Canada the principle of follow-up is now being adopted in every department of Public Health activity. It is the logical way—it is the only way.

Birkenhead is taking a foremost place among English cities in this very important work and the health nurse in that city not only supervises the health of school children, but also visits the home, sees the conditions under which people live, offers suggestions to the mother or prospective mother and generally acts the part of the good Samaritan in lending a helping hand to those in need.

Similar work is urgently needed everywhere throughout this country.—Dr. J. J. Middleton.

## ABLE TO SYMPATHIZE

Vamp: "Could you imagine anything worse than that poor giraffe with a sore throat?"

Amp: "Yes, a centipede with wooden legs!"—*Amputations Quarterly*.

The Canadian Red Cross is organized as a Voluntary Auxiliary to the Department of Militia and Defence, and in Matters of Health as a Voluntary Auxiliary to the Official Authorities, Dominion, Provincial and Municipal.

## THE FEET

**T**HE Nations Health gives the following classification of feet from the standpoint of their relation to the normal:

(1) The relatively high, well-knit, fully developed arch, the foot which through proper care, exercise, and well-adapted shoes has had a fair chance to function fully.

(2) The more prevalent type of foot in which arch trouble in some degree has become established and is the fruitful cause of unwarranted fatigue from muscular strain and lax ligaments; these feet can in most cases be "brought back" by common-sense care, a reasonable amount of suitable exercise, and the right type of shoe.

(3) The flat foot which in extreme cases calls for the guidance of a foot specialist or orthopedist in fitting.

We hope at some future date to give our readers a good article on the care of the feet.

# More than 50 Million Packets

## OF DELICIOUS

# "SALADA"

## TEA

H338

### Are Sold Annually.

### Ask your grocer for a packet to-day.

## A HEALTH TALK BY RADIO

Broadcasted by Radio by the Canadian Tuberculosis Association  
at the Toronto Exhibition during the week of August 28th

"Throughout the twenty-one years of the existence of the Canadian Tuberculosis Association excellent effort has been maintained by experts in the treatment of the disease, experts in the prevention of this disease, and by lay people anxious to be instructed by both groups, in order to form auxiliaries in the campaign.

"For every 2,000 people Canada now has more than one Sanatorium bed for the treatment of Tuberculosis. Ontario has, under construction, enlargements of at least three Sanatoria. The National Sanatorium Association, the corner stone of which was recently laid by Lady Gage, will have under its direction, over 800 beds in the institutions of the Province.

"The Provincial Government of Quebec at the last session made an appropriation for the maintenance of 1,000 beds for tubercular patients in that province. Quebec's death rate from this disease in 1921 was 1.22 per 1,000 people. In 1920, it was 1.44, meaning a decrease of 22 deaths per 100,000 people from all forms of tuberculosis, actually amounting to over 500 people living in that province, who have to thank the anti-tuberculosis campaign for their winning chance.

"Canada's total death rate for its nine provinces from Tuberculosis, in 1921, was .876 per 1,000 people.

"Saskatchewan has the proud record of the lowest provincial death rate from Tuberculosis, namely .43 per 1,000 people.

"Prince Edward Island has the highest provincial Tuberculosis death rate in Canada, namely 1.43 per 1,000 people.

"If Toronto citizens were dying of tuberculosis at the rate they were in Prince Edward Island, 500 Toronto citizens now

living, would have died last year of this disease. Not only this, but at least 1,000 more people suffering from advanced stages of the disease, would be living in the midst of the people of this city, and giving off infection.

"In 1921, a study was made by the speaker of the amount of money spent by every municipality in Ontario, during the previous year. Through its Board of Health. Toronto spent \$1.23 per head; all other cities averaged 44c. a head; towns over 5,000 population averaged 26c. a head, and all other municipalities classed as rural, including townships, averaged 10c. a head.

"After careful study, it was suggested that all cities and towns over 5,000 popula-

