



HEALTH FOR ALL AND ALL FOR HEALTH

VOL. III.

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No. 4

Central Council Annual Meeting

The Central Council of the Canadian Red Cross Society held its annual meeting at the National Office, Toronto, March 18 and 19.

The Central Council is the governing body of the Society which as a National organization unites the people in all the provinces in their desires, aims and efforts to give humanitarian aid where needed in time of war, and in time of peace aids in cases of disaster and carries out the peace-time policy of the Red Cross for "the improvement of health, the prevention of disease, and the mitigation of suffering."

The Central Council consists of three representatives from each Provincial Division and a certain number of other members elected by the Council itself.

For the large program of business before the Council two days seemed all too short a time. Happily by close application to the affairs set forth in the agenda and the desire of all present to contribute their best to the discussions all matters were considered and decided with due deliberation.

The first matter for consideration was the annual report of the Executive. Three years of experience in organizing and performing the peace-time work of the Society were reflected in it. It set forth the aims and objects of the Society in an orderly way and told in like manner how they were being accomplished. It was the most illuminating report that the Executive has submitted and was so commented upon at the meeting.

Space does not permit of reproducing the report in full. We may, however, refer to its principal sections which are of general interest. After dealing with the meetings of the past year and a few words on the organization of the Council, the aims and work of the National Office are set forth as follows:

AIMS AND WORK

(1) To conduct all such business as properly refers to the Society as a

nationally organized corporate body.

(2) To act as a general clearing house for the Divisions, both in securing and passing information from other National Societies to the Divisions and between the Divisions themselves.

(3) To conduct nurseries at the ports of Halifax, St. John and Quebec, in co-operation with the Federal Department of Immigration and Colonization.

(4) To carry out the peace-time policy of the Society for "the improvement of health, the prevention of disease and the mitigation of suffering" by preparing and publishing, for distribution by the Provincial Divisions, educational material upon matters of health, particularly upon the subjects of Child Welfare, Home Nursing, and the Junior Red Cross.

(5) To conduct all negotiations and correspondence with the International Committee of the Red Cross, the League of Red Cross Societies, and other national societies or other bodies in foreign countries.

PROVINCIAL DIVISIONS

Another section of the report dealt with the activities of Provincial Divisions, which are detailed as follows:

- (1) Annual Membership.
- (2) Assistance to ex-service men.
- (3) Organization and conduct of Junior Red Cross.
- (4) Classes in Home Nursing for the instruction of women in the care of the sick and the prevention of disease.
- (5) Nursing and Medical services including—
 - (a) co-operation with universities in the establishment of courses for the training of Public Health Nurses.
 - (b) The employment of graduate nurses and especially those trained in Public Health.
 - (c) The establishment of Nursing Outposts.
 - (d) Travelling Clinics.

These are dealt with at greater length in another article in this issue.

JUNIOR RED CROSS

From the Junior Red Cross we extract the following paragraphs which briefly summarize the present condition of this important and promising movement.

The Junior Red Cross movement is now fairly well established in Canada, every province being organized and making substantial progress. It is the most fundamental part of Red Cross work. Possibly we do not realize what a vital factor the Junior organization is in the development of the younger generation of Canadians, in improving their own health and in inculcating in them ideals of good service and good citizenship. It would seem as if it may be destined to make a real contribution to the development of Canadian education from the literary as well as from the standpoint of health and citizenship.

At the end of the year 1923, there were 2,992 Junior Red Cross branches and a total membership of 84,678 in Canada. It is impossible to give statistical evidence of the number of children who are actually putting into practice the facts of health which they have been taught. Nevertheless, we believe that there is an increasingly large army of young people in Canada who are being inspired through all that Junior Red Cross stands for to protect their own health and that of others.

HOME NURSING

As a service having the potentiality of reacting most favorably upon the health of the people of Canada the organization and progress of the classes in Home Nursing was given considerable space. Readers of the "Canadian Red Cross" have already been told a great deal about these classes. In a separate article in this issue will be found a statement of progress to date in Ontario, in which province the organization is being tested out. For those who have not had the opportunity of learning of this great work, however, we extract a few enlightening paragraphs:

At the urgent request of Provincial Divisions, steps have been taken to assist the women of Canada to gain a more extended knowledge of Home Nursing and Home Hygiene. This work of health education is an essential feature of the peace-time purpose of the Red Cross for "the improvement of health, the prevention of disease and the mitigation of suffering."

(Continued on page 10)

Every Japan Tea Drinker

should try

"SALADA"

GREEN TEA

The finest green tea procurable.
Sold at all grocers.

Mary and Douglas At Christie Street

To print a picture of Mary Pickford and Douglas Fairbanks, whose faces and figures are known all over the world through pictures, may seem like carrying coals to Sydney, Cape Breton, but we cannot resist the temptation nevertheless.

The two film stars were in New York on their way to Europe and Mary Pickford, who was born in Toronto, decided she must spend the spare day they had in a visit to her native place. However Douglas felt about it he of course had to go too, but to judge by his photo he was not much put out.

There was nothing of the parade about the visit, in fact it was made on a quiet Sunday and except for one incident the adored Mary and her noted husband might have come and gone without anybody, except a few intimate friends, knowing it. The incident linked them up with the Red Cross, the Toronto branch. To the executive of the Branch Mary Pickford expressed a wish to visit "the boys" in the big Government Hospital at Christie Street Hospital where here are still many upon whom the war laid a heavy hand.

Space does not permit of a full account of the visit nor a full description of the sweetness and simplicity and genuine sympathy with which the little lady of the movies made the rounds of the wards and chatted with the patients who were enthusiastically appreciative of seeing in real life the Mary Pickford whom so many millions have seen only on the film.

To use the words of Mary herself, as quoted in the Globe, it was "a sentimental visit" and until one o'clock they were permitted a certain degree of privacy and were allowed to breathe the breath of ordinary mortals. They went to the old house at 211 University Avenue where Mary was born and quietly visited Mrs. Pickford's sisters and their families living in the city, and then placed flowers on the grave of Mary's father in Mount Pleasant, and on the grave of her grandmother in St. Michael's Cemetery. This brief interlude between family and public duties was the real object of their visit.

Once more quoting Mary—though she attributes the expression to her husband—they live on coffee and handshakes. Certainly during their visit they lived without a scrap of lunch but probably the several hundred handshakes were stimulant enough.

"What is she like?" everybody asked. "Well," said the Globe, "unless the several dozen people, who followed her all afternoon, hearing every word, watching every smile and noting the slightest movement of eyes and hands, are mentally blind, physically inert and hopelessly doddering when it comes to recording accurate impressions, the answer is decidedly favorable. To say that she is sweet, pretty, charming would be to tell people what they already know, so the present description must contain some element of news."

In the first place, Mary is a married woman, and she never forgets that fact. Though she is as small and slim as a twelve year-old, she has the poise of a polished society matron, and, further, she has a composure and a wit ready to meet any sort of situation, which immediately marks her as a woman who believes in the exercise of the brain. And she has a sympathy that is not confined to Pollyanna or Stella Maris roles. As she went from cot to cot on the roof at Christie Street Hospital, talking with the wounded soldiers and smiling the slow, generous smile they all know the soldiers and the group of followers began to see her as she really is, without the artificialities which movie stardom had necessitated.

"How long have you been here?" she would ask as she took the men's hands. Then, with the answer of "Two years," or "Three years," her face would twitch perceptibly, and she would say wistfully, "I wish I had a pocketful of health for all of you splendid boys."

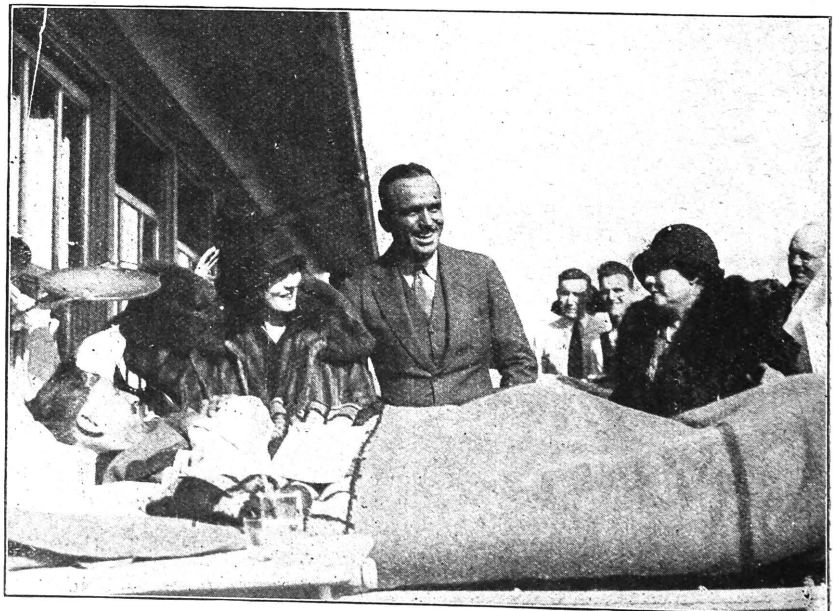
FRAE BONNIE DUNDEE

"Where do you come from?" she asked of one man with a cheerful red face and a birr that nothing could remove.

"DUNDEE, MA'AM."

"Why, you're the very man I wanted to talk to! Can you tell me when the heather will be in bloom? I expect to be in Scotland in another month, you know." The simplicity and eagerness of the questioner were like the lever that opened the floodgates, for the red face grew animated and the birr went vigorously into action. There is no doubt about it; Mary has a way with a man.

And so has Douglas. He was as much in demand as his charming wife, and he even consented to do a stunt for the tubercular spine patients on the hospital roof. Somebody suggested that he raise himself up on his hands on the stone parapet, but Mary



Christie Street Hospital.—On the roof where the tuberculous patients take the open air treatment. Left to right, Mary Pickford, Douglas Fairbanks, Mrs. Pickford, mother of Mary Pickford.



Group of nurses and visitors at Christie Street Hospital—Mary and Douglas in the centre.

told the reporter privately, and as a domestic confidence, that she never approved of Douglas's stunts, especially the precipice-edge variety. So, instead, Douglas contented himself and his admiring audience by hanging on by his chin to an iron rod that stretched out conveniently and safely in the centre of the roof.

