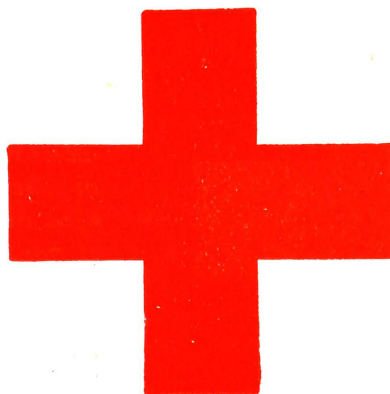


# The Canadian Red Cross

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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TO TEACHERS—The article on page ten by Dr. Henry N. MacCracken, President of Vassar College, will be found of special interest and value.

**KEEP YOUR MEMBERSHIP RENEWED**

See Coupon on Page 16

National Headquarters

Toronto 5, Canada

# A Talk on Germs

By A. E. Kleinschmidt, in *The World's Health*

**T**HE properties arranged in full view on a table before the speaker consist of:

Five small bottles of paint: red, yellow, blue, green, and violet (these are of the water-soluble type commonly used by show-card writers. They are easily washed off).

Five small camel-hair brushes (one for each bottle).

A pencil.

Pad of street car transfers.

A conductor's punch (not indispensable).

School text book.

Wash basin with water.

Soap.

Washcloth.

Towel.

Nail file or orange stick.

The speaker introduces his subject by telling of the wonders revealed by the microscope. He describes germs as best he can as living things which cannot be seen by the naked eye but which are everywhere about us, and which under favorable circumstances increase rapidly in number. They are not animals nor bugs but very much alive and of simple construction. Most germs are man's friends but many, if they succeed in getting a foot-hold in his body, cause disease. There are different varieties of disease germs each causing its particular disease, such as typhoid, tuberculosis, etc. Because they are invisible we are inclined to forget their presence, therefore to help us "see" them and their effects we shall use colored paints to represent them. Further, the speaker is going to represent different persons one after another.

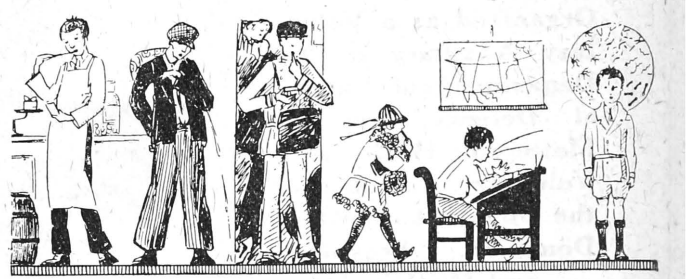
First he is a grocery clerk, Mr. Adams. In his conversation with a customer he complains that he is not feeling well (mentioning some early symptoms of typhoid) and intends to quit work at noon. With his pencil he adds the items on a piece of paper, then while wrapping the purchases he holds the pencil in his mouth. Now this man, though he doesn't know it yet, has typhoid germs in his mouth and some are carried to the pencil. Can't see them, of course, so we shall represent typhoid germs by red paint and with a brush a dab of red paint is smeared on the pencil and laid aside.

Next the speaker is a workman, a Mr. Banks. He has tuberculosis. He spits into the gutter (a sheet of paper has been conveniently placed on the floor to represent the gutter). The germs of this disease, coming from his lungs, are in the sputum, so they are represented by a splotch of yellow paint.



*Some germs are man's friends.*

Mr. Crane, the next character, is a jolly street car conductor. This morning he does not feel so well. Back aches, head aches, and he has a slight sore throat. He makes change, rings up fares, etc., and in punching his transfers moistens his fingers with his mouth to hold them better. In doing so he contaminates each transfer



*Licking the fingers, unmuffled sneezing and placing pencils or penholders in the mouth are possible means of transmitting disease from one person to another.*

with tonsilitis germs (dashes of blue paint). Do the passengers see these germs? No, but they are there nevertheless.

Now the speaker plays the part of a school girl, Daisy. She started out this morning with a cold. Mother gave her a dime with which she purchased cough drops, munching them on the way to school. Having reached the school door she quickly wipes her sticky lips with her hand (she should have used a handkerchief) then turns the knob of the door. Thus the germs which caused her cold are carried to the door knob, represented by green paint.

Next we encounter Edgar, bent over his text book in the school room. There is a slight draught. Edgar feels chilly and sneezes—kerchoo!—kerchoo! right on his desk. Teacher notices that he does not look well and sends him home. That night the doctor finds that Edgar has diphtheria. It is quite likely then that he has some diphtheria germs on the desk (a dash of violet paint).

Perhaps it is unusual to encounter so many sick people in one day, but not impossible and so these germs are scattered broadcast.

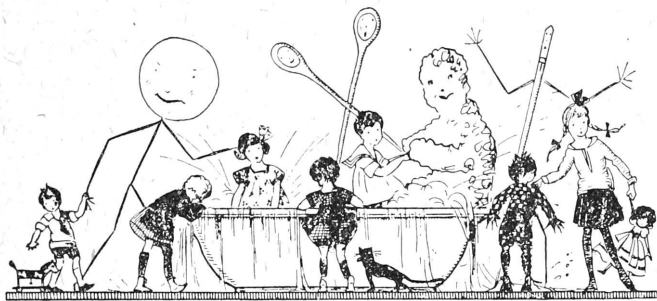
Now the speaker is a high-school boy, Frank. With bright and shining face he leaves the house, clean and neat, whistling as he goes. He stops at the grocery store to deliver a list of supplies for this is mother's busy day. Mr. Adams reads the items and says: "Sonny, write your address on this paper, please—and here's a pencil." Frank doesn't see the typhoid germs, takes the pencil and thus contaminates his fingers with red paint.

He travels to school on the street car and while waiting on the corner, reaches for his change and drops nickels and pennies on the curb. Quickly fumbling for the money, for the car is coming, he picks up on his hands some of the yellow paint expectorated there by the man who had tuberculosis.

On the car he is handed one of the infected transfers.

On reaching school he grasps the bedaubed door knob.

In the schoolroom he is assigned the seat of Edgar, who had just been sent home.



This is the Crystal Pool, the soap is Latherino, the washcloth is Raggles.

Now the speaker holds up his hands: "Look at them, aren't they artistically decorated?"

"Ah!" snickers an irrepressible tow-head in the audience, "you look like a bum painter!" At any rate here is a collection of five different kinds of disease germs. They cannot penetrate the skin (unless the skin is cut or broken) but if carried to the lips, mouth or nose, they *may* make their homes there. "How, then, is it that any of us survive? Why don't we all die in our tracks?" If time and circumstances permit, the speaker dilates on protective influences such as natural resistance, the "unhealthy" influence of sun and air on bacteria.

