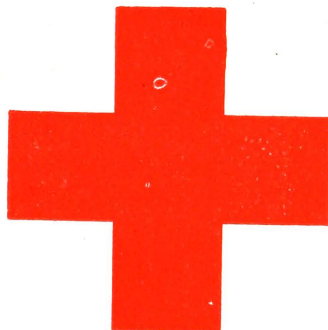


The Canadian Red Cross

Organized as a Voluntary Auxiliary to the Department of National Defence, and in Matters of Health as a Voluntary Auxiliary to the Official Authorities, Dominion, Provincial and Municipal.



"In time of peace or war to carry on and assist in work for the improvement of health, the prevention of disease and the mitigation of suffering throughout the world."

HEALTH FOR ALL AND ALL FOR HEALTH

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National Headquarters

Toronto, Canada

Red Cross Home Nursing Classes

New Brunswick's Good Report for 1925—People of the Province Appreciate Value of the Classes

THE good progress made in the organization of Red Cross Home Nursing Classes in New Brunswick is described by the provincial organizer, Miss S. A. Barrington, in a report for 1925 to the Executive Committee of the New Brunswick Division.

"In presenting the second report of the Home Nursing Work in New Brunswick, I feel that I must say, first, that 1925 has been a year of steady growth for this branch of Red Cross work throughout the province. During the early part of the year a great many classes were organized in the city of Saint John. When the weather became fit for travelling, work was commenced throughout the Province, and great interest has been aroused. During the year:

- 101 Personal visits have been paid
- 119 Addresses given to different groups
- 62 Classes organized
- 44 Classes completed
- 1558 Pupils have been enrolled
- 1056 Pupils have taken 75 per cent. of the classes
- 895 Personal letters written (by hand)
- 98 Reports and letters typed.

"In Kent County during the Summer, classes were given to different groups of French speaking people. A nurse was placed there for three months, taught the classes and at the same time worked among the people. At the close of the classes, a meeting was held at which a lantern exhibition on Red Cross Work was given. The people were most appreciative, and a request for more classes this winter came from the locality. Those who had not received the instruction realized the good the others had derived from the classes. But so far we have not been able to grant their request.

"In Gloucester and Restigouche Counties, several classes have been conducted. There also the results have been beyond our expectations. King's and Queen's Counties have also been to the fore with summer classes, but time does not permit my telling all the good things accomplished.

"We feel very proud of Charlotte County. Not only have classes been held at Milltown and St. Stephen—where the work was easy, as they have a Public Health Nurse supported by the efforts of the Red Cross Society of these places—but your Organizer has been at Grand Manan and we have a class there and also one at Campobello Island. The first visit paid there was early in July. A follow up visit in October resulted in the sending of a nurse to the Island to teach for three months. Results there, again fill our hearts with joy; also, with the knowledge that the field is getting ready for public health in every respect, and that in these places the need is great. We have seven classes in Campobello Island and two on Deer Island. The Nurse at Campobello Island goes from place to place in a motor boat, not minding cold and storms. Other nurses are giving their off-duty time, lovingly trying to give their sister women the chance offered by the Red Cross for Home Nursing knowledge. The last piece of work done by the Nurse at Campobello, was bringing a patient to the County Hospital, arrangements having been made through her efforts. She has also taken a patient to Eastport Hospital, and one to St. Stephen. If any one doubts the bigness of the Home Nursing Branch of the Red Cross Work, I wish they would come on an organizing trip to far away parts of the province. Anyone wishing first-hand knowledge and not afraid of cold and fatigue, would be welcome.

HEARTY CO-OPERATION

"A very large part of our Home Nursing Work in the Province has been made possible by the hearty co-operation of the Women's Institutes. Many of our classes are formed entirely of institute members. In one district, a nurse wrote me the other day, saying some members of her class have to drive six miles over bad roads and on dark nights to attend class, but are never absent. Again, this proves that in the Province of New Brunswick the people value the Peace Time Service of the Red Cross, and the big gift that is being given them by the Central Council. They are really learning the value of Public Health in a very practical way, and if the Red Cross can lay a solid enough foundation with its Home Nursing Classes, it will become easier to carry on more extensive work. Offers of help as lecturers have come into the office from doctors in other parts of the province. These offers have been received with great pleasure, not only for the help these lectures will be to the people, but because they show the interest that is being taken in this branch of the Red Cross Work.

"We feel that when the vision of the Red Cross Peace Time Policy has become part of the life of this province, our people will, one and all, rejoice that they have had a part in making possible what—to quote from our Dr. Robertson—is the greatest thing that has been given to the world since the time of Christ."

Home Nursing at Forty Below

THE spirit of unselfish perseverance symbolic of the Red Cross is illustrated in this narrative of a journey taken by Miss Sibella Barrington, Organizer of Home Nursing Classes in New Brunswick:—

"There had been a very heavy snow storm on Tuesday night, but Wednesday morning promised better,

and in the village they thought that the mail could go through by sleigh and the Home Nursing Classes organizer with it. So we started. But the wind which had only been taking a nap, awoke with vigor. A mere man with horse, sleigh and even a woman in it, daring to cross the country! So Mr. Wind blew and drove the fine snow in big drifts

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across the road. It was an open sleigh and the organizer was not very big, so she got as far under the robe as possible and 'made believe' that it was just the very nicest thing she ever did. The wind grew very angry; a bit of a woman daring to like his rough play when he intended to 'snow her under!' But as she had before weathered storms of many kinds, she agreed with the driver that they go on, dig the horse out of the drifts if necessary, but make that train if possible.

"Perseverance generally wins out. The horse was one of those understanding animals who plod on. The driver knew the country and the station was reached just in time. The night train was there and about to leave. I was hastily transferred from sleigh to train, and started off at once. That train was cold, and the only unoccupied seat was just at the

door. But across the aisle was a man with his kit. He had come from the woods and he looked at the Red Cross on the bag, then the pin I was wearing. He got up, turned over the seat he occupied, spoke to a man in the next seat, and said:

"The Red Cross saved my life overseas and you are wearing it. Please sit here."

"Then he took his extra coat and made a screen of it so that when the door opened, as it often did with the jolting of the train, I was protected from the draught. The train was very late getting in, but that returned man, tired from hard work, carried the Red Cross bag and when thanked said:

"It is a duty as well as pleasure to do anything for a Red Cross Worker."

"One meets with such experiences very often."

Home Nursing Classes in Nova Scotia

THE month of January saw many large classes organized in Nova Scotia. Outstanding of all was the class at Bridgewater. Bridgewater overlooks the La Have River and is one of the most beautiful of our Nova Scotia towns. This class is under the auspices of the Women's Institute and is being taught by several of the local nurses, while the special lectures are being held in the High School.

Eureka is a picturesque little village. Nestled between high hills, with a river winding through it is an ideal place to call Home. There is a

Community Church, the only one, I believe, in the Maritime Provinces. The clergyman is a returned missionary from Trinidad. It is also the site of the well known Eureka Woollen Mills. I addressed a meeting of the women of Eureka at the Community Hall. After a talk on Red Cross work, a class of forty-three was organized. Two local nurses were present and will give the instruction. One of the nurses lives a distance of nearly three miles away; but neither distance, snow, nor the cold weather seem to daunt the splendid spirit of

those who are giving their time in this service.

At our Annual Meeting the importance of the Home Nursing Classes was emphasized. One of the doctors present stated that he was convinced of the truth of the statement, made in our Commissioner's report last year, that Home Nursing Classes may become a nucleus for Red Cross organization, and the support of health measures and efforts in the community. We do feel that our classes open up great possibilities. Already there is evidence of greater interest in Red Cross work. This is inevitable when large groups of women and girls meet together for further instruction in hygiene and home nursing.

We are looking forward to continued success in 1926 and feel that the frequent contacts with the towns and small communities, and the close co-operation with local organizations should insure a still better understanding, and appreciation of Red Cross activities in this Province.