WHY DOUGLAS CLIMBS

"People get old and sick and useless because they don't keep the 17-year-old outlook," he declared, punctuating each statement with emphatic short-arm jabs. "They have the idea that as soon as they get out of their 'teens they must be dignified, and that's what kills them. Instead of going up five steps at a time, they start going up one; instead of jumping fences, they look for the gate; instead of climbing trees, they ask for a ladder. Fences were made to be jumped and trees to be climbed, and if you can't keep that point of view, then you're in a sad way."

Outside of his philosophy of physical culture, which is well exemplified in himself, Douglas talked mostly of sports. "Your people didn't do a thing to the hockey championship, did you?" he grinned, and went on to ask about Canadian swimmers and runners and the like.

In spite of the fact that the hair-dressers' shears are in action all over the continent, Mary has not allowed them to do devastating damage to her own beautiful tresses. "I'm an old-fashioned wife," she said, in her rather low, boyish voice, "and I would have to consult my husband before I bob my hair. He isn't very fond of the new style, I'm afraid."

"Is Mary Pickford still a Canadian? I should say I am," she said, "especially after the wonderful way our Canadian boys served in the war. Nobody with any patriotism or pride in country could forget their courage and heroism. I love the United States, too, but I shall never forget Canada just because I live in the other country. Anyway, it's all one America, isn't it?"

"It was Mary Pickford's own idea to spend the afternoon at Christie Street Hospital." When she arrived she got in touch with Dr. George E. Smith, President of the Toronto Red Cross, and Col. John A. Cooper, a member of the executive.

"We've all heard of the Toronto Christie Hospital in California, and naturally we wanted to visit it," she explained, simply.

In the largest ward somebody called for three cheers for "our own Mary," and she made a charming speech.

"I'd throw you three kisses in return if Douglas weren't up there on the roof," she said, and then became serious. "Words are so inadequate at a time like this. I want you all to know that I appreciate very, very deeply what you men did for me in the war, and I want you to know that I am proud to be a Canadian."

Then when her husband joined her, a moment later; "No, Douglas, you've no right to get in on the cheers. You're only a Canadian by marriage."

The Old Ones Are the Best

Mr. Griffin had spent an anxious afternoon at the office and hurried home at an unusually early hour.

"How do you feel, dear? What did the doctor say?" he questioned his wife as she lay on the couch, her eyes half closed.

"Oh, he asked me to put out my tongue," she murmured.

"Yes?"

"And after looking at it he said, 'Overworked.'"

Mr. Griffin heaved an audible sigh of relief. "I have perfect faith in the doctor, Mabel," said he firmly. "You will have to give it a rest."

Food for Runabouts

A CHILD from two to six years often lacks necessary attention in the matter of feeding. The importance of caring for young infants is generally recognized in the home. The health of school children in up-to-date communities is supervised by the school authorities, but the child of pre-school age is allowed too often to weather the dangers of a more or less haphazard existence during the years in between "being a baby" and "going to school."

These years are of extreme importance in a child's life. Development is very rapid and the character of the development depends to a large degree on the health of the child. No health habit is more important than food habits.

MILK, THE INDISPENSABLE FOOD

Milk is absolutely essential for children because it contains food elements necessary for growth which are not found in sufficient quantity in any other food. Every child needs a quart of milk a day but it is not necessary that this be taken entirely as a drink. Part of the milk ration may be given in other forms such as milk soups, milk puddings, custards, junket and blanc-mange. Variety in serving will save many a child from becoming tired of milk.

A child who will not drink milk readily may be helped to do so by the use of a straw in the glass or bottle. A child who dislikes to drink a glass of milk will often consume the same quantity through a straw and pronounce the process "great fun." A child will often enjoy milk better if allowed to pour it out of his own pitcher into his own cup.

Tea and coffee should never be allowed to take the place of milk, in fact, they should never be given to children. Tea and coffee are stimulants; they have no food value and their high flavour makes it difficult to persuade a child to drink milk after the taste is acquired for tea or coffee.

MEAT

Meat should be given to young children only in small quantities and not more frequently than once a day. In fact, a child who takes a quart of milk a day with other suitable foods, does not require meat. Meat is highly flavoured and a child does not desire the bland milk and vegetables when meat is common in the diet.

Meat should be roasted, broiled or boiled. Roast or broiled meat should not be overdone. Young children should never be given meat, chicken or fish that has been fried.

Meat stews are to be recommended, provided they are thoroughly cooked and the fat removed. They may be made from the cheaper cuts of meat with potatoes and other vegetables.

SOUPS

Clear soups have no food value but meat soups to which vegetables and barley or

rice are added, are useful food. Thick soups, especially those made from peas or beans with the addition of milk, are both cheap and nourishing and may be used to replace meat and eggs in the diet.

VEGETABLES

Vegetables are very good for children. A selection may be made from potatoes, mashed turnips, mashed carrots, fresh beans, fresh peas, spinach, cooked celery or squash. Corn, cabbage, cucumbers or egg plant should not be given to young children.

Fresh vegetables should be used whenever possible. They should be cooked until tender but not allowed to soak in water. Vegetables are most appetizing when seasoned carefully and served hot, sometimes with a butter or cream sauce. Potatoes should be baked or boiled with the skins on and peeled afterwards. Peeling before cooking wastes the most valuable part of the potatoes.

SWEETS

Most children have a sweet tooth, but sweets should not be given in large quantities and never between meals.

The best kinds of sweets are those which give the most pleasure with the least amount of sugar. Hard cookies contain a small amount of sugar and the hard chewy substance gives the teeth good exercise. If the cookies are cut in interesting shapes, the child is encouraged to nibble the cookies slowly. Hard candies that require sucking are better than soft ones. Dates, raisins and figs make agreeable substitutes for candy and are more wholesome.

The best time for sweets is at the end of a meal. If children have sweets between meals or during the other part of the meal, the appetite is satisfied before the body receives food necessary for growth and development.

FOOD HABITS

Good food habits in a child require co-operation of both the parent and the child.

The parent should endeavour to make meal-time a happy gathering and serve the meal punctually. When a new food is served for the first time it is best to serve only a small quantity and not to suggest that it be disliked. A child is interested in having his own dishes and enjoys a meal better if the chair is high enough to en-

able the child to sit comfortably at table. If necessary use cushions or a foot rest.

The child should come to the table with clean hands and with clean face. He should learn to accept cheerfully suitable food that is set before him and not to ask for other kinds of food. Food should be eaten slowly and chewed thoroughly. The meal should be leisurely and the child stay at table for a reasonable length of time. The skilful handling of utensils can be made an interesting game to a child.

SAMPLE DIETS

The following are sample diets suitable for children from two to six years:

2 to 3 years

Breakfast, 7 a.m.

Fruit—as half an orange, 6 or 8 stewed prunes, pear or peach pulp.

Cereal—3 or 4 tablespoonfuls with milk; or egg, soft-cooked or poached.

Bread—White, or whole wheat, or Graham, or toast, with butter.

Milk—1 cup, warm or cold.

Lunch, 11 a.m.

Glass of milk, with bread and butter, or Graham or oatmeal crackers.

Dinner, 2 p.m.

Broth or soup.

Meat—as fine cut beef, lamb or chicken; or fish boiled.

Vegetables selected from the foregoing list.

Bread and butter.

Junket or custard, or blanc-mange.

Supper, 6 p.m.

A cereal or egg (if not taken for breakfast); or custard; or milk toast; or macaroni.

Bread and butter.

Stewed fruit.

Milk—warm or cold; or cocoa.

3 to 6 years

Breakfast, 7 a.m.

Fruit—as oranges, apples, pears or peaches.

Cereal.

Egg—soft-cooked, poached or scrambled with milk.

Bread or toast and butter.

Milk or cocoa.

Dinner, 12 noon.

Broth or soup.

Meat—as beef, lamb, mutton, or chicken; or fish boiled.

Vegetables, selected from the foregoing list.

Bread and butter; simple puddings or custard.

Supper, 6 p.m.

Rice, or macaroni, soup, or cereal, or milk toast, or thick soup or corn bread.

Fruit, or custard, or junket.

Milk, warm or cold; or cocoa.

UNITED STATES JUNIORS

The American Junior Red Cross is entering upon what promises to be the most successful year of its existence. Receding from the huge war membership of over 12,000,000, it struck its zero hour in March, 1921, with a low mark of 4,179,655. Since that time there has been a steady increase, amounting to-day to over a million members, for on Nov. 30, this year, the membership was 5,203,224.

A full million of these members are in Hawaii, Porto Rico, the Philippines and other Insular Chapters, where some of the best work is being done.

A Letter From Home

Mother—To whom are you writing your letter, dear?

Dorothy—To Bobbie.

"But he's right in the next room."

"Yes, that's why I sent him there!"

A Resolution Passed at the Pan-American Conference of Red Cross Societies at Buenos Aires

"The Red Cross, as a humanitarian institution, has as its sole mission to relieve the suffering and misfortunes of all nations, for it considers all humanity as one big family. Its flag is respected, even in the critical hour of battle, because it is a symbol of brotherhood and neighborly love. The Red Cross sends to all the peoples of America fervent wishes for peace, unity in labor and co-operation in its high mission of helping to repair, with the vigorous sap of young nations, the disasters which the war brought to the Old World.

"Believing that universal peace is the highest ideal of the Red Cross, the First Pan-American Red Cross Conference renders homage to the spirit of peace in America, expresses its admiration for the fraternity of nations in the New World, and hopes that the American people, with a clear vision of the future, and devoting all their efforts to work, may employ the natural riches of their country to advantage in order to fulfil the part assigned to them by the present situation in the world and to make some return to the continent of Europe for all the benefits received from it.

"The industrious nations of America desire to live in an atmosphere of peace and brotherhood, carrying out that work which destiny has entrusted to them, a trust which is confirmed by the progress of events in Europe, recalling similar historic periods in the lives of other peoples.