But we must take no chances. Have you ever seen a boy put his fingers in his nose? or his mouth? How dan-

gerous! Forget all about germs and disease if you will, but remember to keep fingers out of the nose and mouth. And at meals, while we do use forks and spoons, some articles, like bread, are taken into the hands. What's the answer? "Wash the hands"—yes, especially before meals. Soap and water remove and kill germs. Keeping up his cheerful patter, the speaker energetically washes his hands. "Little folks sometimes play circus in washing themselves. This is the crystal pool, the soap is Latherino, the diving beauty, the wash cloth is Raggles, the trick contortionist, etc. Now look at my hands, clean and safe, and with this little instrument (taking the nail cleaner) which can be bought for the price of a couple of lollypops, the job is completed." Make clear the importance of developing in childhood the *habit* of washing the hands. This will save the trouble and need of keeping ever on the lookout for germs and prevent much sickness.

As a memory slogan for the day, the single word: "Bubbles." Short and easily remembered, but why bubbles? What makes bubbles? "Soap," yes, and water. And how do we make bubbles? "By washing the hands." So bubbles it is and at least three times a day before meals we'll think of "bubbles." If we develop the habit of keeping clean and thinking clean thoughts there is little need of bothering our heads continually about germs and disease.

## Humidify the Air in Heated Dwellings

**D**RY air is injurious to health and predisposes to sickness.

Air in artificially heated dwellings is deficient in moisture which is necessary for health and comfort.

Air should contain 50 per cent. of moisture but our overheated dwellings contain but from 25 to 30 per cent.

When outdoor air is heated so as to maintain an even temperature of 70 degrees but without the addition of watery vapor, its capacity for absorbing moisture is very much increased and will extract moisture from surrounding objects; furniture, woodwork and books crack and come apart, living plants wither and die. On humans it extracts moisture from the skin, mucous membrane and respiratory tract causing drying of the skin, irritation of the air passages from loss of moisture by the secretions. It lessens resistance and working efficiency, causes general disturbance, lassitude, cardiac and nervous irritability.

Air deficient in moisture predisposes to pneumonia and bronchial affections and is a common cause of catarrh by causing the minute glands

which moisten the air passages to secrete to excess to compensate for the loss by evaporation which, continued, becomes chronic and constitutes catarrh.

Children are very susceptible to dry air, become easily fatigued, apt to have headache and be listless, which interferes with school work.

Dry air is a carrier of dust, particularly when the moisture is less than 30 per cent. Dust is a menace from its irritating properties, from being a carrier of germs, and from the irritation set up making the parts receptive to disease-carrying germs. Dry air, therefore, is detrimental to health from its general effect on the system, from its local effect on the tissues, and from its dust-carrying properties.

The condition is remedied by the evaporation of water in artificially heated dwellings. The water containers in furnaces and stoves are generally too small and apt to be neglected. The more practical way is to evaporate water in shallow pans placed adjacent to radiators and heaters and these, when attended to and kept filled, accomplish excellent

results. Air properly humidified is more profitable and an economic saving in coal. It costs as much to heat a room from 58 to 72 as it does to raise the temperature to 58 on an average cold day.

**Humidify the air and have better health, prevent sickness and save coal.**

—*Buffalo Sanitary Bulletin.*

### BRITISH RED CROSS PREPARED

Upon the outbreak of the great strike in England in May last, the British Red Cross Society had its Ambulance Service very carefully organized to take care of all cases that were likely to arise in the areas affected by the strike. Fortunately the specially organized services were not required, but had a test been put to them there is no doubt that the results would have been creditable to the Organization which was under the direction of Major Paget, who is in charge of the Organization of the Red Cross Ambulances which are operating constantly in many parts of Great Britain.

# A Northern Outpost

Chairman of Council and Chief Commissioner Attend Opening at Nipawin, Saskatchewan

**D**URING the visit of the Chairman of Council, Dr. Jas. W. Robertson, and the Chief Commissioner, Dr. J. L. Biggar, an event of unique importance took place in Northern Saskatchewan when the Red Cross party, consisting of those named and His Honor Judge Pope, chairman of the Red Cross branch of Melfort, officially opened the new Outpost at Nipawin and unveiled the tablet which commemorates the founding of the Institution. The tablet reads as follows:

*"The Red Cross Outpost hospital furnished and equipped from funds supplied by the Overseas Nursing Association of Great Britain, A.D. 1926."*

The efforts which brought about the establishment of the Nipawin Outpost formed a splendid example of collective assistance of members of the community towards the desired end. Full note of this condition was made when Dr. Robertson, speaking on behalf of the Canadian Red Cross as a National Organization, congratulated the Community on the building and its equipment.

He said that he knew of no agency which provides more for the general benefit of the people of Canada than the Red Cross Society. In carrying out its objects for the human welfare it knew no sects, creeds or politics and existed for all people. He pointed out some of the accomplishments of the Society since it was established under the peacetime policy for "the improvement of health, the prevention of disease, and the mitigation of suffering."

Dr. Biggar following, dwelt upon the administration of the Society and gave an approximate estimate of the amount spent during the past two or three years at about three quarters of a million dollars per year. This included expenses by the National Office, Provincial Offices and local branches. Dr. Biggar felt confident of an increasing interest in Red Cross work at Nipawin as a result of the opening of the Outpost. He made a comparison of the different methods

of treating disease at the present time as compared with those of thirty or forty years ago and said that the larger proportion of taxes, municipal, provincial and federal were at present being spent on dealing with diseases, many of which might be prevented by adequate nourishment and intelligent precaution.

His Honor, Judge Pope, made a brief review of the splendid support which met the Red Cross during the war and of the way the public met all the Society's financial needs and it was felt that the good work of the Society should be continued in peace as in war. He referred to the great hurricane at Miami and pointed out that in Florida what the American Red Cross was doing in the way of relief of distress and assistance towards rehabilitation, would be carried on in a similar way should any natural catastrophe occur in Canada. He said the organization is the same the world over and it is a privilege to be able to help out in its good work. Communities whose needs were supplied should not forget that there were other places not so fortunately situated and who might need Outposts or other assistance of the Society.

The building which has been opened is an Outpost hospital sixty feet long by thirty feet wide and is situated on a piece of land one hundred feet by one hundred and twenty feet. The institution is self-contained and all under one roof. It has a nurses' bedroom, office and sitting room, kitchen, maids' bedroom and three wards containing six beds with bathroom, medicine and linen cupboards and a spacious sun room forms part of the building.

