



## KNOWLEDGE— *Plus the Desire to SERVE*

**I**T IS always with a sense of gratitude that we welcome the Spring and realize that we have come safely through the cold and bitter winter months: the months that test the strongest and threaten the weak and aged. But the transition from Winter to Spring is a time when we are often made to realize how frail is the human machinery that has to weather the storm, and how suddenly the health and strength of which we proudly boast can be stricken low by sickness, and the strongest and most boastful become as helpless as a little child.

At such times to the rich and the poor—to the old and young, comes the overwhelming desire *to serve*, prompted by love and sympathy and stimulated by the need for action. The anxious watcher longs to be of service and for the ability to give that service intelligently, though it may be just the lifting the aching head and smoothing the pillow, tightening the sheet and straightening the bed, bathing the face or giving a drink—but with the desire to give these small attentions comes the realization of a lack of knowledge and the fear of disturbing and annoying the sick one.

Just as the same sense of inability to serve in sickness comes to all in every walk of life—so does the opportunity come through the Home Nursing Classes which are being organized by the Red Cross in Canada for each and all, to fit themselves to serve better those who for the time, are helpless and unable to help themselves.

During the past four months, since the inauguration of this branch of health work by the Red Cross, the opportunity has been grasped by many. In some instances the older members of an organization have felt they could give better publicity to the service if they took the course themselves. This experiment has been tried in a local branch of the Red Cross in Ontario with the result that through the enthusiasm of these nearing the completion of their course three other courses have sprung into existence. In another instance, the nurses on the staff of the Red Cross Hospital in Englehart, Ontario, decided they would give a portion of their short hours of leisure to the service of the community, by organizing a class in Home Nursing at the hospital. Their decision soon became known throughout the town. The ladies of the local Imperial Order of the Daughters of the Empire became interested and, at the request of the nurses, associated themselves with the plan. As a result, it became necessary to restrict the first class to members of the Order, as it was found that if the membership was extended to all, it would be impossible to limit the number. It is hoped many subsidiary classes will be formed in and around Englehart.

Each week sees new classes started, new fields explored, new volunteers enrolled. The value of the work has proven itself. The nursing profession is offering a voluntary service of instruction and demonstration never equalled in Canada before. The

opportunity is for all. You can help to bring this opportunity to those who do not know of its existence. The present difficulty lies in making this opportunity known among groups of friends and organizations. In this part of the work, dear reader, we need your co-operation. You can give service to your community by getting together little groups of ten or twelve and stimulating the desire for better citizenship, telling them of this opportunity to gain the knowledge to serve intelligently.

Everyone can help the Red Cross to bring this service to the door of each home in Canada. Correspond with your Provincial Red Cross Office for further instruction regarding organization. You will find the addresses on page 16 of this magazine.

### Junior Red Cross in Italy.

At Trieste the local section of the Junior Red Cross has organized a summer vacation camp in which there were twenty children, chosen from among the poorest and the most debilitated. A considerable portion of the funds collected during the year were assigned to this camp. After a stay of a month at the sea-side home of Valvoltra the children returned to Trieste greatly improved in health and able to take up their school work with renewed courage.

At Torre Pellice several Junior groups pooled their funds in order to send two of their poorer schoolfellows to the sea-side.

“We all tumble over opportunities for being brave and doing good at every step we take. Life is just made of such opportunities. Not nearly all the sick and crippled are on the battlefield, nor is all the danger there either. For the brave spirit, work, and interesting work, is never absent.”—P. H. Epler.

## The Part the Poppies Played

A True Story from Alberta

TO BEGIN this story at its very beginning, we must think of the well-known Poppy Poem of the late Col. Macrae:

"In Flanders Field the poppies grow."

It was for the purpose of commemorating the famous eleventh of November, Armistice Day, and to immortalize the Heroic Dead of this and other lands that the poppies of our story were born, or to be accurate, were made.

Sitting up in bed, her white coverlet in a glorious riot of red petals, a little crippled girl deftly turned and twisted the crepe paper into leaves, stems and stamens, and, lo, a poppy bloomed. She was one of the children who spend the otherwise tedious hours of their recovery in the Junior Red Cross Hospital in Calgary, in learning the artificial flower trade. Her thin white fingers, tapering and transparent, seemed shaped for handling minute and delicate work, and looked almost as if they were part of the bouquet which she fashioned.

With pride she told us she had earned quite a large sum of money, enough to buy herself some clothes when she would be ready for discharge. Her flowers had sold at bazaars and fairs, and several lady visitors had ordered them for Christmas gifts. Now there had come a wonderful order from the Great War Veterans' Association in the city for ten thousand poppies for Armistice Day. The little flower-makers were all busy therefore, and the red poppies blossomed with lightning rapidity between the white cots, row on row.

So we left the children busy with their red petals. As the wonderful Alberta sunshine played over their eager young faces, the poppies on the white cots made a colour scheme that filled the imagination with thoughts of far-off fields where sleeping soldiers lay. Out where the West begins, the Red Cross has acknowledged the right and assumed the responsibility of caring for the sick and wounded children in the battle of life, and the happy children at work amongst their blossoms pointed out plainly how well the task was being performed.

### CHAPTER II.

It was a windy afternoon in the city of Calgary. In the sunny streets an old travel-stained Red Cross car, of the type affectionately known as "Henry," was swinging along in a hurry. It carried a load of red poppies, thousands of them for delivery to the Great War Veterans' Association workers, who were waiting to fill their baskets and to take their stand at the street corners.

But the wind was in a frolic that afternoon; could it be that it was thinking of the sister winds far away in Flanders, blowing over graves where loved Canadian lads lay asleep? Round and round the car it swirled

and circled. At last some poppies lying loosely on top heard the call of the breeze, and responded to the invitation. Unseen by the driver, a bunch fell on to the wind-swept street.

There they lay for a little while—one spot of colour on the dull highway.

Fate had designs, however, on the children's blossoms, and saved them from the ignominy of being swept ruthlessly into the gutter, to become later the objects of the street-sweeper's care.

A gentleman passing along, noticed the touch of colour in the otherwise commonplace street. Stooping down, he saved the flowers from destruction. He carried them home and his wife seeing them remarked:

"I wonder if they were to be used for Armistice Day. Perhaps they were made by the Crippled Children in the Red Cross Hospital. Let us enquire at the Office of the Red Cross and find out."

### CHAPTER III.

The next chapter in the story takes us to the Head Office of the Alberta Juniors. On the desk of the Superintendent we find the truant posy.

It is Christmas week, and the gift parcels are being packed with good things for the children of some pioneer settlers, who live on the edge of the world. The small patients, who have been cured and returned to their homes, are always remembered at Christmas with a little greeting and a box of toys from the Red Cross. Gifts go also to the families on the emergency relief files, where there are stories of fire or accident. The distant hospitals, too, have a hamper of cheer to celebrate the festive season, and brighten the wards for the women and children. In a far-off district, a hundred miles from the end of steel, in a small outpost hospital where the Red Cross flag flies a welcome to any weary man, woman or child who has fallen by the wayside and lost health and strength. The matron had informed head office in Calgary of a wonderful tree which had been planned for Christmas and a dinner to which the patients and staff were all invited.

As the superintendent surveyed the special shipment for this distant settlement, her eyes rested on the poppies, bravely blooming on her desk.

"The very thing," she exclaimed, tucking the flowers in on top of the toys, woolies and pretty baby clothes, "These red blossoms will do nicely to decorate the wards, and give a touch of colour for Christmas."

So off they went on their errand of cheer, over hundreds of miles of snow and ice to a "House by the side of the road, where dwells a friend of man."

A wonderful dinner table had been spread in the hospital on Christmas day. A turkey,

in all its glory of stuffing and cranberries, graced the board. In the place of honour in the middle of the table bloomed the paper poppies, the playthings of a western wind. In the course of conversation, which hummed merrily between patients and nurses, the talk turned to the play which the local concert company was to stage. There was often difficulty in finding properties for the stage, here was exactly the thing they required—a bouquet of flowers, bright and vivid.

And so it came to pass that once again the poppies "served." After cheering the hospital patients by their presence on the table, they passed on to the stage and played another part.

From festivity and drama, there came a swift transition for the brave red things.

Over that snowy region was heard a rustling sound—as of wings in the air. It was the Angel of Death—coming to claim a little life.

Long and earnestly the nursing sisters fought his claim to the babe. Had it come into the world but to breathe the breath of life for a moment, and then depart? True to their duty for the sake of the brave little mother, who had so courageously faced the valley of the shadow, the women worked long and earnestly. After much time spent in artificial respiration, they had to admit the Angel of Death had conquered—and had taken the child for his own.

Their next sad duty was to prepare the little body for burial. In some parts of this province, far-flung from cities and towns, the Red Cross nurses not only devote themselves to the living, but are found filling the post of undertaker, funeral director, or even assistant grave digger. Standing at the gates of birth and death, cheering or consoling, they "meet with open hands the best and worst" that life has to offer.

Some day, perhaps, the world which honours, and rightly so, the great dead in the person of the "Unknown Warrior" who lies in honour in the Empire's heart, will turn round and honour the "unknown living warrior women" who face the battle of life single-handed, fighting against tremendous odds, in the by ways of the world, with none to see their prowess but God Himself.

Let us take one last look at the poppies. Because everywhere women are women, they weep over their cold clay, and place in the hands of their beloved dead the floral emblems of a life beyond the grave.

Reverently the nursing sister took from the posy the most beautiful poppy of all, and tenderly laid it in the little hands of the dead babe. Silence reigned in the ward. The mother and nursing sister took their last farewell of the beautiful marble. Pure, spotless, innocent lay the little one. Red, radiant on its breast lay the Red Cross poppy.

Hush, did you hear a sound? Was it a voice from the dead? Nay, 'twas but your fancy that the poppy stirred as you stooped to kiss the little lips farewell.

You say it was the poppy that spoke, and this was what it whispered in your ear: "I SERVE."

Ah, well! it might be so—I do not know.

But this I know, the motto is divine.

—M. H. Conquest.

# Delightfully Fragrant

# "SALADA"

## TEA

H428

has a pure, fresh flavor beyond compare. Ask for a package today.

## Japan's Gratitude



SOCIÉTÉ JAPONAISE DE LA CROIX-ROUGE

Tokio, le February 7th, 1924

The Canadian Red Cross  
Toronto, Canada.

Dear Sirs:

Please accept my sincere thanks for the sympathy and kindness you have extended to this society so signally and practically for the relief of the sufferers from the recent earthquake. It has been appreciated in the highest degree by us all.

I remain Sirs,

Yours respectfully,

S. HIRAYAMA

President, Red Cross Society of Japan.

### A CASE IN THE SHORT CIRCUIT COURT

A chap was arrested for assault and battery and brought before the judge.