"The Conference shares the hopes and aspirations which the American nations formulate with such ardour, feeling themselves strengthened for the task in hand by that atmosphere of peace which stimulates effort and encourages a spirit of emulation and progress."

Red Cross Societies of The Two Americas

THE great Red Cross Conference which was held in Buenos Aires November 25 to December 6, 1923, should prove to be a forceful stimulus to the development of the Red Cross Societies of the Latin American Countries. A report of the Conferences issued in the World's Health stated that the development of the Red Cross in Latin-America has been retarded by the distance separating the American continent from Europe, the cradle and centre of Red Cross organization, as well as by the fortunate circumstance that wars have been infrequent in the New World.

Prior to the adoption of the peace-time policy by the Red Cross it was solely a war-time organization. Therefore since Latin-American countries had had few wars they had no opportunity or much need of developing their Red Cross Societies. The adoption of a peace-time policy and program has entirely changed that condition and no other countries in the world have taken up the Red Cross idea or laboured more enthusiastically in Red Cross Service than some of the Latin-American Republics.

There are eighteen National Red Cross Societies on the two American Continents and all of these—excepting Canada—were represented. The Canadian Society had appointed delegates to go to Venezuela, which was first projected as the meeting place. Later the place of meeting was changed to Buenos Aires and owing to the great distance and pre-occupation with important matters the Canadian delegates were unable to attend. However, a full report of the Canadian Society's activities was prepared and presented to the meeting.

Reports of the Conference indicate that most helpful and profitable discussions were held and a number of resolutions useful to guide the National Societies in their efforts were drawn up.

It should be pointed out that the resolutions which were necessarily drafted in general terms, give no idea of the discussions, in the course of which all kinds of

health and relief problems arose and on which about a hundred reports were presented. During the twelve days of the conference a great deal of useful work was accomplished; many problems were cleared up, much information was given about interesting experiments and many plans were suggested for useful activities based on scientific knowledge and on experience.

The resolutions entered into much useful detail and consequently occupy much space. They are given in full in *The World's Health* and should be very useful to those who are making a close study of Red Cross problems. The guiding spirit of the Conference seems to be embodied in the leading resolution which is well worthy of being reproduced. It is printed on the same page as this article.

The Little Giant

Republic of Czecho-Slovakia Has Made Remarkable Progress in Organizing Its Red Cross

The little republic of Czechoslovakia, which celebrated its fifth birthday in November, 1923, has established a Red Cross Society which well might be taken as a model by other nations.

Under the leadership of Dr. Alice Masaryk, daughter of the president of the republic, the society has raised during the five years of its existence 179,634,936 Czechoslovak crowns. This is the equivalent of \$4,500,000.

Of the amount collected, 119,000,000 crowns were spent in relief and providing for health and hygiene campaigns. Never before had such a sum been expended in Czechoslovakia by an independent body, for the old empire leaned too much toward paternalism and did not encourage independent welfare organizations.

When some of the richest sections of Japan were devastated by earthquake last

fall the Czechoslovak Red Cross quickly raised 475,000 crowns, which was augmented by 40,000 crowns contributed by school children, members of the Czechoslovak Junior Red Cross.

There are now 200,000 members of the Czechoslovak Red Cross and the Red Cross First Aid Corps in the new republic already numbers 15,400 members, recruited from the various fire brigades throughout the nation.

THE LITTLE BLUE BOOKS

The Federal Department of Health has issued new editions of "The Little Blue Books."

- No. 3—How to Take Care of the Baby.
- 4—How to Take Care of the Mother.
- 5—How to Take Care of the Children.
- 6—How to Take Care of the Father and the Family.
- 7—Beginning a Home in Canada.
- 8—How to Build the Canadian House.
- 9—How to Make our Canadian Home.
- 10—How to Make Outpost Homes in Canada.
- 11—How to Avoid Accidents and Give First Aid.
- 12—Canadians Need Milk.
- 13—How we Cook in Canada.
- 14—How to Manage Housework in Canada.
- 15—How to Take Care of Household Waste.
- 16—Household Cost Accounting in Canada.

If you would like copies of these books write to:

Federal Department of Health,
Ottawa,

And mention this magazine in your request. Letters written to a government department on official business need not be stamped but you must put O.H.M.S. on the envelope.

The Height of Kindness

Dinah, the cook, informed her mistress that she was married.

"Will he be good to you and support you?" her mistress asked.

"Oh, yes, mum; he sure will. Last Christmas he gave me a Victrola, an' I'se most got it paid for."—*Judge*.

Junior Red Cross

Becoming World-Wide

ness to others, and thereafter an interest in the health of the community, which readily transforms itself into active participation in measures for improvement. The first of these two aims, the formation of health habits, is attained by such means as campaigns for cleanliness and order, school baths, school gardens, the health game, personal interest in charts and weight development, organized play and health clubs or committees composed of the children themselves. The second, interest and participation in health improvement, finds expression in the active co-operation of children in organizing and financing such projects as summer or winter camps, school lunches, extra milk rations for sickly comrades, Little Mothers' courses for girls, Home Nursing, Life Saving, Safety First or First Aid courses, health pageants, plays, or marionette theatres, and on the curative side, dental clinics, special hospitals or treatments and operations for school fellows who are crippled or otherwise incapacitated.

For the benefit of teachers who have Junior Red Cross organizations in their schools, or are contemplating having them, and for the information of parents who would like to learn more of Junior Red Cross we publish this illuminating extract from the report of the General Council of the League of Red Cross Societies:

PROGRESS OF THE JUNIOR RED CROSS MOVEMENT

In the report on Junior Red Cross which was presented to the last meeting of the General Council in March, 1922, it was shown how the earlier and imperfect attempts to organize children under the aegis of the Red Cross were suddenly quickened into almost world-wide activity by the stimulus of the Great War, first in Canada and Australia, then in the United States of America and lastly in several countries of Europe. It was shown, too, how the material relief, which was sent by the children of America to the many devastated areas in Europe, broadened the horizon of countless schoolrooms, and awakened a spirit of service, and international goodwill, which was immediately recognized by leading educators as a factor of the highest potential value. Under their guidance the inborn desire of children to help in the relief of suffering, and the sympathy of teachers with the ideals of the Junior Red Cross, led to the creation of a permanent peace-time programme, in which the material aid afforded by children to others, however timely and extensive it might be, was felt to be less important than its influence upon the outlook of the rising generation. Thus the eighteenth resolution of the General Council in March, 1922, which recommended at the outset, that every national Red Cross Society should endeavour to organize the enrolment of school children as Junior members, was not merely a decree of authority, but was the natural outcome and recognition of a movement which had already attained considerable proportions and was in harmony with modern educational methods.

In practically every country the Ministry of Education or other Governmental authority has given official endorsement to the Junior Red Cross.

The period of nearly two years which has elapsed since that meeting has witnessed a continuous growth and development of Junior Red Cross work which it is proposed to describe briefly in its general outlines as well as in regard to the three special phases of its activity.

JUNIOR MEMBERSHIP IN NATIONAL RED CROSS SOCIETIES

At the date of the last General Council Meeting (March, 1922) there were six countries in which Junior Red Cross membership was already organized and active, while in eight countries the Junior movement was in process of organization

and in seven other countries the question was under consideration. During the period under review the number of Societies possessing an organized and actively operating Junior membership has risen from six to twenty-one, while seventeen other countries have taken up the movement and have brought it to varying stages of development. It is interesting to note that six Red Cross Societies in South America have already enrolled Junior members, that the German Red Cross proposes to do so and that in the young Baltic Republics of Latvia, Esthonia and Lithuania the national Societies are keenly occupied with the problem in spite of financial and political difficulties. In the Far East the Junior Red Cross programme has been taken up in Japan, Siam and China. It is further anticipated that there will be a considerable extension of Junior Red Cross activity as a result of the Pan-American Conference held at Buenos Aires in November, 1923.

MEMBERSHIP

The statistics of membership are at present incomplete. In accordance with the latest reports in the possession of the League Secretariat, the total Junior membership for nineteen countries approaches six million children, of which the American Red Cross can claim about five million. No figures are as yet available from the remaining countries, but it may safely be said that considerably more than six million children are now within the beneficent influence of the Junior Red Cross.

I. HEALTH

In the domain of Health it has been generally recognized that while the Junior Red Cross can be helpful in influencing the proper authorities in the direction of better provision for the care of health in schools, e.g. medical inspection, school nurses or clinics, its proper functions are rather to awaken, in each child, first *the desire to be healthy as an indispensable factor of useful-*

II. CIVIC SERVICE

It is obvious that many activities which have health for their direct objective are also of great civic value; for example those mentioned in the preceding paragraph are essentially civic activities in so far as they foster the spirit of service for others. In particular, it has been shown that organized play is one of the most effective experimental methods of imparting civic education, inasmuch as the child is led away from selfish motives for action to a common aim and the ideal of loyalty to a school or club, an ideal which, under proper guidance, may grow to include the city, the nation and the world.

In this connection, special mention may be made of the courses for training school-leaders in methods of organized play, which have been arranged by the Belgian Red Cross Society and the Oeuvre Nationale de l'Enfance with the assistance of the League Secretariat, and which it is hoped may develop into an annual international course.

Generally speaking, the civic programme passes through two stages. The first depends on the initiative of the teacher who awakens in the children the natural desire to be of service to their fellows, stimulating their interest by such means as lectures, pamphlets, posters, photographs, Junior

The Junior Red Cross



Encircles the Globe

magazines and correspondence and exhibits from other schools.

In the second stage, the wish to be of service is translated into acts which have taken many various and interesting forms, the preparation of correspondence destined for other school groups, the production of objects to be given to other children or invalids or to be sold for a Service Fund, installation of playgrounds, planting of trees, beautification of schools or grounds, relief for children of the unemployed or support of health institutions and work in manual training classes. Experience in many countries has also proved the civic value of class and school committees of children and semi-annual conferences of child leaders.

While the true value of all these activities lies rather in the process than in the results, nevertheless the visible accomplishments of children have attained surprising magnitude in many countries. They fall naturally into six categories: Work for individual children, for the home, the school, the community, the nation and the world. Instances of work in the first four of these categories have been given above, while world relations will be considered under the head of International Friendship.