The money for the alteration, removal and other work in connection with the building has been raised by the local committee which consists of J. F. McKay, President; Mrs. W. C. Shearer, vice-president; C. P. Lynch, secretary-treasurer and Trustees Messrs. W. C. Shearer and W. Connell. In all around close on \$3,000 has been raised by various means amongst which are Ravine Bank Grain Growers donation of shares in the hall. Entertainments have been given under the auspices of the Red Cross and proceeds from others, Poppy day, tag day on the day of the sports and sundry others. The equipment is found free of costs by the Overseas Nursing Association of Great Britain, Nipawin being the first outpost to receive this donation.

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## The Alberta Division's Canvass for Funds

**T**O ENABLE it to continue its services to the people of the province the Alberta Division, on October 30, began a canvass for financial support. In co-operation with provincial authorities the Division is doing valuable work which is well described in the following from the Calgary Herald:

### CRIPPLED CHILDREN

The Society is ever ready to give relief to any poor crippled child whose parents are not in a position to finance the surgical operations required and relief has been given to thousands of unfortunate people, who are suffering from sickness, or other misfortunes. The Red Cross emergency service is always ready to meet distress.

### WELCOMING THE NEWCOMER

One of the society's assignments is extending the hand of welcome to the

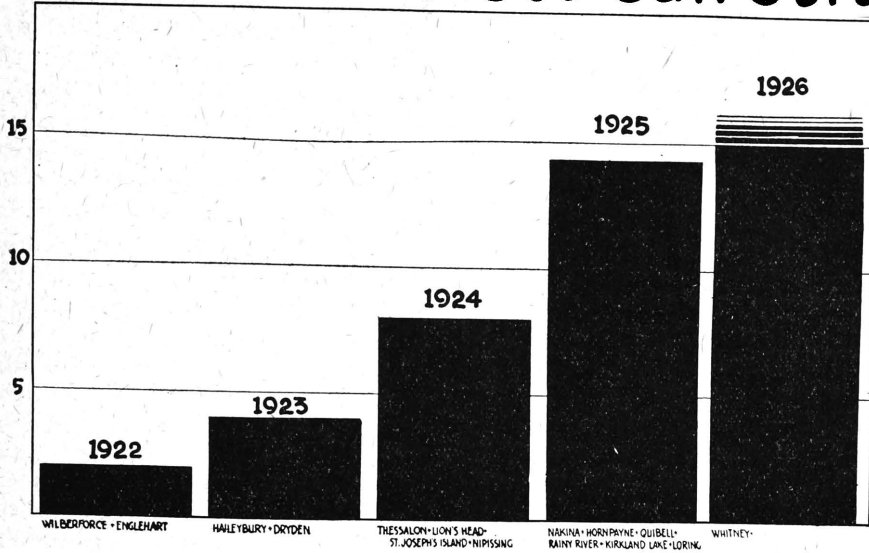
new settler from overseas, and keeping in touch with these settlers until they are firmly established as Canadian citizens.

### HELP IN DISASTER

Red Cross co-operates with the government and municipal authorities to help in times of crop failure, epidemic and disaster, to promote health, to prevent disease, and help the suffering. Hundreds of families in the city and throughout Alberta benefit each year from Red Cross health service. Red Cross money is used for children, for the family, for the community and for the province.

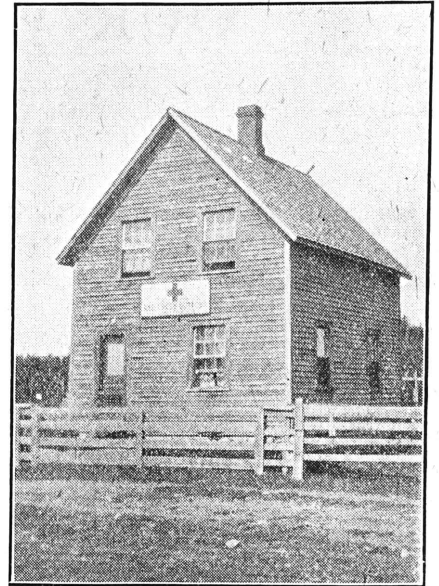
"The wealth of a country rests not altogether in well-kept farms and great industries, but upon a healthy, sturdy and vigorous race of children."—Dr. J. W. S. McCullough.

# ONTARIO+RED+CROSS+OUTPOSTS



**SEE HOW THEY GROW!**

*This chart shows the proportionate rate of increase of the Ontario Division's Nursing Outposts which are giving such excellent service in districts that are distant from nurse or doctor. Since the chart was drawn other outposts have been opened so that the 1926 column could now be carried nearly to the top line.*



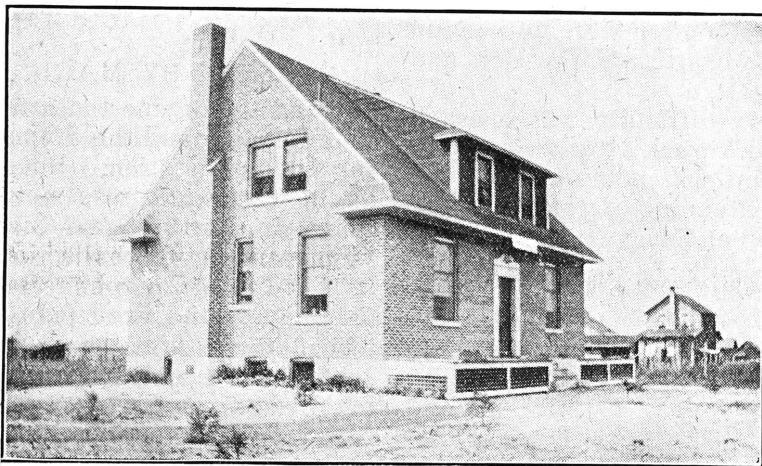
*The Whitney Outpost.*

ONE of the Ontario Division's small Outposts in a very isolated district is that located at the town of Whitney. The Outpost was established there upon the great need being brought to the attention of the Ontario Division.

Whitney is a small village and was once the centre of a thriving lumbering industry but it is now cut off from daily communication with the outside world. It is 82 miles from the nearest hospital and 16 miles from a practising physician.

The people of Whitney had heard of the Outpost scheme and asked the Division for detailed information. No sooner had the plan of procedure been described than the request was received that the town be assisted to equip a small house that was available. A local Red Cross Committee was appointed; the plans were completed to canvass for subscriptions toward the furnishing of a three-bed Outpost and in January, 1926, the nurse started her useful work in the locality.

The Outpost is in charge of Miss Gladys Reed. During the six months that the Outpost has been operated eight patients have been admitted during a total of 46 hospital days. Out patients to the number of 61 have been cared for, 354 home visits have been made and 22 school visits. The home and school visits are of an educative character, during which the nurse instructs those she comes in contact with in the ways of preventing disease.