Judge (to prisoner)—"What is your name, your occupation and what are you charged with?"

Prisoner—"My name is Sparks, I am an electrician, and I am charged with battery."

Judge—"Officer, put this man in a dry cell."—*The Inland Merchant.*

### THE CLERGY CAN AID

Would it not be a fine thing if clergymen could have some instruction in the medical sciences? What a blessing it would be if they were taught to view disease from the standpoint of prevention!—*American Journal of Public Health.*

### PORT ARTHUR BRANCH

The Port Arthur Branch of the Ontario Division of the Canadian Red Cross Society at its monthly meeting in January received many letters of enthusiastic appreciation and thanks from ex-soldiers who had benefited by its Christmas activities. The Branch expressed much appreciation of the generosity of members and of the public which had made the gifts to needy soldiers possible.

### A SURE REMEDY

A woman last week asked the Tottenham police court magistrate how she could stop her husband from continually laughing. We know the very tax-collector who could do the trick.—*Punch.*

## Alberta's Radio Talks

The Mystic Ether Waves  
Carry Their Message of  
Health to All Parts of the  
Province and to Many  
Neighbours.

THE Alberta Division is having excellent success in broadcasting health talks by Radio. Mrs. Waagen, the first vice-president and honorary secretary of the Division, is very much gratified with the reception that has been given to this endeavour on the part of the Red Cross in Alberta in carrying out its efforts for the improvement of health and the prevention of disease. Mrs. Waagen says:

"I am enclosing herewith a program of our Radio Talks which are being broadcast over the Herald station, as I think this may be of interest to you. I may say that the program is working out very satisfactorily, and that the talks are being greatly appreciated.

"When we first arranged the program we were advised that the Red Cross could have ten minutes only. When I gave my second talk Mr. Carlton, the operator in charge, advised that I could have half an hour or take as long as I liked. Last Wednesday I was advised that the Red Cross might take the whole hour on Wednesday afternoon if they wished to do so, as the talks were proving so enjoyable to the listeners and were of much interest. The broadcasting has reached down into Saskatchewan and across to the United States.

"I am sending copies of our first three talks. They are, of course, of a very popular nature. We find that we have to as it were make a personal connection with our listeners over the Radio, and put our talks in such a form that we are really having just a personal conversation with them."

### LIKED THE JUICE

"Tom," said Mr. Smith, "what shall I do? I have nothing for dessert but brandied peaches, and the vicar is coming to dinner. I never thought about him—you know he's such a strict teetotaler."

Tom said he was sorry, but that they would have to trust to luck.

They did—and luck did not fail them. For when it came to the dessert, the vicar evidently enjoyed the peaches. Dear innocent soul! he thought he had never tasted anything half so good. And when the hostess asked him, "Could she not have the pleasure of serving him with another peach?" he replied, "No—thank you—thank you—but I will take a little more of the juice!"

"The Kingdom of health, like the Kingdom of God, is within you."—C. E. A. Winslow.

# Junior Red Cross in Canada and Abroad

## What Junior Red Cross Offers

THE following are extracts from an article by S. B. McCready, B.A., B.S.A., director of the Ontario Division's Junior Red Cross. The article is entitled What the Junior Red Cross offers to Ontario Teachers and appeared in the number of *The School*, an excellent Canadian educational journal of sound authority. We have selected those parts of Mr. McCready's article which seemed of general interest to teachers.

IT GIVES me great pleasure to accept the invitation of *The School* to tell what Junior Red Cross is doing and what it can do for the cause of better training for health and citizenship in Ontario schools.

To The Ontario Junior Red Cross,  
410 Sherbourne Street,  
Toronto, Ont.

"It gives me much pleasure to state that I have been using your Junior Red Cross during the past year and find it an invaluable remedy for many of our school weaknesses. I have found it the most interesting, the most impressive and the most practical way of teaching Hygiene. It has been no less valuable in the good government of the school. Through your hearty co-operation and assistance I have been able to make a wonderful change in my school. I cannot understand why it is not used in every school in the Province. My only complaint now is, 'Why did not some one think of the plan sooner.'

"Please send Miss Alice Smith, teacher in the Soso school, one of your 'trial-packages.' She has become interested in what I have been telling her and says she is willing 'to try anything once.' She has not worn herself into a groove so deeply that she cannot attempt a new adventure in pedagogy."

Yours truly,  
(Sgd.) MARY GOA HEAD,  
Teacher, Progress School.

This is not a recommendation for a patent medicine. It is a composite letter that could be duplicated many times in the letters of thanks and commendation received at Junior Red Cross headquarters from Ontario teachers during the past two years.

Making no extravagant claims for Junior Red Cross as a cure-all, it may fairly be asserted that it has proven and is proving itself a useful help for many teachers, and an improved method of teaching.

The recent commendation of Mr. F. F. Macpherson, principal of the Hamilton Normal School, may be quoted in support of this claim. Pleased with the work that he had observed at a meeting of one of

the Junior Red Cross Auxiliaries in the Strathcona Model School, he invited the class to repeat their meeting before the Normal School students. The Auxiliary in a business-like way discussed the invitation and formally agreed to accept it. The meeting was held again before the teacher-training classes. In Mr. Macpherson's words it provided "one of the biggest eye-openers the Normal School students had ever had."

One of the best hopes for the further extension of the work is based on the fact that several Normal and Model Schools are using and testing it, apparently with satisfaction. Many of the teachers using the method this year learned about it last year in their Normal training and saw it in use in the Model Schools. Mr. H. G. Martyn, a member of the Stratford Normal School staff, in a recent letter quotes from a teacher in Bruce County—"Do boost the Junior Red Cross! Then she told of the work being done in her school." Any teacher may have this same help. It is free for the asking. And using it is good school teaching.

The growth of the Ontario Junior Red Cross in the past three years is significant. At the close of December this year our

records showed that 515 classes had enrolled during the year. For the year 1922, the number was 256, and for the first year, 1921, the figure was 108. There is nothing remarkable or sensational in these figures. But they show promise. The steady growth indicates that increasing numbers of teachers are finding Junior Red Cross a help. The work is past the period of suspicion. It has made friends for itself with many school inspectors as well as with teachers.

Junior Red Cross is finding a place of usefulness in secondary schools as well as in the elementary schools. The future will likely show extensions also in what has been called Collegiate Red Cross. At present there are nine groups enrolled. Both classrooms in the Eganville Continuation School are organized and two of the high school classes in the Toronto Normal Model School have Auxiliaries. In the Hamilton Normal School there are five auxiliaries formed in the teachers' classes. Teachers in collegiate institutes, high schools and continuation schools who have class groups carrying on under schemes of class-organization will find an affiliation with Red Cross stimulating in the promotion of social services. The Red Cross can inspire boys and girls in worthwhile unselfishness. Its international features are also attractive. It is being developed in the schools of thirty countries.

## NETHERLAND'S JUNIOR RED CROSS

The Netherlands Red Cross has inaugurated a new monthly review "Het Roode Kruis," devoted to the work of the Junior Red Cross. The first number of this publication appeared on November 15th, 1923. It is well edited and illustrated.

## TO WORK THROUGH THE JUNIOR RED CROSS

At Port Arthur, Texas, the school authorities have decreed that in future all organizations outside the school will have

to work through the agency of the Junior Red Cross in making their appeals to the pupils. Collections of money or material will only be authorized in schools if they are approved by the Junior Red Cross. This step was taken in order to protect the schools and also to give proper recognition to the Junior Red Cross.

### Real Obedience

Four-year-old to her favorite doll, the loss of whose arm exposes the sawdust:

"Oh, you dear, good obedient dolly! I know I told you to chew your food fine, but I had no idea you would chew it as fine as that."—London Post.

## JUNIOR RED CROSS — A WORLD-WIDE SCHOOL CHILDREN'S MOVEMENT

### Unites All

The Red Cross, the world-wide emblem of service, is made of five squares. The one in the centre unites in love the four others that reach out to the North, the South, the East and the West.



### Serves All

There is in the world today no humanitarian force which can be called upon in any great crisis to serve all men everywhere, whatever their race, creed or colour, save that enrolled under the banner of the Red Cross.

Unites the Children of all Nations for Health, for Usefulness and for Friendliness.  
You are invited to form an Auxiliary.

## Tell The Public

THE School Doctor had finished his examination of the children, and among other things, reported to the School Board that many of the children were short on six-year molars. The editor of the local paper dropped around to the doctor's to find out what a six-year molar was. This is how he tells the story:

When we asked the doctor about molars, he plunged into a corner and emerged with a diagram of the teeth of a six-year old child.

"The six-year molars," he said, "are the first permanent teeth a child gets. You, like most parents and some dentists, probably think that 'first' applies only to the first milk teeth. This is incorrect.

"Look at this diagram. Start at the space between the middle teeth and count backward. The first five teeth are temporary; the sixth is the first of the permanent teeth; it is called the sixth-year molar because it comes at about six years of age. Note that there are four of these, one on either side of the lower jaw and two just above them in the upper jaw.

"Didn't know that tooth was permanent, did you? Lots of people don't. Persons who don't know, think it is a temporary tooth and let it decay. But it isn't temporary. It doesn't take the place of any temporary tooth, nor does any other tooth ever take its place. When it goes it goes forever."

"Well," we asked, "won't it be stronger than the temporary teeth and last longer?"

"It may or it may not," answered the doctor. "It's a large tooth, but its upper surface has a lot of pockets which invite decay unless the tooth is kept clean and unless the child is properly fed."

"Properly fed?" we asked.

"Exactly," replied the doctor. "Children can't grow as they should unless they are suitably fed. Their bones, including their teeth, will be chalky; and chalky teeth decay quickly. Moreover, six-year molars come just when the temporary teeth are decaying. Rot in teeth spreads like rot in a barrel of apples; and the molars, particularly if they are chalky, stand no more chance in a mouth full of rotting teeth than a snowball in—July.

"Some of them are allowed to decay along with the temporary teeth and others are pulled by parents or by officious neighbours because 'they are only milk teeth.'" The doctor was waxing indignant.

We were indignant too! "How can we help?" we asked. "The public ought to know about this; and we want to do our share."

"Use your paper," cried the doctor enthusiastically. "Tell 'em once, tell 'em twice, tell 'em over and over again. Tell each mother to examine her child's mouth and count back to the sixth tooth. Tell 'em if it's decayed to hurry that child to the dentist. Tell 'em that once gone a six-year molar is gone forever; and that these molars are all as important to the mouth as

a key stone is to an arch. Tell 'em not to allow six-year molars to be pulled even if they are decayed, unless the dentist insists—and to be mighty sure that he is a real dentist"

## Britain's True Greatness

The Czechoslovakian Junior Red Cross in April last year devoted its little monthly magazine to the memory of England's immortal poet, William Shakespeare. In the number we find the following remarkable paragraph upon the British Empire. Could a nation desire a greater tribute from another? This is it:

"The real greatness of England and of the British Empire lies not, however, in vastness of territorial possessions, but in those qualities that can make even a numerically small nation great—in character, in love of liberty and justice, in enterprise and courage, in hard, persevering and conscientious work, in unwavering fortitude in the face of adversity and in deep religious and moral conviction. And every true Englishman is proud, not so much of his vast Empire, but of the contributions his country has made through the ages to the cause of civilization and humanity."