NATIONAL PROJECTS

There remain the activities of nationwide scope which call for brief comment. Red Cross Societies have lately shown growing appreciation of the value of national programmes to which every Junior group is invited to contribute a certain portion of the funds earned by its own efforts; for example playgrounds form a national project for Belgium; Bulgarian Juniors share in the national work-week; the health programme is featured in Canada; Australian Juniors have devoted themselves largely to the care of sick or infirm ex-soldiers; Czecho-Slovakia has made 25,000 garments and raised over 200,000 Czech kronen for child sufferers from the Russian famine; Polish Juniors have worked for the relief of children repatriated from Russia and other countries; while Juniors in the United States furnished material and money approximating to ten million dollars for the relief of European children after the war, and are now engaged in a nation-wide programme for the American Indians. In its educative effect on the participants as well as in benefit to the recipients, the total of this accomplishment has far surpassed the dreams of the pioneers in each of the countries named, and is a striking proof of the ability of the Junior Red Cross to adapt itself to the various requirements and characteristics of many different peoples.

III. INTERNATIONAL FRIENDSHIP

The spirit of international friendship has manifested itself mainly by means of inter-school correspondence, but also to a considerable extent by the exchange of magazines and exhibits, by mutual gifts and by visits of children to children in other countries. There are many indications that school correspondence is assuming an important place in the educational world.

and is being welcomed by teachers, both on the ground that it makes the lessons easier and more interesting and also because correspondence by groups introduces the principle of mutual aid into class work, a principle which is always recommended to children in the playground, but has hitherto been banished from the classroom, where the child learns for himself and is forbidden to help his fellows. The question was placed on the agenda for discussion by the World Education Conference at San Francisco in June-July, 1923, when a resolution was passed approving the system of school correspondence. Another interesting indication is the substantial increase in the number of groups of children corresponding, although there is still room for much greater extension. Besides the large and growing mass of correspondence between schools in the United States of America and in the American insular possessions and school children in some twenty other countries in various parts of the world, regarding which full information will be found in the special report to be submitted by the American Junior Red Cross to the General Council, we find correspondence being carried on by schools in Austria with those in the Argentine and Czecho-Slovakia; New Zealand schools corresponding with those of Great Britain and the children of Czecho-Slovakia corresponding with those of Belgium, China, England, France, Haiti, Italy, Japan, Jugo-Slavia, Poland and Portugal.

It may fairly be claimed that the Junior Red Cross, by creating opportunities for unselfish action, is making a valuable contribution to the Red Cross ideal of brotherly goodwill and forgetfulness of national prejudices, while in the educational sphere it is inspired by the same aim as other notable movements which are attempting to re-orientate the spirit of teachers and pupils in the direction of Service.

No Need to Ask

One after another the neighbors had come in to admire the new baby that had arrived at the Jones' household. Little Mary was rather fed-up with all the attention that was lavished on the newcomer—attention which had, up till then, been hers.

"Does the baby talk yet, Mary?" asked one of the friends of the family.

"No," replied the baby's disgusted sister, "the baby doesn't need to talk."

"Doesn't need to talk," exclaimed the friend, astonished.

"No," said the little girl bitterly. "All the baby has to do is to yell, and it gets everything worth having in the house."

Meeting Requirements

The old negress who washed for Mrs. Worth came one day with a tale of woe calculated to awaken pity in the hardest heart.

"Cheer up, auntie," said Mrs. Worth consolingly. "There's no use worrying."

But auntie held other views. "How come dere's no use worryin'?" she demanded. "When de good Lawd send me tribulation he done spect me to tribulate, ain't he?"—*Everybody's Magazine*.

In City Schools

Alberta and Ontario Divisions Make Appointments to Give Special Attention to Junior Red Cross Organization in Large Centres.

Finding that the work of organizing the Junior Red Cross in city schools is one of considerable magnitude and that it requires special study of this field of Junior activity the Alberta Division has made two appointments of Junior Red Cross assistants for the cities of Calgary and Edmonton. Miss D. M. West is working in Calgary and Mrs. Helen M. Bowers in Edmonton.

The Ontario Division of the Canadian Red Cross Society has appointed Miss Edith Fenton to be assistant director of Junior Red Cross for the City of Toronto. Miss Fenton is a graduate of the Hospital for Sick Children, Toronto, and of the Department of Public Health Nursing of the University of Toronto. Miss Fenton has had extensive public health experience with the Toronto Department of Public Health, the Massachusetts-Halifax Health Commission, and the Maternity Centre Association of New York City. Immediately previous to her new appointment, Miss Fenton was Director of Nursing Service in the recently completed health survey of the children in rural districts near Hamilton, Ontario.

THE PENCIL THINKER

"Look at the boy."

"What is the boy doing?"

"He is trying to think?"

"How do you know he is trying to think?"

"I know he is trying to think because he is sucking his pencil."

"Does he think he can get ideas out of it in that way?"

"No. He probably doesn't think about it at all. It is just a nasty and dangerous habit."

"Why is it a dangerous habit?"

"Because somebody with a disease may also have been trying to suck ideas out of the same pencil."

"I never thought of that."

"Yes. It's not thinking which causes many accidents, much suffering and many deaths. Whenever you see a pencil with tooth-marks on the end you will know that it has been used by somebody who doesn't think."—*The Nation's Health*.

CORRESPONDING OVERSEAS

The First Junior Red Cross group in Ontario to undertake correspondence with an overseas Junior Red Cross is Queen Mary's Knights at the Queen Mary Sanitarium School in Weston. The boys and girls there with Mrs. Dunn as their Director are preparing a portfolio for exchange with an Open Air School for delicate children at Seven Oaks, Kent, England. There should be many common interests between two schools in which the pupils are fighting (and having a happy time of it!) for health.—*Ontario Junior Red Cross Bulletin*.

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, APRIL No. 4

THE LATEST DEVELOPMENT OF RED CROSS WORK IN CANADA

"A LITTLE knowledge is a dangerous thing"—sometimes.

If you know a little, and think you know it all, you may become a menace to the community.

Most women have "a little knowledge" of nursing, often gained by sad experience at the bedside of a relative. How dangerous might such knowledge become were it used as justification for assuming the responsibilities of a trained nurse. Immediately "the little knowledge," so useful as far as it goes, would become a positive danger to the invalid who thought his attendant possessed the qualifications conferred by years of special training.

But a little knowledge of home nursing is far more likely to make its possessor, like Oliver Twist, "ask for more," to satisfy the appetite created by a mere taste. The possession of a "little knowledge" frequently leads to a pursuit of more knowledge, on the principle that you "can never have too much of a good thing."

Health is a good thing, of which the supply is never equal to the demand. "The promotion of health" is very closely linked with "the prevention of disease" and the prevention of disease results generally in "the mitigation of suffering." The peace-time purpose of the Red Cross movement includes all three aspects of health work.

The scheme involves a textbook, a teacher, and a class.

The publication by the Canadian Red Cross of a Manual for Home Nursing Classes, at the modest cost of twenty-five cents, meets the first of these requirements. Written in a popular style, clearly printed and well illustrated, this little Manual is based upon most modern knowledge of hygiene and nursing and will be of the utmost value in family life.

What about the teacher? The enlistment of trained nurses scattered throughout the province, who are not

now professionally engaged, has provided an efficient teaching body which is giving this unique service to the community, free of charge.

The classes are being enrolled from hundreds of women of all ages and social conditions who, having a little knowledge of nursing, recognize their need for more and are seizing this new opportunity for acquiring it. A group of friends, a church organization, a chapter of The Daughters of the Empire, a company of Girl Guides or the Executive Committee of a Red Cross Branch; any of these or any other group may arrange for the formation of a class, which elects its own officers and secures its own meeting-place and equipment, the fee for membership in the class of twelve lecture-demonstrations being one dollar.

The link between the teacher and the class is furnished by the organizing nurse employed by the Red Cross, whose duty it is to discover the local teaching nurse, help her to understand the plan of work, and put her in touch with the class which she is to teach.

The home nursing scheme has met with remarkable success. Although only put into operation at the beginning of the year, there were at the end of three months fifty-five classes in actual operation in Ontario and fifty-four classes in prospect, while seventeen different organizations were co-operating in the formation of classes. In British Columbia, Alberta, Saskatchewan, New Brunswick and Prince Edward Island, the work is proceeding and it is expected that the organization of classes soon will be extended to the other provinces of Canada.

RE-CREATE OR WRECK

Keeping your health is merely a matter of using common sense, according to Dr. C. Ward Crampton, well-known health authority of New York City. The whole solution of the problem, he declares, is contained in three words: "Re-create or wreck."

No man needs any guidance but his own in selecting his proper form of recreation, asserts Dr. Crampton, in *Popular Science Monthly*. Anything that is an entire change from his daily work will suffice.

"Change your clothes, change your mind, change your attitude," he advises. "If you have a white-collar job put on a flannel shirt. If you have a flannel-shirt job, a white-collar as a change will have its merits. If you work indoors—go out. If you are out of doors all day—stay inside. If you are continually meeting many people, seek seclusion. If you work alone, seek congenial company. If your work is mainly with your head, seek vigorous muscular activities. If your work is mainly muscular work, seek some mind-testing recreation.

"Above all, get the play spirit. Get into the game. Recreate and so recreate your body. It holds big profits for you."

VICTORIES OF MEDICAL SCIENCE

Lindsay Daily Post

There is great hope in the statement of Dr. Charles Mayo, the eminent physician, that in spite of the achievements of medical science to date, as a result of which he estimates that the average age has been prolonged twelve to fifteen years, even greater victories will be won in the future. The debt which humanity owes to such efforts—to the saving of life and prevention of disease—is almost beyond calculation. Of all that modern science has done for the world there is nothing to equal the results of medical research.

The people, as Dr. Mayo says, should appreciate the importance of health matters and be ready to co-operate in every reasonable way in the efforts that are made to improve the health of the community and aid in the work of medical research.

