

PASTEUR—1822-1922

THIS month the civilized nations of the world look back one hundred years to the birthday of one who, almost above all others, brought benefit and betterment to the lives of men.

Louis Pasteur, born December 27th, 1822—gratefully do we celebrate the day which gave him to the world, and affectionately do we recall his unselfish life, his persistent search for truth, his pre-eminent efforts in the advancement of science and his noble service for humanity.

As a result of the achievements of Pasteur, the lives of millions of men and women in the world to-day are better and happier than they otherwise might have been. The truths of nature, that he so patiently and successfully sought, found, and proved, now find application in the individual and community life of all the civilized nations of the world and the more faithfully they are studied and applied, the more wholesome and happy does our human life become.

When the human race needs a great man to carry it a step further in the mystifying yet majestic march of progress, his life is generally begun in some obscure place, and often amid poverty.

This fact applies with special force to Pasteur, who, of all the great men in history, did most to dispel the clouds of superstitious fear with which men regarded disease. Before Pasteur, even the medical profession had not been enlightened as to the means by which disease was transmitted. After him, medical men built most of their science

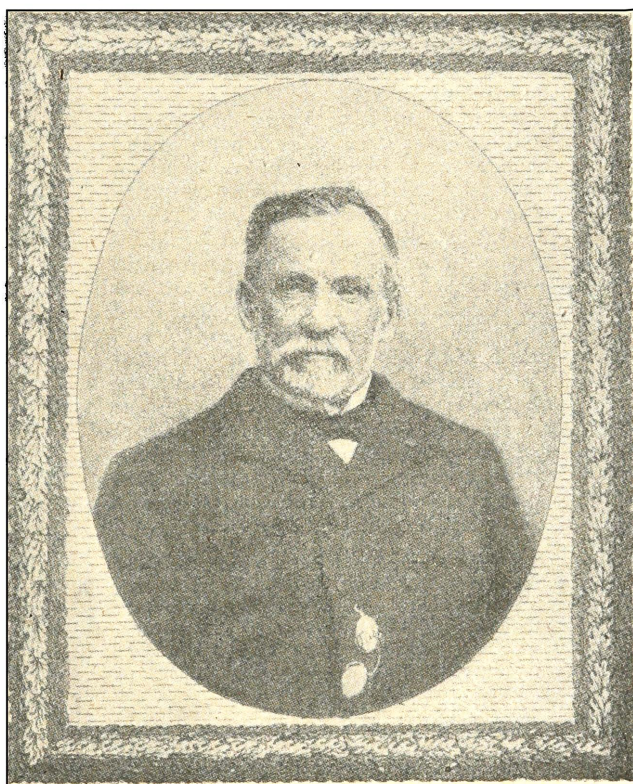
upon an entirely new foundation. Though not a doctor, he achieved marvels in medical science and to-day every medical college, every laboratory dealing with organic materials, is guided by the principles which he discovered. Prior to his day, the medical profession was considered almost solely as a healing profession, but the new knowledge

he gave the world led medical men to look with greater hope towards the other pole of their great art, namely, the prevention of disease. Pasteur showed how diseases are spread—and this gave a firm anchoring ground to the art of prevention.

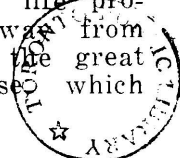
Had Louis Pasteur not been born there, the outside world might never have heard of the little village of Dôle, in the Jura Mountains in France. His father, Jean Joseph Pasteur, was a tanner, poor but a patriot. He had served in the Peninsula War and had received the Cross of the Legion of Honour from the great Napoleon himself. Both he and his wife were of working families. Louis was their only son.

We have not space to dwell upon Pasteur's early life. The pages of biographies are full of him and his works. His youth was a struggle, first to obtain a living and next to achieve that degree of scholarship toward which his early ambition impelled him.

Early in life his natural impulses inclined him to a love for chemistry, of which he was always an enthusiastic student. His opportunities of making an advanced study of chemical subjects did not come to him until his admission to the Ecole Normale, Paris, which he entered in 1843. From that time forward Pasteur's scientific life progressed in a natural and logical way from investigations in chemical science to the great discoveries in the realm of disease which



LOUIS PASTEUR



afterwards made him world-famous and brought such inestimable benefits to the whole human race. Roughly, his work may be classified as follows:

- Study of the crystals of grape-acids (particularly tartaric).
- Study of the elements of fermentation of wines.
- Discovery that the fermentation was caused by living organisms, which reproduced themselves.
- Study of silk-worm diseases.
- Discovery of the germs of prevailing silk-worm diseases.
- Study of the cause of anthrax in sheep and cattle.
- Discovery of the method of vaccination to protect animals against anthrax.
- Studies of chicken cholera.
- Discoveries in swine erysipelas and other animal diseases.
- Study of puerperal fever.
- Discovery that puerperal fever was spread by contact, direct or indirect, of infected persons with uninfected persons.
- Study of hydrophobia in the dog and its corresponding disease "rabies" in man.
- Discovery of the germ of hydrophobia.
- Discovery of the method of treatment of persons suffering from hydrophobia.

This meagre list must not be taken as embracing all of Pasteur's life work. It is cited to show how each step in his great work led by a natural process of thinking to the next. The field which he covered in investigation of all forms of diseases is so wide that many books would be required to describe them.

In every subject upon which he turned the penetrating light of his great mind, he revealed some of Nature's secrets that had previously remained hidden from the minds of men.

What did Pasteur teach that every man and woman should know?

Disease does not come out of the air, out of the sky, or from bad smells. It does not arise of itself. It springs invariably from disease. That is the fundamental fact of Pasteur's teaching.

He found that the fermentation in wine is caused by a tiny plant that can be seen only with a microscope, but which is as much endowed with life power and the reproductive attributes of life as the largest living being in Nature. Similarly, he found the germ of anthrax disease in cattle. He found that the germ of anthrax has the power of reproducing and multiplying and in reproducing itself it reproduces the disease.

Similarly he found that the germ of hydrophobia in dogs, when transmitted to man by a bite, has the power of reproducing itself and of producing the disease called rabies in man.

In brief, before one has a disease he must come in contact with the germs which cause it.

How can the men and women who are untrained in science and who are busy in the ordinary affairs of life apply the principles which Pasteur discovered?

"Disease springs from disease," that is one thing all should remember. What does it imply? It implies a duty upon the unhappy sufferer from disease and also upon those who come in contact with him. Very few diseases are transmitted through the air. Almost always they are passed from one person to another by contact, either by actual touch with the sufferer, or by articles which have been touched by him. Sufferers from mild diseases, such as colds, should avoid sneezing in front of others, should do all they could to safeguard others. Those who have to deal with very sick persons suffering from disease, should take all precautions that common-sense and practical knowledge dictate to prevent catching the diseases themselves or carrying it to others.

Another important fact is that the resisting power of the human body is great when it is in a healthy condition. Whatever, in living conditions or conduct, lowers the vitality thereby gives the disease germ a chance to prevail and to cause illness—even unto death.

An understanding of these things, a general acceptance, and a general acting upon them, will hasten the day when man's control over disease will be absolute, and, perhaps, some day it may be banished from human kind forever.

It may be added that prejudice and superstition never had a bolder or more capable opponent than Pasteur. He was an ardent lover of truth and was always ready to throw the weight of his brilliant intellect into the battle against error. But with all his great natural talent and with all the weight of valuable knowledge and experience that the years brought him, Pasteur, at the end of his life, remained as he began, serene, simple and kind.

We cannot do better than recall the eloquent tribute which was paid to Pasteur by Dr. Jas. W. Robertson, the present chairman of the Central Council and Executive Committee of the Canadian Red Cross at a Special Convocation of Queen's University, Nov. 28, 1916. He said:

"The French nation has enriched and advanced civilization by contributions in every field of endeavor. Her people are noted for their commerce, agriculture, industry and frugality. They have been foremost as exponents and producers of things beautiful. Their list of great names is a roll of honor. Foremost among these is the name of Pasteur. He was a great benefactor. He scorned to make himself rich by his discoveries. It was enough that he toiled and gave freely to mankind as the Almighty had given talent and genius freely to him. The honor is to him, the glory to France, and the gratitude to God, the giver of every good and perfect gift. Pasteur was among His best."

Throughout his arduous life Pasteur was animated by a generous mind, and a mind, moreover, of high nobility.

"Work hard; honour your country; put spiritual things above material and other people before yourself; have courage; have patience."

These words addressed to a friend, were the precepts and practice of his own life. He followed them throughout his career.—*F. D.*

A GOOD WORD FROM THE PREMIER OF ALBERTA

At the opening of its Membership Enrollment on November 1st, the Alberta Division of the Canadian Red Cross Society, received the following encouraging message from the Honourable Mr. Greenfield, Premier of the Province:

"The work of the Alberta Division of the Canadian Red Cross Society is widespread and its varied activities for the amelioration of suffering throughout the Province have a special claim on the generosity of the people of Alberta, which I am sure is recognized and will be fully met during the approaching membership and finance campaign. I wish you every success in the campaign."

"It is within the power of man to banish all infectious disease from the world."

—Pasteur.

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PREVENTION PAYS!

Think over the affairs of the past year. Can you remember cases of Work Stopped, of Wages Lost, of heavy Doctor's Bills paid, of Losses in Business, of Suffering in homes on account of illness?