*The Englehart Outpost.*

ONE of the Ontario Division's most important Outposts is that situated at Englehart which was opened in December, 1922, shortly after the great fire which destroyed the town of Haileybury.

The first accommodation was a semi-detached frame building which was loaned by the town. The Ontario Division assisted with the equipment and administration and defrayed the cost of maintenance. During the

year 1925, Englehart erected a splendid ten-bed brick building which is shown in the accompanying photograph, the approximate cost being \$13,500. The Red Cross is continuing the administration of the hospital.

To the end of 1925 the Englehart hospital had admitted 458 patients and had to its credit a total of 3,150 hospital days. It is in charge of Miss D. M. Power.

**THE** Nursing Outposts of the Canadian Red Cross, located for the most part in pioneer districts where there is no other nursing service, are increasing as fast as the limited resources of the Society permit. But they are not increasing nearly fast enough to fill the demands. This is convincing testimony to the valuable service they are rendering.

## OUR VISITORS

*Col. Stanley, formerly Deputy Commissioner for the British Red Cross in Mesopotamia, tells of the solicitude of Their Excellencies Lord and Lady Willingdon for the welfare of the soldiers. Dr. Humbert, director of the Health Division of the League, studies work of Canadian Red Cross.*

**C**OLONEL J. H. STANLEY, C.B.E., of London, England, paid a visit to the Canadian Red Cross last month and, in the brief time at his disposal, had interesting talks with officials at Headquarters.

Colonel Stanley's visit was particularly interesting, as he has an intimate connection with the British Red Cross, and during the war was Deputy Commissioner for the Society during the campaign in Mesopotamia.

Colonel Stanley is also Chairman of the executive committee of the Church of England Council of Empire Settlement, of which Earl Jellicoe, Admiral of the Fleet, is chairman of the council.

Colonel Stanley spoke in terms of warm praise of the work of the Canadian Red Cross amongst the families that have recently been brought to Canada. As a member of the committee of the British Red Cross, he is in a position to judge the excellence of the work. Numerous letters have reached England for months testifying to the readiness of the Canadian Red Cross to help in case of sickness. He is of the opinion that next year will see a considerable flow of British capital into Canada, and already enquiries are on foot in many directions, particularly as regards mining ventures and manufactories. He is very hopeful of the results from the coming conference of premiers in England.

Colonel Stanley is also a director of the Hudson Bay Land Settlement Company, and his discussions with the government will embrace family settlement on specially selected farms, single men, women domestic workers, and lads.

Col. Stanley was in close touch with Red Cross work in Mesopotamia during the Great War, for, in addition to being deputy commissioner, he was also commissioner in Mesopotamia for the

Indian Comforts Fund, the Punjab Comforts Fund, and the Central Provinces Fund. In these services he soon found out how deep and earnest an interest Their Excellencies, Lord and Lady Willingdon, took in the welfare of the soldiers.

"Most of your readers," said Col. Stanley in an interview to the Ottawa Citizen, "know something of the distinguished career of the new governor-general and his lady, but perhaps they may not be aware of their wonderful work on behalf of the army in Mesopotamia during the war. Lord Willingdon was then governor of Bombay, and he and Lady Willingdon were untiring in their efforts to aid the sick and wounded.

"Every difficulty was brushed aside, and week after week medical comforts poured into the field, extending from Basra to the Caspian Sea.

### REAL AND PERSONAL

"The military hospitals in Bombay were crowded, but here, day and night, the sick and wounded were cheered by the gracious presence of a kind lady, and we always feel that all she did was real and personal. It was easy to summon an A. D. C. and give orders for something to be done, but this was not her method. No matter how trying the climate might be, no matter how pressing were the other duties, she personally went, from shop to shop, from store to store, until she obtained the right article. By her efforts and influence vast sums of money were raised to supplement the army issues, and all sorts of extra medical comforts found their way to the hospitals and hospital ships.

### PAID VISIT TO FRONT

"It was but natural that the army in the field demanded a sight of this lady and her husband, and so they journeyed to Bagdad, and there visited the

trenches, the dressing stations, the field hospitals, and the casualty clearing stations, and, needless to add, they had a wonderful reception wherever they went.

"Under the Geneva convention the Red Cross can only minister to the sick and wounded, but there was also the fighting man to be thought of, so once more Their Excellencies came to the rescue, and an organization was set up known as the 'Lady Willingdon Fund.' Large sums were subscribed by the native princes, by the merchants of Bombay, and hundreds of tons of stores were consigned to Basra and Bagdad for issue to the troops as an extra, consisting of food and clothing and many small but necessary requirements of the Tommy, of which of course cigarettes formed no inconsiderable quota. These supplies never failed throughout the years of the war.

### AS IF BY MAGIC

"And then came the armistice, with inaction and the dreary wait for demobilization. But once again the need was met. All kinds of sporting gear made its appearance, footballs, cricket sets, tennis, gramophones, books, magazines, and even polo sticks, although we are led to believe that by some mishap ponies were overlooked, and a young subaltern lodged a complaint accordingly.

"The nurses, too, were her special care. All kinds of comfortable chairs, soft cushions, rugs, writing sets, etc., dropped into the country as if by magic, and clubs, where tired nurses could rest and get away for a few hours, were created.

"No wonder that to-day among the soldiers who returned, and the parents who mourn, the remembrance of all this work of love and self sacrifice is treasured up and will never be forgotten."

"We have witnessed a nation organized for war, we require a nation organized for the purpose of national health."—Sir George Newman, Chief Medical Officer of the Ministry of Health of Great Britain.



*Dr. Frederick Humbert*

THE National Office of the Canadian Red Cross received a very welcome visit from Dr. F. Humbert, Director of Health of the League of Red Cross Societies, who was on his way East for the purpose of attending the forthcoming Regional Conference of Oriental Red Cross Societies in Tokio, Japan.

It will be recalled that during Dr. Humbert's absence, as noted in the October issue of "The Canadian Red Cross," his duties will be attended to by Dr. F. W. Routley, Director of the Ontario Division, who is now in Paris.

Unfortunately Dr. Humbert's itinerary did not permit a longer stay in Toronto than one day. He was enabled, however, to see the many public services in connection with the City of Toronto Health Department. He paid a visit to the head of that Department, Dr. Hastings, whose work has been of so eminent a character, and expressed himself as most favorably impressed by the good work for health that is being done.

Dr. Humbert had a conference at National Headquarters over Canadian Red Cross activities and made an examination of the organization and the services that are being rendered.

Prior to visiting Canada, Dr. Humbert, being himself an expert on tuberculosis, attended the International Conference on Tuberculosis at Washington, D. C.