Red Cross News From Canada's Press

RIVERSIDE, SALISBURY, LAKEVILLE, N. B.—Much activity among branches in all parts of the province is reflected in the busy days at the Red Cross depot, Prince William street. The Riverside, Albert county, branch sent in contributions to the emergency supplies, including six long bandage rolls and a quilt. The Salisbury branch wrote for materials and has undertaken to make a dozen pairs of boottees. Lakeville branch is undertaking to make stocking kneecaps for the patients in River Glace sanatorium.—*St. John Telegraph-Journal*.

FREDERICTON, N. B.—Mrs. J. H. Lawrence and Miss Jessie Lawson, of the Junior Red Cross, St. John, were in the city yesterday conferring with G. H. Prince, Chief Forester of the Department of Lands and Mines, on work to be taken up in connection with Fire Prevention Week through co-operation between the department and the Junior Red Cross. They also conferred with members of the Senior Red Cross on matters pertaining to the organization of Junior branches in the city. They left for St. John last night.—*Fredericton Gleaner*.

CHATHAM, N. B.—A pleasing incident in connection with the Red Cross meeting in the town hall on Friday afternoon, was the presentation of a Life Membership to Mrs. M. A. Keoughan, the untiring and efficient treasurer of the local body since its inception in 1914, and for the past several years secretary-treasurer as well.—*Chatham Gazette*.

TORONTO, ONT.—No fewer than 233 ex-soldiers' families have been completely outfitted during the past month through the efforts of the Toronto Red Cross, stated Miss H. L. Williams, of the Toronto office, in an interesting report on relief work done at Red Cross Lodge headquarters. Miss Williams gave her report at a gathering of canteen workers yesterday afternoon. Besides, twenty-eight single men have received either boots, rubbers or clothing.

In one case a mother with a family of seventeen children was assisted, and another case was that of a little family of five, all five children being under five years of age, and the family including two sets of twins.—*Toronto Telegram*.

HERBERT, SASK.—The matter of organizing a local branch of the Canadian Red Cross Society will be taken up by the local Board of Trade at its next annual meeting which will be in the month of May.—*Herbert Herald*.

OSHAWA, ONT.—The local branch of the Canadian Red Cross Society has given to the Y. M. C. A. a new Fairbanks scale to

be used for schools and gymnasium purposes. It also has an attachment for measuring height. This scale will be of great aid to the doctors who have been conducting physical examinations during the past few weeks.

BRODERICK, SASK.—The Red Cross Society reorganized here during the past ten days, had a busy time soliciting funds in hope of securing a nursing outpost for Broderick, and reorganizing various sub-branches. Mr. and Mrs. Alderson went to Regina as delegates from Broderick for the annual Red Cross meeting.—*Regina Leader*.

NORTH BATTLEFORD, SASK.—The annual meeting of the North Battleford branch of the Red Cross Society was held Tuesday evening in the city when the election of officers resulted as follows: President Mrs. J. W. Bawden; 1st vice-president, Mrs. T. Mitchell; 2nd vice-president, Mrs. H. A. Esplen; secretary, Mrs. D. F. Stewart; treasurer, Mrs. A. Lipman; executive, Mesdames Maher, Brigham, Gregory, Munro, Bowers, Hayes, Lanz and Lawson. Dr. J. H. Jackson and Rev. R. J. Russell.—*Saskatoon Star*.

SASKATOON, SASK.—G. D. Underwood was re-elected president of the Saskatoon branch of the Canadian Red Cross Society at the annual meeting held on Monday night. The report of the field secretary, W. F. Marshall, gave credit to the local branch for the valuable and willing work which had been done by them throughout the province. The report also stated that 110 new Red Cross branches had been organized in the province during 1923, and 54 Junior Red Cross branches.

The other officials who were elected for the year 1924 are: Honorary president, W. F. Marshall; first vice-president, C. P. Frankling; second vice-president, Mrs. W. Myatt; honorary treasurer, Hugh Aird, Jr.; honorary secretary, Major W. Caswell. C. P. Frankling, local branch secretary.—*Saskatoon Phoenix*.

BRANDON, MAN.—The social service work inaugurated at the Brandon General Hospital last year, and maintained jointly by the Provincial and Brandon Branch of the Canadian Red Cross Society, has amply demonstrated its value and justified the expenditure. Evidence of this is contained in a formal resolution of appreciation adopted by the municipal council. In addition to her regular office and hospital duties, the nurse made 1,591 calls, 74 of which were maternity cases. An announcement to this effect was made in the report of the chairman of the executive committee given at the annual meeting of the Manitoba Division of the Red Cross held recently in Winnipeg.—*Brandon Sun*.

NEW GLASGOW, N. S.—The death occurred at five o'clock last evening of an old and much respected resident, in the person of Mary Gibson Edwards, widow of the late James Wood of Ottawa, who predeceased her twenty-five years ago.

As one of the moving spirits in the endeavours of the local branch of the Dr. Grenfell Medical Mission, she did much, year after year, in alleviating the sufferings of the fisherfolk on the barren coasts of Labrador and Newfoundland. She was also a member of the Board of Management of the local Young Women's Christian Association, and president for many years of the Peterborough Branch of the Canadian Red Cross Society. She will be remembered by many for the quiet character of her mild, generous life and the broadness of her charity to those in need.



A Matter of Repair

The owner of a car of doubtful vintage ultimately concluded that it needed overhauling. After the garage man walked around it a couple of times, he remarked: "That's a good horn you have. Let's jack it up and run a new car under it."—*American Mutual Magazine*.

Technique

"Now, that doesn't hurt much, does it?" asked the dentist kindly, as he bore down on the buzzer.

"N-n-no," replied the patient feebly. "The drill doesn't hurt so much, but I'd be obliged if you'd keep your cuff out of my eye."—*Pickup*.

According to Orders

Doctor—Has your husband had any lucid intervals since my last visit, Mrs. Jinks?

Mrs. Jinks (with dignity)—He's had nothing except what you ordered.—*London Answers*.

From the Doctor's Practice

"An old lady patient of mine," said the doctor, "had been unable to sleep for some time, and I had given her some medicine in capsules, which she evidently had some difficulty in swallowing. Some two days later her grand-daughter came to my office and said:

"My grandma wants you to give her some medicine to make her sleep in a bottle."

"I gave her some, haven't heard the results yet."—*Journal of the American Association*.

Why He Hesitated

"If you're not feeling well why don't you go to your doctor? Can't you trust him?"

"Oh, yes, I can trust him; the trouble is he is not altogether willing to trust me."—*Boston Transcript*.



THE CENTRAL COUNCIL OF THE CANADIAN RED CROSS SOCIETY

From left to right, seated: Dr. C. D. Parfitt, Gravenhurst; Mr. F. Gordon Osler, Toronto; Dr. Jas. W. Robertson, Chairman of Council and Executive, Ottawa; Lady Drummond, Montreal; Col. Noel G. L. Marshall, Toronto; Gen. G. Sterling Ryerson, Niagara; Mrs. H. P. Plumtre, Toronto; Lt.-Col. R. W. Leonard, St. Catharines; J. J. M. Pangman, Montreal; Col. G. G. Nasmith, Toronto.

Standing: Lt.-Col. J. F. Buckley, Montreal; Sir Richard Lak, Victoria; Miss Pinkham, Alberta; Mrs. T. D. Brown, Regina; Mr. C. B. Allan, St. John; Mrs. Harold Fleming, Victoria; Mrs. Colin Sewell, Montreal; Miss Ethel Hazen Jarvis, St. John; Mr. H. E. Mahon, Halifax; Mr. Kirk, Vancouver; Dr. A. H. Abbott, general secretary; Dr. F. W. Routley, Toronto.

(Continued from page 1)

As a foundation for this instruction an authoritative Manual for Home Nursing Classes has been prepared. It is written for popular use and contains the most reliable and appropriate information available upon Home Nursing and Home Hygiene, designed particularly for the needs of mothers in the care of infants and children.

The Red Cross Course in Home Nursing offers instruction in the simpler duties of a nurse that will enable a woman to care for the members of the family during minor ailments and to carry out intelligently the orders of the physician when a nurse is not available. Through the observation of simple rules of hygiene and sanitation, emphasis is laid upon the prevention of disease and the maintenance of health, for the family that observes the laws of health will be less likely to suffer from sickness than the family that disregards them. It is believed that the inclusion of material on the care and correct feeding of infants and young children will add materially to the value and usefulness of the course. In no field of health endeavor does the application of modern knowledge bring a greater return.

The subjects taken up in the individual lessons are—

1. Health in the Home.
2. The Bedroom in Health and Sickness.
2. Signs of Sickness.
4. Care and Comfort of the Patient.
5. Feeding the Sick.
6. Treatments.
7. Communicable Diseases.
8. Emergencies.
9. Maternity Nursing.
10. Infant Care.
11. Feeding of Infants and Children.
12. Review.

Organizing Nurses.—National Headquarters has appointed three registered nurses to assist the Provincial Divisions in the organization of classes.

At present these nurses are working in Ontario under the direction of the Ontario Division, and in a separate article in this issue we give a statement of the classes already organized.

In a locality which has an active Red Cross Branch, the class may be formed by the Branch. Classes may also be established either through or within any Women's Organization.

Registered Nurses' Associations are invited to assist in securing the services of married nurses, not professionally employed, who have the time to conduct one or more of these classes in their own district.

The organizing nurse devotes herself to organizing. She does not teach classes, although she may coach the local teacher or even give an initial demonstration.

An Unique Service.—Instruction in Home Nursing is a type of service that the Red Cross is particularly well qualified to perform.

No organization could pay the cost of engaging the hundreds of nurses who would be necessary to carry on this work in an adequate and comprehensive manner throughout Canada. But by enlisting the voluntary support of the expert nurse in the way suggested, an incalculable amount of good can be accomplished, and the health, happiness (and indeed the prosperity) of the present and future generations of the Canadian people can be immensely increased.

This illustrates very clearly the difference between the work which may be accomplished by an official department of health and a voluntary organization like the Red Cross. A voluntary organi-

zation with humanitarian objects such as the improvement of the health of the people, can always enlist the support of voluntary assistance and private funds if it can show that a real need exists, whereas an official department must rely for its results on help paid for out of the public funds raised by taxation. Both types of organization are necessary; one is complementary to the other. Neither can do what the other is doing, but by sympathetic understanding and co-ordination of effort between official and voluntary organizations a great deal more can be accomplished than by independent action. In some cases official departments have been slow to realize that in not recognizing the enormous value of voluntary support they are seriously interfering with the progress of their own work, and to understand that through co-operation they can accomplish much greater things without any loss of prestige.