You will not find it difficult to remember such instances. They are too numerous to escape notice. No doubt there will always be some Suffering and some Loss on account of Illness but there should be no Suffering and no Loss on account of Preventable Illness. Very many of the Illnesses from which we suffer are Preventable. They Can be Prevented and they Will be Prevented if each person takes upon himself a Share of the Work and Responsibility of Preventing them. But Prevention is like Peace; Everybody must believe in it and Everybody must

Strive for it, if it is to be a Hundred per cent. Effective. The Canadian Red Cross affords you the Opportunity to do your Share in the Prevention of Disease — the Greatest and Most Hopeful Work of the Century.

JOIN THE RED CROSS!

Membership Enrollments are being
held by Provincial Divisions
(See Page 16 for Addresses)

A CONTRIBUTION OF \$1.00 OR MORE QUALIFIES THE CONTRIBUTOR FOR ANNUAL MEMBERSHIP. THIS MAGAZINE PRESENTS TO ITS READERS, IN POPULAR LANGUAGE, THE BEST HEALTH KNOWLEDGE AVAILABLE. MEMBERS RECEIVE IT AT THEIR POST OFFICE ADDRESSES

SOME REMINISCENCES OF THE NORTHWEST REBELLION OF 1885

By Major-General G. Sterling Ryerson, M.D., C.A.M.S.

ABOUT eleven o'clock in the evening of March 27th 1885, just as I was preparing to retire the telephone rang. I answered it. The speaker was Lt.-Col. H. J. Grasset commanding the Royal Grenadiers. Imagine my surprise when I was ordered to be on parade the next morning at 8 o'clock and to prepare to go to the North-West to aid in the suppression of a rebellion. My first duty was to inform my wife, who had a little baby (who was afterwards killed at St. Julien). She was a brave woman and told me to do my duty. I spent most of that night warning the men of my ambulance corps. Next morning not a man was missing.

FIRST CANADIAN STRETCHER SECTION

I had rejoined the 10th Grenadiers of Toronto as Assistant Surgeon in January 1881 on the reorganization of the regiment. In 1883 I organized the Ambulance Corps or as it is now called Stretcher Bearer Section. It comprised sixteen men and a sergeant. The equipment was provided by friends whom I interested in the proposal and it was, so far as I know, the first Stretcher Section organized in the Canadian Militia and the first stretcher section in the Canadian Militia to do duty in action. Two of the men were medical students, the others were men of various occupations. The hospital sergeant was Robt. Hazelton, a druggist by profession.

I may remark, in passing, the curious fact that during the Great War I met the son of one of my men, wounded and in hospital at Wimereux, France. He had a German name and was looked upon with suspicion by his comrades, but when I told them who was his father and what he had done in 1885 his reputation was greatly enhanced.

Our departure was postponed for two days to enable arrangements for transport and equipment to be made. On the morning of the 30th we left Toronto for the front. On April 1st we reached Biscotasing, on the north shore of Lake Huron, then the end of the C. P. R. tracks. A long gap of forty-two miles had then to be crossed in open sleighs with a temperature of twenty below zero. The snow from four to five feet deep, the narrow track lay through dense forest and any deviation from the beaten path, meant an upset in the snow. After an all night drive, we arrived nearly perished with cold, at Camp Desolation.

CAMPING IN THE SNOW

We camped in the snow at this place until April 3rd, without huts, tents, or cover save our blankets, of which we had a liberal supply. One man went stark mad, removed all his clothing and would have leaped into the fire had he not been prevented. On this date we embarked in open flat cars running on rails laid in the

snow, an uneven track which gave a serpentine movement to the train. We ran 150 miles in this way, and arrived at Port Munro late in the evening. On Easter Sunday, April 5th, we marched 20 miles across the ice to McKellar's Bay, then again took "palace" flat cars for twelve miles to Jack Fish Bay where the night was passed. Next day we marched twenty-two miles to Winston through snow and slush, then more "palace" cars to Nipigon. There still intervened fourteen miles between the ends of the track. It was intensely dark, cold and raining. All round was the gloomy primeval forest. Between us and comparative comfort lay a stretch of ice covered to the depth of a foot or more with slush and water. Plunging, struggling along arm in arm, the regiment advanced. Hour after hour the weary struggle proceeded and day was breaking when the head of the column debouched on *terra firma* again.

Thoroughly exhausted the men threw themselves on the seats of the cars and fell asleep instantly. The details of this march have never been published fully until now and I think my readers will agree that it was a wonderful performance, especially when it is remembered that the men were fresh from the counting house and shop and factory and without a single day's preliminary training for the field. I doubt if our men in the Great War did any better.

A TRIAL OF ENDURANCE

You may ask what were the physical effects of such a trial of endurance. They were less serious than one might expect. Three men broke down from old rheumatic affections, one man lost his toes from frost bite. He recovered and took part in the Battle of Batoche. One became acutely insane but eventually recovered and a dozen or more were snow-blind from the terrible glare on the march across the ice in daylight. It was a small casualty list considering the circumstances.



Major-General Ryerson as he is to-day.

I ascribe our successful march partly to the food which consisted of fat pork, bread, butter and biscuits, enabling the men to withstand the cold. No rum ration was issued. Alcohol spells death to men benumbed with cold. My experience leads me to believe that total abstinence on active service under hardship is a factor for good, in very cold or in very hot climates at any rate for I have had South African as well as Canadian winter experience.

We travelled by train to Qu'Appelle station 2,150 miles from Toronto, where our march of 250 miles across the prairie began. When the alkali plains were reached, the men who could not be prevented from drinking the alkaline water suffered severely from diarrhoea which was controlled with difficulty.

BATTLE OF FISH CREEK

On April 25th, the battle of Fish Creek was fought, my—and our—first experience of Indian fighting. The half breeds and Indians were driven off with a loss on our side of eight killed and forty wounded. That night it rained and snowed and froze so that the outposts and sentries had a



Assistant Surgeon G. Sterling Ryerson (stooping at the head of the patient) and some of the men of the Ambulance Corps, Royal Grenadiers, who served in the Northwest Rebellion of 1885. The stretcher bearers are Sergeant Hazelton, Privates Adam Taylor, Holman, Mitchell, Carter and two brothers of the name of Bee. Major Fred Manley is posing as the patient.

hard time of it, although strange to say, few came into hospital in consequence. My North-West, South African and Great War experiences lead me to believe Canadians are as hardy as mules and that they can kick quite as hard on occasion.

BATOCHE

The engagement at Batocche took place from May 9th to 12th during which time our loss was eight killed and forty-six wounded. These losses seem infinitesimal when compared with those of the Great War, but we accomplished what we set out to do namely, established a permanent peace, which is more than can be said of the Great War.

NATURE OF WOUNDS

This brings me to a consideration of the nature of the wounds inflicted. The weapons used by the enemy were Winchester sporting rifles, Sniders and smooth-bore guns, with a few Sharp rifles. The Winchester produced a small wound of entrance and a huge one of exit, the Snider a large entrance and a large exit. When a bone was struck by a Snider bullet, which weighed nearly an ounce, the bone was splintered and fractured in all directions. Where joints were entered there was extensive destruction of the parts requiring amputation or resection. I observed that

even slight wounds were slow of healing. The flesh seemed seared and burned. The primary dressings were crude, the first aid packet not being then in use. Nor had we the advantage of the X-ray in locating missiles or broken fragments of bone. This was done with a probe or the surgeon's finger.

Multiple wounds were unknown owing to the slow firing of those days. Wounds of the brain were all fatal. One man carried a round two-ounce ball in his brain for a week, then he suddenly died, probably from cerebral hemorrhage.

All who were shot through the abdomen died, in contrast to many who survived in the Great War. Slugs and round balls bruised and lacerated but if not at close range, would run around a bone without breaking it. A curious wound was produced by two round balls flattened on one side—the flat sides being placed together in the gun—a smooth bore. There was one wound of entrance and two of exit. Secondary hemorrhage was common.

As an example of the crude equipment with which we were furnished—mine consisted of a pocket case, a set of amputating knives and a *post mortem* set.

My medicines were in bottles in a tin box—many of these were broken. Our supply of absorbent cotton and bandages was very limited. I performed a trepanning

operation for a bullet wound of the skull by the light of a tallow candle stuck in the neck of a beer bottle. The sanitary arrangements were primitive. The carriage of the wounded was by country carts filled with dry grass, except when a steamer was available. In some cases we stretched the hide of a recently killed ox across the waggon and laid the patient on it. The wounded said they were very comfortable when carried in this way.

A HUNGER STRIKE

One day we had a hunger strike, some fifty or more men attending the sick parade. I told them they were overfed and gave each man two strong cathartic pills and the ringleader an emetic as well. We never heard any more complaints of the food. In June there were several men in the camp who suffered from mild scurvy. I ordered them to boil a weed known as lambsquarters and used it as a green. It worked very well. The government supplied lime-juice but by the time the casks reached the front they were either empty or were filled with water. During the whole campaign there was no serious case of illness in my regiment.

A 3,500 MILE JOURNEY

To continue my narrative, we advanced by boat or by trail until we reached Fort

Pitt whence columns were sent out in chase of Big Bear Chief of the Crees. With his capture ended this trying little war, fought entirely by Canadian volunteer soldiers, who thus gave evidence of the endurance and courage their sons were to show in the Great War. It will give some idea of the vastness of our great North Land when I say that when we turned towards home we had 3,500 miles to travel and all within our own land. We were ten days coming down the Saskatchewan river by boat, travelling twenty hours a day, for there is little night in the northern latitudes in summer.

THE NEED OF AUXILIARY MEDICAL SERVICE

My experience in this campaign made me to see the necessity for auxiliary medical aid and of reform in the Army Medical service. Hence in 1892, I organized the Association of Medical Officers of the

Canadian Militia which greatly influenced the movement for army medical reforms. The necessity for a trained personnel caused me to organize the Canadian Centre of the St. John Ambulance Association in 1895, and finding this association (at that time) had no status in war, I organized the Canadian Red Cross Society in 1896 as a branch of the British Red Cross, the first Colonial branch in the Empire.