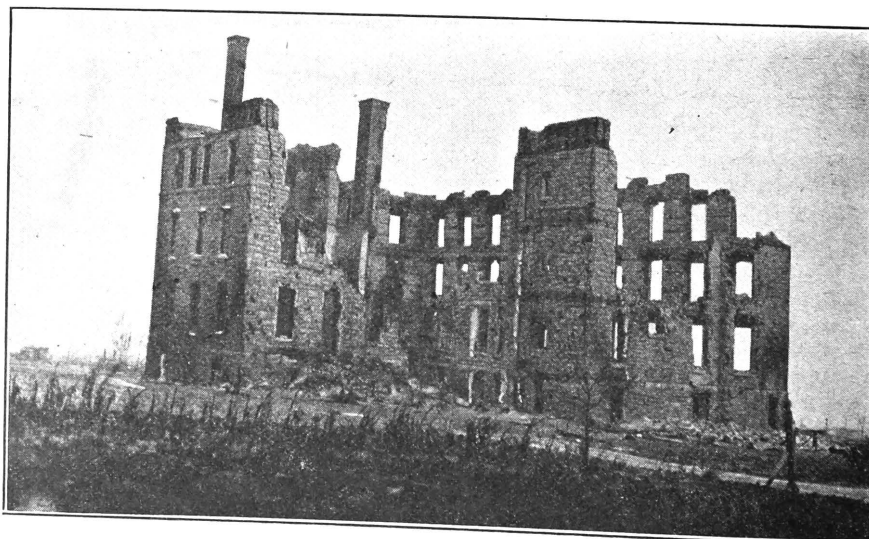
tion should spend for health a minimum of 70c. a head, and rural communities should spend 25c. a head. Authorities have worked out the proper basis for allotting money for expenditure through Boards of Health for different activities and the prevention of certain diseases. Their conclusions are based on scientific facts and observations. A review of their suggestions produces a total allotment of 15 per cent. to 17 per cent. of the total annual Public Health



*Haileybury fire engine after the fire. The volume of flame was so great that human effort could not overcome it.*

budget to activities, plant and personnel, devoted to anti-tuberculosis effort. This is exclusive of the most of treatment of cases. I think this is fair and think it should be known and observed. This in no way anticipates that voluntary effort will be unnecessary. This simply suggests the cost of effort the Municipal Government authority would be justified in expending with a hope of suitable return."

In a few countries and in many communities, efficient Public Health Service has reduced the rate of infant mortality by from 30 to 50 per cent. in ten years.



*Ruins of Providence Hospital after the Haileybury fire.*

# CARE OF THE BABY

## ARTICLE VI.—CLOTHING

**C**LOTHING should always be suitable to season and climate. A baby's clothing should be warm enough without being too warm. If he is too warm the baby will perspire; if not warm enough, he will have cold hands and feet or become blue around the mouth. Very young babies need to be kept warm, and gradually accustomed to cooler conditions, but older babies are often over-dressed. A baby dressed in clothing which is too warm becomes pale and languid and is more liable to colds and bowel troubles than one who is not overdressed.

The mother should feel the baby's body occasionally, and if she finds it constantly moist, the clothing is too warm. In addition, clothing must be loose, so that all the little growing and expanding muscles and organs may have plenty of room to develop. The clothing must also be soft and smooth, so that the tender flesh of the child will not be irritated. When the clothing is of this sort it does not matter in the least how plain and simple are the garments. Finally, the clothing must be clean and dry.

A simple, washable outfit should be selected for the newborn child. Except during very warm weather, an infant should wear a light or medium weight shirt and stockings of part wool. This underwear and the diaper are the essential articles of clothing. A dress or nightgown is usually added and in cold weather a flannel slip should be worn under these. While the baby is indoors he should be dressed lightly. Additional garments may be put on to suit the lower temperature when he is aired indoors, or is taken out.

### THE FIRST OUTFIT

For the first few months of life the baby does little but eat, sleep, and grow. He needs many clean clothes and these should be of the simplest and most comfortable kind.

The following are necessary:

**Shirts.** Three shirts of wool and cotton mixture, never all wool. For very hot weather, an all cotton shirt may be worn. The shirts should fit smoothly. They may either lap or button in front and should be made with tabs to which the diaper may be pinned.

**Stockings.** Three pairs of booties; three pairs of merino or cashmere stockings when the weather is cold.

**Blankets.** Three blankets of closely knitted or crocheted wool, or made from an old, soft, woolen blanket.

**Diapers.** Four dozen diapers, two dozen 24-inch; two dozen 30-inch are convenient. For the first few weeks, provided it is not hot weather, diapers 18 inches square, of old, soft knitted wear, are very convenient. Several dozen pieces of old sheetings torn into pieces 10 inches square may be put inside.

When diapers are removed, they should be put into a covered pail of cold water to

which borax has been added. Later, they should be washed clean with castile soap, boiled, rinsed thoroughly, but not blued, and hung in the sun to dry. Soap and bluing are very irritating to a baby's skin. The diapers should be folded and put away. A soiled or wet diaper should never be used a second time without being washed. The urine contains substances which are very irritating to the skin.