The publications of the Society are the means by which it carries on part of its peace-time service for health by placing before the people the best health knowledge. The principal publication is "The Canadian Red Cross" which is the Society's messenger to all its members.

Its purposes are:

1. To assist the Society in carrying on its peace-time work for "the improvement of health and the prevention of disease" by presenting reliable health knowledge in a simple, readable and interesting style, free from technicalities and easily absorbed by the average reader. The Society realizes that the most rapid progress can be made in health matters through the education of the individual and by enlisting his interest in personal and public health.

2. To inform Red Cross members and the general public of Canada of the

varied service that the Society is rendering our national life.

3. To stimulate the interest of members of the Society in the cause of public health and to encourage them to assist authorities in the good work in every possible way.

4. To serve as a unifying influence in the Society by acquainting the members with what is being done in all the Provinces.

5. To give information concerning other national societies and of the League of Red Cross Societies.

6. To be a helpful means of enlisting the interest of clergymen, teachers and others in public positions, who are able to help in advancing the Crusade for Good Health.

A Messenger of Goodwill.—Besides linking up all its members to the Society, the magazine serves as an ambassador of good-will to other societies of the world.

In an article "Impressions of the Canadian Red Cross" contributed by Dr. René Sand, Secretary General of the League, after a visit to the National Office he said:—

"The publications of the Canadian Red Cross are decidedly among the most useful which Red Cross literature produces. I know no better way of creating interest, inspiring confidence, fostering devotion in the cause of Health, Service and Humanity than to read the monthly Canadian Red Cross Magazine whose motto "HEALTH FOR ALL AND ALL FOR HEALTH," ought to be taken up everywhere as the real slogan of the Red Cross in time of peace.

Other sections of the report reviewed the relations of the Society with government departments and gave complete reports upon the activities of Provincial Divisions.

The report was passed unanimously with a special word of high commendation upon its completeness from Sir Richard Lake one of the representatives from British Columbia.

To support and, if possible, extend the work of tuberculosis which is being undertaken in different parts of Canada and also a demonstration at Three Rivers, Quebec, the Canadian Tuberculosis Association asked for a grant of \$5,000. The grant was passed.

In a very illuminating address Dr. Parfitt spoke to Council upon the subject of tuberculosis in ex-service men. His address was a most careful analysis of what this terrible disease has done and may be expected to do in the ranks of ex-soldiers. One of the doctor's deductions—from figures he presented to the meeting—was as follows:

"Ten per cent of all people die from tuberculosis. Of the half million ex-service men now living, 50,000 therefore will die from tuberculosis. An additional 20,000 will contract tuberculosis and will ultimately die from some other cause."

This sets forth the seriousness of the tuberculosis problem from the standpoint of all the people, civilians as well as soldiers.

Mr. Waugh, of Winnipeg, spoke appreciatively of the address of Dr. Parfitt

and expressed the hope that it would be made available to members of Council. In a motion by Mrs. H. P. Plumtre seconded by Mr. C. B. Allan, of New Brunswick, Council expressed its thanks.

Discussion upon the Port work of the Society led by Mrs. Plumtre, convener of the Port Committee brought out the fact that the follow-up work was much appreciated by the Health authorities and in speaking of the Port work from the standpoint of the Port of Halifax Mr. Mahon said he regarded it as one of the most important forms of service that is being given. A copy of the report upon port work is given in a separate article.

MAJOR PARKINSON

Major Parkinson, Deputy Minister of the Department of Soldiers' Civil Re-establishment, appeared before Council and made a statement regarding these workshops. After reviewing the negotiations which led up to the agreement between the Canadian Red Cross Society and the Department, Major Parkinson referred to the fact that arrangements had been made with the British Columbia Division for the operation of shops in Vancouver and Victoria, with the Manitoba Division for the operation of a shop in Winnipeg, with the Quebec Division for the operation of a shop in Montreal, and tentative arrangements had been made with the Nova Scotia Division and the New Brunswick Division for the conduct of shops in Halifax and St. John. The Department itself is operating shops in Hamilton, Toronto and Kingston.

1922

Victoria	43.13
Vancouver	51.71
Winnipeg	43.45
Montreal	42.42
In May 1923 these figures were:—	
Victoria	34.95
Vancouver	38.74
Winnipeg	38.08
Montreal	46.93

"I would like to take this opportunity," said Major Parkinson, "of placing before you a request that the Red Cross should give very serious consideration to the advisability of extending co-operation in this work and include the workshops in Hamilton, Toronto, Kingston, Halifax, and St. John, N.B. I am quite convinced that the future success of operating these shops throughout Canada depends on the definite co-operation and support by an organization such as the Red Cross. The experimental stage has now developed to such an extent that it is possible definitely to see what work of this kind means financially, and although I am not in a position to know the nature of the reports which will be made by you to your representatives in the centres concerned, I am quite satisfied that they will be able to tell you in no uncertain terms of the valuable results obtained apart from those which make it possible to pay a man who is possibly only able to work under these sheltered conditions, approximately \$50 to \$65 per month for an expenditure of \$35.

May I take this opportunity of drawing to your attention the fact that the members of the Red Cross organization with whom

I have had the pleasure of coming in contact, are giving up a great deal of time and energy to this work. It has never been my good fortune to meet a more enthusiastic group of workers than was brought together at a conference on this work in Winnipeg during the summer of 1923, at which the Chairman of the various Red Cross workshop committees were present. The success obtained at the present time is due entirely to their hard work and to that of their co-workers. I am very anxious to see more like them willing to assist the Government in this work for disabled ex-soldiers."

DELEGATES TO GENERAL COUNCIL OF THE LEAGUE OF RED CROSS SOCIETIES

The Council confirmed the appointment of Mr. A. H. Campbell as a delegate to the General Council of the League of Red Cross Societies and the conference of the societies of the British Dominions, and also appointed Colonel David Law a delegate to act with Mr. Campbell.

RESOLUTION OF APPRECIATION

It was moved by Mr. Kerr, seconded by Mr. Mahon, and adopted by a standing vote, "that this Council expresses its deep sense of the loss that the Canadian Red Cross Society as a whole has suffered through the death of the late George J. Seale and its high appreciation of the sterling example he has set by his faithful devotion to the services of the Society as Commissioner of the Manitoba Division of the Canadian Red Cross Society."

RESOLUTION OF APPRECIATION TO THE PRESS

It was moved by Mr. Kirk, seconded by Mr. Allan, and unanimously adopted, "that this Council expresses its gratitude to the press of Canada for its cordial and valuable co-operation with the Canadian Red Cross Society in carrying out its programme for the improvement of health, the prevention of disease and the mitigation of suffering."

Are Self - Advertising

Women Who Have Studied Home Nursing in the Red Cross Classes Tell Their Friends About the Good Work.

The Ladner, British Columbia Home Nursing class at its closing exercises had among its guests the members of the newly enrolled class which is to begin immediately, with a larger membership than the first class.

Arrangement plans are under way to enable mothers with babies and small children, who otherwise could not attend the class, to have their children cared for by volunteers, who will conduct a "creche and day nursery" each week during the class period. Such is the spirit in Ladner!

In one of the Vancouver classes, with an enrollment of twenty-four, there have been only two absences in nine weeks! Such is the interest in Vancouver.—From our British Columbia Correspondent.



British Columbia Division—a Class in Home Nursing and the Prevention of Disease organized by the Canadian Red Cross in the Japanese-Canadian Women's Association, in Vancouver, B.C.

Dr. Hilton Appointed

To be Veterinary Director General. Indirectly the Work of his Department has an Important Bearing Upon Human Health.

DR. GEORGE HILTON has been promoted to the position of Veterinary Director General of Canada, succeeding Dr. Frederick Torrance, who resigned last autumn. Dr. Hilton's appointment is a promotion from the office of Chief Veterinary Inspector which he has held since 1902, and acting Veterinary Director General since the retirement of Dr. Torrance.

Having been associated with the work of the Health of Animals Branch during many years of its development, Dr. Hilton comes into his position thoroughly familiar with and accustomed to the administration of the office to which is entrusted the administration of the Animals Contagious Diseases Act and the Meat and Canned Foods Act. Dr. Hilton was born of English parentage in the Province of Oufa, Russia, in 1872. He received his early education in England and with his parents came to Canada when still a youth.

In its endeavors to eradicate animal diseases the Veterinary Director General's Department performs indirectly a valuable service for health of human beings. Particularly is this true in regard to bovine tuberculosis. This disease if transmitted by unpasteurized milk sometimes wrecks the health of children and sometimes causes deformity. The danger can be avoided by pasteurizing the milk, but unfortunately all milk is not pasteurized.

Perhaps bovine tuberculosis cannot be eradicated, perhaps it can. At any rate it can be lessened, and lessening it decreases the danger of transmitting it to human beings.

An Active Branch

Stratford has Enrolled Two Hundred and Fifty Women and Girls for Home Nursing Classes. A Good Plan.

We are always glad to pass on good plans thought out by our Local Branches, writes the Ontario Division. The Red Cross in Stratford, which is one of the most active centres of Red Cross in Ontario, has already enrolled over two hundred and fifty women and girls in Home Nursing classes. In addition to carrying on instruction in Home Nursing, the Branch has also recently arranged for a Red Cross Committee to visit in the city with a view to finding out cases in which clothing is required in needy families. Each visitor in this Committee is supplied with a neat card bearing a Red Cross and the name of the Society and Committee. If a real need is found this card is left with the family which is authorized to make a requisition for clothing and

is presented at the Committee Rooms so that it may be understood that the person applying for relief has been visited by a member of the Committee.