*The engraving at the left is from a photo of Miss Gladys Reed, nurse in charge of the Whitney Outpost described on page 5 with an assistant, Miss Grace Wilshire. The photo at the right is of four young ladies from Highland Inn, Algonquin Park, who gave enthusiastic assistance to Miss Reed in raising funds on behalf of the Outpost, an effort that was very successful.*



He said that at that Conference he heard attention called to the excellent work that is being done by the Canadian Red Cross Society in the many Nursing Outposts in pioneer districts that it is conducting.

Regarding the progress of health efforts internationally, Dr. Humbert said that education in health was a prime necessity all over the world to-day, especially in countries where the governments had not made sufficient advance in the direction of public health. He pointed out how, in many countries, the Red Cross is acting as an agency in this re-

gard by establishing health centres and demonstrations, by publishing articles on health information and by paving the way in many other directions for official action.

In all the countries in which the Red Cross is promoting health knowledge it was found that, after the preparatory work done by the organization, people were eager for health knowledge, and were more and more willing to co-operate with public health agencies in bringing about the higher standard of physical fitness. The Red Cross, he said, is making a valuable contribution to the welfare of the human race.

#### NOVA SCOTIA HEALTH OFFICER'S TRIBUTE TO THE RED CROSS

"The relations of the Department with other organizations of kindred aims have been as heretofore very pleasant and it is believed profitable for all concerned. On several occasions the Provincial Red Cross Society has been mentioned in these reports as having on all occasions given cooperation and support valuable to the highest degree. The Province owes much to that organization."

*A. C. JOST, Provincial Health Officer, in Report for 1925.*

# Red Cross Activities in the Field of Health Education

By Dr. Jas. W. Robertson

*The following paragraphs are taken from the address given at the opening session of the Pan-American Red Cross Conference by Dr. Jas. W. Robertson, Chairman of the Canadian Red Cross Central Council and leader of the Canadian Delegation at the Conference.*

THE theme assigned to me for discussion has reference to the present, and probable future, relationships between three important factors in the lives of the Canadians, and of the other peoples of other nations represented here, namely, the Red Cross, Health, and Education. May I consider them as separates, and also in their relationships one to the other, to ascertain their place and value among the multitudinous activities which constitute the lives of individuals, communities and nations in the scheme of modern civilization.

Let us look first at Education. It is a word of various meanings, elusive of definition. In its narrower and professional sense it is an organized effort on the part of a people to inform and teach and train the young, so as to qualify them to adequately meet the obligations and opportunities of life as individuals, as workers, as citizens, as communities, as a nation, and as a constituent in the embryonic commonwealth of humanity.

In comparatively recent years, courses of study have been widened, usually usefully enriched, by the inclusion of study projects requiring activities beyond the mere reception into the memory of ideas in words about other words and ideas about space and time in figures or other symbols. When carried on in schools and colleges, this practical kind of education has been called vocational or industrial or agricultural or technical or professional.

The various forms and kinds of education have paid but slight attention to health as a subject or condition to be taken care of from infancy to old age lest it be lost. The consequences of following prescribed courses without regard to the effect upon health, and the effect of good health upon the progress of students in all subjects have been far too much neglected.

This brief and imperfect "look in" on education as a "separate" is recited only, and that with diffidence, to cause us to make haste slowly when we are inclined to urge educational authorities to add health as another "separate" in education. It behooves us to examine anew and carefully whether we should not seek to gradually alter our purpose and our methods, and think of education as processes of personal experiences, and sequences of experiences, which promote health, develop character, and shape human conduct in accordance to what is believed to be the highest standards for duty, comfort and happiness.

In respect to the health of the people, generally, the answer given by an Irish woman to an inquiry regarding her health might have a wide applica-

tion: "Never sick, seldom real well." We are only beginning to realize that the preservation and promotion of health is a public duty and a private personal responsibility. The degree to which these obligations are successfully met makes a great difference to the welfare of a nation and the well-being of the people who compose it. I quote the following from one of our publications:

"A survey of school and pre-school children in Dundas and West Flamboro, Ontario, was carried out last year. This survey was undertaken at the suggestion of the Canadian Tuberculosis Association, and the most of the cost was provided by a grant from the Ontario Division of the Red Cross Society. It was planned as part of the campaign against tuberculosis and, apart from the aspect of it, these were some of the results:

"Out of 1,392 children examined, 465, or 33 per cent., were under-nourished; 504, or 36 per cent., showed lymphatic gland enlargement; 280, or 20 per cent., were considered to have tonsils diseased, or diseased and enlarged; 324, or 23 per cent., had enlarged adenoids; 62 per cent. were found with unhealthy teeth; and so on. I do not know of any locality in Canada where there are better conditions of material prosperity and comfort than in Dundas and West Flamboro; the children are of fine stock, with centuries of good breeding behind them; yet, look at the numbers even there who have remediable defects. Unless these are remedied in youth, they will be denied the chance to be healthy and strong.

"I have made study of records of thousands of other children medically examined by official authorities in schools in Canada since the war. The best record I could find in respect to malnutrition was sixteen per cent., and the worst forty per cent. These conditions are found even where the people are rich, or well to do. The causes of malnutrition are many. It is a surprise to most people to learn that lack of food, or even improper food, is not the most important cause. Among the reasons given for it are (1) physical defects, especially obstruction of the breathing passages; (2) over-fatigue, from lack of sleep, too much play, excitement or late hours; (3) faulty feeding, improper food and wrong food habits, such as eating hurriedly or when over-tired; (4) bad health habits, such as lack of outdoor play or insufficient sleep. These arise from conditions which are the result of ignorance and lack of home discipline."

In a recent address, Sir George Newman, Chief Medical Officer of the English Ministry of Health and the Board of Education, said:

**"The great peace-time mission of the Red Cross is to bridge the gap between the knowledge now possessed by leaders in preventive and protective medicine and nursing, and the knowledge and practice of the women generally who are in charge of homes and schools."** (To be continued)



## The Schoolchild's Sight

**I**N SWITZERLAND recently it was found that among 20,000 children under five years of age medically examined, only one case of short-sightedness occurred. Among university students, on the other hand, about 50 per cent. of such cases were found. This enormous disparity leads to the conclusion that short-sightedness is an "occupational disease" among schoolchildren and older students, as the result of study.

An inquiry in London into the eyesight of 800 children aged from four to seven showed 3.2 per cent. with bad vision. In contrast to this, a group of children of school-age registered 22 per cent. very bad vision. The older the child, the more backward and the more defective his eyesight. Short-sightedness would appear to be largely preventable if the right measures were taken at the right time. The many thousands of people to-day wearing spectacles might never have needed them if their eyesight had not been strained, during their school years.