**Slips.** For every-day wear there should be six plain white slips. These should be cut by the kimono-sleeve pattern and a tape run through a facing around the neck and sleeves. If they are made 21 inches long from shoulder to hem, they will not need shortening. They should never be made longer than 27 inches. For wear under the slips baby needs also four flannel skirts, princess style. For hot weather these may be made of the very lightest weight flannel or part flannel and cotton.

**Jackets.** For cool mornings, baby needs three short jackets. These are made of white flannel over the kimono-sleeve pattern, or they may be knitted or crocheted with close stitches. There should be no loose stitches or scallops or other trimming to catch on buttons or the baby's fingers.

**Out-of-door Garments.** The healthy baby is taken out-of-doors, so he must have a wrap and hood. This wrap is made like the sleeping bag except that it is of white flannel. It may be sewed together or bound around with ribbon. At four months the upper corners may be opened so as to allow the baby to get its hands out freely. When baby begins to walk a very comfortable coat may be made from the bag. Open it and hem it at the bottom, shape the top loosely by a kimono-slip pattern.

For winter the hood may be made of the same material as the wrap or it may be knitted or crocheted. For summer a cotton knitted or crocheted hood of an open-lace pattern and lined with the very thinnest white silk is comfortable. Wash hoods may be made of soft white embroidered lawn and laundered without starch. The ties on the hood should be such as can be laundered easily. A little chin strap fastened at one side of the hood with a snap or hook and eye is very convenient and does away with the bow under the baby's chin.

**Sleeping Garments.** Baby needs four "nighties" or sleeping bags of white outing flannel or knitted material. For winter wear the sleeves of the nightie may be made 2 inches longer and the bottom 8 inches longer. Draw tapes may be run through the sleeves, and the hem and baby's hands and feet thus protected from the cold.

Sleeping bags are made 33 inches long and 27 inches wide, open down the front. The baby is laid in and the bag buttoned up. He can be changed without taking him out of the bag.

**Woolen Garments.** All woolen or part-woolen garments must be washed very carefully. They should be washed by hand in tepid soapsuds (castile soap)

rinsed in a little soapy water, and hung in the shade to dry. When dry, they should be pulled or patted into shape or smoothed with a warm iron before being put away. Before putting garments on a baby they should be held to the cheek to be sure they are dry and warm.

## NOTES ON BOOKS

"OBSTETRICAL NURSING," by C. C. Van Blarcom, Registered Nurse. Cloth, \$3.00; pages, 558. New York; The Macmillan Co., 1922.

A textbook on the nursing care of the expectant mother, the woman in labor, the young mother and her baby. Miss Van Blarcom, formerly Assistant Superintendent in the Johns Hopkins Hospital, who by virtue of her wide experience in teaching pupil nurses the practical and theoretical aspects of obstetrical nursing, and her extensive first-hand knowledge of the conditions and needs of maternity patients in their homes, is well-qualified to write such a book.

"HOME AND COMMUNITY HYGIENE," by Jean Broadhurst, Ph. D. Cloth, \$2.50; pages, 428. Philadelphia; J. B. Lippincott Co., 1918.

Professor C. E. A. Winslow, of the Yale School of Medicine, writes of this book:—

"A text book which covered the whole field of disease prevention and health conservation in an elementary and authoritative way, has been much needed. This need Professor Broadhurst has met in the present volume. The subject has been approached throughout from the practical standpoint of the home-maker."

"THE LAND OF HEALTH," by Grace T. Hallock and C. E. A. Winslow. Cloth, 90c.; pages, 208. New York and Chicago; Charles E. Merrill Co., 1922.

A series of health stories for children of from 8 to 10 years. This should make an excellent health reader for Red Cross Juniors.

### WELL-PRESERVED

Mrs Brown was bathing her baby when a neighbour's little girl came into the room, carrying a doll.

She watched the washing process for some time, and then looked down at her doll, which was rather the worse for wear as it lacked an arm and a leg.

"Mrs. Brown," she said finally, "how long have you had your baby?"

"Seven months," said the proud mother.

The little girl stole another glance at her doll, and then looked at the baby.

"My, but you have kept it nice!" she said with an envious sigh.

The Junior Red Cross affords a wonderful opportunity to interest the youth of Canada in the cause of health. The formation of proper health habits during school life is one of the essential means of permanently improving the health and contributing to the well-being of the people.