## Lord Renfrew Remembers Junior Red Cross Hospital

An unexpected sequel to a little incident enacted during Lord Renfrew's visit to Calgary took place the other day, when Mrs. Mappin, school teacher at the Junior Red Cross sick children's hospital, received a letter from Buckingham Palace.

The little patients in the hospital, under the direction of Mrs. Mappin, make the dainty bouquets of flowers and other articles of pale shaded organdie. Thinking the prince would appreciate a gift from the hospital, they sent a box containing some of the nicest of the flowers to him at the Pallister, with the request that he take them home to her majesty the queen and to the Princess Mary. A most gracious letter of thanks was received by Mrs. Mappin from the prince, assuring her that he would be pleased to convey the gift to his mother and sister.

The other day, however, a large envelope bearing the royal crest arrived at the Junior Red Cross hospital for Mrs. Mappin. It proved to be a letter of personal thanks from her majesty, saying that she would forward some of the flowers to Princess Mary, and extending thanks in her behalf.

## Lieut.-Governor Brett's Party

His Honour Gave Many Citizens of Alberta an Opportunity of Meeting the Red Cross Executive of the Division.

His Honor Lieut.-Governor R. G. Brett of Alberta is one of Canada's staunchest believers in and supporters of the Red Cross. A recent evidence of this was seen in a recent reception he gave to the Provincial Executive of the Society. Concerning the event the Edmonton Journal said:

Kindly appreciation of the efforts of Red Cross workers during the war and since, inspired the reception which His Honor the Lieutenant-Governor of Alberta and Mrs. Brett gave to afford an opportunity of meeting the Provincial Red Cross Executive in Government House on February 15. Among the guests were many faces more familiar in war days than since, and many old friendships were renewed in the genial atmosphere of Government House. Major Stafford and Captain Thompson were in attendance.

### THE JUNIORS' WORK

Attention was called by the Lieutenant Governor to an array of crepe paper flowers, the handiwork of the little patients in the Red Cross children's hospital at Calgary, which adorned the table in the reception room. His Honor explained that this was one means adopted to while away the time of the little folks taking treatment, and it demonstrated also that at the same time, they were learning something.

White and crimson carnations and fern in silver baskets adorned the supper table over which Mrs. Edwards, Mrs. Rathbone Smith, Mrs. Geo. B. Henwood and Mrs. Fred Smith presided.

The very extensive invitation included all the leading men and women of the Province.

# British Columbia Division

The Division is Performing Useful Service on Behalf of Partially Disabled Ex-Soldiers. Prompt and Ready Assistance to Refugees from Japan

THE annual meeting of the British Columbia Division of the Canadian Red Cross Society was held on February 16 in the Belmont House, Victoria. Mrs. Harold Fleming, who for many years has taken a keen interest in Red Cross work, was again elected president. The secretary-treasurer for the current year will be Mr. Percy F. Curtis and the executive: Sir Richard Lake, Mr. W. D. Angus, Mrs. Bullock-Webster, Mrs. Grimison, Mr. F. W. Jones, Mrs. Lampman, Mr. Landsberg, Mr. George McGregor, Right Rev. Bishop Schofield, Miss Oldfield and Mrs. S. F. Tolmie.

Mr. W. B. Monteith was unanimously re-elected honorary auditor, and a vote of thanks tendered him for his great kindness in auditing the books during the past year. Votes of thanks were also passed to the Belmont House for providing accommodation for the Red Cross headquarters; to the president, Mrs. Fleming, for her work during the year; to the local press, and to the workshops committee.

The Division expressed its deep sorrow at the loss by death of the late C. T. Cross, who for many years had been of great assistance in the work of the branch.

In her short address Mrs. Fleming expressed appreciation of the personnel of the committee, saying that they had to-day, just as much as when they were first mobilized for war work, the potential force which would make them equal to any emergency when called upon. The work of the society had been very satisfactory during the recent Japanese disaster, and correspondence was still being received from many of those who had come into touch with the society at that time.

Mr. Fred Jones spoke about the Red Cross workshops and the great good which was being done through them in giving employment to disabled men, many of whom had been helped both in health and spirit.

The workshops committee was re-appointed, as follows: Mrs. Fleming, Messrs. Markill and G. H. Dawson, and Bishop Schofield.

## SOLDIER RELIEF

Soldiers' relief work has been continued. The balance of the Merville fire fund has been divided equally among the sufferers on a per head ratio. This gave entire satisfaction to all, and we received many letters of appreciation from them. Relief has also been given to 118 families in cases where distress is caused through illness of the father, groceries, fuel, clothing, rent, etc., being supplied.

## RELIEF FOR JAPAN

In September, following the report of the Japanese earthquake, we received word from the Central Council that the government had asked this society to undertake

the collection and distribution of funds for the relief of the victims. We immediately opened a list and as a result collected \$6,299.63.

## CARED FOR REFUGEES

Later we were notified that 400 refugees were arriving on September 15. The society, in co-operation with the Dominion Immigration Department, arranged for the care of these people. There being no suitable building in Victoria, it was arranged, with the consent of Dr. Brown, the Dominion quarantine officer, that the building at William Head could be used, and here, amidst glorious surroundings, preparations were made to receive them. On boarding the boat it was found that only twenty-five were British subjects; the rest were going on to Seattle. A more miserable band of people it would be hard to imagine; all were destitute with only the few garments they wore. Cables and telegrams were

immediately sent to their anxious friends, this being the first information they had received. We then started outfitting them, and if you have never tried providing for a person with absolutely nothing you can hardly realize what it means to need everything from a tooth brush to a suitcase. We kept the refugees until arrangements could be made whether to re-establish them or send them to friends, the last three leaving us at the end of six weeks. These people are all trying to re-establish themselves, some in Canada and some in England, and still keep in touch with us. In the meantime a few more arrived on the various boats. These were all assisted with money and clothing. This entailed spending nearly all our fund locally and as applications are still coming in the fund cannot be closed yet.

## THE WORKSHOPS

The Workshop Committee presented detailed reports recording its appreciation of the excellent service given by the manager of the shop and the foreman. Acknowledgment was also made of the financial assistance rendered by the Department of Soldiers' Civil Re-establishment with which the Division is co-operating. Record was also made of the valuable great aid to the work that came from the property donated to the Society by the late Hon. T. W. Patterson.



THE season for measles is during the winter and spring months. One half of the deaths from measles in Canada during 1922 occurred in the months of January, February and March. A great many of these deaths could have been prevented if parents had realized the danger and how to avoid it.

The dangerous age for measles is early childhood. Sixty per cent. of the deaths from measles occur in children under five years of age. Some parents consider measles to be a necessary evil of childhood and that a child may be allowed to catch measles and have it "over and done with." This is a great mistake.

The older a child is when he contracts measles the better the chance he will have of recovery, the younger he is the greater the danger. The death rate of children having measles at two years of age may be five times as high as it is among those who postpone the disease until the tenth year of life.

Measles is spread by the secretions of the nose and throat, especially in the tiny droplets sprayed out in coughing, sneezing and loud talking. The danger of catching the disease is greatest during the period from five days before the rash appears and for five days thereafter. Before the rash appears the child may seem to have only a cold, but in reality this cold may be the beginning of measles.

From the time of exposure, from ten days to two weeks elapses before the child is taken ill. The illness is much less likely to be dangerous if taken in hand at an early

stage. The first symptoms are a rise in body temperature and redness of the eyes. Therefore, when a child has been exposed to measles, the temperature should be taken on the eighth, ninth and tenth days after exposure. If the body temperature has risen or the eyes are reddened, put the child to bed and keep him there. Bed is the one safe place to fight measles and the earlier in the disease the child is put to bed, the less will be the danger of death or a serious result, such as pneumonia, tuberculosis, eye or ear trouble. There is all the difference in the world between an attack of measles developing in a child exposed to body chill, and in a child safe-guarded by warmth and rest.

Measles requires good nursing and the care of a physician. The patient should be kept away from other people until the rash has quite gone, and should remain in bed as long as there is fever or a cough. Do not let the child be uncovered and chilled as this may lead to pneumonia. A somewhat darkened, comfortably warm room is the best and the air should be kept moist and soothing to the air passages by means of pans of water or by wet sheets, which may be hung across the doorway.—R. G.

## Older Than the Law

A salesmanlike looking inspector was surprised to find a dirty roller towel in the washroom. Indignantly he said to the landlord:

"Don't you know that it has been against the law for years to put up a roller towel in this State?"

"Sure, I know it," replied the proprietor, "but no ex-post facto law goes in Kansas, and that there towel was put up before the law was passed."—Topeka Capital.

# Alberta Division

## More and More People Are Finding Out That the Red Cross Is Still Doing a Splendid Work. Valuable Service in Peace River District. Junior Organization Growing.

THE annual meeting of the Alberta Division of the Canadian Red Cross was held in the council chamber of the provincial parliament buildings at Edmonton, on Friday afternoon. His Honor Lieutenant-Governor R. G. Brett presided and conducted the proceedings with his usual courteous and genial cordiality.

In opening the meeting, His Honor spoke of the excellent work that has been and is being accomplished in this, and though the society, he said, was poor in a financial way, it was doubly rich in the appreciation bestowed upon it by an ever-widening circle of supporters. More and more people are finding out that the Red Cross is still in existence and doing a splendid work. Especially pleased was His Honor with the work that has been accomplished in the Peace River district, where a hospital has been built and medical assistance provided where previously there was none within hundreds of miles.

### PROGRESS IS MADE

Dr. Brett informed the meeting that there had been a substantial increase in the membership of the association during the past year, and though it was not as great as he had anticipated, yet it was indicative of further and future progress along that line. He expressed the hope that during the year 1924 there would be a hundred per cent. increase in the number of members throughout the province.

Mrs. C. B. Waagen, of Calgary, the first vice-president of the society, in giving a very full report of the past year's activities, said that owing to the lack of funds a great deal of the work that had been proposed had to be abandoned. This work will be kept in view until better financial conditions warrant its being undertaken. The report goes to show, however, that despite the lack of funds, a great deal of relief and educative work was carried out during the year.