In America it has been found that rural districts generally report a larger percentage of children with defective vision than city districts. One rural area showed 16.8 per cent. of defective vision among more than 500,000 pupils examined, while among 370,000 pupils examined in cities of over 30,000 population the percentage of defective vision was only 8.5.

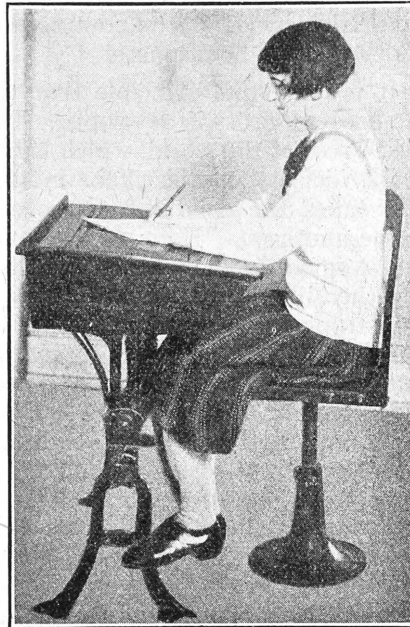
Preventive measures need to be based on a knowledge of the normal development of the eye from infancy to adolescence. In a certain number of children short-sightedness is natural. Others are pathological cases which require careful supervision throughout the whole period of growth. Heredity and sex both play their part in predisposition to short-sightedness as well as glands, nervous disposition and nutrition.

The eyesight of schoolchildren can be protected in two ways: By taking special precautions in ordinary classes, or by forming special "sight-saving" classes.

The teacher in the ordinary class should instruct the children in the following simple rules of eye hygiene:

- (1) The reading page should be 12 to 14 inches from the eye.

- (2) The child should sit in good light falling over the left shoulder.
- (3) No reading should be done in direct sunlight or in a poor light.



*Correct position of the body when writing, while seated.*

- (4) All work must be done in an erect posture, not with the head close to the desk.

A careful teacher, if she observes symptoms of eyestrain, should do the following things:—

- (1) Report these to the school nurse or doctor and have the child examined.

- (2) Seat those with defective vision at the front.
- (3) Have the room properly lighted, adjusting the blinds to prevent glare from the sun, or using artificial light on dark days.
- (4) Keep a list of the children supposed to be wearing glasses and see that they are being worn and kept clean.
- (5) See that they are wearing their own glasses and not someone else's.

The children in a special "sight-saving" class are usually under the supervision of a skilled oculist who instructs the teacher as to the amount of eye work each child is allowed to do. In an ideal sight-saving class the exposure of the room is northeast so that the children get the benefit of the morning sun and the steady north light for the rest of the day. The window area should be one-fourth the floor area, and the windows should reach within six inches of the ceiling since the best light comes from above. The equipment should include movable seats, adjustable desks, tables and chairs, books in 24-point type, outline maps, heavy pencils, unglazed buff-coloured paper, and "matt" finish for all surfaces, including the blackboard. These should be placed where it is never necessary for the children to face the light when looking at them.

The expense of maintaining such classes is heavy, but it is not nearly so heavy as educating a child in a school for the blind, or allowing him to grow up to become a liability to the State.

## Prince Edward Island

Realizing the great need for such service, the Prince Edward Island Division is co-operating with other bodies on the Island with a view to holding chest clinics. The object is to diminish and, if possible, eradicate tuberculosis. The Summerside Journal, describing the plan, says:

A three-year campaign against tuberculosis has been organized in the Maritime Provinces by the Canadian Tuberculosis Association with the co-operation of the Provincial Department of Health and Tuberculosis organizations. This has been made possible by a

gift from the Life Insurance Companies of Canada, supplemented by grants from the Provincial Governments and the help of the Red Cross Societies.

The programme for P. E. I. will provide for Free Chest Clinics to be held twice a year in various centres throughout the province under the management of the Red Cross Society, with home follow-up visiting by the Red Cross Nurses. Dr. G. J. Wherrett, chest specialist and director of the Maritime Tuberculosis Educational Committee, has been assigned to the Island for the clinic.

# The Junior Red Cross as a Factor in Education

Extract from a Paper Read at the Second Pan-American Conference of Red Cross Societies at Washington, by Dr. Henry N. McCracken, President of Vassar College

**T**HERE is abroad in the world a new philosophy of education. It asserts that the child is an end in itself, that the primary duty of the teacher is to love his pupils, that knowledge is secondary to this spirit of devotion of the child. It claims that education is limited to what the child may experience, that the child can learn only by doing, that what does not engage the child's interest is educational waste and that the profit of education consists in those habits and aptitudes which the child has laid up in memory and skill against the day of maturity.

Whether or not all of us are adherents of the new philosophy of education in its entirety, we all of us subscribe in part at least to its appeal. We recognize the happiness of the child and therefore his rightful claim to it when to him is afforded through the school some share in a worth-while activity. We have come to regard the child as a citizen, not merely a citizen to be but a citizen in being, sharing all privileges proper to his age. So vast is his relation to the commonwealth that for him we expend the major portion of our taxes, exclusive of the military arm. His protection and care, his education and training, are recognized to be the responsibility of the State. The index of his vitality is regarded as the proper criterion of civilization. That country in which infant mortality is falling is said to be upon the upward course of progress; that country in which infant mortality is rising is retrogressive.

One great principle in particular we have all accepted from the new education—that there is nothing in the world of human activity or association which may not be adapted to the child. We no longer shut away the facts of life in Bluebeard's closets, forbidding, upon pain of mental death, the child to open them. This is the natural corollary of the fact that the child shares with the adults the fate of the nation. Therefore, since the destructive forces of nature cannot be kept from children, we must reveal to them also the constructive forces of society

which comprise man's noblest works; those works by which he asserts the will to survive, his defiance of the elements, and his generous and sacrificial service which knows neither continent nor hemisphere.

It is upon this principle that the Junior Red Cross is developed. The Red Cross of the world, which is but to say society organized for mutual aid, takes the child into its confidence and says: "Here we are, men and women, boys and girls; we live together in this world in which catastrophe unfortunately exists. In our happy moments we forget it, but not carelessly, for we have provided against its occurrence certain skills and aptitudes and remedies. These habits of society we have co-ordinated into a great world-embracing organization under the Red Cross banner. It is the most extensive social movement in the world. You and your school can be a part of it if you will."