CANADIAN NATIONAL HEALTH CONGRESS

The Canadian National Health Congress will be held at Toronto, Canada, from May 3rd to May 7th, 1926.

The participating organizations include The Canadian Public Health Association, The Ontario Health Officers' Association and the Canadian Social Hygiene Council.

Prominent speakers from the United States, Canada and Great Britain will include Dr. Vincent of the Rockefeller Foundation, Dr. Winslow of Yale and Dr. John H. Stokes.

THE PRICE OF PURE WATER.

What people are willing to pay for pure water may be judged from the fact that investments in water works in Canada and the United States are increasing at the rate of 125 million dollars or more a year.

There are 750 communities in Canada and about 10,000 in the United States with public water supplies. The increased amount spent in obtaining pure water each year in America amounts to more than the total annual value of metal produced in Canada which is something over 100 millions of dollars.

Eating One's Money's Worth

The Nutrition Problem as seen by a Mere Man

AS JEFFERSON TWIGG slid his tray before the cafeteria cashier, his heart sank. He saw the cash left out of his slender salary fading away as the cashier summed up the items. She said, casually, \$1.41. "For what?" he wanted to shout at her in indignation. But instead he did a mental stunt and tabulated his lunch from the basis of the gastronomic merits of each dish. Now, there were:

Item—one piece of cream pie.....	\$0.15
Item—a dab of salmon hash on a lettuce leaf, garnished with thin slices of banana and triumphantly surmounted by a prune stuffed with cottage cheese and sunk into a smear of pale mayonnaise.....	.35
Item—a little helping of fried fish55
Item—mashed potatoes of pale bluish hue10
Item—a dish of canned string beans10
Item—a cup of overboiled coffee10
Item—two slices of bleached flour bread and pat of butter.....	.06

Confirming the cashier's statement; total \$1.41

It was a crisis in Jefferson's life. Every month he saw his salary gone, and he usually had to borrow a few dollars from thrifty friends. The leak, as he saw it, was at the cafeterias. His first impulse was to punish his stomach. But he remembered the thin, pale little stenographer who sat at the same table. She ate two sandwiches made of bread that were padding for a thin smear of tuna fish, garnished with bits of pickle. Two sandwiches, a cup of coffee, and a billowy cream puff cost her 40 cents. No man could work on that kind of lunch; and Jefferson was a tennis player, besides.

Jefferson went back to his office, thinking deeply. He had to borrow a few dollars. There was Joshua Flint over in the corner. Flint had a growing bank account, but he never lent a penny.

"How do you do it?" Jefferson asked.

"For one thing," Flint replied pointedly, "I don't eat \$1.41 lunches. I find a five-cent bag of peanuts satisfactory and nourishing."

If any one had asked what was the matter with Flint's disposition, the explanation would have been peanuts.

That evening Jefferson Twigg dined on peanuts. To this he attributed a nerve-shattering nightmare, dreaming that he was being roasted in a revolving iron drum. It was a depressing experience; but the state of his pocketbook compelled him to breakfast on coffee and sinkers at a drug store lunch counter. On his way to the office, he spent two cents for a morning paper. He thought the funnies might cheer him up. In the news section his attention was attracted by this heading:

NUTRITION EXPERT DESCRIBES RESULTS OF FOOD TEACHING IN PUBLIC SCHOOLS

"If it is good for the kids, why not for me?" he said to himself. As he meditated this point, the while his internal anatomy was struggling with coffee and doughnuts, he

joined a group gathered before a window displaying two caged white rats. A sign on the cage of one read: "I feed on coffee and factory cream puffs." He was a sickly-looking rat, with mussy fur and inflamed eyes. The sign on the other cage said: "I feed on graham bread and milk," and the rodent was sleek and fat. Above the cages was the sign: "Join the Red Cross Adult Nutrition Class. Men welcome."

He thought he would do it. Somewhat sheepishly, Jefferson appeared at the class, watched the demonstration attentively and took back to his lodgings a Red Cross book entitled, "Food and Health."

It was a new idea, this thing of food values, of certain foods building tissue, others making sound teeth, enriching the blood and strengthening nerves. That a cheap dish may give a big food value and an expensive dish a very poor one was reassuring. "Not the amount eaten, but the amount assimilated counts," he liked, for here was a new basis for choosing dishes at cafeterias. It looked good to him that one could save money by taking fruit home and eating it there at one-quarter the cafeteria's price; milk, too, delivered by the milkman, was half the price.

Jefferson had never before thought of food save as something to satisfy the stomach. He ate, and let nature take its course. But now he found that food has four functions to perform. It must repair old tissue and build new, regulate the bodily processes, promote growth and health, and provide energy for work. There are the vitamin foods, some of them of no account as tissue builders or energy creators, but as necessary to the body as the spark plug is to the gas engine. And with a well-balanced diet go regular habits and healthful living.

Without bothering much with the science of it, Jefferson carried away some fundamental notions of food values. There were the flesh-makers, such as milk, eggs, cheese, beans, peas, meat and fish; the regulatory foods with mineral elements, as well as vitamins found in milk, whole grain cereals, fruit, beans, peas, potatoes, spinach and other vegetables; bulky foods with fibre, like fruits, vegetables and rough cereals; the various vitamin bearers like milk and butter and green-leaf vegetables which fortify the body against disease; fresh fruits and raw vegetables, which prevent scurvy; and starchy and fat foods that provide energy.

Jefferson, after acquiring some crude notions of food values, also learned that diet should be regulated by bodily activity, and what would do for a clerk would not suffice for a blacksmith, while a blacksmith's diet would incapacitate a clerk.

What foods give the best value for the money? How can a minimum outlay best ensure good health and a sense of satisfaction? These questions were answered by the nutritionist with a tentative menu for each meal. So, when Jefferson picked up his breakfast tray next morning, he made mental calculations along these lines: "Prunes are a better value for the money than grape fruit. Cracked wheat is more economical than patented cereals, and just as good. For bread, I shall take toasted graham or whole wheat muffins. I love my milk, but oh you coffee! Let

milk go until lunch. As I am going to play tennis after hours, I shall take either eggs or meat, but not both. Hot greasy cakes are heavy and unnutritious save for their butter and syrup."

At lunch, he selected macaroni for variety from his usual potatoes. His salad was slaw with oil and vinegar. And he took buttermilk, which is an excellent all-around food in itself. He felt better for not eating a heavy lunch.

For dinner, Jefferson took either liver which contains much more mineral and vitamins than muscle meat, or cheap cuts of meat, which supply the elements of expensive steaks and fish; or he ate beans or lentils as a substitute for meats, as well as potato and a green vegetable, and instead of a fussy dessert or a synthetic pie, he bought some fresh fruit at the stand.

From budgeting his food, Jefferson now began to budget his other living expenses and amusements, going the principle of the best value for the money. From a dark room in a fashionable neighborhood, he moved to a sunny room in an unfashionable quarter, at a saving in rent. So it was that he one day turned to Joshua Flint.

"I have started a bank account," he announced.

"Good boy!" returned Joshua. "Thrift is the basis of happiness."

But all the time Jefferson was thinking of that girl who lunched on tuna sandwiches, coffee and cream puffs. She was such a frail little creature, and so refined and sensible looking. And the more he thought of her, the more he felt that there was missionary work to be done. He would acquaint her with his discoveries. Although a shy soul, Jefferson did gather courage to give her a new experience by lecturing on food. Little did he think what his missionary work would lead to. From individual nutrition problems, it led ultimately to joint budgeting.

Let us, with a romancer's privilege, now jump over a short period of years. Here are Mr. and Mrs. Jefferson Twigg in their own home, bought and paid for, with little Washington Twigg playing happily on the rug. It is a sunny, snug little home. There is a piano, a radio and phonograph. We see now the happy couple at their table about to enjoy a well-balanced meal, and little Washington in his high chair, trying to butter his whole wheat bread with his thumb.