### THE JUNIOR REPORT

Among the other reports received was that of the Junior Red Cross, presented by the Superintendent, Mrs. A. B. Fisher, which shows that the results obtained are most acceptable and quite wonderful when it is considered what a small amount of money has been spent by the department. A great deal of instructive health literature has been distributed to the children. This has taken the form of posters and "Red Cross Junior," which contains many informative articles that may be easily understood by the children, and various pamphlets dealing with health conditions and the preservation of good health. In addition to this re-

lief work has been undertaken among poor and needy children.

### A NEW METHOD

Owing to the fact that the 1924 proposed budget of the society shows an expenditure of \$2,500 a month during the entire year, a discussion arose at the meeting over the manner of raising funds, and it was felt on the part of most of the members that some new method must be devised. The canvassing system during the past years has not proved as successful as it might have, the total amount collected in the entire province last year being only \$12,000.

To the furtherance of this end, the meeting passed a motion declaring October 31 of every year, which is Hallowe'en, to be annual Red Cross Day, on which occasion a special appeal will be made to the people on behalf of the Red Cross.

### MONEY BOX SYSTEM

The methods for raising the actual money were left to be decided by the executive committee of the Society, though it was suggested that a money box system might be introduced, the people being asked to keep these boxes in view so that during the time that they are in their possession contributions might be made. Another suggestion was to the effect that the clergy could be asked to place special envelopes in their churches on one Sunday a year. The main efforts of the Society, it has

## WESTERN STOCKMEN

### Much Public Discussion Aroused by Association's Resolutions Concerning Accredited Herds of Tuberculous-Free Cattle.

At a recent meeting at Victoria, B. C., the Western Canada Livestock Union passed a resolution urging upon the government to discontinue for the present the measures that have been adopted for the establishment of accredited herd of tuberculous-free beef cattle.

The reason urged was the enormous expense and the doubtful value. The suggestion was made, however, that a conference of Dominion and Provincial veterinarians should be called to consider the whole question.

The resolution was at first misunderstood by the public, as an impression got abroad that it applied to dairy herds as well. G. H. Hutton, president of the Western

been decided, however, will be put forward every year on Hallowe'en, in the raising of funds.

### REDUCING EXPENSES

The meeting further decided that no provincial organizers would be appointed for the year, but rather a number of local organizers who would keep in touch with head office. This would have the effect of greatly reducing expenditures.

An advisory committee to meet the various other organizations doing the same type of work in the province, such as the Women's Institute and the U. F. W. A., and discuss the various problems that come before them so that in carrying out their plans each society would know what to do and there would be no overlapping, was suggested at the meeting. This suggestion was approved of and power given to the executive to appoint such a committee. The other organizations are all very much in favor of such steps being taken, as shown by letters received by the secretary of Red Cross.

### ELECTION OF OFFICERS

The final business to be consummated by the meeting was the election of officers for the current year. The same officers that served the society last year were re-elected without exception and are as follows:

President, His Honor the Lieutenant-Governor; honorary vice-presidents, Hon. Herbert Greenfield, Hon. Charles Stewart; first vice-president and hon. secretary, Mrs. C. B. Waagen, Calgary; third vice-president, Major Stafford, Edmonton; fourth vice-president, Mr. Hodgson, Lethbridge; fifth vice-president, Alfred Wright, Altario; sixth vice-president, Mrs. Broughton, Red Deer.

The offices of second vice-president and treasurer were left open and will be filled by the executive committee in Calgary.

Canada Livestock Association, explained to the public through the press that:

"No suggestion was made that the testing of dairy herds should be discontinued, or that the completion of the testing of herds in the process of accreditation should be abandoned. All that was asked for was that a campaign for establishing new accredited herds of beef cattle should be discontinued until the whole subject had been reviewed at this suggested conference."

The question of tuberculosis in beef cattle, though quite important from a health standpoint, is less important than the disease in dairy cattle. In the latter case there is great danger of the disease being passed on to children through their drinking unsterilized milk of tuberculous cows.

But it is a wholesome sign that the resolution aroused so much discussion. It is a proof that people are beginning to take a vital interest in the prevention of disease, and once that interest becomes general and continuous, many forms of disease, man's worst and oldest enemy, will have to fight a hard battle for existence.

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. III. TORONTO, MARCH No. 3

THE CENTRAL COUNCIL ANNUAL

THE Central Council of the Canadian Red Cross Society will hold its annual meeting at the National office, 410 Sherbourne Street, Toronto, March 18th

The following are members of the central council for 1924.

EX-OFFICIO

The Past Presidents of the Society.

Brig.-Gen. Sir John M. Gibson.

Maj.-Gen. G. Sterling Ryerson.

Her Grace, The Duchess of Devonshire.

Lt.-Col. Noel G. L. Marshall.

The President of the Society, Sir Robert Borden.

The Honorary Secretary of the Society, A. H. Campbell.

The Honorary Treasurer of the Society, F. Gordon Osler.

APPOINTED BY THE PROVINCIAL DIVISIONS:

British Columbia	*1925 A. P. Black. 1926 Mrs. M. E. Fleming. 1924 A. J. Forsyth.
Alberta	His Honour Lieut.-Governor R. Brett, M.D. Hon. R. B. Bennett, K.C. Mrs. C. B. Waagen.
Saskatchewan	*1925 Mrs. Thomas Dowrick Brown. 1924 Mrs. Wm. Graham. 1926 Judge Reginald Rimmer.
Manitoba	*1924 M. F. Christie. 1925 J. A. Machray, K.C. 1926 J. C. Waugh.
Ontario	*1924 A. H. Campbell. 1925 Professor J. A. Dale. 1926 Mrs. H. P. Plumptre.
Quebec	*1926 David Law. 1924 W. R. Miller. 1925 Mrs. Colin Sewell.
New Brunswick	*1925 C. B. Allan. 1926 R. T. Hayes, M.L.A. 1924 Mrs. Charles Sargeant.
Nova Scotia	*1924 Mrs. P. H. Fielding. 1925 J. L. Hetherington. 1926 H. E. Mahon.
Prince Edward Island	*1924 Hon. Mr. Justice F. L. Haszard. 1925 Dr. S. R. Jenkins. 1926 Dr. H. D. Johnson.

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HEAD OFFICE MONTREAL

ELECTED BY THE COUNCIL

\*1924 D. H. McDonald, M.L.A., Dr. C. D. Parfitt., W. S. Carter

\*1925 Sir Richard Lake, K.C.M.G., Rev. Charles A. Seager, M.A. D.D., L.L.D., Provost Trinity College, J. J. M. Pangman.

\*1926 Lady Drummond., Dr. Jas. W. Robertson, C.M.G., Chairman of Council, Lt.-Col. R. W. Leonard, Norman Sommerville, Esq., K.C.

\*Number indicates the year in which the member retires.

A GREAT WORK OF SALVAGE

*Regina Leader*

While emergency relief work is an important function of the Canadian Red Cross Society, what is of far more importance is the inculcation of health ideals in the public mind. The statement has been made on good authority that more people die every year in Canada from preventable diseases than Canada lost on the battlefields of the late war. They pass out silently over a vast area, a few here and a few there, and their passing is unnoticed except by their immediate relatives and friends; but the economic loss which the country suffers is the same as if these sixty thousand and more citizens were shot down in battle. Consequently, what the Canadian Red Cross Society is doing to educate the people of this country to take care of their health is a great work of salvage, which has a tremendous bearing on the national economy. A life saved in Canada is as good as a life imported from abroad in an immigrant vessel.

And then there is the other angle to the matter of raising the standard of health of a people. An ailing man or woman is usually an unhappy and discontented person. When any considerable portion of a nation is unhappy and discontented it offers an excellent breeding ground for quack doctrines. As the standard of health of a people is raised, contentment is increased and normal thinking insured. There is thus a social as well as an economic basis for the effort which the Canadian Red Cross Society is making to prevent illness and save lives.



# Red Cross News

from

## Canada's Press

**DENZIL, PRIMATE, SASK.**—At Denzil recently a Red Cross branch was formed with Edward Jackson as president and Mrs. L. F. Dauson as secretary-treasurer and a Junior Branch was organized in the school with Leslie Baker president, and Violet Baker, secretary-treasurer.

Primate has partially completed its Red Cross annual campaign. It has maintained an active branch continually since early in 1917. Its officers for 1924 are: Mrs. M. S. Henderson, president; Mrs. R. H. B. Sheppard, secretary; Mrs. M. Scheedy, treasurer.—*Saskatoon Star*.

**MORRIS, MAN.**—M. Young, representing the Manitoba Division of the Canadian Red Cross, presented motion picture views of the various activities of the organization to an interested audience in the Union Church.—*Morris Herald*.

**SYDNEY, CAPE BRETON**—Mrs. James Purves was re-elected President of the Red Cross Society, here, at their annual meeting, held Monday afternoon. Other members elected to hold office for the ensuing year, were Mrs. H. E. Whitman, vice-president; Mrs. J. J. Pallen, treasurer; Mrs. T. M. Phalen, secretary. During the course of the meeting special reference was made by several of the attending members to the splendid service of Miss Vaughan, district and school nurse, who made 214 calls during the month of January. In view of her splendid work, Miss Vaughan was voted an increase in salary.—*Sydney Record*.

**KAMLOOPS, B. C.**—At the annual meeting of the Kamloops Branch of the Canadian Red Cross Society, held last Friday evening, the following officers were elected for the ensuing year: president, Mrs. D. B. Johnstone; first vice-president, Mrs. R. H. Lee; second vice-president, Mrs. T. D. Costley; third vice-president, Mrs. T. Whitmore; secretary, Miss Z. Slavin; treasurer, Mrs. F. G. Nicholson.—*Kamloops Telegram*.

**MACKLIN, SASK.**—Last week Mr. Marshall, the representative of the Red Cross Society in the northern part of Saskatchewan, visited Macklin, Primate and Denzil in the interests of the society. On Thursday evening a public meeting was held in the Town Hall at Macklin, when Mr. Marshall, in a very interesting address, outlined the work that is being done by the society in the province. He stated that during the day he had organized a Junior Red Cross at the school and spoke of the crippled children who had been benefited through the Junior Red Cross.

After Mr. Marshall's speech, Dr. A. W. Keeton was called to the chair, and the meeting decided to organize. The following constitute the executive for 1924:—President, J. H. Bamford; vice-president, M. Bruser; secretary-treasurer, A. W. A. Corscadden; other members of the executive, Mrs. A. W. Keeton, Mrs. A. W. Keith and Mrs. R. Martin.—*Macklin Times*.