BRITISH COLUMBIA HOMESPUN

At a monthly meeting of the Kamloops, B.C., branch of the Canadian Red Cross a piece of homespun made from British Columbia wool was exhibited. It was a piece of homespun woven by a returned soldier, W. G. York, in the Red Cross workshops, Victoria, B.C. This was examined by all the ladies present, who without exception expressed their unqualified admiration of it. Incidentally it may be mentioned that J. H. Wilson, merchant tailor, Victoria Street, had critically examined it and said there would be no difficulty in selling that material in Kamloops or anywhere else and he was not at all surprised at American visitors in Victoria being charmed with it.

The chronic kicker is like a cold motor—always knocking and jerking back.

A Soldier's Letter

To the Ontario Division,
Canadian Red Cross,

I hope you will not for one minute think I didn't, like all others of the family, appreciate the great Christmas gift we received from the Red Cross on Dec. 21st, in A1 shape. The parcels sure gave us a great surprise. How nice of them all to have thought of putting up such parcels—and all so useful. You can be sure it not only caused us great joy to receive it, but it will add much more comfort to all of us, which we surely would never have enjoyed without it.

Everything fitted so nice on all of us but my Mrs.—she being so small. For the children and myself, had you been here to take our measure, you could not have struck it better. If you answer this letter, I will send you the children's pictures, so that you can see for yourself that your efforts were well directed.

Yours most thankfully,

EX-SOLDIER.

Port Nurseries

Department of Immigration Appreciative of This Form of Red Cross Co-operation on Behalf of Canada's New Citizens

DURING the past year nurseries have been conducted at the ports of Quebec, St. John, and Halifax. The staff has worked well and the services of Miss Tremaine have been most satisfactory. Miss Proctor, a graduate of the University of Toronto in Public Health Nursing, and experienced in immigration work, assisted Miss Tremaine at the Quebec nursery during the past season. Miss Martinoff, who served in Russia as a nurse during the war, and who speaks the languages of Northern Europe, was engaged as an interpreter. Her services have been most helpful and on the recommendation of Miss Tremaine, she was transferred to the St. John nursery at the close of the Quebec season.

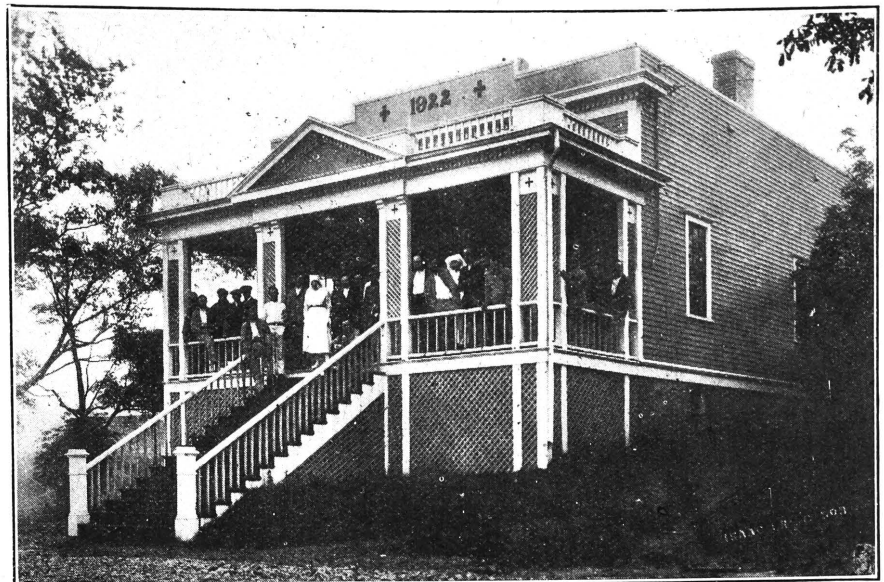
That operation of the nurseries has been satisfactory to the Department of Immigration, is shown by the following extract from an address by Miss M. V. Burnham, Supervisor of the Women's Division, Department of Immigration, in an address to the Central Council in October:

"One cannot realize fully how good this work is and how important it is, without seeing it as it is in progress. The results have been quite wonderful. Women arrive from the ships, sometimes with two babies in their arms, and often with many other children. The foreigners among them are suspicious and in a state of wonderment as to what is going to happen to them. Almost immediately upon landing, they see the big Red Cross flag flying and are shown the way to the Nursery, where the nurses in charge help them with their children, give them light refreshments, attend to any small injuries or ailments in which a little help will bring about an improvement.

Immediately the people realize how much is being done for them, their confidence is gained. Our conductresses in going through the trains while the land journey is in progress, hear on every hand from the immigrants themselves expressions of approval of what the Red Cross has done for them.

I wish to speak highly, also, of the follow-up work which is being done by Provincial Divisions. If any child requires attention or if the parents would like to be visited upon their arrival at their destination by a public health or a Red Cross nurse, a card is given them and information is forwarded to the Red Cross Division to which they are proceeding.

Last year I travelled across Canada and heard many reports of how well this plan was working. Let me assure you that it gives the Department a feeling of confidence to know that this work is being so well done. No matter how good our immigration policy may be, we feel that unless we can make the settler contented and happy, we cannot keep him. The women of the families are very important factors in this regard and whatever can be done to help them also helps to retain their families in the Dominion.



Red Cross Lodge built by the New Brunswick Division as a Recreation Hut for the Lancaster Military Hospital, St. John, New Brunswick. It has been a great comfort to the invalid soldiers who from time to time have been under medical care in the institution.

Again let me assure you of the great pleasure I have had at this opportunity of expressing the appreciation of the Department of Immigration of the good

work which the Canadian Red Cross is doing."

The statistics of the nurseries for the past year are as follows:

Nursery	Ships	Children Cared for	Infants Cared for	Treatments	Follow-up Cards
Quebec	142	11,813	1,424	271	2,373
St. John.....	37	2,538	430	109	520
Halifax	50	1,140	310	92	216
Totals	229	15,491	2,164	472	3,109

Destination	Source			Total
	Quebec	St. John	Halifax	
British Columbia	147	36	7	190
Alberta	135	54	22	211
Saskatchewan	250	42	14	306
Manitoba	173	36	18	227
Ontario	1,415	301	114	1,829
Quebec	221	45	33	299
New Brunswick	12	5	0	17
Nova Scotia	20	1	8	29
Prince Edward Island	0	0	0	0
Totals	2,373	520	216	108

The use of the follow-up cards is meeting with general approval. The port nurse and her helpers endeavor to come into personal contact with each child and to observe any indications of ill health. These are reported on the card with the address to which the parents are going. These cards are then sent to the Provincial Divisions and as soon as possible after their arrival a Red Cross nurse or visitor calls on the family and offers such assistance as may be necessary to have the child properly cared for. This results in helping the family in their new surroundings and in making friends for the Society.



"What's the matter? Ain't the razor taking holt?"
 "Yeh, it's taking holt all right but it isn't letting go again."
 —The Goblin.

People would have better health if they would remember that their stomach is a work room, and not a play house.

Home Nursing Classes Organized and Organizing

During the first three months of 1924 the Ontario Division has achieved remarkable results in organizing classes in Home Nursing.

This work was begun in Ontario at the close of 1923. Since then fifty-five home nursing classes have been formed by the Red Cross in various parts of Ontario and fifty-four classes are in prospect of formation. Each class consists of from fifteen to twenty women. Some classes include mothers of families. It seems possible and very probable that by the summer a hundred classes will have been either organized or started.

Undoubtedly the opportunity of gaining some unfeigned knowledge of how to care for the sick and how to guard the healthy against disease infection is being highly appreciated by the women of the province.

The Red Cross Home Nursing Course is given in about twelve lessons. Each consists of a short lecture by a qualified instructor followed by practical demonstration and as far as possible the actual performance by the students themselves of the duties that are necessary wherever there are sick people in the home.

The classes are organized by the organizing nurses of the Red Cross.

In a locality which has an active local Red Cross Branch, the class (or classes) is almost always promoted by the Branch. To form a class in places where there is no Red Cross Branch the Red Cross supplies the organizing nurse to any women's organization which wishes to have the benefit of the instruction and to co-operate with the Red Cross by forming a class.

The lessons are given by married or independent nurses living in the locality and willing to devote some of their time to this community health service. The response of such financially independent nurses has been very gratifying. Eighty per cent. of the places visited have been thus supplied with instructors.

Through enlisting the services of these volunteer instructors and securing the co-operation of Public Health and Victorian Order Nurses, a great force of expert health teachers will be mobilized for the promotion of health in Canadian homes.

The following is a partial list of the classes already in operation:

BARRIE, one class—co-operating organization, the Women's Institute.

BRANTFORD, one class instructed by the Victorian Order Nurse.

BURLINGTON, one class instructed by the Victorian Order Nurse.

CANNINGTON, one class formed in the I.O.D.E.

Instructor, Mrs. Reed.

COBOURG, one class formed by a Church Club.

Instructor, Mrs. Alfred Fullerton.

COLLINGWOOD, three classes formed in the I.O.D.E.

ENGLEHART, one class formed in the I.O.D.E.,

Regent, Mrs. Ireland.

Secretary-Treasurer, Mrs. D. Kerrigan
Instructor, Miss Jean McCraw, Red Cross Nurse.

GEORGETOWN, one class formed in the Local Council of Women.

President, Miss Dayfoot.

Secretary-Treasurer, Miss Margaret Treanor.

Instructor, Miss Ina Campbell.

GUELPH, one class Girl Guides.

HESPELER, co-operating organization—The Community Club.

President, Mrs. W. Renwick, C. H.

Secretary-Treasurer, Miss W. Joyner.

Instructor, Miss A. Baker.

MARKHAM, co-operating organization, The Women's Institute.

President, Mrs. James Gowland.

Secretary-Treasurer, Miss Emma Thomas.

Instructor, Mrs. C. W. Hellims.

MOUNT FOREST, co-operating organization, The Women's Institute.

President, Mrs. Thompson Allen.

Secretary-Treasurer, Miss Agnes Cooke.

Instructor, Mrs. H. H. Argue.

NIAGARA FALLS, three classes organized.

(1) Co-operating organization, Y. W. C. A.

President, Mrs. A. J. Holman.

Secretary-Treasurer, Miss Florence Walker.

Instructor, Miss Hamilton.