In the problem of training the child to be a good citizen two difficulties arise within the school. The first difficulty is the remoteness of the school from the actuality of experience. Within its walls children pass the day with books and with each other. Experience seems to them unreal. "The thoughts of youth," one of our poets has said, "are long, long thoughts," and the hours of youth are long, long hours. The child's eyes will wander from the book that he is studying to gaze in fascination upon a fly moving upon the window pane, merely because flies represent energy, movement, reality, while the letters upon the printed page represent abstraction, unreality.

There is a certain dissociation of children in school from the rest of their world. To this dissociation may be ascribed the origin of that chasm which is found in modern civilization between the old and the young, between the young and the community as a whole. The lack of responsibility, the self-justifying attitude, the tendency to escape in unreality as the only happiness, which is the most common disease of the mind to-day.

But when the school seeks the remedy for this condition of remoteness, it is at once confronted with the problem of social organization. The moment the schoolroom door is opened in many lands, an innumerable host of societies rush clamoring to the classroom, all demanding the opportunity of airing their pet hobbies. Against this assault upon the classroom the American educator has recently raised his voice in active protest, even including our Red Cross Society among those competing organizations—unjustly I think. If the school, bewildered by such an invasion of its quiet precincts, closes the door, these societies sometimes avail themselves of the child's leisure day outside the classroom for the promotion of their social end.

What, then, is the answer of the Junior Red Cross to these two difficulties of the school? To the first question of the school: "How can I relate myself with reality?" the Junior Red Cross says: "By associating yourselves with the best social movement in the world, with that vast, though often intangible, sympathy among men which bids them bury all hostilities in times of overwhelming danger. Take into your curriculum the Red Cross as a fact of history, not less to be learned than the date of the founding of Rome, the discovery of the Cape of Good Hope or the voyage of Magellan. As a fact, potent and fraught with significance for the survival of the race, the Red Cross epitomizes the great instinct of mutual aid which mankind has preserved deep within its consciousness since the dawn of human history."

If the school says, thereupon: "Well, but if I must thus admit you to the curriculum, how can I keep you out. How can I prevent you from absorbing the school? How can I be sure that the avenues which you offer me as leading to reality will not be avenues down which my pupils will scamper for a holiday and play truant from the classroom?" To this natural and justifiable question the Red Cross replies: "We do not enter the school. The activities which we offer become projects in your classroom, as you may determine. The

lessons which you teach on geography and civics, on hygiene and physical training, are not absorbed by the Red Cross; they are motivated. You are no more absorbed by the Red Cross than is your classroom absorbed when, having installed a fixture for electric light, you connect with the wires from the power station which shall give the illumination which you need. The Red Cross is not an association rivalling the school. It is a form of energy which you may harness to your need. It does not invite your pupils away on a holiday. It makes them rush to the school room eager to make their civics real, their reading lessons a pleasure since it associates them with reality."

Children can learn something of government from the little society of Red Cross which they devise when all is within the power and direction of the school to promote so much as it will. The Junior Red Cross competes with no other agency, least of all with the school. Yet because it is world-wide, because it has been developed by itself through many years, and because, alone of modern social organizations, it affords direct contacts between the school-rooms of different countries, our teachers have found it the one useful society with which the school may affiliate with out fear.

One of the leading ethical teachers of to-day says that the ideal of education is knowledge guided by love. There is nothing new in such a definition. It is not different from the ideal of the Founder of the Christian religion or the great ethical teachers that preceded Him in Jewish history. It is identical with the ideal of Buddha and that of Confucius. But how can love guide knowledge in the schoolroom unless that love be concretely illustrated in the person of some other child whose need is real? And how can such a contact be made between these children save along the lines already provided by the Junior Red Cross of the world? How can love become a guiding principle except as it be separated from the possessive instinct? It is not through knowledge of the child in the next house, the child who is one's own cousin, the child who lives in one's own city, that children can learn to love. The child's mind, as the Junior Red Cross has proved, bridges vast oceans with a span of affection, and children in America

have learned to love children in China by means of their knowledge one of another through the Red Cross.

In the field of character building the Junior Red Cross claims a big position. It is the only great society teaching the school on many points through which the avenues of activity begun in school may be continued in mature life. It embraces the whole of life. It is a symbol of the volunteer through its universality of aid. Through its Juniors in school it inculcates those habits which will be the most fitting preparation for the life of the citizen, mature and full grown.

At every point we who are associated with the Junior Red Cross find ourselves in agreement with the soundest principles educators have set forth as the ideals of the twentieth century. We have but to ask ourselves the questions: "Can the Junior Red Cross stand the test of time?" "What has been the testimony of those who have tried it?" "Is there already authority behind it?" The charts and maps, the collection of statistics, magazines and pamphlets must be the answer. I can say personally that in my ten years of association with the organization I have never known any movement to meet so little opposition as this one. It has not, indeed, had sufficient constructive criticism from which to learn, for I believe in constructive criticism most heartily. Its limitations are the limitations of a school system. Its difficulties are those of the training of the personnel of the schools. Its errors those inherent in human society. I have seen farms in Italy, playgrounds in Belgium, hospitals in Poland and summer colonies in Czechoslovakia; classes in art in Austria, and in carpentry in the United States, which have been filled with vitality, courage, sensitiveness and intelligence, all through the medium of the Red Cross. Am I then unduly optimistic when I claim for an organization which can do this, the endorsement of that authority which derives not from persons in high place, but from the ultimate authority in education, the child itself?

#### QUEBEC DIVISION'S JUNIORS' CAMPAIGN

The Junior Red Cross of the Quebec Division is undertaking an intensive campaign for mem-

bership and, in this connection, it is interesting to note that Greenfield Park, where the first Junior Red Cross branch was organized, has sent in close to 300 names. Mrs. R. B. Shaw, the director of the Junior Department for the Quebec Division, has arranged for a series of meetings at which the Chief Commissioner, Dr. J. L. Biggar, will be the principal speaker. The itinerary includes Cowansville, Knowlton, Valleyfield, Ormstown, Huntingdon, Dedford, Farnham and Sherbrooke.

The campaign will be continued throughout the school year and should result not only in increased membership but also in increased public appreciation of the Junior Red Cross as a health promoting and energizing factor in the schools.

#### BRITISH COLUMBIA DIVISION

Commenting upon an event connected with the visit of Dr. Robertson, Chairman of Council and Col. Biggar, Chief Commissioner, to British Columbia, the Victoria Times said:

How Canada is building up the health of its people was outlined to Premier Oliver to-day by Dr. J. L. Biggar, chief commissioner of the Red Cross for Canada, Dr. James W. Robertson, chairman of the Canadian Red Cross Society, and Sir Richard Lake, British Columbia Division of the Canadian Red Cross.

The Red Cross representatives asked the Premier to see that the co-operation which the Government is extending to Red Cross work is continued in British Columbia. Keen appreciation of British Columbia's efforts in this direction was expressed.