THE FIRST CANADIAN RED CROSS FLAG

I believe the first Red Cross flag flown in action by Canadians was used by the Royal Grenadiers Ambulance Corps on the 24th of April 1885. I made it myself of factory cotton and some turkey red cloth obtained by cutting up an ammunition waggon flag. It is now in the Robertson Historical Collection in the Toronto Public Library.

COMMUNICABLE DISEASES

It Is the Duty of Every Person to Learn How Diseases Are Spread and to Co-operate With All Official Efforts to Prevent Them Spreading.

LET no one think for a moment that the responsibility for the control of communicable disease is a matter in which he has no personal interest. While he may evade the duty, he can never be sure that he will escape the penalty of its neglect. Such diseases take both rich and poor. They thrive best among the poor, and by reason of our common humanity, we are all, whether rich or poor, more nearly related from the health standpoint than we may think. The members of the great human family are subject to the same laws of life and subject also to the same diseases. The man who has never been connected with his poorer neighbour by deeds of charity and love, may be brought with him to an early grave through an attack of the same disease.

"No man liveth to himself and no man dieth to himself" finds here a fitting application, for the efficient control of a communicable disease, depends to a large extent on the co-operation of all citizens with their respective Departments of Health. There is not only a community responsibility in this but also an individual responsibility that must be fully appreciated and acted upon in order to secure such co-operation.

Do not entertain the false idea that children *must* have such diseases. The only reason why any diseases are called "children's diseases" is because the germs that cause them are waiting for a chance to invade the human race and early childhood affords the first opportunity. Many diseases, therefore, are always most prevalent in the school months as during such months the children are in closer contact with each other.

Let us fix in our minds a few facts concerning the ways and means by which communicable diseases are contracted and the process by which the germs are trans-

mitted from one to another. Diseases are not contracted from offensive odors, decomposed garbage; untidy backyards, or from sewer gas, and rarely, if ever, from the air. These are not breeding grounds for disease germs, which for the most part live but a short time outside of the human body. Communicable diseases, in fact, are contracted chiefly through contact, direct or indirect of one person with another. The germs themselves have no power of moving from place to place. The persons who carry them also transmit them. Of the ways and means by which disease germs are transmitted, probably the human hand is one of the greatest offenders on account of its frequent contact with articles in common use by others. Unconsciously the hand touches the mouth many times in the course of the day and in the case of those engaged in the preparation of food, or handling articles for containing food it is essential, therefore, that the hand should be kept scrupulously clean.

It is the duty of every citizen to understand something about the manner in which communicable diseases are spread and to take all precautions that may be necessary to prevent himself from being a transmitter of disease. There is self-protection in this matter as well as regard for one's fellow-men.

THAT OR NOTHING

He was unaware of the eccentricities to be found in the wild American West when he entered what seemed to be the only hotel in the place. After ushering him to a table and giving the stranger a glass of ice water, the waiter inquired: "Will you have sausages on toast?"

"No, I never eat 'em," the guest replied. "In that case," said the waiter, "dinner is over."—*Pittsburgh Gazette-Times*.

PHYSICAL WELFARE

Modern Red Cross Movement Is a Great Crusade for Better Health for All. President Harding's Message to the American Society.

It will be interesting to members of the Canadian Red Cross to read the following extract from the message of President Harding to the people of the United States in connection with the Membership Enrollment of the American Red Cross Society, which is now in progress:

"In the broad field concerned with the physical welfare of the people, the Red Cross, in sympathetic contact with other organizations, and the Federal and State Bureaus, has been particularly active in the establishment and support of Public Health activities for the prevention of disease and the encouragement of sound sanitation. In its peculiar and historic field of Disaster Relief, the Red Cross has met the emergencies brought about by the large number of floods and other calamities during the past year, and is still called upon to aid the suffering in foreign lands, due to war and pestilence. For these reasons, regardless of the multitude of local problems in every community, the American Red Cross deserves well at the hands of the American people.

"In the interests of our common humanity and of the service which we owe to our fellow men, I invite my fellow citizens to renew their allegiance to the American Red Cross during the period of the Membership Roll Call."

(Signed) WARREN G. HARDING.

The White House.

The words of President Harding express concisely the peace-time programme that has been adopted by forty-two National Red Cross Societies of the world, the Canadian Red Cross included.

The modern Red Cross movement is a great crusade for better health and all that helps to bring it about. It is a movement for healthier, happier lives and is worthy of the support of every right-minded citizen. Join the Red Cross.

NO SHORT CUT

There will never be any guarantee of the safety of human life that is not based upon the human factor. It is well enough to invent safety devices, but the best safety device in the world is intelligence. No number of signs, notices, semaphores, red lanterns, machinery, or policemen can save an absent minded man who will not look where he is going, from breaking his neck. Safety, in other words, can only be had through education. There is no short cut. —Arthur Brisbane.

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.

THE JUNIOR MOVEMENT

An Ontario Teacher Reports It As "The Best and Most Practical Method of Teaching Hygiene." Words of Commendation from the Lieutenant-Governor of Alberta.

ONE of the most important of the items included in the Peace-time programme of National Red Cross Societies at the first meeting of the General Council, held in the year 1919, was the organization of Junior Red Cross Societies. Junior Red Cross Societies exist primarily for the purpose of teaching children in an indirect way, the ways and means of health. The Provincial Divisions of the Canadian Red Cross have made an enthusiastic beginning of Junior Red Cross organizations. At present Saskatchewan takes the lead with some 40,000 members. Alberta is already under way with a good organization. The other provinces have either made a good start or are laying down the foundations for future effort in this direction. The Ontario Division has made an excellent beginning and has already made itself known in every one of the seven thousand schools of the Province. Some of these have formed auxiliaries and are enthusiastically carrying out the Junior Red Cross work. One could not have better evidence of the value of the Junior Red Cross in a school than the following letter, which has been received by Mr. S. B. McCready, Director of the Ontario Junior Red Cross, which speaks for itself:

Marshville, R. R. No. 1,
October 30th, 1922.

To The Director Junior Red Cross,
Ontario Division, Canadian Red Cross.

Dear Sir: We have a lively Red Cross Society in our school. The children show great interest in the work. It certainly has improved the conditions of the pupils as far as health habits are concerned.

To the Ontario Junior Red Cross we owe all our success. Without your aid we could have done nothing.

As for myself, I find that it is by far the best and most practical method of teaching hygiene.

Our Mite Box has been doing good work. We now have wash basins, soap and towels for both boys and girls.

After purchasing these we find seven dollars remaining. It is the wish of the Society that this be used to help the suffering children in Northern Ontario.

Thanking you again for your assistance, I gladly sign myself,

EVELYN E. BUCHANAN,
Director

S. S. No. 5, Wainfleet, Welland County,
Ontario.

The practical value of anything is found out by using it. This teacher lent a sympathetic ear to the suggestion of organizing a Junior Red Cross, took action by forming an auxiliary, and discovered a most valuable aid to carrying on the good work of instilling the children with health ideas and training them in health habits.

His Honour, the Lieutenant-Governor of the Province of Alberta, Dr. R. G. Brett, is a most enthusiastic patron of the Junior

Red Cross movement. In a message to the teachers of Alberta, he said:

"The future of the world will be in the hands of the children of the race. Behind the children is the teacher, who must open to the child mind that vision of the future which will make or mar our civilization. The task entrusted to you is the highest and noblest but it is beset with difficulties and problems. It is to offer you some assistance in the solution of these problems that the Junior Red Cross comes to you. The teaching of the Junior Red Cross will stimulate in the minds of your pupils the love of those high ideals of citizenship and service which it is the endeavor of every educational system to arouse and develop to the utmost."

PAINS AND PILLS

Much Possibility of Harm In Self Prescribed Medicines, Fresh Air, Daily Exercise and Temperate Habits Are the Best Tonics and Health Preservers.

Thousands of dollars are spent annually by Canadians on patent medicines. Most of these nostrums are marketed by cleverly worded advertisements designed to appeal to those unfortunates suffering with real or fancied ailments.

Many patent medicines are honestly prepared from scientific formulas, but to encourage the public to risk a cure by the fixed formula route is both unfair and unsatisfactory. No drug should be used unless the conditions for which it is used are clearly understood. To treat symptoms

without understanding the underlying cause of them is dangerous. If no real harm is done by the medicine itself, the time lost in determining the cause of illness often means a serious risk in health or even life.

Those little aches and pains which the glib writers of patent nostrum advertisements tell us can be easily cured by a few pills or draughts from a be-labelled bottle, are frequently danger signals set up by nature to warn us that we have strayed from the path of health.

A headache is a common cause for complaint. It may be of slight significance and readily adjusted by nature, and, again, it may be the expression of a more serious condition for which self-medication is of no value, if not positively dangerous.

In like manner, the first symptoms of many dangerous diseases are likely to be ignored or a "cure" attempted by the victim after a self-diagnosis made from the label on a bottle of patent medicine. Meanwhile, the complaint is spreading and gradually undermining the health of the victim. The time lost while experimenting with patent medicine may be the time in which a cure might yet have been possible.

If you insist on self-medication, why not use the simple remedies nature has provided. There will be no expense attached and, while results are not "guaranteed", benefits will accrue. For a tonic use plenty of fresh air, exercise daily, be temperate in your habits at all times, sleep regular hours, don't worry, let the sun shine into your soul.