# VANCOUVER EXHIBITION

**British Columbia Division of Canadian Red Cross Had Three Spacious Marquees Filled with Exhibits. Child Welfare and Products of Soldiers' Workshops Were Leading Features.**

**T**HE British Columbia Division of the Red Cross has reason to be proud of its three marquees at the Vancouver Exhibition, writes a correspondent, for, in the opinion of those best qualified to judge, the exhibit is one of the finest of its kind ever displayed on this continent.

"Situated opposite the Manufacturers' Building, and just beside the Exhibition Hospital, the Red Cross exhibit serves as a veritable museum of the various activities of Red Cross work in peacetime, and will be found to contain much which will not only interest the visitor, young or old, but will surprise many visitors by the wide range of subjects, which shows what the Red Cross is doing for the general good of the province.

"Child welfare, an important phase of Red Cross work, is put strikingly before the visitor by means of a number of beautifully dressed dolls, each bearing some request or suggestion for its treatment by grown-ups. Nursing in the schools of the Rural Districts, as carried on by the Red Cross Health Nurses, is also responsible for a very interesting section of the exhibit and brings to Vancouver some clever poster designs originated by children in some of the most isolated schools of the province.

"Parcels such as are given regularly to military patients at Tranquille and Essondale are exhibited, and their contents shows that the society has a sufficiently generous idea of how these invalid returned men should be treated. In connection with this part of the exhibit are some paintings by a military patient at Essondale, undergoing treatment as an outcome of the hardships of the war.

"A touch of humor has not been forgotten and this is supplied by the tiny dolls who enact the part of 'Tired Mothers' in the model of a Red Cross rest camp for mothers, and also by those who play the parts of students, teachers, doctor and Red Cross nurses in 'Wellville School.'

"The exhibit represents the result of many weeks of careful planning and much work, and it reflects great credit upon its originator and designer, Mrs. Ann M. Stabler, director of nursing.

"There is, in addition, a good display of work done by returned men in the Red Cross Workshops, while one of the tents is reserved as a rest room for mothers with young children. Free motion pictures are shown in this tent each evening and the entire exhibit is free, no suggestion of contributions or donations being made to the visitor."—*Local Press.*

## DISASTER RELIEF

**Many Calls Upon American Red Cross During First Half of 1922. Flood and Tornadoes Predominate.**

**W**ASHINGTON, Oct. 14—Seventy-two disasters, in which 674 persons were reported killed and 521 injured, called for emergency relief measures and the expenditure of \$1,441,486 by the American Red Cross during the fiscal year ended June 30, 1922, according to a statement made public to-day based upon the forthcoming annual report of the Red Cross. These disasters caused property damage estimated at more than \$30,000,000, and rendered more than 145,000 persons homeless or otherwise needing assistance. In one section alone, the Louisiana-Mississippi border, the Red Cross for weeks fed over 35,000 flood refugees daily.

The greatest toll of life was taken by hurricane and tornado, while the overflowing of rivers, the breaking of dams and torrential rain storms drove the greatest number of people from their homes. Fire played an important part in the chain of disasters which made insistent demands for Red Cross relief workers.

The year's disasters reported, for which the estimates of killed and injured are considered low because in only about one-

third of the instances were dead and injured mentioned, included:

- 26 floods.
- 19 tornadoes or storms.
- 15 fires.
- 4 epidemics.
- 2 theatre collapses.
- 2 shipwrecks (one an airship.)
- 1 bridge collapse.
- 1 mine explosion.
- 1 railway collision
- 1 drought.

Of the floods, that at San Antonio, Texas, caused the greatest property loss, \$6,000,000, and the most fatalities, 100. The flood in the vicinity of Vicksburg and Natchez, Miss., rendered 31,000 persons destitute.

In the Red Cross disaster relief records there will probably remain as a chapter by itself the details of one calamity which touched nearly every State with an intimate sense of horror. This was the collapse of the roof of the Knickerbocker Theatre in Washington, D. C., resulting in almost 100 deaths and 125 persons injured. Located in the section of the National capital containing palatial homes and great apartment houses, this motion picture theatre was patronized by many persons of prominence in the official and civil life of the city, persons whose connections radiated over the entire country. The horror was intensified by a terrific snow storm which, though it retarded, did not block Red Cross relief.

## 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.

## THE RIGHT OF THE CHILD

"Every child born in Canada should have an opportunity of starting life in sound physical health, of growing to maturity in and through the healthful exercise of its powers and then of continuing to live in good health under wholesome conditions until the full course of life is run. Towards that end the Red Cross calls upon all intelligent men and women to join the Crusade for Good Health and to join the Red Cross which can do more for the country in peace than it was able to accomplish in war."—*Dr. Jas. W. Robertson.*