"And to think, my dear," mused Jefferson, beaming fondly upon his wife, "that it all began with my venturing into a nutrition class."—Adapted from "The Red Cross Courier."

The Spring Clean-up

By Dr. G. G. Melvin, New Brunswick Department of Health

ALTHOUGH," to paraphrase, partly, one of the most beautiful specimens of English literature, "we ought at all times" keep our premises in good order, "yet ought we most chiefly so to do" in the springtime. Rather, in the springtime we should proceed, diligently, to "rid up," precisely as the careful housekeeper performs the same duty respecting her parlors the morning following the "bridge party," the "social dance," or the neighborly supper.

It is no bad illustration of the progress made in sanitation to recollect that it is not many years ago since it was one of the chief "slogans" of the amateur and volunteer sanitary enthusiast to have appointed an annual "clean-up" day by municipal authority. It is true we no longer advocate the "clean-up" from quite the same reasons. Like many another excellent and desirable thing, the good results claimed for it were somewhat exaggerated. It did not abolish preventable sickness (such, we confess, is not abolished even yet) but, without the smallest doubt, cleaning up made the task of reducing the prevalence of preventable sickness (which has been done) measurably easier.

The garbage and rubbish heap in the back yard is, perhaps, respectable for its antiquity but it is disreputable for every other reason under the sun. And, indeed, it is, literally, under the sun, that the garbage collection manifests in its greatest vigor, its disagreeable qualities. So long as the frost maintains its grip, it restrains the garbage from exhibiting its disgusting peculiarities, but so soon as the "winter of its discontent" is passed, the garbage blossoms forth in its true character of, perhaps, the most complete and certainly the most common of all nuisances.

Like most evil things, the garbage heap takes to itself, not seven, but seventy times seven more evil things than itself, chief among which is the house fly.

The ravages of this insect have been preached the whole civilized world over and the very energy of the campaign has apparently resulted in a slackening of its insistence during the past year or two. Yet though the attack by words may have calmed down a bit, the practice of the prevention of the "house-fly" should not falter nor grow cold. *The fly has two favorite breeding places, the manure heap and the garbage pile*, and while it is a good and righteous thing to kill

as many flies as possible, yet so multitudinous is his number under favorable circumstances of breeding, that such a process of getting rid of him is like the attempt to kill a large and flourishing tree by clipping off a few of its leaves now and again instead of chopping it down at once, or like trying to abolish typhoid fever by curing it instead of doing away with the cause of it. To see fifty flies gasping their lives out on sticky fly-paper may be a most comfortable thing to the housewife who tries to do something to keep down this pest, but fifty is an inconsequential number when compared with many thousands at large busily engaged in producing many thousands more.

What is here said about the house-fly applies with equal force to all vermin, and sticky fly paper, in efficiency, stands upon all-fours with the fine tooth comb, the mouse trap, the lazy cat, the rat catcher and other contrivances designed to destroy vermin. Vermin, like contagious disease should be prevented and then these machines would not be required.

Get rid, then, of all substances liable to putrefaction in and about the premises and, which is still of more importance, keep rid of them. The keeping rid of them is, by far, the more difficult task of the two. We all find it comparatively easy to make a great effort, but to maintain our effort is quite another matter.

Foods the Body Needs

Article IX. Meat, Fish, and Eggs

This article is intended to give further information upon the important subject of Diet in its relation to health, and to supplement the articles upon the same subject which have already appeared in the preceding issues of the Canadian Red Cross this year. Those articles showed how important it is that at least twice a week and every day if possible our food should include (1) milk or cream, (2) whole cereals, (3) fresh fruit (4) leafy vegetables (5) fats, preferably butter, and (6) meat, fish or eggs. If any one of these important food groups is difficult to obtain, a relatively small quantity will suffice.

LEAN meat is made up of muscle fibres, held together in bundles by connective tissue. If a scrap of lean meat is examined under the microscope it will be seen to be a mass of minute tubes filled with meat juice and bound into tiny bundles by connective tissue. These tiny bundles are bound together in still larger bundles, which fall apart when meat is overcooked, because cooking in water dissolves the connective tissue holding the bundles together. The fat is either deposited in visible layers around the fibres or in minute quantities visible only under the microscope.

If a piece of meat is analyzed by a chemist, it will be found to be from one-half to three-quarters water and about one-sixth protein. The amount of fat will be from one-tenth in lean meat to as much as one-half in very fat meat. Meat with a large amount of fat has a correspondingly small proportion of water.

TOUGH AND TENDER CUTS

Freshly killed meat is less tender than ripened meat. The meat from older animals is tougher than that from younger ones. The parts of the animal which have been most used in exercise are the toughest parts. The neck and fore and hind parts of the animal are toughest, and the loin or portion just back of the middle of the back bone is the most tender. These tender cuts are generally the most expensive. It should be remembered that the less tender cuts are just as nutritious as the most expensive tender cuts, and if correctly cooked can be made palatable and tender. Since tough meat is best when cooked at a low temperature, little heat is required, and for this reason the amount of fuel used in the cooking need not exceed that required

for more rapid cooking, as for example, the broiling of steaks.

THE FOOD VALUE OF MEAT

The food value of meat depends chiefly on the protein it contains for use as building material by the body. Meat also contains a varying amount of fat, a little carbohydrate (both fuel foods) and substances called extractives to give flavor.

About the value of meat in the diet, there is a wide difference of opinion. Some feel that meat is an absolute necessity, others even believe that we should be better off with no meat at all. Scientists have shown that good health and hard work are possible on a meatless diet. They also point out that meat is a stimulating food, and this stimulating quality may be undesirable. It has also been shown that the waste products of meat left in the intestine may cause a slow poisoning of the whole body.

Most of us, however, eat meat because it is so good rather than because it is so good for us. Both science and common sense agree that the eating of meat can easily be overdone, especially if meat is eaten to excess and to the exclusion of milk and vegetables.

Under these conditions it is truly harmful, but most healthy people can eat some meat without unfavorable results. Adults should eat not more than four ounces of meat a day, and children from six to ten years of age, not over two ounces a day.

If one is eating too much meat, probably the best way is to reduce the quantity a little every day until the desired limit is reached.

BEEF AND VEAL

Beef is probably the most valuable kind of meat. It is nutritious, of good flavor and comparatively easy to digest.

The best beef is obtained from the steer of two to four years of age. The carcass should hang for two or three weeks to ripen and develop the flavor. Good beef is firm and fine grained in texture, bright red in colour when freshly cut, and well mottled with firm, yellow fat.

Veal is more difficult to digest than beef; in fact veal is harmful to some people. Good veal has a pinkish colour, is fine grained, with the fat clear, firm and white.

MUTTON AND LAMB

Mutton is the most valuable meat next to beef, although the fat is not so easily digested as beef fat. Good mutton is finely grained and bright pink in colour. The fat is white, hard and flaky, and the skin comes off readily. A sheep from three to four years makes the best mutton. After killing, it should be hung to ripen and develop the flavor.

Lamb, on the contrary, is used soon after killing. Lamb is as nutritious as mutton or beef, but has a milder flavor and is more expensive. Lamb can be distinguished from mutton by the pinkish colour of the bone and the notched joints. Mutton, in contrast, has white bones with smooth, round joints.

PORK

Pork is difficult to digest because of the large amount of fat it contains. Pork should be thoroughly cooked, preferably by roasting, to make it more digestible. Bacon, on the other hand, is the most easily digested of meats, if cut in thin strips and crisply cooked. Next to butter and cream, bacon fat is the most easily digested of fats.

CHICKEN AND FOWL

Chicken is easily digested, though frequently expensive. In selecting a chicken, the end of the breast bone should feel soft and pliable, the skin smooth and the feet soft. Chickens are used for broiling and roasting.

Fowl, if well cooked, is just as nutritious as chicken, but it is not as easy to digest. A fowl of from one to two years is best for roasting, though for broths it is better to use an old fowl, not too fat.