This simple course of treatment will repel many so-called aches and pains. In addition, it will build up a body resistance that will naturally increase your standard of health. If you have reason to believe that there is something wrong with the machinery of your body, don't delay seeking the advice of your doctor.—*From City Health.*

Carelessness, like poverty, may not be a crime, but it pays no dividends.



ADVERTISING THE PIONEERS HOSPITAL IN ALBERTA

By means of this well decorated carrier's sleigh the people of Altario advertise their local hospital. As the sleigh drives through the country districts the people are not allowed to forget the support which is due to their hospital. This little four-bed institution treated ninety patients during the year 1921. The only other hospital in the vicinity of Altario is situated fifty miles distant.

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. 1.

DECEMBER, 1922

No. 9

OF GREAT VALUE

OF ALL things that men and women seek to get and to preserve, none is of greater value than health. Health makes life a joy, and paints with brighter light all things in heaven and earth. Health makes progress, prosperity and happiness possible. Over all the world, men and women are beginning to realize this in greater numbers than ever before. More interest is being shown in health matters, and firmer support is being given to public health authorities and to all voluntary movements in the cause of health.

Two forces are necessary to completely foster and promote all that makes for health. They are:

(1) The health departments of governments which have the responsibility of administration of measures which have been adopted to guard the health of the people.

(2) Voluntary organizations which endeavor to interest as many people as possible in the cause of health.

Voluntary societies have proved themselves to be of great value in fostering and stimulating public opinion to support the necessary health measures. They have done more than that. They have aroused in their own members keener interest in health, and, in the case of the Canadian Red Cross Society, have placed before members the knowledge which, if put into practice, will help to achieve the desired end.

To be successful throughout the world, health movements must have the support of all the people and all their respective governments. There are now forty-two National Red Cross

Societies, of which the Canadian Red Cross is one. Each is beginning, in its own country, to arouse the people to recognition of the importance and the value of good health, and, in general, each is receiving from its people an increasing measure of support and assistance. Throughout the Dominion at the present time, the Provincial Divisions of the Canadian Red Cross Society are appealing to people in their respective territories, to join the Society and to give moral, active, and financial support. We are firm in the faith that it will be done.

CANADA'S DEVELOPMENT

WE TAKE pleasure in calling the attention of our readers to the article in this issue upon the Northwest Rebellion, written by an eye-witness of the scenes he describes, Major-General G. Sterling Ryerson. In point of years, it does not seem so very long since 1885, but how great the difference those few years have brought about in the condition of Canada, can be easily noted by reading the article. Think, for instance, of the town of Biscotasing, a short distance west of Sudbury, as the "end of steel" of the C.P.R. Contrast that with the great network of rails which is now spread over the southern part of Canada. At that time too, the settlement of the great Northwest had hardly begun. It was a thousand-mile stretch of prairie grass dotted here and there with the bleaching bones of the buffalo. Compare that condition with its present, with its three great provinces well into their stride for a magnificent development. Finally let us call your attention to the fact, as Major-General Ryerson states, that it was in that rebellion that the Red Cross flag, as an emblem of solicitous care for the wounded, was first flown in Canada, and contrast that with the great work which the Canadian Red Cross did in the War and its present growing organization and development in its beneficent work for the health of the people of the Dominion. Truly, Canada has made an imposing march forward since 1885.

THE CANADIAN RED CROSS

From the Regina Leader

THE Saskatchewan division of the Canadian Red Cross Society is about to launch its annual membership campaign. Approximately ten per cent. of the total population of the province was enrolled last year. This number should be doubled during the forthcoming drive. The Canadian Red Cross Society is doing admirable work in relieving the afflicted; but it is doing an even greater work in disseminating information in regard to preventive measures aimed at forestalling disease. So many of its activities are of a nature that neither invites nor admits of publicity that much of its work passes unnoticed by the people generally. Only occasionally, as at the annual meetings when the reports are submitted, are the uninitiated made acquainted with anything like the full extent of the Saskatchewan division's far-flung benefactions. There is no other organization in the province that so thoroughly deserves the wholehearted and militant support of the whole people. They should regard membership in the Canadian Red Cross Society as not only a privilege but a duty.

EMERGENCY RELIEF WORK BY ONTARIO DIVISION

A Progress Report Showing How the Problems Arising Out of the Haileybury Fire Disaster Were Met. Premier of the Province Highly Commends Red Cross Work in Relieving Distress.

In the November issue of the "Canadian Red Cross" we were able to give an early account of the Haileybury Fire Disaster and the part the Ontario Division took in dealing with its unhappy results. The account was written while the smoke was still drifting across the burned area and the charred remains of the homes of the people were still smouldering. It gave an account of the first steps taken to afford relief to the sufferers.

We referred to the early action of the Northern Ontario Fire Relief Committee, which received from a private source the first news of the serious nature of the fire, on October 4th. The Committee sat all night and with the early morning, the first relief train, containing food, military tents, bedding and clothing, was despatched. Information had been communicated to the Ontario Provincial Government, the Provincial Police and the Provincial Board of Health. The President of the Ontario Division of the Red Cross received the information on the morning of October 5th and arrangements were made for Dr. Routley, Director of the Ontario Division, Miss Holland, Chief of the Nursing Service of the Division, and also Mr. R. Fennel, who temporarily joined the staff, to leave on the official train.

LOCAL COMMITTEE

The Premier of Ontario joined the relief train at North Bay and while proceeding to the scene of the disaster, appointed a local committee to receive and distribute the supplies forwarded from the southern part of the Province. Mr. A. J. Young was made chairman of the committee. Dr. Routley, as representative of the Red Cross, was placed on the committee and to him was assigned the responsibility of:

- (1) Registering the details of needs and losses of the fire sufferers.
- (2) Directing of nursing and medical aid.
- (3) Distributing clothing.

Thus, from the inception, the Red Cross played an important part in the administration of relief in the fire area.

COLLECTION OF CLOTHING

While these arrangements were being made in the north, the Ontario Division, in the south, in consultation with the Fire Relief Committee, agreed to make an appeal to its branches and auxiliaries for warm underwear, particularly for women and children, as well as for medical and nursing supplies. Practically every branch in the Province took some part in the collection of funds and clothing, and many

branches which had been inactive since the War, revived and took a vigorous part in the good work. To carry out the important work of medical and nursing relief, Dr. Routley was given a staff of twelve Public Health nurses and one physician.

THE WORK OF THE NURSES

Although there was far less actual sickness and injury than was anticipated, the corps of nurses found ample employment in searching out the fire sufferers, some of whom were in remote farms and others crowded in the towns, and in assisting the local committees to provide them with suitable clothing. It was their duty also to register as far as possible, the needs of the various families, and to record on the family history sheets provided in the Red Cross emergency kits, as much information as possible, for use in rehabilitation of the family. A number of sick visits were made daily. But perhaps the most onerous duty assigned to the Red Cross was that of caring for the immense amount of clothing which arrived from all parts of the Province in almost overwhelming volume.

It is difficult to understand the problem unless one can imagine the complete destitution of the burned-out people. Living in the over-crowded houses, which had given them shelter, having lost their homes, barns, stables, and household utensils, they had nowhere to store anything and, for the moment, wanted no greater supply of clothing than they could wear. Every available building was needed to house the homeless people. Railway sidings, freight sheds, and station buildings had been burned.

DISTRIBUTION OF FOOD

The Chairman of the Relief Committee at Cobalt had to provide for the daily distribution of food from Cobalt to Englehart; for the rushing in of lumber and other supplies needed for the shacks to shelter families and stock; and for premises where clothing could be unloaded, sorted and distributed to the local relief stations at various points along the railway.

ADMINISTRATION AND TRANSPORTATION

Dr. Routley lived on the Relief Train, which was the headquarters of the Northern Relief Committee, and was thus able to supervise personally and co-ordinate the work of his staff, who needed the support and encouragement which he was able to give, for their duties were often carried on under difficulties, for long hours, and in unheated premises. "A splendid bunch of girls" was the informal but eloquent de-

scription of this corps of highly trained, experienced, capable women.

To relieve the difficulties of transportation and congestion, the Ontario Division was able to secure the services of two Red Cross war workers. Captain Atkinson, formerly Assistant-Commissioner in Vladivostok, undertook to arrange for the transference through Toronto of goods from outside points. Mr. H. H. Milburne, Superintendent of Red Cross Transportation and Warehouses during the war, was released by the Canadian National Railways for ten days in order to assist in the great task of systematizing and arranging the supply of clothing. He was assisted in the work by Mr. Ronald McInnes who had been head packer of the Canadian Red Cross during the war.

During the first stage of relief, Colonel Nasmith and Professor Dale, representing the Ontario Division, went north to consult with Dr. Routley. As a result of Professor Dale's advice, an experienced home visitor was sent to the fire-zone, to deal with some of the more difficult problems presented by refugee families in the towns.

The emergency had been met by the organization already described, but it was evident that the more difficult problem of rehabilitation would require the inauguration of a new regime.

REHABILITATION

The Provincial Government, therefore, determined to request certain organizations in the Province to nominate representatives who should be appointed by the Government as a new committee with power to raise and administer funds for the relief and rehabilitation of the fire-sufferers. In recognition of the services of the Ontario Division of the Red Cross, the Provincial Division was asked to nominate a member of this committee and the President was appointed. When asking for a nomination, Premier Drury wrote to Mrs. H. P. Plumptre, President of the Ontario Division, as follows:

"Allow me further to express my deep appreciation of the noble work of the Red Cross Society in relieving the distress in the North. I do not know how the situation could have been handled without the enthusiasm, coupled with system and organization, which your Society provided. The gifts of clothing have been particularly acceptable, and I can assure you that the Government is keenly appreciative of the noble work you have done. May I express the hope that this co-operation will be continued to the fullest degree between your organization and those of the Government organization functioning in that country, and together we may be able to adequately cope with the situation.