**BRANDON, MAN.**—At the annual meeting of the Brandon Branch of the Canadian Red Cross Society held Wednesday afternoon the following officers were elected for 1924: President, Mrs. R. R. Dowling; vice-presidents, Mrs. J. C. Todd, Mrs. W. Dowling; recording secretary, Mrs. W. L. McGregor; corresponding secretary, Miss S. Beaubier; treasurer, Mrs. G. E. Peacock; knitting convenor, Mrs. A. B. McLeod; executive, Mesdames B. Trotter, R. T. Smith, C. W. Harrison, J. H. McGregor, J. McDiarmid, A. B. McLeod, J. S. Willmott, A. Burns, A. C. Douglas, H. Beaubier, D. A. Reesor, S. Hooper, E. L. Christie, S. R. Smith, E. H. Johnson, W. J. Miller, T. Lee and Geo Ferrier. Mrs. G. E. Peacock was appointed to represent the society at the provincial annual meeting February 14-16, and Mrs. R. R. Dowling, Miss Beaubier and Geo. Sturdy will also attend this meeting as members of the advisory board.—*Brandon Sun*.

**SALVADOR, SASK.**—The annual election of officers of the Salvador branch of the Red Cross Society was held last week. The following officers were elected: President, Mrs. Roper; vice-president, L. D. Sirett; secretary, Mrs. Duncan; treasurer, C. A. Johnson. There are over 80 members so far for the year 1924.—*Regina Leader*.

**PORT ARTHUR, ONT.**—Activities during the past year of the Port Arthur Branch of the Canadian Red Cross Society were thoroughly reviewed yesterday at well attended annual session, at which the president, Mrs. John Manning, occupied the chair. In the president's address was related in an interesting way many of the activities of the Ontario Division, as well as the local work. Mrs. N. Dixon's report, as Secretary, was confined to the work done locally.

For the third year Mrs. John Manning has consented to continue in office, and to A. H. Knutson fell the privilege of expressing the gratitude of the branch to its capable and enthusiastic president; commending her tireless work and the spirit of service which renders her efforts extremely valuable.

Patroness, Mrs. James Whalen; president, Mrs. John Manning; hon. president, Mr. I. L. Matthews; hon. vice-president, Mr. C. E. King; first vice-president, Mr. Axel Knutson; sec. vice-president, Mrs. J. W. White; third vice-president, Miss Louise Patterson; secretary, Mrs. N. Dixon; treasurer, Mr. C. F. A. Gregory; auditor, Mr. F. H. Black; executive committee, Mayor Crooks, Messrs. Neil Campbell, Percy McCallum, C. Campbell, J. J. Kelly, James Lynch, Jack Wishart, James Whiteacre, William Friday, F. H. Black, H. B. Dawson, D. R. Harrison, Thomas Gray, A. G. MacCormick, A. B. Freed, Mrs. T. S. Smellie, Mrs. A. Dunn, Mrs. R. G. Spofford, Mrs. P. J. MacDevitt, Mrs. Sara Trethewey, Mrs. A. C. Murray, Mrs. J. R. Wishart, Mrs. John Merrill, Mrs. E. P. Phillips, Mrs. E. Cocker, Mrs. Buckan, Mrs. C. W. Vigars, Mrs. G. D. Russell, Miss Eva Findlay, Miss Isabell Mackey, Miss Lillian Campbell.—*Port Arthur News-Chronicle*.

**AMHERST, N. S.**—At a meeting of the Amherst Branch of the Canadian Red Cross the following officers were elected for the ensuing year: President, Miss Amy Black; first vice-president, Mrs. George Zwicker; second vice-president, Mrs. C. R. Smith; third vice-president, C. D. Shipley; secretary, Mrs. H. P. Boucher; treasurer, Mrs. C. A. Lusby. Miss Black was appointed delegate to the Provincial Division and also to the County Executive.—*Amherst News*.

(Continued on page 10)



On behalf of the people of the Dominion the Canadian Red Cross holds out a welcome to the mothers and children among the immigrants and helps to refresh them for their inland journey. In co-operation with the Department of Immigration the Society maintains nurseries for this purpose at Quebec, St. John and Halifax. Last year 17,655 infants and children were received and cared for in the nurseries.

## Red Cross News from Canadian Press

LONDON, ONT.—With the annual meeting held yesterday in Wesley Hall, the London branch of the Canadian Red Cross completed a most successful year. In spite of the fact that the war-time period is moving farther and farther back into history, the activity of the London Red Cross Society remains as great as it ever was, according to the reports presented.

The London society is placed in a unique position in that it is located in a small city about which are grouped very large military hospitals, soldier patients in the Westminster Hospital coming from all parts of Canada. For this reason the work of the London branch of the Red Cross continues to be largely among ex-soldiers, while other branches of the Dominion have had to turn their thoughts and activities to a peace-time health program.

Mrs. Ronald Harris was again elected president, with the following executive: Honorary president, Mrs. F. E. Leonard; honorary vice-president, Mrs. Becher; vice-presidents, Mrs. J. M. Slater, Mrs. C. H. Ziegler, Mrs. David Williams, Miss Shaw Wood, Mrs. H. E. Gates, Mrs. C. B. Edwards; corresponding secretary, Miss Ruth Robinson; recording secretary, Mrs. H. B. White; treasurer, Mrs. A. E. Cooper. The committee conveners are Mrs. C. E. Morris, purchaser; Mrs. George Fraser, Byron Sanatorium committee, and Mrs. J. S. Ashplant and Mrs. J. M. Slater, Westminster Hospital committee.

An interesting moment in the meeting came when Mrs. George Brown and Mrs. Ronald Harris received their life membership certificates from the hands of Mrs. A. E. Cooper, both members having donated the required \$25.—*London Advertiser.*

NEW WESTMINSTER, B. C.—The annual meeting of the local branch of the Canadian Red Cross Society was held in the city hall and it was decided to have all the 1923 officers carry on the activities of the branch for the current year.

The officers are: President, Mrs. J. S. Clute; vice-president, Mrs. T. B. Green; second vice-president, Mrs. C. D. Peele; third vice-president, Mrs. R. A. Braden; fourth vice-president, Mrs. G. H. Manchester; treasurer, Mrs. C. E. Annandale, and secretary, Mrs. A. S. Bennett.

The meeting was presided over by Mrs. T. B. Green in the absence of the president, Mrs. Clute.

CALGARY, ALTA.—R. A. Darker was re-elected president of the Calgary Branch of the Red Cross society at the annual general meeting held in the Board of Trade building.

The following officers were also elected: Patron, Mayor G. H. Webster; honorary president, W. R. Hull; honorary vice-presidents, Brig.-Gen. A. H. Bell, D. E. Black, P. J. Parker; vice-presidents, Dr.

G. W. Kerby, Mrs. G. MacDonald, Charles Benjamin, Mrs. E. G. Mason, Sir James Outram; honorary treasurer, W. H. Berkshaw; honorary secretary, Fred Searson; executive committee, Mrs. L. W. Miller, Mrs. W. E. Skitch, Mrs. W. R. Gilbert, Miss Riley, Mrs. Tassie, Mrs. Benjamin Ginsberg, Mrs. I. N. Campbell, Mrs. Cummings, Mrs. James Nicholl, J. B. Hilts, J. Milner, Rev. Father Hetherington, Alderman Fred E. Osborne, Niven Jackson and Mrs. C. B. Waagen.

During the evening short addresses were given by Mrs. Waagen, Captain D. H. Tomilson, the secretary-treasurer; R. A. Darker and G. W. Kerby.—*Calgary Albertan.*

## Full o' Pep

Good health and a sense of well-being go hand in hand. Life is generally cheerful to the person whose body is well nourished with good food and whose digestive organs work well.

That sense of well-being is most quickly lost by a hitch in the digestive process which leads to constipation. Where constipation exists the waste product from food is not discharged but is absorbed again into the system and causes a slow poisoning with loss of energy, heaviness and irritability. The rose-colored spectacles of health are changed to blue.

Constipation is largely the result of what we eat and the way we live. Too little outdoor exercise, lack of "roughage" in the diet and neglect of the bowel function are the chief causes. These causes can be controlled, and therefore constipation is preventable in most cases.

The habit of having a bowel movement each day is important. This will do much to overcome constipation.

Corrective foods will also help. Regulate the diet with foods that are rich in vegetable fibres or "roughage," in acids and those that cause slight gas formation.

The chief "roughage" food is bran, and it may be used in the form of bread, muffins, crackers or as a breakfast food. Foods rich in vegetable fibre are cabbage, string beans, dried beans, onions, spinach, lettuce, celery, asparagus, prunes, figs and fruits eaten with their skins. Cereals from which the bran has not been removed, such as rolled or cut oats and wheat are also good.

The second group of foods, rich in acids, are oranges, lemons, tomatoes, apples and other fruits and fruit juices. Fruits can be eaten liberally at meal times. Fruit juices are well taken early in the morning or late at night.

The foods that cause a slight gas formation are beans, honey, molasses, spinach, onions and cauliflower. The gas tends to break up the masses of food, and has a stimulating effect.

Regular exercise has often relieved a sufferer from constipation especially if it be taken in the open air.

Walking gives exercise to many muscles,

those of the intestines included. Therefore, walk for health. If exercise is combined with pleasure, so much the better.

Place no trust in pills or drugs. It is much better to depend upon competent medical advice.

## For Healthier Children

**Mr. R. T. Hayes, M.L.A., President of  
New Brunswick Division Highly  
Commends Junior Red Cross.**

The Canadian Red Cross Society has received a very welcome visit from Mr. R. T. Hayes, M.L.A., of St John, New Brunswick.

Mr. Hayes is president of the New Brunswick Division of the Canadian Red Cross, and was in Toronto for a few days on business.

Mr. Hayes states that the annual meeting of the Division which was recently held was a very successful one and the public interest in the work and the interest of the members themselves was greatly stimulated by the conference and the discussions of the matters presented to the meeting.

One of the features of the gathering was a meeting held at the St. John Hospital for Tuberculosis, where there are many children patients. In spite of the fact that the children are suffering from this disease, they have arranged a Junior Red Cross which is one of the encouraging and stimulating factors in their lives and which is doing a great deal to keep up their morals and helping toward their cure. They have a teacher, herself a patient in the hospital, who directs their Junior Red Cross activities as well as giving them instructions. The children gave a very pleasing demonstration of their activities. At the closing of the meeting, tea was served to the delegates.

Mr. Hayes spoke with strong approbation of the Junior Red Cross movement and said that in New Brunswick it is making steady and encouraging progress.

"Our supervisors, Miss Lawson and Miss Lawrence," Mr. Hayes said, "are earnest and capable workers in the cause and in a very effective way are building up an organization that will yield excellent results in the improvement of the health of the children of the province."