FISH

Fish is so like meat in composition that it may be used instead of meat, although it contains more water and less iron.

Fish, when freshly caught, has bright eyes and red gills. After the fish has been out of the water for a short time these two tests disappear, but the fish is not spoiled. However, no fish should be considered sufficiently fresh for eating unless the flesh is firm and there is no unpleasant odour.

Because fish spoils easily it should be given special care in handling, and should not be kept any length of time unless canned or frozen. Frozen fish must be used at once after thawing, because such fish spoils even more rapidly than does fish that is fresh.

Fish should be served with green vegetables and either potatoes, rice or macaroni. The green vegetables provide the iron lacking in fish and the starchy foods provide energy.

EGGS


Eggs are similar to meat in food value. Like meat they supply protein and fat. Eggs are rich in iron, phosphorus and some of the vitamins, but they have no carbohydrate, and, as all the lime is in the shell, there is none of this valuable mineral salt in the edible portion.

With regard to the digestibility of eggs, much depends on the individual eater. No two persons seem to have the same digestive capacities not only for eggs, but for other foods. As an old saying has it, "One man's meat is another man's poison." But it may be said in a general way that soft-cooked eggs are more readily digested than hard-cooked, and an omelet is the easiest of all. Eggs should never be actually boiled, as this makes them tough and hard to digest.

Sometimes eggs do not agree with small children. Their ability to take them should be cautiously tested until it is evident that that particular child can take eggs without ill-effects. In case of hives or illness as a result, eggs should not be given again without consulting a physician.

As eggs are rich in protein and fat, but lacking in carbohydrate, they should be eaten with bread, potatoes or other starchy foods. Used in this way, they will enhance the value of vegetables and grain products in the diet and give a balanced ration.

Milk as a Health Builder

 THE reasons for malnutrition are many, but most of the cases are the results of five principal causes.

The most serious of these latter is physical defects, especially obstructions to breathing. Others are lack of home control and over-fatigue. Then come faulty food habits, insufficient and improper foods, and faulty health habits. This means that there is great need of instruction in matters of common hygiene. Children eat too fast; they wash down their food with liquids; they go to bed too late; and in some cases get up too early. They do not form habits of proper movements of the bowels; they spend too little time in the open air; and shut the fresh air out of their sleeping rooms at night.

"For proper growth and nutrition milk is the most important food for children. It is the one food which contains the many elements essential to the proper upbuilding of the body. It is fortunate that this food is becoming more popular with adults as well as with children. Not only is it valuable in itself, but also in its capacity for making so many other valuable foods palatable and attractive.

"Our bodies require for their growth the three factors we learned so much about during the war. There is protein, which is a body builder; carbohydrates and fat, which furnish the necessary fuel. Then we require certain mineral salts, and the much discussed and little understood vitamins, without which all the other elements fail to accomplish growth.

"These elements are found in various foods. Lean meat furnishes protein. So do the cereals. Starches, sugars, and butter provide us with fuel. From several sources come the mineral requirements. A well-balanced diet brings in the green leaves and other sources of vitamins. *But milk, the greatest of all foods, contains all these essential elements blended in proper balance for the most efficient use by the human body.*

"Whether the consumer be infant, invalid, child, or adult of normal health, milk in some form should be an important part of the daily diet. For the adult a quart a day is good health insurance. For the invalid it is often a life saver. For the child it is

an indispensable food. We have had instances in which employers who have co-operated with us in bringing their young employees up to normal found that it paid them to see that these young people were provided each day with extra milk. In one large establishment the proprietor was compelled during the war to increase prices at the employees' lunch counter, but he refused steadily to allow the price of milk to be raised, saying, "You may charge what you please for tea and coffee, and you may get more for other foods, but nothing must be done to cause the young people to have any excuse for taking any less milk."—*William R. P. Emerson M.D., in School Health News.*

Ancient Wisdom, Modern Practice

Modern medicine is becoming more and more associated with preventive medicine so that at the present time the prevention of disease rather than its treatment looms larger and larger in the medical mind. The trend of medical practice at the present day is following the old adage, "An ounce of prevention is worth a pound of cure."

Dr. J. A. McPhee

"There are two causes of infant mortality — poverty and ignorance. In the infant welfare movement, the anti-tuberculosis campaign and every other field of public health, we come sooner or later to a realization of the fact that education and medical and nursing service, while they can accomplish much, cannot cope successfully with the evil effects of standards of living too low to permit the maintenance of normal physical health."

Hygiene Knowledge a Necessity

The general precepts of hygiene should be brought to the attention of all. They ought to be learned in the primary school; later on in the high school; continually put forth in pamphlets. Hygienic propaganda is a social necessity.

The Red Cross appreciates your membership and continued support.

Women, the Home and the Children

A Modern Children's Crusade

By Alice Wetherell. From "The New Outlook."

ONE hot, sultry afternoon in Sydney, Nova Scotia, a ten-year-old lad sauntered into a crowded room where health pictures were being shown, and found a seat amid the sweltering throng of restless children. Even the interest of a moving-picture could not keep that young mob quiet, so humid was the day. After watching a while, Cecil was on the point of slipping out again, when the lights went on and he heard a woman speaking from the platform. She was telling about a little cripple girl away off in Western Canada, who had been very badly injured in an accident. This child lived far from a railroad, and her parents, who had come from a foreign land, were so poor that her injuries were neglected. Long after this, a little band of school children heard of her, scarcely more than living, and, out of their own earnings, sent her to a city hospital. There, while the surgeons attended her small body, normal students came and taught her English, and the boys and girls of the club who were keeping her, sent her clothing, toys and books. Thus was a suffering timid cripple transformed into an alert and happy child.

Cecil held his breath. He knew of many little boys and girls in his own town whom he would like to help get strong. After the "show" was over, he wound his way eagerly through the hot mass of childhood that jostled him on every side, and almost reached the platform, only to see the speaker whisked away before his very eyes.

"How can I join the Junior Red Cross?" was the only question that he had time to ask. There followed an interview at the hotel the next day, where the lad's questions poured forth, concise, and to the point. He asked to bring his mother in the evening, but even that was not enough. Letters he sent on to Toronto, the national headquarters of the Juniors, until finally his zeal was rewarded, and his teacher helped him organize a little branch in his own class at school.

In such ways, and of such stuff it is that leaders are made for Junior

Red Cross, which now has branches scattered over every province in Canada, and which has spread from Canada to twenty-seven different countries of the world. "A revelation of a wonderful work being done by children for children and in that way for the whole world," is the way Sir Philip Gibbs has described it. Like that mighty band of old who sought the Holy Land, this modern children's crusade is working with a red cross as its inspiring emblem. Unlike that tragically fated band, it has as its motor power, the properly directed spiritual forces of eight million children, who, by wearing the "I serve" button, pledge themselves to the actual practice of the rules of health, and to the helping of other children.

It was in Canada that the Junior Red Cross first saw the light of day. The movement was without doubt a child of the Great War. In those early fevered days of 1915 there sprang up almost simultaneously, in Montreal and Saskatchewan, little bands of children workers who wished to do their bit. These, and others later, worked in almost as many and various ways as the adult Red Cross Societies, in order to serve their country in its need. The present health phase of the movement, however, came with the peace-time charter of 1919, when the Red Cross Societies of Great Britain, America, France, Italy and Japan, meeting at Cannes, resolved that the "inculcation of proper health habits during school life are perhaps the most important undeveloped measures for permanently improving the health and contributing to the welfare of the people." With "service," "health," and "good citizenship" as their three watchwords, the little Canadian bands took on new life, and the good idea spread until now, among the school children of Canada alone, the Junior Red Cross numbers more than 100,000 members.