"Thanking you, and through you your Society for their noble work, I am,

Yours very sincerely,

(Signed) E. C. DRURY."

HOME NURSING

The organizations which nominated representatives were:

1. The Ontario Government.
2. Ontario Associated Boards of Trade and Chambers of Commerce.
3. Toronto Board of Trade.
4. Western Ontario Associated Boards of Trade.
5. Canadian Manufacturers' Association.
6. Ontario Municipal Association.
7. Ontario Division—Canadian Red Cross Society.
8. Temiskaming & Northern Ontario Associated Boards of Trade and Farm Organizations in Northern Ontario.
9. The United Farmers of Ontario.

Mr. W. H. Alderson, representing the Toronto Board of Trade, has been elected Chairman and the committee has appointed Mr. H. Glendinning as General Manager of the relief work in the fire zone.

Under this new regime, the Ontario Red Cross has:

- (1) Representation on the Provincial Committee.
- (2) A commissioner and a staff of eight nurses on the field.
- (3) A trained social worker.
- (4) It is in charge of the sorting and distribution of all clothing in the fire area.
- (5) It is bringing to completion a survey of family conditions.

In order to conserve the results of the work, an emergency outpost has been established by the Red Cross at Englehart, where one or possibly two, of the nurses will remain for the winter months, using it as a centre for the new shacks which will spring up, to the number of some three hundred, in that neighbourhood.

The Ontario Division has also authorized the establishment of a second outpost as a temporary relief measure at Haileybury, should the need for this accommodation become apparent.

A depot is being established at North Bay, where clothing for the later winter and spring may be sorted and stored, to be forwarded to the fire zone as required. This will probably develop into a permanent emergency relief depot for just such disasters as the recent fire, the Emergency Committee of the Division having, previous to the fire, recommended this action.

This article does not pretend to be a complete account of the Relief organization, nor even an exhaustive record of the share of the Red Cross: it is intended to reply to the inquiries reaching the Division from many points as to the part (if any) taken by the Red Cross in the provision of supplies and in the administration of relief and the framing of policies. It is merely introductory to the complete report, with statistics and financial statements which will be made as soon as the work is complete.—A. M. Plumptre.

A BORN DIPLOMAT

The shoe dealer was hiring a clerk.

"Suppose," he said, "a lady customer were to remark while you were trying to fit her, 'Don't you think one of my feet is bigger than the other?' what would you say?"

"I should say, 'On the contrary, madam, one is smaller than the other.'"

"The job is yours."—*Boston Transcript*.

British Columbia Division is Giving Opportunity to Young Women of the Province to Study this Important Subject—Several Classes Already Established in Vancouver.

ABOUT nine months ago the British Columbia Division of the Canadian Red Cross established an instruction course in Home Nursing. The Course was planned to benefit the young women in rural parts of the province and was begun in places outside the cities. It was successful but the Division has felt it advisable to depart from its original intention with regard to these classes. At first it was thought that they would be more valuable, as well as more highly appreciated in the rural districts of the Province. Recently so many requests for the formation of similar classes have been received from organizations in Vancouver itself, that it was decided to make this a feature of the Division's programme for the coming winter months.

In the first week, five classes were formed in connection with the local Y. W. C. A., and various girls' clubs. About 100 women enrolled in these classes, and other classes are being established.

It is made clear to all students that the Red Cross course is not designed for the purpose of fitting any woman to become a practical nurse. But it is considered that all women should have the knowledge which

will enable them to nurse slight cases of sickness in their own homes and also to be able, efficiently and intelligently, to carry out the instructions of a physician. It is gratifying to find so many busy girls and women who appreciate the value of such teaching.

At present, the classes meet in the evenings but many women find it impossible to get away from home during evening hours, and, for the benefit of these, afternoon classes will shortly be arranged.

In various parts of the province, outside of Vancouver, about five hundred women have taken the Red Cross course in Home Nursing, and it is expected that a large number of others will avail themselves of similar instruction during the coming months.

Mrs. Anna M. Stabler, Director of Nursing, has had a set of lantern slides prepared, and frequently she is called upon by women's organizations to address them on the subject of the nursing classes. Usually such talks are followed by a request for the establishment of a teaching center in connection with the organization concerned.

GREECE AND TURKEY

Relief Measures on Behalf of Refugees From Turkish Military Drive, Undertaken by American Red Cross.

FOLLOWING the return from Europe of Judge John Barton Payne, Chairman of the American Red Cross, announcement was made at National Headquarters of plans for the immediate relief of the refugee sufferers from the Turkish military drive. Plans made were based on agreement with the Near East Committee under which Europe has always been regarded as American Red Cross territory for relief work, while the Near East Committee operates in territory to the east.

The first step in the new relief plan by the American Red Cross took the form of a cabled order to E. J. Swift, Business Manager of the Red Cross in Paris, for \$50,000 to be devoted to the purchase of blankets and clothing. In addition to the \$50,000 for clothing and blankets, \$25,000 was authorized by cable for the purchase of medical supplies. Following the immediate distribution of these items, Mr. Swift will make a survey of the entire refugee situation in Greece and on the result of this survey will be based the further relief operations of the American organization.

Tentative plans were also made for the establishment in Greece by the Red Cross of its own commission. This commission will have its headquarters in Athens. It is probable that the head of the commission will be sent from the United States, but

that most of the personnel will be recruited from Europe. Pending the appointment of such a commission, Dr. B. H. Hill, who has lived in Athens for eighteen years and was a member of the former Red Cross Commission to Greece, will supervise distribution of Red Cross supplies in co-operation with the American Relief Committee at Athens.

A PRACTICAL SUGGESTION

Editor, The Canadian Red Cross,
410 Sherbourne St.,
Toronto, Ont.

Dear Sir: Might I draw the attention of the Red Cross Society to a matter which I am sure would interest all members, and the carrying out of which would, I am sure, not alone meet with approval, but would undoubtedly be of benefit to mankind. The matter to which I refer is the carrying of a First Aid Kit by automobile owners and drivers who are members of the Society and all others who are interested.

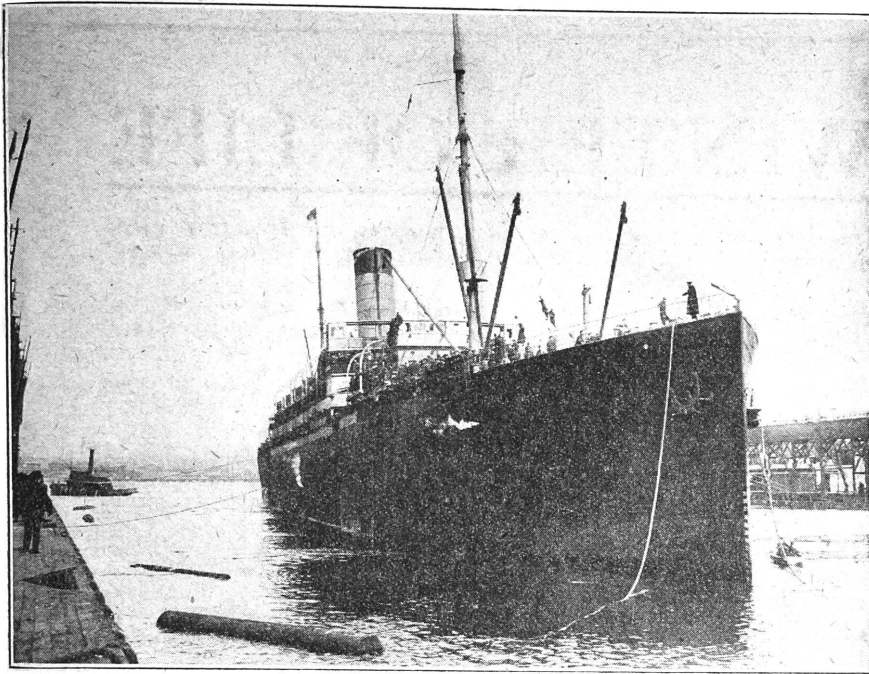
I might state that I have always carried a small kit and have found innumerable occasions to use it, especially in the country here in B. C., where medical help is not often obtained quickly, and where, on account of the narrow forest lined roads, accidents often happen.

Yours truly,

J. H. DeGRAVES

1942 McNicol Ave.,
Vancouver, B. C.

Sunlight and fresh air are the cheapest and best medicines. Use them freely.



Steamship "Scotian," from Europe, arriving at the port of St. John with a load of prospective Canadian citizens.

THE CANADIAN RED CROSS AT THE PORT OF ST. JOHN

Early this month the Port of St. John will once more spring into winter activity as one of the receiving ports for the Dominion.

Last winter thirty ships bringing immigrants to Canada arrived at the New Brunswick seaport, and many of the newcomers to Canadian shores had their first experience of Canadian hospitality in the Red Cross Nursery, which the Canadian Red Cross Society maintains at the receiving station, in co-operation with the Dominion Department of Immigration.

The Nursery is maintained for the purpose of giving women and children the opportunity of having a brief rest at the end of their ocean journey, and of making preparations for the next part of their journey, on the train.

Last winter, the Red Cross Nurses and the voluntary workers received, and gave attention to sixteen hundred and seventy-

four children and one hundred and thirty-three infants. Minor ailments and injuries to the number of a hundred and three were treated. Illnesses or disabilities were noted in a hundred and three cases, and in connection therewith, follow-up cards were forwarded to the Red Cross authorities in the localities to which these children were going. Upon their arrival, they were called upon by Red Cross representatives, who, if necessary, put them in touch with the Public Health officials of the district in which they were residing.