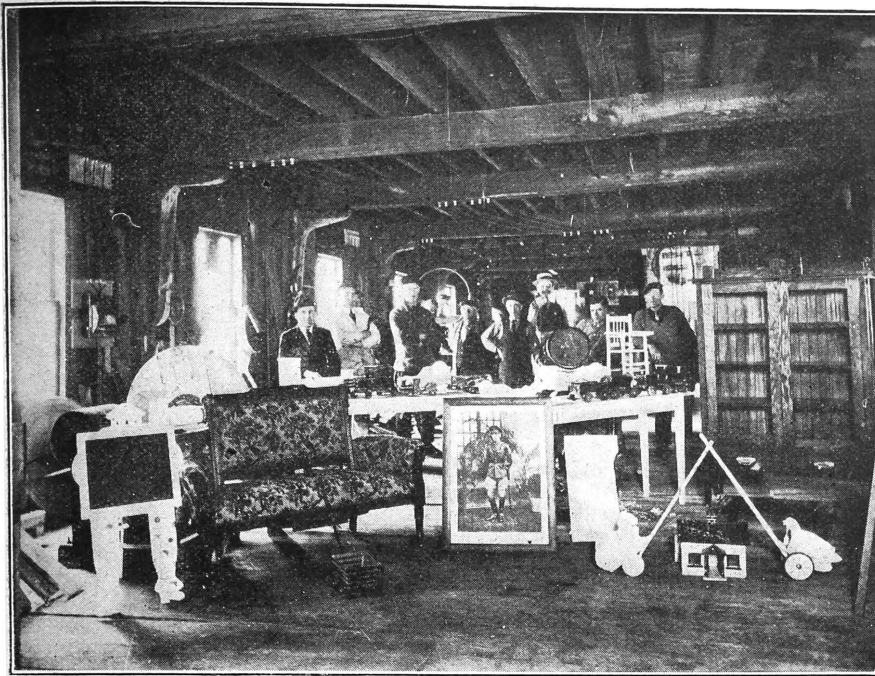
### Hadn't Missed It

There is an old negro living in Memphis who was taken ill, and called a physician of his race to prescribe for him. But the old man did not seem to be getting any better, and finally a white physician was called.

Soon after arriving he felt the negro's pulse for a moment, and then examined his tongue.

"Did your other doctor take your temperature?" he asked his patient, kindly.

"I don't know, sah," he answered feebly, "I hadn't missed anything but my watch as yet, boss."



*Ex-soldiers' workshop in St. John, New Brunswick. The workshop is operated under the direction of a Men's Committee of the New Brunswick Division of the Canadian Red Cross in co-operation with the Department of Soldiers Civil Re-establishment. It employs some thirty-five men.*

## *Saved From the Moths*

**Aided by Helpful Citizens, the Toronto Branch Collected and Distributed Clothing to Needy Veterans.**

To help the ex-service men and their families who on account of lack of employment were in need of clothing, the Toronto Branch of the Ontario Division issued an appeal to the community for gifts of clean and wearable clothing. The work of distribution has already begun and the service has prevented much suffering.

Stimulated by the Red Cross appeal, many families looked through their cupboards and found discarded garments which they no longer needed and handed them over to the Society. Saved from the moths, the garments were handed out to do good service in helping needy ex-soldiers and their children over the rigors of winter.

## *An Overworked Slogan*

The slogan, "clean tooth never decays," is somewhat misleading and has been overworked. Such is the statement of Dr. E. V. McCollum, the nutrition expert of the Johns Hopkins School of Public Health.

Clean teeth are less liable to decay than dirty, neglected teeth, but cleanliness alone will not prevent decay.

The little buds of the temporary teeth develop long before birth. In fact these buds can be demonstrated at the end of the second month of prenatal life. From that time on and before the teeth appear, the enamel coating is put on, and when the tooth comes through the soft tissues of the jaw its growth is completed. After the tooth appears it has no power of self repair. Care of the teeth may prolong their life but no amount of care will convert poor teeth into sound teeth. The time to start with the care of teeth is before birth with the diet of the mother. If the mother is healthy and drinks plenty of milk, the chances are that the baby will be born with sound teeth.

### **Progressive**

It was the custom of the congregation to repeat the twenty-third psalm in concert, and Mrs. Armstrong's habit was to keep about a dozen words ahead all the way through. A stranger was asking one day about Mrs. Armstrong. "Who," he inquired, "was the lady who was already by the still waters while the rest of us were lying down in green pastures?"—Metropolitan.

### **The Terrible Pun**

Mr. Jenkins—"Edith, didn't I ask you a week ago to oil those casters? They creak something awful."

Edith—"I know you did, but there is not a drop of castor oil in the house."—London Answers.

## *Diet and Physical Fitness*

**film Athlete Tells How He Keeps in Good Trim. Must be Careful About Food. Overeating Makes A Man Slow**

"A MAN must keep fit as a fiddle to do Western pictures." Tom Mix, the star performer in many a Western film drama, is reported to have said that between the acts during the film of one of his pictures. There's not much in the statement. Anybody who has seen his dashing feats, on horseback, in automobiles and in many other ways can see that it's true.

More interesting is what follows, that is, how he manages to keep fit. His remarks on training and particularly diet, are very much to the point. He is reported to have said:

"If an actor of western character is not in the best of health," continued Tom, who was on his favorite subject, "he simply can't stand the 'gaff.' Setting up exercises morning and night, and as much time as possible outdoors in the saddle, canoeing or swimming, are absolutely necessary to keep a man in condition for the stunts required of him in motion pictures.

"Another essential is a daily cold shower. I do not know anything more stimulating after a day of hard work than a shower and rubdown. It gives you renewed energy and ambition.

"A man must be careful about his food, too. Our besetting sin is overeating. Most men could reduce their daily amount by one-half and be the better for it. I learned, in campaigning in the army, that a man could live on a

great deal less food than he ever believed he could.

"Overeating makes a man torpid and slow moving. In this picture, where I have to pilot a racing car through some ticklish situations, I simply must have a clear head. If I ate too much, particularly of meat, I would not be as keen-witted as I should be and my muscles would not act as quickly as they should. Therefore I am very careful about my diet and my daily exercises.

"We waste a lot of time during the day which, if devoted to healthy exercise, would make us much happier and healthier, because we would be keener. I'm not preaching, but I believe we should take care of our bodies even as a farmer takes care of his crops. The more care, the better they are."

### **CHEESE**

Cheese is a cheap and good food for body building. There is no better cheap substitute for meat. Cheese contains, approximately, one-third body-building and repairing material, one-third fat and one-third water.

Cheese is a money-saver. Twenty-five cents spent on cheese gives almost twice as much nourishment as the same sum spent on beef-steak.

Cheese has the reputation of being indigestible. Lack of thorough chewing usually causes this indigestion. If the cheese is well chewed with bread, it is easily digested, but toasted cheese slips down so easily that people often forget to chew it.

Canada is a great dairy country and this important article of diet is readily obtained.

# Saskatchewan Division

## Twelve Months of Excellent Progress in Organization and of Valuable Service to the People of the Province Detailed in Annual Report.

IN THE annual report of Mr. W. F. Kerr, Commissioner, upon the services rendered to the Province during the year 1923 by the Saskatchewan Division of the Canadian Red Cross Society, it was stated that the year 1923, while not marked by any emergency work as the cyclone relief in 1920-21, or the extensive clothing relief of 1920-21 and 1921-22, was notable for a steady development and expansion of the recognized activities of the Red Cross as a Peace-time organization. It was a year of progress, notwithstanding the admittedly difficult and trying times through which the country is passing, and which, while serving to emphasize the need of those services which the Red Cross seeks to provide, renders the work of financing an arduous task.

### THE HEADQUARTERS BUILDING

The results of the decision of the Executive to purchase a headquarters building were very satisfactory. After purchase the year's cost was \$1,935.35 compared with \$4,360 when offices were rented. Even after allowing for \$1,125 for interest on bonds sold to purchase the building, the net saving was \$1,160.

### FOR JAPAN

It was reported that Saskatchewan's total contribution to the Red Cross Relief Fund for Japan was \$6,500.

### ORGANIZATION FOR PEACE-TIME SERVICE

The work of re-organizing former war-time Branches for peace-time service and organizing entirely new Branches for the carrying on of the peace-time policy and programme of the Society has been continued without interruption. A year ago it was stated that, while the exact number of active Local Branches could not be given, a conservative estimate placed the number around 150. Notices for this annual meeting were mailed to exactly 264 Local Branches, practically all of which have been organized or re-organized during the past two years.

This re-organization is largely the work of W. F. Marshall, Field Secretary, although quite a few new Branches were organized by Mr. T. M. Bee, who was engaged as a temporary organizer in connection with the annual financial campaign. Mr. Marshall's work, in addition to handling cases passing through Saskatoon and cared for in Saskatoon hospitals, included visits to 142 towns, in which 90 re-organizations were effected, 17 new Local Branches created, working arrangements obtained with other organizations in three places, 59 new Junior Branches organized, 19 Junior Branches visited, and a total of 126 meetings addressed attended by 15,520 persons. Mr. Marshall travelled 12,707 miles, while

1,680 letters were received at and 2,227 letters sent out from the Saskatoon office.

While the work of organization of Branches has thus made gratifying progress, and has been productive of results, both financially and in more efficient investigation of and dealing with cases appealing for Red Cross assistance, there is yet much territory to be covered. The future success of the Red Cross as a permanent peace-time organization, and its ability to discharge the task entrusted to it, is dependent on the Local Branches. Organization work requires, therefore, to be continued until the whole province is covered and active Local Branches approximate closely to the six hundred created during the war period.

The annual financial campaign, scheduled for the month of October, proved more successful than in the preceding year, despite the fact that in many ways it was an even more difficult year in which to raise money. Up to the end of the year only a few score Local Branches had made returns, but these were better than a year ago, and it is hoped that when all returns are in a substantial advance over 1922 will be recorded.

While it is impossible to even estimate what proportion of the avowed objective of \$100,000 for the province was realized, amounts received by Divisional Headquarters do not constitute the whole of the amount, inasmuch as many Branches report retaining sums of varying amounts from \$25.00 to \$2,000 for use in the prosecution of their local work.

Generally speaking, Local Branches have been more active than at any time since the Armistice, and that interest appears to be steadily increasing. Quite a number of Branches are doing excellent work, not only in conjunction with Divisional Headquarters, but, to an increasing extent, in dealing with local relief problems and cases, a gratifying development fully appreciated by Headquarters and encouraged by it.

### PUBLICATIONS

Saskatchewan occupies second place among the provinces in point of circulation of "The Canadian Red Cross," the national magazine, being surpassed by Manitoba, where, as a result of the Federated Budget in Winnipeg, a large city subscription for the magazine was obtained. The issue of a monthly letter is to be resumed shortly.

### MEDICAL AND NURSING SERVICES

As clearly indicated by facts and figures contained in the report of the Standing Committee, Red Cross nursing services have been largely expanded during the year until now, coupled with the Junior work, they occupy a foremost place in the Division's activities. The service thus rendered to the province and Dominion has been of a

high order — professionally from a nursing standpoint as revealed by the fact that out of a total of 297 maternity cases cared for since the opening of the first Outpost, not one mother lost her life, and as an important factor not only in carrying out the peace-time programme of the Red Cross but in citizenship and nation building.