Being told to do, and doing, with a child, are two very different things, as every teacher and every mother knows. A principal of a school in a poorer section of Montreal had spent many fruitless nerve-wracking years

in trying to teach the children to keep themselves clean. Formed into a self-governing Junior Red Cross branch, the children solved his problem for him. Stimulation was what was needed, and this principal found what Sir George Newman, Chief Medical Officer of the Ministry of Health in England, claims he found, that Junior Red Cross gave this stimulation. Johnny, the member of a class branch, needs no prize to make him wash behind his ears, neither does a poor, distracted mother have to hang over him to watch him eat his vegetables and drink his milk. The wearing of the membership button, (in Canada, a Maple Leaf with a Red Cross) carries with it an obligation to which the spiritual side of the child quickly responds. He has the honor of his country and the tradition of the red cross symbol to live up to, and from all parts of Canada are heard encouraging results.

A Prince Edward Island School Inspector says that wherever Juniors appear, the common drinking-cup and such-like relics of a bygone age take to flight. With a newly-developed health conscience, a member of a class-room committee on hot lunches or personal cleanliness, or first aid, or home nursing, or camp cooking, has hardly time to spend on that kind of real mischief which is so often the bane of the school teacher's life. These are busy children, indeed. Through the provincial and national headquarters come the little Canadian magazine and bulletins and posters, instructing and inspiring them. They are encouraged to contribute to the magazine health stories plays or posters, and one bright Halifax Junior has sent a water color health painting, which has been exhibited in Winnipeg, Toronto and in London, England.

There are five thousand Canadian children to testify that the Junior Red Cross members keep their "I serve" pledge. These are the patients who, by the sacrifice of the young crusaders, were given back their health. Relying on the principle that proper habits of service may be acquired only unconsciously as a result of experience, Junior Red Cross



The Junior Red Cross members of Saint John, New Brunswick, originated and carried out the happy idea of giving this Christmas entertainment to the children of immigrant families who arrived at the port that day. In the background of the picture are some of the Juniors and at the front are their little friends.

is turning out, not little prigs, but children of some character. Any needy child whose body is not up to par, they regard as their especial care, but orthopedic cases, having been much neglected in outlying districts, have seemed in greatest need. Every province has its tale.

When young Jim was found in the fire-devastated regions of Northern Ontario, he could walk only on his knees. It cost four hundred dollars of the Juniors' money to give him eight months in a Toronto hospital, and care after several operations, and steel braces. But it was a new boy who went home, literally "on his feet."

From Saskatchewan there comes what reads like a fairy book. It tells in the vivid form of pictures what hospitals in Regina and Moose Jaw have done, all by the sacrifice of Juniors of their province. Well-established now for years, the Alberta Juniors, with some government aid, maintain a hospital with thirty-eight

beds, in Calgary, where, in one year alone, one hundred and fifty children received treatment. This ambitious undertaking is much assisted by physicians and surgeons who give their services free of charge.

Nova Scotia Juniors, with some such vision as Sydney's little Cecil, apply most of their fees to the Crippled Children's Fund. Prince Edward Island has bent much effort in supplying glasses for needy children. Specializing in a travelling dental service, Manitoba has brought relief to many hundred rural children.

Less spectacular, but how far-reaching none can tell, are the many little kindly acts which seldom reach the ear of any public. In New Brunswick, Easter cards and valentines are sent to every patient in every hospital and toys to every child, the soldiers' hospitals getting puzzles, scrap-books and sweaters. Kindly letters overjoy the hearts of shut-in children. From Montreal, comes among countless others, the story of two little girls who

went every day, for more than a month, to the home of a sick woman, one to care for the patient and tidy the house, the other to take the baby out. British Columbia, one of the later provinces to organize, led in per capita contribution to Japanese relief.

Funds are the constant need for this big army of little soldiers to serve their fellows. Young Bill, generally quite out of reach of family's call to run an errand, rushed in one day and asked his astonished mother if he might peel the potatoes. It seems the rules of the Junior Red Cross demand that he should earn his fees and any money spent, so peeling potatoes became his daily task. Some branches have school gardens and sell the produce. Some write and act a health play. Boys make toys and furniture; girls do sewing, cooking and hold bazaars. None are too young to help the cause. Leo, aged four and a half, begged to be allowed to trudge all day in a blinding rainstorm to sell the candy that his club had made.

The houses were a quarter of a mile apart, and he twice returned to the school for extra baskets. The memory of the joy of service shining on Leo's little face, as he worked to send two playmates to a hospital, still sends a thrill through any one who saw it.

These bands of children, working for health and service, are organized under the direction of the school teacher with the sanction of the Minister of Education of the province. The teacher, who, by the way, is the greatest exponent of the movement, acts merely as an adviser, whether in organizing, directing meetings, selecting leaders or raising funds. It is from first to last a children's work. But the teacher shares in its results. She finds the discipline almost miraculously caring for itself as the children learn to govern themselves. She sees new interest sprouting in hygiene, art and civics. At the mere mention of another country where Junior Red Cross has branches a dozen eager hands shoot up to ask a question in a history or geography class.

This intense interest in other nations has recently been fostered greatly by the growth of international branch correspondence and exchange of portfolios. When two dozen views of ancient and beautiful buildings of Vienna came with descriptive letters for a group of Alberta prairie children, who knew no architecture but a shack, their eyes popped wide with wonder at this secret world discovered just for them, and they sent back a stimulating description of their wholesome outdoor prairie life to the Austrian city group.

The first portfolio coming to Canada was from Liege, Belgium. It contained thirty-four pages of photographs, maps, caricatures, drawings, and articles dealing with everything, from the prevailing fashions to a collection of Belgian stamps. The accompanying letter, translated, began:

"Dear Friends, —

"My classmates and I can indeed call you 'dear friends' since you belong to the Junior Red Cross. It is a token of our fellow-feeling. Indeed, we have the warmest feeling towards you and your beautiful Canada with its great plains and its vast forests." And ended:

"I feel sure that the portfolio will make you love our ancient city. To love Liege would be to love us also.



Harry, a little boy whom the Saskatchewan Junior Red Cross members helped to relief from deformity. As he was of a needy family they paid his medical and hospital expenses with the good results shown. He is one of hundreds of such cases which the Saskatchewan Division has helped.

It is with this hope that my companions and I say 'au revoir'."

Impressed with the value of such interschool correspondence between nations, Columbia University has asked for a permanent exhibit. Canadian groups are already exchanging with groups in Great Britain, Austria, Australia, New Zealand, Poland, Germany, Belgium, France and the United States. Beginning with a portfolio from Vernon, B.C., the Juniors, in less than one year have sent out nineteen portfolios and have received thirty-seven. This does not include the many composite letters which have been exchanged.

The Canadian Junior Red Cross movement has still another way of fostering friendliness among the nations. Miss Jean Browne, the Canadian National Director for Junior Red Cross, and editor of the Junior's magazine, has only recently returned from three months spent in Europe and Great Britain, in the service of the International League of Red Cross Societies.

This international spirit of the Junior Red Cross, which is binding together a world league of children, working for health and service, Sir Philip Gibbs says, "holds greater promise than any League of Nations." Hon. H. A. L. Fisher, in his recent message to Canadian Juniors, shows similar hope "for a harmonious instead of a discordant society." Both of these men of vision base their confidence for the future in this quickly growing peace army of 800,000 Juniors of to-day who will make the seniors in world affairs tomorrow.

"It is a part of the nation's duty to teach health as thoroughly, as regularly, as universally as it teaches reading and writing. Education without health is well-nigh useless, and education gained at the expense of health is wasted effort."

—Dr. Emmet Holt.