The Red Cross Nurseries at the ports are doing a hospitable and beneficial work,

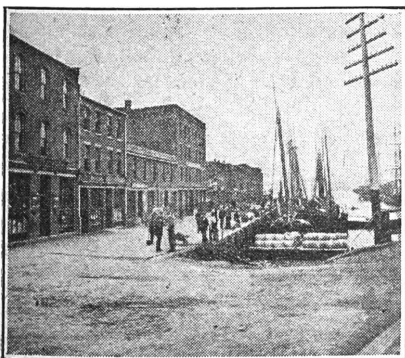


A family group of immigrants from Czecho-Slovakia.

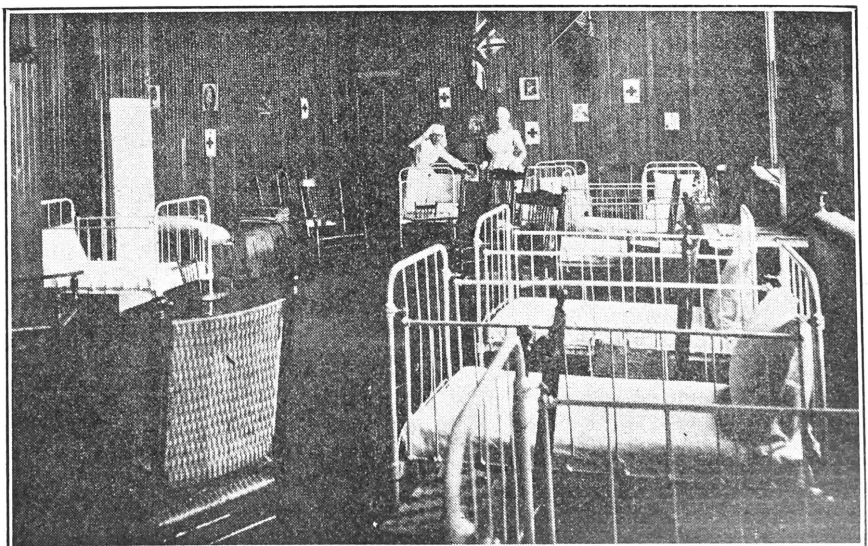
that never fails to give to those who come to Canada for the first time a good impression and a comfortable start during their first hours of life in the Dominion.



Red Cross Nurses engaged in port work at St. John, N.B.



Ancient quay at St. John, N.B., where some of the United Empire Loyalists arrived and landed during the Revolutionary War in America.



Red Cross Nursery at the port of St. John, New Brunswick, where children of immigrants are cared for prior to starting upon their train journey for their new homes in Canada.

IN THE WINTER OF LIFE

When you are sixty-five will your resources enable you to enjoy the winter of life, free from care? Certainly you would like to be able to look forward to the comfort of an assured income, sufficient for your needs. But can you?

It may be that your business success will enable you to lay aside something for later years. Or, perhaps, as a salaried man, your retirement carries with it a pension provision. But, in either case, you will have to face economies due to the inevitable reduction in your income.

Now—during your productive years—is the time for you to provide for an adequate income to commence when the stress of business is exchanged for leisure and the treadmill of affairs for the enjoyment of such diversions and pursuits as the busy years deny you.

The Sun Life of Canada will undertake to pay you a monthly income such as you require, beginning, say, when you are sixty-five, and for as many years as you desire. And your dependents will be protected in the meantime.

It will surprise you to learn what moderate deposits will make this possible for you.

Ask any Sun Life Representative

Branches in all the larger centres

SUN LIFE ASSURANCE
COMPANY OF CANADA
HEAD OFFICE—MONTREAL

OUR CLOTHING

Some Facts Concerning the Heat-Retaining Powers of Different Kinds of Cloth That Will Be Found Useful.

THE temperature of our bodies is regulated to some extent by the clothes we wear. Certain kinds of clothes prevent loss of heat more than others. Soft, clean woollen garments have the property of containing large amounts of still air enmeshed in their fibres. This practically non-moving air forms a good non-conductor of heat. The amount of the body covered, the number of layers of wool or similar woven cloth used, and the cleanliness of the clothing, influence the heat loss. Soiled clothing retains less still air, wet clothing retains almost none. Heat loss in the last case is very great. Wet feet particularly should not be neglected, as they sometimes are. Cold, wet feet have a direct predisposing influence upon the development of inflammation of the air passages ("catching cold.")

When it is warm we desire to increase the heat loss. This is favored by wearing loose garments, made of tightly woven, non-air containing cotton material. They should be clean and worn open around the neck and upper chest. Moving air striking the upper chest causes a feeling of well being and aids in the body regulation of heat production and heat loss.—*Bulletin of C. T. A.*

GOOD FOOD

Variety Is Desirable. Some Milk, Uncooked Vegetables and Fresh Fruit Should Be Included Whenever Possible.

AN ENGINE depends upon steam for its driving power. We use food instead of coal to obtain our energy. Working, breathing, thinking, keeping our bodies at the right temperature, eating, digesting our food—all require some of the energy we create each day. The maintenance of bodily warmth—the kind of work we do—the growth of the body and the repair of the worn tissue require foods of various kinds and of varying quantities. Perfect nutrition depends upon an adequate supply of energy to the body in every kind of circumstance. A variety of foods is desirable. Well cooked foods served in clean, wholesome surroundings aid proper digestion.

The foods which should always be included in the meals of the day are:

Butter, milk (properly pasteurized,) yolk of eggs, or the essential contained in them in a different form.

Bread, spinach, or other leafy vegetables. Uncooked fresh fruit; some uncooked vegetables, tomatoes, etc.

Meats may be added, but are not as essential as it was at one time thought. Beans, peas, corn and other grains are more efficient power providers than beets, carrots, parsnips, and other tubers or roots. Grains,

roots and meats will not by themselves provide a sufficient diet. Certain essentials contained in milk and its products, eggs and leafy vegetables are indispensable and even sufficient if combined with fresh fruits and bread.—*Bulletin of C. T. A.*

PEOPLE AND LAWS

The Voluntary Society Is An Effective Help in Forming the Public Opinion Which Precedes Legislation

Sir Robert Falconer, President of the Toronto University, speaking at a dinner given by the President of the Red Cross Society, Colonel Noel G. L. Marshall, to Sir Claude Hill, Director of the League of Red Cross Societies, gave a remarkably clear exposition of the relation of a voluntary society to official bodies. He first pointed out that "public legislation follows public opinion."

"Citizenship," he said, "finds its best expression in the voluntary society. The function of the voluntary society is to create public opinion and once public opinion is created in favour of certain legislation it is not long before such legislation materializes."

The relation of the Canadian Red Cross Society to the official health bodies of the Dominion, the provinces and local municipalities could hardly be better expressed. The Society is endeavoring to create public opinion favorable to all good health measures.

Good Luck

is thought to go a long way, but
Good Judgment goes farther.
TO USE

"SALADA"

IS GOOD JUDGMENT.

H343

"The Tea that is always Reliable."

THE DANGER OF THE RAT

A Cunning Animal—a Carrier of Disease and a Destroyer of Property—Without a Single Trait or Habit To Commend It.

THE rat carries bubonic plague. This, however, is by no means the only activity which classes him as an undesirable. He also spreads trichinosis, certain varieties of tape-worm, infectious jaundice and "rat bite fever." He has been accused of causing attacks of food poisoning, and of transmitting ring worm to the horse. He is, moreover, one of the most persistent destroyers of property known to man and there is not a single useful task which he performs to justify his existence.

The two most common species of rat are the brown and the black. While it is often held that the black one is the carrier of plague, it is interesting to note that it was this same black rat which was said to have been first known to Europe, and that it was the brown one, coming in from Asia, which virtually exterminated it.

"Measuring about 8 inches in length," says Boelter in *The Rat Problem*, "not including the tail, which is usually shorter than the body; agile and strong, able to run fast, jump high, swim long distances and climb almost any object, using its tail to the utmost advantage; with a fur of greyish brown color eminently suited to their stealthy nocturnal habits; shy singly, but savage, fierce and blood-thirsty in numbers, the brown rat has, aided by an incredible fecundity, within two centuries overrun the world.

"Migrating, in the middle of the eighteenth century, from Asia into Europe, it met on its march westward the black rat. Then ensued a fight for life and death, which already has ended in the almost total destruction of the smaller and less savage animal, leaving the brown rat the undisputed victor."

In the four hundred years from 1001 to 1500 there were at least thirty epidemics

of plague in Europe. In the Fourteenth century the disease was said to have killed 25,000,000 of Europe's 105,000,000 population. In 1605 London was overwhelmed with the plague, as every reader of Pepys or Evelyn knows. In 1720 Marseilles lost 86,000 people from the plague; in 1770 the toll in Moscow was 80,000. It swept back and forth over the Balkans, and in 1803 it destroyed 150,000 lives in Constantinople, returning eleven years later to claim 110,000 more victims.

While it was noted during the medieval plagues that rats often sickened and died as the disease was beginning to gain a foothold, the possibility that the rat carried the infection does not appear to have been considered.

Every farmer knows that rats will suck eggs, kill poultry and other small farm animals, eat grain and otherwise cause financial loss. Rats will gnaw through partitions, floors, gas and water pipes, insulated wires, and, in fact, almost anything that blocks their passage.

The extraordinary migratory qualities of the rat render an isolated attack on it of little value. Living equally well under almost any surroundings, able to swim and climb in an almost unbelievable manner, exceedingly wary of traps, shunning poison after it has once observed its effects, and willing to fight fiercely when cornered, the rat migrates singly or in bodies when the attack on it at last becomes too determined. It is said that "in the autumn of 1772 rats arrived from the East at Astrakhan in such great numbers and so suddenly that nothing could be done to oppose them. They crossed the Volga in immense troops."