"Located as they are to serve remote and pioneer districts these Red Cross Outposts provide a service which would otherwise be denied these settlers and their families, and especially those ex-service men who have been settled under the Soldier Settlement Board. Our Outposts have a very direct bearing on any satisfactory and successful settlement policy inasmuch as they help to overcome one of the chief fears in the minds of our pioneer women.

### AN INFLUENCE ON IMMIGRATION

"That the provision of such a service has a positive influence on immigration to Canada is established by a recent communication received from the Society for the Oversea Settlement of British Women inquiring what provision is made for the wives of new settlers faced with serious illness or at childbirth. This letter adds: 'You will recognize the feeling of responsibility we have here for those women who desire to go to Canada through our Society. We know the call of Canada to men and women of the right kind and the great opportunities that great country offers. But when recommending women to go we want to be assured that those who go up-country will be within reach of expert help in times of sickness.'

"Millions of dollars spent in immigration and colonization effort is worse than wasted money unless the new settler becomes a satisfied and contented citizen. And he will not become such a citizen if, in times of sickness, accident and disaster no provision is made for himself, wife and children."

### JUNIOR RED CROSS

The Junior Red Cross continues to grow in popular favour and support and Saskatchewan still occupies the premier position among the Provinces of the Dominion, notwithstanding notable and highly gratifying progress in other Divisions. The Junior Red Cross has the enthusiastic support of the Department of Education and enjoys the sympathy and active co-operation of School Inspectors, School Nurses, Normal School Staffs, and teachers generally. From the outset the Department of Education appreciated the opportunities which the movement offered in arousing the interest of school children in habits of good health, and it is largely due to the encouragement and co-operation extended by the Department that Saskatchewan stands first in Junior Red Cross development and work in Canada. The following is an excerpt from the annual report of A. H. Ball, Deputy Minister, recently issued:

"The organization of Junior Red Cross Societies, in connection with the schools, has shown remarkable development during the year. This organization has the full approval of the Department of Education, by reason of its close association with the teaching and practice of personal health habits and the opportun-

ities it gives the children for humanitarian work. Undoubtedly the Junior Red Cross Society is a movement in the interests of good citizenship."

#### RELIEF

Although not called upon to conduct a province-wide clothing relief department as was the case during the winters of 1920-21 and 1921-22 following successive seasons of crop failure in many sections of the province, the Saskatchewan Red Cross has been the medium through which a large amount of relief in times of sickness, accident and disaster has been provided. Consideration and investigation of individual appeals for assistance continue to be the most formidable task confronting Divisional Headquarters, and probably always will be because the peace-time programme of the Society is now recognized as placing the Red Cross in the very front rank of humanitarian organizations. Less and less frequently is the question asked: "What need is there for the Red Cross now the war is over?"

Without attempting any detailed report of this feature of Red Cross activity it may be recorded that during 1923 Saskatchewan Division Headquarters dealt with 298 cases of soldiers' families, 190 civilian cases, 29 diabetic cases, 476 cases under the Junior Red Cross Fund for Crippled Children, provided dental treatment for 2,958 children in rural and village school districts, assisted 125 students in training in Normal Schools, —a total of 4,076.

### Conservation of Health

#### Each Person Who Understands and Obeys the Rules of Health Helps In Conserving and Improving It For Himself and His Community

Conservation of health, Kelley says, depends upon the conscious desire and conscious voluntary response to that desire by free human agents collectively or individually. Modern public health achievements would have been utterly impossible save by imparting a rudimentary understanding of modern sanitary science to the masses in schools and by books, papers and magazines.

A knowledge of the ravages of malaria and yellow fever by mosquitoes, of bubonic plague by fleas; a knowledge of the value of good and sufficient food for proper nutrition; of better housing, sanitation and other standards of living—all have tended to lessen the incidence of sickness and premature deaths.

Increased compensation to the worker, shorter hours, protection against heat, cold, dust, fumes and other occupational dangers have all added their quota to the lengthening of life and increase of high health and consequent happiness.

Much credit is due to organized health departments in states, cities and smaller municipalities and much to voluntary organizations in the fight against tuberculosis, venereal diseases and the like.—*Canada Lancet.*

## Fifty in the Family

The letterhead of the Central Secretariat of the League of Red Cross Societies bears the names of all the National Red Cross Societies that are thus united. There are now fifty in the family.

What is the significance of this great organization? It is a world-wide voluntary association of forward-looking men and women working for Humanity. It has practical aims of the highest economic and moral value in its peace-time purpose for

"The improvement of health, the prevention of disease and the mitigation of suffering throughout the world."

No one can estimate the ultimate good that may result from this deliberate agreement of men and women of fifty nations to give their moral and active support to such a cause. The world war, with its terrible experiences and consequences, left a heritage of mental, moral and physical suffering which will be a burden of sorrow and privation throughout the life of the present generation.

Moreover, the gigantic forces of destruction in the war put mortgages upon the economic life of generations yet unborn, which are thus bonded, as it were, at birth into obligations to pay part of the cost.

From all this, and much more that might be said, it is evident that there is a compelling need for such an organization as the Red Cross, whose mission nationally and internationally has but one end, the well-being of humanity.

Look over this list and if the thoughts aroused by these few words impress you, if you are not already a member of the Red Cross, will you not join up at once and give your support to this glorious endeavor? These are the national Societies at present in the League:

- |                    |                               |
|--------------------|-------------------------------|
| 1—Albania          | 26—Holland                    |
| 2—Argentina        | 27—Hungary                    |
| 3—Australia        | 28—India                      |
| 4—Austria          | 29—Italy                      |
| 5—Belgium          | 30—Japan                      |
| 6—Bolivia          | 31—Latvia                     |
| 7—Brazil           | 32—Lithuania                  |
| 8—Bulgaria         | 33—Luxemburg                  |
| 9—Canada           | 34—Mexico                     |
| 10—Chili           | 35—New Zealand                |
| 11—China           | 36—Norway                     |
| 12—Colombia        | 37—Paraguay                   |
| 13—Costa-Rico      | 38—Peru                       |
| 14—Cuba            | 39—Poland                     |
| 15—Czecho-Slovakia | 40—Portugal                   |
| 16—Danzig          | 41—Roumania                   |
| 17—Denmark         | 42—Serb-Croat-Slovene Kingdom |
| 18—Ecuador         | 43—Siam                       |
| 19—Esthonia        | 44—South Africa               |
| 20—Finland         | 45—Spain                      |
| 21—France          | 46—Sweden                     |
| 22—Germany         | 47—Switzerland                |
| 23—Great Britain   | 48—United States              |
| 24—Greece          | 49—Uruguay                    |
| 25—Guatemala       | 50—Venezuela                  |

## Nova Scotia Division

### Gratifying Results Reported Regarding Junior Red Cross and the Workshop for Partially Disabled Ex-Soldiers. Home Nursing Classes to Be Started.

MR. J. L. HETHERINGTON, who for some years has capably directed the affairs of the Nova Scotia Division of the Canadian Red Cross Society, was again re-elected to the office of president at the annual meeting this year. The Honorary President of the Division, His Honour, Lieutenant-Governor Grant was present.

The election of officers resulted as follows:

Honorary President, Lieut-Governor Grant.

President, J. L. Hetherington, re-elected.

Honorary Vice-President, Mrs. Dennis.

Vice-President, and Executive: Mrs.

James Marshall and Dr. F. E. Woodbury, of Halifax Mrs. J. A. Hanway, of Amherst; Dr. J. J. Cameron, Antigonish; Mrs. P. M. Fielding, Windsor; Rev. R. L. MacDonald, St. Peter's, and Col. G. S. Harrington, Sydney.

Honorary-Treasurer, H. E. Mahon.

Honorary-Secretary, Miss Margaret S. Brown.

In opening the meeting, Mr. Hetherington made happy references to the excellent report from the officers of the Junior Red Cross and also to the good results that are being achieved at the Division's workshop for partially disabled ex-soldiers. The financial returns from the workshop, the speaker said, were very encouraging. This reference was followed by an earnest appeal to the citizens of Halifax to patronize the plant.

Dr. Smith L. Walker, the director for the Division, reported routine office work greatly increased during the past year, owing largely to more work for ex-soldiers and to Junior Red Cross activities. Besides a large number of interviews, conferences, public meetings and public addresses given in the city, addresses were also given at Truro, Windsor, Wolfville, Hantsport, Kentville, Amherst, Digby, Pugwash, Antigonish, Heatherton, Mulgrave, Port Hood, Judique, Inverness, Cheticamp, Port Hawkesbury and Berwick.

#### EX-SOLDIERS

Help of many sorts had been given to 104 ex-soldiers or their families. Some were cases of relief, others of individuals needing help to join their families, clothing, bedding, assistance to soldiers' wives.

Upon the instruction of the Executive a resolution had been presented to the Government advocating the appointment of a full time tuberculosis consultant and the appointment of Dr. P. S. Campbell had been made.

"During 1923 the division paid \$1,050 in scholarships to three nurses completing the Public Health course at Dalhousie University, making a total paid in scholarships since 1920 of \$7,039.32," the report continued. Travelling clinics were carried on in Halifax, Antigonish, Inverness and

Victoria counties during the summer and fall. Excepting Halifax, these clinics were arranged and largely or wholly financed by the counties themselves, demonstrating what could be done if the people appreciated the situation, Dr. Walker remarked.

#### PUBLIC HEALTH NURSING

Possibly the outstanding proposed work for the coming year, Dr. Walker reported, would be the starting of Red Cross Home nursing classes, especially in rural communities. The report also referred to the work done by the society in the Japanese relief

fund campaign, total receipts amounting to \$11,557.11.

The report of the Honorary Treasurer, H. E. Mahon, showed the following figures for the year: Received from head office, \$20,216.62; contributions, \$1,524; interest on investment, \$382.72 and Japanese relief fund \$11,528.01. Balance on hand, Dec. 31, 1923, \$3,805.06.

The report of the Port Nursery committee, presented by Mrs. P. J. McManus, showed that the number of ships met during the year were 50 from which 1,539 women, 1,140 children and 310 infants received attention.

"Gratifying results are being obtained in the counties where the public health nursing service is well established," said Miss Margaret MacKenzie, in submitting her report of the public health nursing service. A marked improvement in the condition of the children was noted in the counties where the mobile clinics had operated the previous year.