The Canadian Red Cross

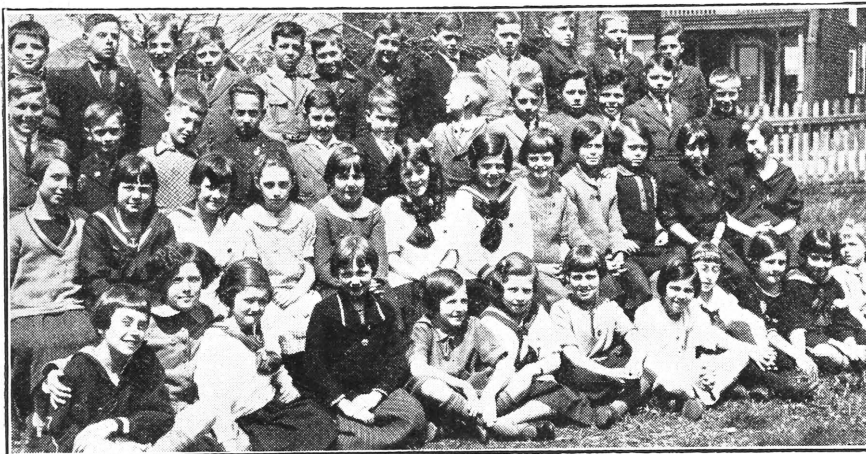
A national journal published monthly by the Canadian Red Cross Society, to place before the people of Canada information concerning its program and activities, and to assist in carrying out the purpose of national Red Cross Societies of the world as set forth in Article XXV. of the Covenant of the League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

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

CANADIAN RED CROSS SOCIETY
National Office:
410 Sherbourne Street — Toronto, Ontario.

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The bright-looking children in the group belong to La Marchant Street School, Halifax. They are all Junior Red Cross members and call their branch the "Mayflowers." Last Christmas, they gave the play "The Enchanted Garden" and showed their practical human sympathy by giving the proceeds of fifty dollars to the Crippled Children's Fund of the Nova Scotia Division. With their own savings and the proceeds of another enterprise they prepared Christmas boxes for forty-five needy children.

Red Cross Helps Ukrainian Children

Five children patients from the Ukrainian settlements in the vicinity of Edmonton were taken to the city during January to be treated at the University hospital. "There are a good many more waiting for medical attention," says W. S. Plawiuk, of the Red Cross Society, who has just returned from a lecturing tour among his countrymen in the Vegreville, Mundare and Chipman districts.

He states that without the assistance of the Red Cross these kiddies would never have a chance to grow up straight limbed, healthy Albertans, and that the Ukrainian farmers appreciate this and are doing what

they can to help the work along. Some are subscribing to the society, while a number of the homesteaders are contributing grain, having nothing else to give.

During the past week he obtained 106 new members for the Red Cross in the districts mentioned. Each district has organized and is now operating its own branch.

Mr. Plawiuk states that one of the greatest needs is a Ukrainian speaking nurse to visit the women in the various settlements and tell the mothers what science and hygiene can accomplish for them. — *From the Edmonton Bulletin.*

A Three-fold Return from Junior Red Cross

A teacher in Montreal who organized Junior Red Cross in November, tells me that she gets "three times as much out of it as she puts into it."

During the first week in February, Mrs. Shaw organized eight groups in Montreal. There is evidently a very sympathetic feeling there at present towards Junior Red Cross, and she is having excellent success in organizing.

That Awful Taste

The objectionable tastes often described as "carbolic" or "iodoform" which occasionally occur in municipal water supplies treated with chlorine have been the subject of many a bitter complaint. On bad days the telephone of the Health Officer has been known to ring almost continuously hour after hour as irate citizens poured out their vials of wrath on "the man who dumped a barrel of carbolic acid into the intake pipe" or "is responsible for the overdose of chlorine."

Until recently it was not known to what these tastes were due for they appeared suddenly when the dose of chlorine had been unchanged for days and when there was no free chlorine after treatment.

Now it is known that these tastes are due to combinations of chlorine with phenol (carbolic acid) and similar chemicals known as cresols, in exceedingly minute quantities. So delicate is the human sense of taste for these compounds that one part of carbolic acid in one thousand million parts of water together with one part of chlorine in five million parts of water will produce an objectionable taste, though neither diluted chemical can be tasted by itself.

Even rain water collected in a city frequently absorbs enough of these chemicals from the air to give the objectionable taste with chlorine.

Recent advances in the art of water purification have shown that by giving the water containing these objectionable chemicals an extra heavy dose of chlorine, the tastes are not produced and that the extra chlorine may be removed by other means, leaving a tasteless, sterile water.

School Dentistry in Hamilton

THE dental profession in Hamilton, Ontario, working in co-operation with Dr. Conboy, Director of Dental Services in the Ontario Department of Health, have

recently completed a voluntary survey of the school children in that city. The results of their work are shown in the following table:

Number of children examined.....	18,692
“ “ “ without defects.....	1,756
“ “ “ with defects.....	16,936
Percentage of children with defects.....	90.1
Defects in permanent teeth.....	29,286
“ “ deciduous teeth.....	22,336
Total defects.....	51,622
Defects per child (average).....	3.04
Children with mouths in a septic condition.....	666
“ “ badly inflamed gums.....	174
“ “ irregular teeth.....	1,511
“ “ unclean mouths.....	9,352
“ whose mouths showed evidence of previous dental care.....	3,770
Percentage receiving dental attention.....	20.1

Some very bad cases were reported. These figures show that there is much work to be done by the family dentists and the school dental service before conditions can be improved, but from the splendid public spirit that the Hamilton dentists have always shown, and especially in giving freely of their time to make this survey, we know they will be equal to the problem.

Dr. Conboy, the Director of Dental Services in the Provincial Depart-

ment of Health, reports that he has been greatly assisted in his work by voluntary dental surveys having been made in a number of communities throughout the province. The tabulation below gives some idea of dental conditions among the school children throughout Ontario.

A number of other surveys are under way, complete reports of which have not yet been received. It is hoped to publish this information at a later date.—From “*Oral Health*.”

Number of children examined.....	9,136
“ “ “ showing previous work.....	1,547
Using tooth brush.....	4,146
Defects in permanent teeth.....	7,922
“ “ deciduous teeth.....	6,867
Indications of periodontitis.....	315
Needing correction (orthodontia).....	673
Thorough mastication possible.....	2,043
Septic conditions (pus, old roots, etc.).....	3,351

Soap and Sunshine

TWO things that are within the reach of every one—sunshine and soap, the latter liberally mixed with hot water—are effective disinfectants of the articles that have been used by a person suffering from a communicable disease. This applies to dishes, utensils, bedding, clothing and other personal articles, as well as to the walls and floors of the room he has occupied.

Disinfection should be carried out during the illness as well as at its termination, that is, disinfection should be both concurrent and terminal. By concurrent disinfection is meant the kind of disinfection that is carried on continuously during the course of the disease. For instance, a person who has a common cold—or an uncommon one—an acute case of influenza, sore throat, diphtheria,

pneumonia, tuberculosis, scarlet fever, measles, whooping cough, infantile paralysis—any one of the diseases that is accompanied by discharges from the nose and throat, or either of them—is urged either to use paper handkerchiefs that can be destroyed by burning, or to catch the discharges in handkerchiefs made of cheese cloth, or other soft cloth, that can be burned, or that may be disinfected, or sterilized, by boiling in hot water.

When a physician or health officer tells the person who is caring for one who has a communicable disease that the dishes used by a tuberculosis patient must be boiled after each meal, that the child who has scarlet fever or diphtheria or just an ordinary sore throat must have his own towel and wash cloth, that such things must be kept separate from the bed linen and towels of the rest of the family, and must be boiled before laundering, with plenty of hot water and strong soap, he is simply advising the protective vigilance that must be applied every day, so that the disease does not spread to other persons. Another instance of day by day disinfection that is required is the conscientious sterilization of all discharges before they are disposed of, in cases of typhoid and other diseases of the digestive tract.