The second barrier in ridding the world of rats is the fact that the animals are so

extraordinarily prolific. The brown rat produces several litters a year; and it is said that within nine months one pair of rats will produce 980 descendants.

The weasel, the pine marten, the kestrel, the ferret and the mongoose are also deadly enemies of rats; so are certain varieties of snakes. Of the domestic animals, the cat and the rat terrier are by far the most useful; but it is the cat which haunts the alleys and the backyards which is the most valuable.

The common brown rat, in addition to its destructive role, plays a part in the spread of trichinosis, but here it is the chain of rat-pig-man which allows man to contract the disease by eating infected pork. The flea, which is the direct transmitter of the bubonic plague from rat to man, does not enter into the trichinosis cycle. In cases where the check of the plague is sought, destruction of rat-fleas, as well as of rats, must be accomplished. Thus, the public health department of Colombo in 1918 stopped the indiscriminate placing of poisoned baits because of the danger of liberating infected fleas in occupied houses (the fleas, of course, leave the dead bodies of their erstwhile hosts just as the rats are said to desert ships which are unsafe.)

The usual methods of systematic rat destruction are poisoning, trapping, and hunting with dogs and ferrets. Preventive measures include the protection of all food supplies in ratproof containers, the destruction of refuse, the rat-proofing of building, the protection of drains and sewers, and the fumigation of ships. San Francisco, in its great anti-rat crusade of 1907, following upon the discovery of cases of bubonic plague in various parts of the city, combined these methods of extermination and exclusion with marked success.

A recent Japanese method of dealing with rats in plague-infected areas consisted in attempting to confine all rats within a suspected territory by means of circumscribing this space with wire netting extending to a depth of 18 inches underground, and then proceeding systematically to exterminate the rats. This drastic measure, however, is employed only in cases where it is felt that the escape of a single plague-infected rat might serve to start a new epidemic.

It is not probable that the rat will ever be completely exterminated. He is too universal, too prolific, too cunning, for that. What can be done is to bar him from our cities and our ships, from our granaries and from our warehouses. This can be done only with the co-operation of all the people who recognize the rat no longer as a picturesque rodent, but as a real enemy of mankind—as real a one as the bacilli of the diseases he spreads.—*Furnished by the Department of Medical Information—League of Red Cross Societies.*

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.

THE EFFECT OF WORRY

Causes Fatigue of Mind and Body—Interferes With Digestion and Sleep. Nearly Always It May Be Avoided.

WORRY is more than a mere mental discomfort. It lowers efficiency by producing a fatigue of mind and body; it injures digestion by preventing the proper secretion of the proper juices; it interferes with sleep and thus paves the way for breakdown; it may even alter the chemistry of the body (some think) and produce diabetes and arterial change. The point is that, besides being ignoble and unworthy it is unhealthy.

People ask continually, "well, then, how can we stop worrying?"

There is no recipe that fits every case; there is no formula that can be put down in black and white and compounded in a drug store. But there is this which can be boldly stated:

You can seldom rid yourself of an unpleasant emotion by fighting it directly and openly. You can overcome it by substituting some other emotion for it. You must enrich your life by giving it some aim outside of your own welfare. You must identify yourself with some absorbing interest aside from your main occupation, if that does not itself absorb you. You must do such things as take exercise, keep your digestion intact and rest sufficiently if you overwork and work sufficiently if you rest too much. You must drink of philosophy or religion, or both. You must find some enthusiasm bigger than your own petty life. I have known women cured or relieved of worry when they immersed themselves in church affairs, and I have known men who became stoics when they became enthralled by golf.

EFFECT OF REPRESSED EMOTIONS

It has been mentioned that there is a repressed type of person who checks his emotional manifestations as if it were a disgrace to shed a tear, to show gloom or joy or anger. To these there is a sort of indecency in allowing the face to express more than conventional stiffness, to allow one's soul to thaw out into an emotional communion with his fellows. Deeply emotional at heart, they keep the lid on themselves, or something keeps the lid on. One finds this type among the Anglo-Saxons, and it is rather uncommon among the Latins and the Semites.

There is this disadvantage to such a nature:

It prevents the discharge of that painful tension which accompanies emotional states and which I spoke of above. There is a pressure within the reservoir of the feelings which needs the sluice gate of tears, cries, gesticulations and words to carry it off. Moreover, such people cut themselves off from friendship, for emotion breaks down the barrier that segregates us and makes men softer, more adjustable, more adhesive one to the other. Excluded from communion, they become a prey to their emotions and build up an unreal inner life that needs but little to become morbid. It is more

difficult for these to change than for the over emotional.

Therefore it is a crime to force children into seclusiveness, to teach them overcontrol and to discipline them into a repressed, inhibited state. Emotional manifestation is to be controlled, not eradicated; it is to be tempered with intelligence; it enriches life. Life without it is as a cold, still landscape without movement or warmth.

These unfortunates are like people who shut the windows and doors of their houses and move in an atmosphere like that of an old-fashioned parlor, orderly but musty, clean but chilly, and having no value in use or as ornament. A child playing in a litter of toys is better than such decorum, and a hysteric outburst is healthy compared to the enforced apathy of such a nature.

To such a person seeking his way into the warmth of our common feeling, tired of his loneliness, I say: Attach yourself to someone who has been unfortunate, and seek to sympathize. The misfortune of others may at least bring you into the human fold again.

AN AIRMAN'S PHILOSOPHY

Let me quote, perhaps not accurately, something I read long ago in a military-service journal. I think it is called "The Philosophy of an Air Man." At any rate, it might well be called that:

If you fly well there is nothing to worry about.

If you should spin, then one of two things may happen: Either you crash or you don't crash.

If you don't crash there is nothing to worry about.

If you do crash one of two things may happen: Either you are hurt or you are not hurt.

If you are not hurt there is nothing to worry about.

If you are hurt one of two things may happen: Either you are badly hurt or you are not badly hurt.

If you are not badly hurt there is nothing to worry about.

If you are badly hurt, then one of two things may happen: Either you recover or you don't recover.

If you do recover, then there is nothing to worry about.

If you don't recover you can't worry.

—Edgar A. Guest in *American Magazine*.

WHY HE FAILED

Of a man who had failed they said: "He was doomed to fail. His life had been, in fact, but a series of failures. The first chapter of this series began in an insurance office, where he obtained his first job, that of office boy. He had only just begun on this job when his boss looked up from an important letter one morning and said irritably:

"Don't whistle at your work, boy."

"I ain't workin', sir!" he answered.—*Louisville Courier-Journal*.

THE ART OF MUSIC

If the art of music is worthy of the dignity of human devotion, it is worth considering a little seriously without depreciating in the least the lighter pleasures to which it may minister. If music is to be a mere toy and trifle, it would be better to have no more to do with it. But what the spirit of man has labored at for many centuries can not only be a mere plaything. The marvellous concentration of faculties towards the achievement of such ends as actually exist must of itself be enough to give the product human interest. Moreover, though a man's life may not be prolonged, it may be widened and deepened by what he puts into it, and any possibility of getting into touch with those highest moments in music, in which great ideals were realized, in which noble aspirations and noble sentiments have been successfully embodied, is a chance of enriching human experience in the noblest manner.

Through such sympathies and interests the humanizing influences which mankind will hereafter have at its disposal by music may be infinitely enlarged.

DECIDEDLY NOT

A mother writes: "Are waterproof diapers or waterproof pants a good thing for baby?"

Answer: "Under ordinary circumstances the answer is 'decidedly not.' They are bad for the delicate skin of a baby and when wet often lead to a chill. Only a careless mother will use them steadily. On the other hand there are occasions when they are very convenient to use for a brief period. If the baby is to be taken on a journey or to a place where the diaper cannot be changed for several hours, a rubber diaper may be placed over the regular diaper in order that the clothing may not become soiled."



Bathing the baby.

THE CARE OF THE BABY

ARTICLE VII.—BABY'S DAILY PROGRAMME

A BABY must have regular hours for nursing and for sleep. He must be put to bed at the same time every day.

The baby's bath, outing, play time, nap, going to stool, in fact everything that is necessary to a baby's care, should be done with precision and regularity.

Regularity in baby's care will establish good habits. The first years of a child's life are, for these reasons, most important. If he has the right care during the first years, and is trained in the right habits from the very first day of his life, he will grow and develop as he should.

On the other hand, careless and irregular feeding, keeping the baby awake at all hours, taking him out when he should be in bed, will make baby unhappy and cross.

A child who has been trained to habits of regularity, obedience and self control, is much easier taken care of when ill and these habits assist in the recovery.

Here is a sample day for a young baby:—

- 6 a. m. First nursing.
- 9. a. m. Bath, followed by second nursing. Baby sleeps until noon.
- 12: Noon meal, followed by out-of-door airing and nap.
- 3. p. m. Afternoon nursing, followed by period of waking.
- 6 p. m. Supper and bed.
- 10 to 12 p. m.—Night nursing.

BATHING

Bathe the baby every day, except during the first week of life before the navel has healed.

The best time to bathe the baby is between eight and nine o'clock before the morning feeding. After the bath, the baby will be ready for a feeding and go to sleep.

Equipment—Everything needed for the bath should be ready before baby is undressed. Have a cake of white castile soap, a tube of vaseline, safety pins and a small jar of absorbent cotton. These articles can be kept handy in a small basket. Have a large soft towel or a bath blanket for the mother's lap, a soft towel to dry the baby, a soft wash cloth and a set of clean clothing.