### NOTICE

**It has been brought to the attention of the "Canadian Red Cross" that in some instances a number of magazines are being received in one household.**

**Every member has the right to receive a copy. But in some households in which there are several members there is general consent that a smaller number of copies than there are members would be sufficient. Such an arrangement is, of course, quite optional.**

**In households where a restriction in the number of copies is desired if a notice is sent to the Provincial Red Cross Division giving (1) the name or names of the member or members of the family to whom the copy of the "Canadian Red Cross" is to be addressed, and (2) the members whose names are to be removed from the mailing lists of the magazine.**

#### WHERE IS THIS CHILD?

The British Columbia Division of the Canadian Red Cross Society has been asked to trace the youngest son of Mr. H. B. Lubie. Mr. Lubie is at present a resident of Saskatchewan but information that might be given along the lines he wishes should be sent to the Headquarters of the British Columbia Division, which is 809 London Building, Vancouver.

Mr. Lubie went overseas in 1917 and left his wife and two year old son in Saskatchewan. They disappeared before his return. He has since learned that his wife died. The father heard that the child had been placed in a Vancouver orphanage but at the end of December last was able to find no trace of him.

The British Columbia Division has endeavored to find this information through notices placed in "The Vancouver World" and "The Vancouver Province."

As the "Canadian Red Cross" circulates throughout the whole of Canada it is hoped that this notice may be an additional help to the father in securing information concerning his son.

### Passing It Round

"I see you have 'a cold,' said Dooley to Potash, who had just sneezed for the fifth time, and was producing handkerchiefs from all his pockets.

"It is a gift," said Potash. "The whole family had it and joined together to give it to me."

"I have an elegant cure," said Dooley. "'twas tould me by Widow Murphy."

"Onions I will not smear on my chest," said Potash. "Enough that I am smeared with Rosie's goose grease and the doctor's camphor. Garlic I will not consider. Whiskey I have tried it; lemons I have tried it; feet baths I have tried it, and ah-ah-choo, whatever it is I have tried it."

"In any evint, Potash, you have my sympathy."

"You are welcome," said Potash, "I will give you all or any part of the cold in exchange for it."—Journal of the American Medical Association.

#### Bump of Knowledge

"How did you know the vehicle struck you?" a witness was asked in court.

"By the bump," was the reply.

## Malnutrition in Adults

**A** PERSON who is too thin is said to be malnourished and the condition is called "malnutrition."

Malnutrition is not confined to children. The underweight adult shares the troubles of the malnourished child but the treatment of malnutrition in adults is as effective as it is in children.

The essentials for health are much the same as for children, namely:

- To remove physical, mental and social causes of ill health.
- To take proper food at regular intervals.
- To prevent over-fatigue.
- To secure fresh air by day and by night.
- To establish sufficient control to insure good food and health habits.

### PHYSICAL DEFECTS

Defects of the nose and throat may lead to a host of other troubles such as bronchitis, neuralgia, rheumatism and heart disease. Neglected teeth may do the same thing and in addition prevent thorough chewing of food which is necessary to good digestion.

Flat feet may have a far-reaching effect. They cause pain in the legs, knees and joints; also backache. The victims become unable to stand on their feet for any length of time, and are obliged to give up exercise and many activities essential to good health. Ill health and weakness lead to the fatigue posture which gives the appearance of old age. This leads to the sinking down and displacement of internal organs—and the ills which accompany it.

Eye strain causes improper posture, and is the cause of many wearing headaches. Pallor—loss of color—is one of the signs of ill health. Beauty and illness seldom go together, and the glow of health is rightly accounted one of the most significant signs of "good looks."

### FOOD HABITS

The work of our bodies is affected by our health habits. Our activities and our relationship to others are controlled by the habits we have formed. Even a watch does better when it is regularly wound. Our lives are much more satisfactory to ourselves and to others when our fundamental habits have been formed against a background of a wholesome, sane, well-controlled home life.

Bad food habits wreck many lives. Children who are indulged and catered to at home find hardships awaiting them when they grow up and are obliged to deal with the impersonal management of hotels, boarding-houses, restaurants and lunch counters. As a part of our lives that takes attention at least three times a day, and that can reduce our efficiency almost to nothing, food habits deserve more than the casual consideration we now give them.

Fast eating is not confined to childhood. Many adults need to have someone take them in hand and help them conquer the

habit of rushing through a meal, washing down with liquids the food that does not adopt a breakneck pace.

### HEALTH HABITS

It is the same way with the health habits. People become "indoor minded," and shut themselves away from refreshing air. Over-heated houses and offices bring them to the state of mind that shuts down the windows and places rugs under doors for fear that a little "air may be felt." Exercise becomes inconvenient, and with this loss go the delights of the bath and rubbing down after active exertion. When baths are taken merely for the purpose of keeping clean, one has cut himself off from the best forms of one of the pleasures of life.

There is a gradual surrender to habits of ease and indulgence, until it is believed that middle life is a series of pitfalls, from which health can be rescued only by the aid of drugs and doctors. It is easy to degenerate into a sedentary life and gradually make surrender to old age before its time. The woman of sixty who can touch her toes, and still has the measurements of eighteen, and the man who has not varied a pound in weight since he began to train in college over thirty years ago seem unnatural exceptions rather than the ordinary course of life.

### OVER-FATIGUE

Over-fatigue as a habit is very common. Many people never know what it is to be free from it.

Many persons seem to take a foolish pride in keeping "keyed-up" as long as possible. Women will boast that they never take time to lie down during the day.

Scientific management is showing the increased production possible under proper conditions of alternating activity and rest. We are apt to try to crowd too much into a particular period. Breakfast is rushed, and often too scant. The forenoon is a time of crowded activity without relief. We come to the noon meal under strain, and either eat more than we can possibly digest, or take too little, because we feel faint and tired. The afternoon is another breathless race, relieved by spells of heaviness which we resent, and so suffer

the more. Dinner is almost sure to be a time of overeating, and the evening has its own conflicting interests.

When the bed is reached one does not feel sleepy, and the drop light is so handy that it presents an invitation to form the pernicious habit of "reading himself to sleep." The night is a troubled time, and the next day opens with still less balance on the health, strength and endurance account.

### THERE ARE NO EXCEPTIONS IN HEALTH

In matters of health, as in so many other interests, we judge largely by appearance, and let impressions and opinions be the basis of our decisions. There is a feeling that the person who does foolish things after all has the advantage and is cared for by a special Providence. We seldom analyze a situation sufficiently to see that, while these persons do what seem to us very unwise acts, they do not go far enough to upset their health. We do not wait for the effect "in the long run," but, like children, expect that the offender will be struck down at once. Even in cases cited as examples of immunity from some striking indulgence or dissipation, our interest is centred upon this particular act, and we ignore the healthy activity, outdoor life or other condition which acts as compensation.

When we analyze the programme of a well person, we find that it is made up, on the whole, of good health habits.

### A Real Detective

Sherlock and his faithful Watson were strolling down Piccadilly.

"There's a woman in very short skirts just behind us, my dear doctor," murmured the great detective.

"Marvelous!" enthused Watson, after he had corroborated the statement by a glance behind. "How in the world did you ever know without turning your head?"

"Purely elementary, dear old fellow. I merely observed the people who are walking toward us."—*American Legion Weekly.*

### Instructions Obeyed

The managing editor of a small city newspaper wheeled his chair around and pressed a button on his desk. The subordinate wanted entered.

"Here," said the editor, "are a number of directions from outsiders telling us how to run our paper. See that every one is carried out."

And the office boy, gathering them in a large wastebasket, did so.—*Amer. Legion Weekly.*

## IN BRITISH COLUMBIA

The British Columbia Division has received the following cordial testimony from a member who wrote renewing membership:

"Enclosed please find one dollar as a contribution to the Canadian Red Cross, and my best thanks to the Canadian Red Cross Society for the valuable monthly magazine."

# To the Women of Canada:

*Knowledge and skill may be the means of preventing much suffering and perhaps saving life. Do you know—*

How to make a bed cradle?  
 How to make a bed rest?  
 How to prevent bed-sores?  
 How to make an ice-box?  
 How to take a patient's temperature?

How to apply a temporary splint?  
 How to prepare a hot foot-bath?  
 How to feed a helpless patient?  
 How to prepare a patient's diet?  
 How to change sheets with the least disturbance to patient?

*This information is given in the*

**Red Cross**

## Home Nursing Classes

These will be arranged by the Provincial Divisions of the Canadian Red Cross.

*Groups of women are being formed to take up this study.*

Information may be obtained from any of the following:

### THE CANADIAN RED CROSS EXECUTIVE OFFICERS OF PROVINCIAL DIVISIONS

**PRINCE EDWARD ISLAND:**  
 Dr. S. R. Jenkins,  
 Charlottetown, P.E.I.

**QUEBEC:**  
 Lieut.-Col. J. F. Buckley,  
 45 Belmont Park,  
 Montreal, Que.

**SASKATCHEWAN:**  
 W. F. Kerr,  
 2331 Victoria Avenue,  
 Regina, Sask.

**NOVA SCOTIA:**  
 Dr. Smith L. Walker,  
 63 Metropole Bldg.,  
 Halifax, N. S.

**ONTARIO:**  
 Dr. Fred. W. Routley,  
 410 Sherbourne St.,  
 Toronto, Ont.

**ALBERTA:**  
 Mrs. C. B. Waagen,  
 206-210 Beveridge Bldg.,  
 Calgary, Alta.

**NEW BRUNSWICK:**  
 Miss Ethel Jarvis,  
 160 Prince William St.,  
 St. John, N. B.

**MANITOBA:**  
 Red Cross Commissioner,  
 187 Kennedy St.,  
 Winnipeg, Man.

**BRITISH COLUMBIA:**  
 A. J. Forsyth,  
 626 Pender St. West,  
 Vancouver, B. C.

## Renew Your Membership

Your community needs your help, Canada needs your help, the Empire needs your help, the world needs your help in the great fight against Disease.

The Canadian Red Cross offers you the opportunity to give your help. Send your application for membership or the renewal of your membership to your local branch or to the office of the Provincial Division in which you reside. Addresses on this page.

## Change of Address

To prevent interruption in the delivery of the Canadian Red Cross Magazine, members of the Society who change their place of residence are advised to send notification of such change to the office of the Provincial Division of the Society in which they reside or in which they are going to reside.

# TO MEMBERS!

Every membership in the Canadian Red Cross helps on its good work. Tell your friends about it and have them send their subscription (One Dollar) to the Red Cross office of their Division. Addresses above

To .....  
 (Name of Provincial Division of Canadian Red Cross)

Herewith enclosed is the sum of One Dollar as a contribution to the Canadian Red Cross Society, which sum includes twenty-five cents per annum (\$0.25) as subscription to the magazine, "The Canadian Red Cross."

Date ..... Name .....  
 Address .....

## THE CANADIAN RED CROSS SOCIETY

has an Office in  
 LONDON, ENGLAND,  
 at the Bank of Montreal,  
 9 Waterloo Place.

Information and advice are given at this office to enable Canadian pilgrims visiting war graves in France to make their arrangements with comfort and satisfaction.