(2) Ladies' Auxiliary, G. W. V. A.

President, Mrs. Wilson.

Secretary-Treasurer, Mrs. A. Hallam.

Instructor, Miss Gantor.

(3) Home and School Association.

Secretary-Treasurer, Mrs. W. C. Jepson.

Instructor, Mrs. Norman Malloch.

NORTH YORK, two classes formed in the Local Red Cross Branch.

President, Mrs. C. J. Catto.

Secretary-Treasurers, Misses Holley and Miss Alma Stong.

Instructor, Miss D. Hyslop.

OSHAWA, three classes organized.

(1) Co-operating organization, Young People's Church Association.

Instructor, Mrs. Berry.

(2) Employees of General Motors Limited
Instructor, Miss Scott.

(3) One class formed in the Home and School Association.

PALMERSTON, one class formed in the Women's Institute.

PETERBOROUGH, five classes formed. Full information of all the classes not to hand. Among the classes are the following:—

(1) Y. W. C. A., President, Mrs. T. Cruikshank.

Secretary-Treasurer, Mrs. E. Eldred.

Instructor, Miss Margaret Bulmer.

(2) Y. W. C. A., President, Mrs. T. Cruikshank.

Secretary-Treasurer, Miss Best.

Instructor, Mrs. Ed. Wood.

(3) Queen Alexandra Home and School Association.

President, Mrs. S. F. M. Touchburn.

Secretary-Treasurer, Mrs. Karl Simpson,

Instructor, Mrs. Abbott.

4) Queen Alexandra Home and School Association.

President, Mrs. S. F. M. Touchburn.

Secretary-Treasurer, Mrs. Karl Simpson.

Instructor, Mrs. Richardson.

PORT PERRY, one class formed in the I.O.D.E.

SAULT STE. MARIE, two classes formed, one in the Ladies' Auxiliary of the G.W.V.A.; the other in the Strangers' Welcome Club of the Y.W.C.A.

STRATFORD, eight classes formed. Co-operating organizations:

(1) The Vocational Committee.

Secretary-Treasurer, Mrs. A. Trethewey.

Instructor, Miss B. Jeffrey.

(2) Seven classes in the Stratford Branch of the Red Cross.

President, Mrs. D. Deacon.

Secretary, Mrs. A. Trethewey.

Secretary-Treasurer, Mrs. R. K. Campbell.

Instructor, Miss Munn.

SUDBURY, two classes conducted by the Victorian Order Nurse.

TORONTO, nineteen classes formed. Full information of all classes not available. Among the co-operating organizations are the following:—

(1) The Camp Fire Club.

Secretary-Treasurer, Miss Lillian Boslex.

Instructor, Mrs. Mills.

(2) The Jewish Girls' Club.

Instructor, Mrs. McNaught.

(3) The Council of Jewish Women.

Secretary-Treasurer, Mrs. Julius Eisman.

Instructor, Miss Lily Janes.

(4) Metropolitan Church Club.

Secretary-Treasurer, Miss M. Lawless.

Instructor, Mrs. Patton.

(5) Girl Guides, Bishop Strachan School.

Instructor, Mrs. Smither.

(6) Harwood Presbyterian Church.

Secretary-Treasurer, Miss Helen Dean.

Instructor, Miss E. P. Kennedy.

(7) The Broadway Service Club.

Secretary-Treasurer, Miss E. M. Andrews.

Instructor, Mrs. G. F. Gilroy.

(8) Girls' Auxiliary, St. Marks Church.

Secretary-Treasurer, Miss Helen Howard.

Instructor, Mrs. H. C. Draper.

(9) 3rd Toronto Company, Rangers.

Secretary-Treasurer, Mrs. C. Bradford.

Instructor, University Public Health Nursing Students.

(10) Private Group.

Secretary-Treasurer, Miss Northey.

Instructor, Mrs. Fraser.

(11) Private Group.

Secretary - Treasurer, Miss Scott Griffin.

Instructor, Mrs. Dingle.

(12) Girl Guide Company No. 67.

Secretary-Treasurer, Miss L. H. McCarthy.

Instructor, Mrs. W. R. Parks.

(13) Girl Guides, Annette Street School.

Secretary-Treasurer, Mrs. M. Hugh.

Instructor, Miss Killson.

A Health Day

The Alberta Division Selects October Thirty-first as Date for its Annual Appeal. A Permanent Date for This Event.

Some of the main points emphasized in the Alberta Division's annual report were the development of the work of the Junior Red Cross, and the maintenance of the sick Children's Hospital at Calgary and the health service for children, the provision of Rural Nursing service, especially in isolated districts; the training of women in the knowledge of home nursing and hygiene; the maintenance of emergency and disaster-relief stations to cope with accidents, epidemics and other unforeseen disaster.

"The whole development turns on the question of finance," said the report. In reviewing the past system of holding membership drives, the decision arrived at was that a better and more successful method would be to inaugurate one day

in the year to be known as "Health Day" the date fixed to be October 31st, and to be kept as a permanent one, when in every district, town and city an appeal would be made for the Red Cross. To each community will be allotted a quota, this to be raised by the people in whatever way they choose. Collecting boxes will also be placed in the homes of the people and on Red Cross or health days these would be opened. In connection with the proposed new departure of nursing classes, four points had been decided on for the experiment of these health-instruction classes: Wayne, Bowden, Three Hills and Lomond. The appointment of a public health nurse will be made immediately in this connection.

Bulletins and Books

Nova Scotia Junior Red Cross Bulletin No. 1—This is an attractive little publication setting forth in concise form the general principles of Junior Red Cross with particular application to the results accomplished in Nova Scotia during the first year of its organization. Copies may be obtained from the Commissioner, Canadian Red Cross, 63 Metropole Building, Halifax, N.S.

Saskatchewan Junior Red Cross Bulletin—This Bulletin gives news items of the Junior Red Cross in Saskatchewan, with details of the progress of the Crippled Children's Fund. Copies may be obtained from the Commissioner, Canadian Red Cross, 2331 Victoria Avenue, Regina, Sask.

Ontario Outposts—The Ontario Division of the Canadian Red Cross has brought out a very neat and attractive eight-page leaflet setting forth the service that is being rendered by the hospital and nursing outpost service. This little document is well printed and the matter which it publishes is arranged in a way that attracts the eye and stimulates the reader's attention. The publication gives a very good resume of the excellent services rendered by the outposts at Wilberforce, Haileybury, Englehart, and Dryden. Copies will be sent upon request to the Ontario Division, Canadian Red Cross, 410 Sherbourne Street, Toronto.

New Brunswick Division Bulletin—The March Bulletin of the New Brunswick Division of the Canadian Red Cross is a neatly printed four-page leaflet. It has a very effectively arranged front page and its text gives a report of the Divisional activities and branch activities during 1923. There is also a full report of the hospital committee as presented by Mar-

garet H. Barbour, the Secretary. Those who are interested may obtain a copy upon writing to the headquarters of the New Brunswick Division, 160 Prince William Street, St. John, N.B.

Report of the Department of Health of Canada—The Federal Department of Health has issued a report for the year ended March 31, 1923. Copies may be obtained upon application to the Department of Health, Ottawa. Price 5 cents.

"Mental Hygiene and the Public Health Nurse"—By V. May MacDonald, R.N. Cloth, \$1.50. Pp. 67, Philadelphia, London and Chicago; J. B. Lippincott Company, 1923.

This textbook can be heartily recommended to nurses, social workers, and, indeed, to members of the medical profession. In a clear concise way, the author presents useful information concerning

mental and nervous disorders and shows how the public health nurse can perform a great service in assisting in the prevention and control of these conditions.

"Getting Ready to be a Mother"—By Carolyn C. Van Blarcom. Cloth, \$1.75. Pp. 237, New York: The Macmillan Company, 1923.

A book of information and advice in preparation for motherhood and infant care during the first year. The style is simple and easily understood. The illustrations are especially good but the addition of an index would be an improvement.

"What to Eat in Health and Disease"—By Benjamin Harrow, Ph.D. Cloth, \$2.00. Pp. 203. New York: E. P. Dutton & Company, 1923.

This book presents a simple and scientific account of present knowledge in regard to foods and nutrition, which should prove useful to the nurse and a useful reference book for nutrition classes.

His Choice of Evils

Mr. F. S. Boyce, a well-known Australian barrister, tells the story of a black fellow charged in a country town with stealing. His solicitor decided to put him in the box to give evidence on his own behalf. The Magistrate, being doubtful if he understood the nature of an oath, undertook to examine him on the point.

"Jacky," he said, "you know what will happen to you if you tell a lie?"

"My oath, boss," replied Jacky, "me go down below—burn long time."

"Quite right," replied the Magistrate. "And now, you know what will happen if you tell the truth?"

"Yes, boss, too right! We lose 'em case." The result of the trial is not chronicled.—*Sydney Herald*.

Tough Luck

I have got to have a job, am man 32 years old, intelligent but married.—(*Classified ad. in San Antonio Express*.)

Be Fit

Nations have passed away and left no traces,
And History gives the naked cause of it—
One single simple reason in all cases:
They fell because their peoples were not fit.

Nothing on earth—no Arts, no Gifts, no Graces—
No Fame, no Wealth, outweigh the want of it.
This is the Law which every law embraces:
In mind and body be fit. Be fit! Be fit!

There is one lesson at all Times and Places,
One changeless Truth on all things changing writ.
For boys and girls, men, women, nations, races—
Be fit! Be fit! And once again, be fit!

Rudyard Kipling in
Land and Sea Tales

To the Women of Canada:

Information upon

- | | |
|--------------------------------------|---|
| How to make a bed cradle? | How to apply a temporary splint? |
| How to make a bed rest? | How to prepare a hot foot-bath? |
| How to prevent bed-sores? | How to feed a helpless patient? |
| How to make an ice-box? | How to prepare a patient's diet? |
| How to take a patient's temperature? | How to change sheets with the least disturbance to patient? |

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,
72½ Prince William St.,
St. John, N. B.

MANITOBA:
Red Cross Commissioner,
137 Kennedy St.,
Winnipeg, Man.

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

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.

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.

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.