The room should be warm and the bath water should be warm but not hot. Test the temperature with the bare elbow and not with the hand.

How to Bathe—Undress the baby on the mother's lap, or, if more convenient, on a table. Clothing should be taken off and put on over the feet, not over the head. Use a large towel or bath blanket to protect the baby.

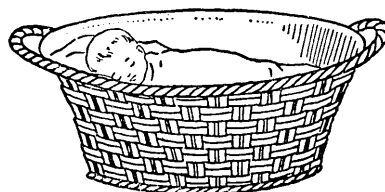
Wash eyes with clear water. Wash the head with soap every day. If a scaly or yellowish skin appears on it, it should be rubbed with vaseline. If this condition persists, consult your doctor.

Soap baby's body all over and then slide him gradually into the tub. Very little soap is needed for an infant's skin and rinsing should be thorough.

Take his feet in your right hand and let him rest upon your left arm, which is slipped under his back from the right side. The right hand is then left free for washing the baby.

Wash the ears and nostrils with a twist of absorbent cotton, but never put any hard instrument inside the ears or nose. A healthy baby's mouth needs no cleaning before the teeth come because the saliva itself is a cleansing fluid.

Dry quickly by patting, not rubbing,



The baby asleep in a clothes basket.

with a soft towel. Be sure the creases behind the ears, in the neck and below the buttocks are quite dry. Use a little vaseline for the buttocks or any chafed surface.

SLEEP

A baby cannot have too much sleep, for sleeping time is the baby's best growing time.

Be sure the baby gets two naps a day and at least twelve hours of sleep a night. He needs twenty hours of sleep daily in the first month and not fewer than sixteen up to the twelfth month. The baby should sleep alone. If no crib is available, a clothes basket makes a good substitute. It is easy to move and keep clean. The bed should be made up with a firm mattress, rubber sheeting, quilted pad, two sheets, blanket and spread. A pillow is not necessary.

The sleeping room should be darkened and well ventilated. The window should always be opened about six inches at the top, except in the coldest weather. If the baby cries instead of sleeping he is probably thirsty, hungry, over-fed, overheated or he may be sick. He may, of course, need changing or have the habit of demanding unnecessary attention. Make sure that he has no real need, and, if he continues to cry, let him cry it out. This seems harsh but it is best for the baby.

A well-trained baby will wake up regularly at feeding time. If the baby demands food before the right time, a small drink of boiled water may be given. If he is asleep at the usual feeding time, he should be wakened to be fed. Punctual feeding makes a regular baby.

Put him to bed while he is still awake, and go out of the room at once. The baby must not be allowed to go to sleep in the mother's arms, or with a bottle nipple in the mouth. Never give a baby a nipple or a pacifier to suck in order to put him to sleep. The baby will quickly form this harmful habit. Neither allow him to suck the thumb. Sucking a pacifier or a thumb changes the shape of the baby's mouth, causes the teeth to come in crooked, and spoils the shape of the mouth. Sucking also leads to nose and throat troubles that injure the speaking and singing voice.

Never rock a baby to sleep. If you form this habit, you have to rock him every time you want to put him to sleep. It is also unnecessary to walk the floor with the baby or sing him to sleep. If these habits are once formed they are very hard to break.

All children under the age of six years should take a nap or at least a rest for one or two hours in the middle of the day.

Sleeping out-of-doors in the summer is good for baby after he is a month old. Shield the baby from the sun and wind and keep away flies or mosquitoes by the use of a screen or net. In cool weather a hot-water bottle should be placed in the child's bed.

REST

A young baby needs rest and quiet. However strong he may be, too much playing is bad, and is likely to result in a restless night.

Rocking the baby, jumping him up and down on the knees and tossing him are very bad for him. These things disturb the baby's nerves and make him more and more dependent upon these attentions. When the young baby is awake he should be taken up from time to time and held quietly in the arms, so that no one set of muscles may become tired. An older child should be taught to sit on the floor or in his pen or crib and amuse himself during a part of his waking hours. Baby must never be lifted by the arms.

PLAY

As a baby wants to put everything into his mouth, his toys must be washable and must not have sharp corners or points which may cause injury to the eyes. They should be too large to be swallowed. A baby should never have many toys at one time. A silver teaspoon or tin cup will please him just as much as an expensive doll or toy. It is a good plan to have a box or basket in which to keep empty spools and other household objects with which the baby may play.

The baby should be trained to amuse himself for the most part, though a moderate amount of play with the family is a good thing for the baby—and for the family too. A baby should not be excited by play immediately before bed-time as the excitement may prevent sleep.

To be thoroughly equipped to face any emergency of either peace or war the state must take more constant and more intelligent interest in the health and fitness of the people.—*Rt. Hon. David Lloyd George.*

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AT THE CANDY COUNTER

ATTRACTED by a tasty-looking roll of sugary material with inviting nut kernels surrounding it, I entered the shop.

The young lady was serving a customer who had bought a box of candy. He tendered her a five-dollar bill, a very dirty one. She took it in her left hand, straightened it out with the fingers of her right hand and placed it in the cash register. Then she took out two two-dollar bills, each dirtier than the bill she had accepted. These also she straightened by smoothing them with her fingers. She handed them to the customer and then turned to me.

"What is that nice looking roll in the window?" I asked.

"Mexican pecan roll."

"How much per pound?"

"One dollar."

"I'll take half a pound."

With fingers which she had used in smoothing the dirty bills the young lady took the roll, laid it on the counter and cut off a number of little pieces. She wore no cap and in the midst of her labours she stopped to pat and pull the undulating waves of her hair. Then, still using her fingers, she picked up the pieces of confectionery one by one and placed them on the scales.

Next with one hand she grasped a paper bag. In order to open it she moistened the fingers of the other hand on her lips and was about to complete my order.

But my taste for Mexican pecan roll had vanished and I asked the young lady if I might change my mind. She was displeased but pretended otherwise.

"Yes, certainly!"

"Then I think I'll take a box of mixed chocolates."

So I did and went away with my purchase. But even for chocolates my taste had declined because I could not help thinking that perhaps the lily-white fingers which had packed them also had not been directed by a mind governed by the principles of Hygiene.

The young lady in the shop seemed to be surprised and somewhat mystified and also displeased at my sudden change of mind. But if she happens to see and to read this she will learn the reason.—*F.D.*

UNOFFICIAL OFFICIALS

A Strong Influence For Good Health Is Exerted By Medical Practitioners Upon the Families They Visit

Each medical practitioner in his own circle, even though he may have no official appointment, is a medical officer of health and has more influence in directing and controlling the habits, the social customs, the housing, the diet and the general mode of life of the families to which he has access than any other person.—*Newsholme*

By joining the Red Cross you help
in the Prevention of disease.

PNEUMONIA AND BRONCHITIS

**These are Diseases of Winter and Early Spring. Every Person Should
Have Sufficient Knowledge of Them to Enable Him to Avoid
Them. A Few Useful Facts.**

IN CANADA, during the months of January, February, March, April and part of May, the disease known as pneumonia is prevalent. It is most severe towards the end of March.

This disease, in which we may include bronchitis, causes about one-tenth of all deaths in this part of the world. It takes a heavy toll of children under five years of age. From five years of age to fifteen, it is relatively infrequent. Beginning with early adult life, pneumonia shows a steadily increasing severity and in the very old it is nearly always fatal.

What should we learn about this disease, and what should we do to prevent it?

Pneumonia is a germ disease. Several kinds of bacteria are capable of producing it. These same kinds of bacteria may be found in the mouths, noses and throats of persons who are in perfect health; indeed, some of them are found so frequently there as to be regarded as normal inhabitants.

Why is it that these germs are sometimes apparently harmless and at other times deadly enemies? It has been found that the apparently harmless germs taken from the throats of healthy persons are nevertheless very deadly to animals which have feeble powers of resistance. Furthermore, in most cases of pneumonia a history is found of some condition which has weakened the individual. Severe chilling of the body from sitting in a draught, particularly while heated or perspiring, may affect the circulation of blood through the lungs and permit the bacteria to gain a foothold there. Falling into cold water may do the same. Breathing irritating gases or dusts—such substances for example as the poisonous gases of warfare, stone and metal dusts in industry—may also so weaken a person that the germ of pneumonia or any of its relations may gain a foothold in the system.

Measles, whooping cough, influenza and other acute infections often lead to pneu-

monia by lowering the resistance of the patient to the bacteria already present in his own mucous membranes or those brought to him unwittingly by others.

The prevention of pneumonia must be based on the foregoing knowledge. Since the germs which cause it are of many kinds and frequently carried by healthy people, no direct attack upon the bacteria is practicable. There is this exception. We should always regard the pneumonia patient as dangerous to other persons and should disinfect the discharges from his mouth and nose, and all articles handled or used by him. This is essential even in hospital wards where there may be pneumonia cases only, since the infection in some cases may be of a more severe type than in others. In homes where the sick person is living amongst healthy ones, it is particularly necessary.

Preventive measures must be directed also against weakening causes. Do not consider yourself so hardy that you can afford to sit in cold draughts or dispense with an overcoat on long cold rides. If such exposure has been unavoidable, do your best to restore a normal condition of the circulation before retiring. A warm drink of tea, milk or lemonade, a bath and rub down and warm dry clothing may make the difference between health and an attack of pneumonia.

Try to keep yourself fit by the sensible use of food, air, sunlight, work, recreation and sleep. If you are attacked by a fever, go to bed. There is no doubt that thousands of lives were unnecessarily lost during the influenza epidemic because the sick courageously but foolishly tried to "stick it out" another day before going to bed.