When the quarantine is ended the patient should have a hot bath and shampoo, followed by a complete change of clothing. Dishes, utensils and bed linen should be treated as already described and the room given a thorough housecleaning. The floor, bedstead, and other furniture should be washed with hot water, soap and washing soda. The walls and windows should be wiped with a cloth wrung out of hot water, soapsuds and soda. The mattress should be scrubbed with the same solution and a stiff brush, and left out-of-doors in the sunshine for a day or two until dry. As a rule, ordinary washing is all that is required for blankets, but if badly soiled they should be sterilized by steam or burned. The room should then be thoroughly sunned and aired for a day or two, with the windows wide open day and night. Sunning and airing are important.

Thorough cleaning is a safeguard but it should be remembered that disease is nearly always spread directly from the sick to the well and rarely through inanimate objects.

They Found the Red Cross Universal

Japanese Leaders so Testify After Visiting Eleven Countries

IN JAPAN, from members of the Imperial House down, the educated people make a point of sharing in the beneficent work of their Red Cross Society by being members, and, in most instances, attending the meetings held in various districts. The Japanese Red Cross educates its own nurses in eighteen hospitals from which some 2,000 are graduated every year. These nurses give service for a term of twelve years, after which they cease to be Red Cross nurses unless they themselves wish to continue to serve. Considerable development has taken place in nursing of recent years and to-day the best type of Japanese girl enters schools of nursing as a result of the needs forced on the attention of the country in the great earthquake and more recent disasters.

These are some of the outstanding points brought out by Miss Iku Todoriki, Assistant Superintendent of the Japanese Red Cross Central Hospital, Tokyo, who, with Madame Shin Inouye, honorary secretary of the national organization, visited National Headquarters of the United States Red Cross. Madame Inouye acted as interpreter. They were the Japanese Red Cross official delegates to the Congress of the International Council of Nurses at Helsingfors last July. They have been travelling in eleven countries studying schools of nursing and the latest nursing developments in the west.

The 57 branches of the Japanese Red Cross, which include those in Formosa and Korea, are divided into subdivisions with the mayor of every city or town in the districts at the head locally. General meetings are held everywhere at least once each year, and Tokyo's meeting is representative of the entire country. Considerable interest is taken in nursing to-day. The nursing enrollment numbers 8,000 with two-thirds in active service and one-third on reserve. While the number is augmented by the 2,000 graduates annually the total remains practically stationary, as many nurses leave after completing their period of service. It is especially interesting to

note that during these twelve years all graduates return annually to their schools of nursing to study the developments that have taken place since their graduation.

EMERGENCY RELIEF

Standing emergency relief units with doctors and nurses hold themselves in readiness for instant service in case of disaster. Nine of these squads, for instance, were on the spot in a few hours last May when the earthquake in Tajima Province practically wiped out two towns.

PUBLIC HEALTH NURSING

Public health nursing has made great strides of recent years. Instituted some time ago when visiting nurses and child welfare nurses began work, it is now that the development is seen. School nursing was started about five years ago with a few nurses only. To-day they are ten times as many and steadily increasing. The schools employing their own in

the majority of instances. In every phase, particular attention is being paid to the nursing of the tuberculous in an endeavor to stamp out this scourge.

HEALTH EDUCATION

Interest in health education in rural districts is further stimulated by the Red Cross through talks on home hygiene, and what is there called "home nursing," delivered by a woman doctor and nurses sent out for that sole purpose. As a result of this intensive work the rural districts to-day take more interest in nursing than the cities.

THE RED CROSS UNIVERSAL

Discussing her impressions of the schools she has visited, Miss Todoriki said that she found the Walter Reed School of Nursing most like her own institution. It was the first time she had found such a similarity. Because of the growing feeling that Japan must train good nurses she and Madame Inouye had been very interested in comparing the various systems. They had found the Red Cross really universal. Welcomed everywhere as they had been they did not feel that they were travelling in strange lands at all (this is Miss Todoriki's first visit outside Japan).

—From *The Red Cross Courier*.

COMMENDS JUNIOR RED CROSS TO THOSE INTERESTED IN CHILD DEVELOPMENT

"Next to the home, the group most interested in child development is the one composed of the teachers in our schools. Most of the members of this group are fully alive to the importance of the physical well-being of the children under their care. Occasionally, either from lack of knowledge, indifference, or neglect, a teacher is found who fails to co-operate in this field of effort. As I look into the future I can see where every teacher graduating from a training school will enter upon her duties with a good working knowledge of the symptoms of the more common disorders and sufficient training to detect the more common defects. She will not only be in good health and of sound constitution herself, but she will be trained to instruct her pupils in such an interesting way that these laws of health naturally incorporate themselves into the daily routine of their young lives. And right here I would like to pay tribute to a group that in these present days is helping in a very large measure to make good to the teacher this lack of training in the successful presentation of the Laws of Health. I refer to the Junior Red Cross Organization, whose valuable assistance I most heartily commend to any who are interested in the problem."—*J. E. Davey, M.D., Hamilton, to the School Health and Physical Education Section of the Ontario Educational Association.*

Diet and Health

By G. H. Heald, M.D.

IN BUILDING a house we have a choice of various materials, any of which may be the best to use under some circumstances. For the roof, we may use shingles, tiles, slates or tin. For the walls, we may use wood or brick, stone or concrete. For the floors, we may use wood or cement. For the frame, we may use wood or steel. And so on.

But we cannot build bodies in that way. The human body requires sixteen elements—oxygen, carbon, hydrogen, nitrogen, calcium ("lime") phosphorus, and ten others, the first six constituting more than 98 per cent. of the body, the other ten less than two per cent., some of them showing the barest trace. However minute the quantity of an element that helps to constitute the body, it is needed, and its absence will be followed by serious disorders.

Iodine, for instance, is required in such minute quantity that for a long time its presence was not recognized in the body. But the body needs a continuous supply of minute quantities of this element, and if it is completely absent from food and drink, as is the case in many inland districts, the thyroid gland does not work properly, and goitre develops. If there is a lack of iron in the food, the blood is impoverished (anemic). If lime and phosphorus are not properly assimilated, the bones are not properly formed, and rickets is the result. Not only must the food contain all the elements the body needs, but it must contain these elements in certain combinations. There must, for instance be starches (or sugars) fats, proteins, water, and certain mineral compounds, beside minute quantities of protective substances called vitamins found in milk, whole grains, fruits and green vegetables.

Such facts as these seem to make the problem of getting a fully balanced and adequate diet a formidable one, involving a knowledge of so much chemistry that no one but an accomplished chemist could know what and how to eat. Fortunately, this is not so. We do not have to go through an elaborate analysis and weighing of our foods in order to

select an adequate diet. Learned scientists have worked patiently for years over experiments that other people cannot well understand, and have shown that scurvy, the bane of sea voyages in olden days, is caused by the lack of certain vitamins. We do not need to know the composition of that vitamin, even the scientists do not know that. All we need to know is that if we have a sufficiency of the natural foods, including fresh vegetables, we will have an abundance of the vitamin that prevents scurvy.

The ordinary person can get along with very little knowledge of the chemistry of foods. All we need to know is that nature has provided ample foods, and that if we use these foods as nature gave them to us we shall not have any of the deficiency diseases. If we eat milk and fruits, grains, and vegetables in their natural

condition, without any of the refining processes that remove some of the most important elements, we get in abundance all the body-building and body-maintaining substances, with the possible exception that those who live far inland and in the mountains may not get sufficient iodine for the needs of the body.

Much unsuitable feeding is due to eating foods that are over-refined and too concentrated. The more we refine our grains and sugars, the more we remove the vital elements that go to build up stanch bodies capable of resisting disease. The more we eat of candies and pastries the less room we leave for the natural foods. Nature has adapted foods for our needs, more closely than any chemist or miller or cook can adapt them. This does not mean that we should live on raw, uncooked food, but it is a plea for more simplicity, for fewer complicated mixtures, for foods more nearly in their natural condition, for some fresh, uncooked food, if possible, at every meal. —*"Life and Health."*

Duke a Real Red Cross Hero

DUKE was a born Red Cross dog. In fact, at the first opportunity, he turned disaster relief worker. It happened that he was sleeping one night in his master's home, and fire broke out. Instead of jumping out of the window, he tugged at the bed clothes until he aroused his master, who escaped. A fireman carried out Duke, suffocating from smoke and hair singed. Then the Society for the Prevention of Cruelty to Animals took him to a dog hospital.

There was little in looks to recommend Duke. His ancestry was so varied that the hospital people called him Duke's Mixture, or Duke for short. He was a sort of dachshund, with a long body and short crooked legs with big feet. But he had the tail of a spaniel and ears of a hound, with something of the benign look, without the bulk of a St. Bernard. But whatever he was, his lovable disposition and noble qualities endeared him to all.

For five months Duke lived in the hospital. He fought off pneumonia and made it plain in his mournful

expression that he wanted to go home. The society notified the master. But the master wrote back that he was staying in a hotel and could not be bothered with a dog.

This happened at Flushing, Long Island. So the society told Duke's story to a New York paper in an effort to find a proper guardian. The response was remarkable. A flood of letters; many people came in cars. The society conferred possession upon Miss Jessie Logie, Red Cross field representative, recognizing that Duke was essentially a Red Cross dog.

When Duke was brought home by Miss Logie he began to run wildly in a circle. Then he rolled over on the floor and lay down in front of the fire. He knew that his future was assured. Although his home is in Gramercy Park, New York City, it has a roomy back yard. So Duke has plenty of exercise during the day, and when his mistress comes home he is treated to a walk in the street. All of which is a fitting reward for disaster relief workers of dogdom—*Red Cross Courier.*

"The Junior Red Cross does not claim to have devised a new method of health teaching, but it supplies energy and motive power which enable existing methods to yield higher results."
—From *"Education hygienique des ecoliers."*

Kirkland Lake Outpost

EARLY in March at Kirkland Lake, one of the active gold mining districts of Northern Ontario, the Ontario Division opened its fifteenth Nursing Outpost Hospital.

The event was given great distinction by the fact that it was officially opened by Dr. F. G. Banting, of world-wide fame as the discoverer of Insulin. Locally, also, the event was one of great popularity, for the people of the busy mining community had taken a great interest in and had given much unselfish effort towards the establishment and building of the Outpost.

A large delegation from Toronto went to Kirkland Lake specially for the opening. Besides Dr. Banting it consisted of the following: From the Ontario Division, Dr. Fred W. Routley, director; Mrs. Turnbull, chairman, Outpost Committee; W. H. Alderson, vice-president; George Matthews, honorary secretary; Miss M. E. Wilkinson. From the Toronto Board of Trade, George Wilson, president; S. B. Gundy; R. Stapells; J. J. Gibbons; J. Earle Birks; F. D. Tolchard. From the Temiskaming and Northern Ontario Railway Commission, G. W. Lee, chairman; Col. Martin; Col. McLaren, commissioners. From the Mining Women's Association of Ontario, Mrs. Segsworth, Mrs. Burkett, Mrs. Sutherland, Miss Miller. The latter is a sister of the late Dr. Willett G. Miller, the noted geologist, whose outstanding service for the Province did so much to bring its mineral wealth to the attention of the world.

The visiting delegations were received by the Mayor and Council and leading citizens of Kirkland Lake and conducted to the hospital where the official opening took place. The Hospital with accommodation for fifteen patients, was built according to the standard requirements of the Provincial Government and fully furnished with standard equipment. The building was provided locally and the complete equipment of the operating room was donated by the Mining Women's Association of Ontario in memory of the late Dr. Miller. A portrait of the late Dr. Miller, which hangs in the central hall, was unveiled by Miss Miller.

The opening ceremony was con-

ducted by Dr. Banting, who made a brief address to the following effect:

"Mr. Mayor and citizens of Kirkland Lake. It is a great pleasure to me to have the honour of participating in this unique ceremony and to take



DR. F. G. BANTING

this opportunity of congratulating you and the people of this community upon the fact that the whole of your energies are not devoted to digging out gold. This excellent hospital, so well built, so well organized, testifies to your practical humanity, to the fact that you have the welfare of your citizens at heart. It should also be a source of gratification to all the people of this locality that you have at your service the Ontario Division of the Canadian Red Cross which has such a wide experience in this humanitarian work for health. That organization will operate this institution on your behalf.

"I have much pleasure in handing this key to the Director, Dr. Fred W. Routley, and in declaring this building open."

The local hospital board, under the able chairmanship of J. L. Brown, was congratulated by Dr. Banting upon the gratifying success which had attended their efforts. In this con-

nection it may be stated that Mr. Brown, an engineer by profession, has given his skill and service without charge and the complete work reflects great credit upon his efforts. It was largely through his efforts that the cost of the building, which is made of cement blocks was kept down at about \$18,000 which is very low for the amount of accommodation it affords.

It was significant of the need of the hospital that although so recently built it was full of patients at the time the opening was in progress.

After the opening a very enjoyable banquet was given by the Kirkland Lake Board of Trade to the visiting delegations. In all the addresses by the local Board of Trade great credit was given to the Red Cross for its enterprise in ministering to the health needs of the Northern country, particularly through its system of Outpost Hospitals.

The Kirkland Lake Outpost will be operated entirely by the Ontario Division and in addition to ministering to the needs of the sick it will act as an educative health centre for the community in the prevention of disease.

SIMPLE GOITRE

Simple goitre or "thick neck" is very common among young girls in certain districts in Canada and the United States. This condition has been found to be due to a deficiency of iodine in the diet, particularly in the drinking water.

Wherever simple goitre is common, there is little or no iodine in the drinking water. Where there is sufficient iodine, as in most districts near the sea, simple goitre is almost unknown. Consequently an iodized table salt is now available; children are being given sodium iodide and even water supplies are being iodized—all for the purpose of correcting or preventing simple goitre, which not only spoils a child's good looks but may develop into a dangerous form of disease.

Do not hurry if you can help it. Start to your work a little earlier in the morning and take your time. You will not be tired when you get there and you will work better.

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Red Cross Home Nursing Classes Have Been Organized

47 New Classes were organized last month **47**

Has your group had this interesting and Helpful Course?

The Canadian Red Cross is organizing Home Nursing Classes in British Columbia, Alberta, Saskatchewan, Ontario, New Brunswick, Nova Scotia and Prince Edward Island.

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, 5, Ont.

ALBERTA:
Mrs. C. B. Waagen,
226 Traders' Building,
Calgary, Alta.

NEW BRUNSWICK:
Miss Ethel Jarvis,
72½ Prince William St.,
Saint John, N.B.

MANITOBA:
Major J. W. Forbes,
187 Kennedy St.,
Winnipeg, Man.

BRITISH COLUMBIA:
J. Pitcairn Hogg,
626 Pender St. West,
Vancouver, B.C.

TO MEMBERS

Every membership in the Canadian Red Cross helps on its good work. Tell your friends about it and have them send their subscriptions to the Red Cross Office of their Division. Address above.

To
(Name of Provincial Division of Canadian Red Cross)

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

Date Name

Address

.....

Another Day

The day returns and brings us the petty round of irritating concerns and duties. Help us to play the man, help us to perform them with laughter and kind faces; let cheerfulness abound with industry. Give us to go blithely on our business all this day, bring us to our resting beds weary and content and undishonored, and grant us in the end the gift of sleep. Amen.—*Robert Louis Stevenson.*

Why Typhoid is Disappearing

There are more than 6,000 installations of liquid chlorine equipment in America used to disinfect drinking water supplies. Seventy per cent. of the total population is served with chlorinated water which amounts to the enormous quantity of 3¼ billion gallons daily.

Hubby—Of course, dear, it's only a rough idea of mine, but do you think it's possible that there's such a thing as a printer's error in that cookery manual of yours?—*London Opinion.*

"When we have practised good actions a while they become easy; when they are easy we take pleasure in them; when they please us we do them frequently and then by frequency of act they grow into a habit."