#### NATIONAL PARLEY PLANNED

The Red Cross organization has under advisement plans for a national conference on health matters to be held in Ottawa, the Premier was told. This conference would draw together representatives of all provinces in a discussion of public health problems and their solution. In this way, the Red Cross heads explained, the need of conserving and building up public health could be impressed upon the authorities of every province.

To show the need of this work the health experts stated that about a third of the school children of Canada are the victims of improper foods. This does not mean that they are undernourished, but that they are not being fed on the best foods for the development of their bodies.

## New Brunswick's First Nursing Outpost

**N**EW BRUNSWICK has now joined the ranks of the Canadian Red Cross Divisions which are conducting Outpost hospitals. That province has made a beginning with its first Outpost hospital which has been established at St. Leonard, where there is a very great need for this good service and where the death rate is much higher than it should be.

A local committee was formed at St. Leonard and a small flat has been rented to serve as a beginning in the Outpost hospital service. The rental will be paid by the people of the community who have also undertaken to furnish the nurse's room. Some hospital supplies and three beds have been supplied by the New Brunswick Division as additional equipment. The flat is heated and lighted and supplied with bath room.

It is hoped that the new Outpost will be of great service to the community both in the matter of accommodating the sick and in serving as a centre from which health knowledge can be disseminated.

### THE PLACE AND EQUIPMENT

Describing the Outpost more fully Miss Sibella Barrington, the organizer of Home Nursing Classes for New Brunswick says:

The hospital is a little upstairs flat and consists of two bedrooms, a large room for clinic and class purposes, a room with a kitchen stove in it which is to be used as kitchen and dining-room, a nurses' bedroom and a little hallway with a desk in the corner. Across the hallway a nice bathroom. Telephone and also light are given by the owner of flat. The two bedrooms are to be furnished with beds, little stands and chair, all but the chair being sent from Red Cross stores. The large room also has a bed in it for demonstration purposes, a table and all that will be needed for Home Nursing Classes.

The walls are all painted white and floors painted and varnished. It is just a clean, warm, little inexpensive place, where two patients can be taken care of at a time and classes given to all who can attend for miles

around. One nurse is in charge or will be, and she is to be well taken care of by a Committee formed for the purpose. The food question will be all looked after at present by donations. People can give vegetables, preserved fruit and even chickens when they have no ready money. The Committee is arranging to pay rent at \$16 per month, from a benefit fund they have in the Roman Catholic Church. One of the ladies is going to provide furniture for the nurse's room and kitchen. The Girls guild of the church, will make the bed linen and keep it in order. Another church society is to help with dressings, etc., so we have a very good organization there. The New Brunswick Division will give a nurse \$50 a month for three months and her board at \$6 a week for the same time for it is hoped that the Community will take over entire support with advice and assistance in administration from the Red Cross. A nurse has been interviewed and it is hoped

will accept, as she is an ideal person for the work.

Mrs. Longley is Convenor of the local Home Nursing Committee which has the work well in hand.

St. Leonard is in Madawaska County. The people are French-Canadians and very anxious to have a good Red Cross there now they have heard about the work, but they want French books so badly.

### CANADIAN RED CROSS A NATIONAL ORGANIZATION

**The Canadian Red Cross Society is a voluntary national organization working to aid in "the improvement of health, the prevention of disease and the mitigation of suffering." Its services are Dominion-wide and it has a divisional office in each province. For the information and convenience of members and readers who would like to get into closer touch with the work of the Society, the addresses are printed on page 16 of this issue.**



*A group of women of Sherbourne House Club, Toronto, who completed the Red Cross Course of Study of Home Nursing. There were two classes in this group. Miss Ballert, formerly a nurse and superintendent of the club, took a great interest in the work and assisted greatly on the work of organization which was carried out by Miss Goodman, the organizer for the Toronto Branch.*

# The Importance of Vegetables in Our Diet

By Dr. Herman M. Biggs, New York State Commission of Health

**T**HE value of leafy green vegetables in our daily diet has not until recently been fully appreciated even by food experts. We knew that they were desirable, but not until the vitamins were discovered and certain ones found to be in vegetables was it known just how essential the latter were. Most people eat vegetables, but they do not eat enough of them. While vegetables are not as cheap a source of energy for work as cereals, they are less expensive as a rule than fruit; and when economy is necessary, fresh vegetables may replace fresh fruit.

Like fruit, vegetables tend to prevent or correct the disease known as anaemia, which is due to a lack of red corpuscles in the blood; they also tend to prevent constipation and its attendant ills. All vegetables contain valuable mineral matter needed to keep the blood in proper condition, and to build up or renew bones and tissues. Hunger is often times due to the absence of vegetables in the previous meal; especially is this true in the case of children. The habit of eating between meals, and an unwholesome craving for more food is never so prevalent among those who use vegetables liberally and regularly.

Potatoes, baked or boiled or mashed, are used practically every day by everybody, but the green vegetables of all kinds should be more commonly used. Some kinds of "pot greens," such as beet tops, turnip tops, dandelions, chard, spinach and lettuce, should appear not less than three times a week in our menus, and a daily use of one or more of these is a very profitable investment.

Within recent years the tomato has come into its own—as a 'protective food' (the "protective foods," as you know, are those without which certain diseases like scurvy or rickets develop). Tomato juice may be substituted for orange juice in the case of artificially fed infants.

Almost all vegetables except cabbage, cucumbers and green corn should be used freely for children

after the fifth year. For young children, vegetables should be thoroughly cooked and rubbed through a sieve.

Much valuable food material dissolves in the water in which vegetables are cooked. This decreases their food value, unless the water is used in making gravies or soups. If vegetables are steamed instead of boiled much of the mineral content is saved.

During the war we were urged to conserve meat by using peas and beans instead. Peas and beans contain more protein than other vegetables and so they may be used at times in place of meat, eggs or fish. They must not be used exclusively to replace these, however. A large dish of peas or beans may be used in place of meat for dinner occasionally; eight or nine ounces of shelled green peas or beans being equal to a quarter of a pound of beef of average composition.

As a class, vegetables are notably lacking in fat. Hence the common sense practice of serving on them a fat such as butter or bacon fat. This not only improves their palatability, but makes good a nutritive defect.

In the winter, if fresh vegetables are not obtainable, canned or dried vegetables should be used. The effect that different methods of dry-

ing and canning has on their nutritive value is still under active investigation.

## RED CROSS AMBULANCES IN BRITAIN

**T**HE Home Service Ambulance Committee of the Joint Council of the Order of Saint John of Jerusalem in England and the British Red Cross has recently issued its seventh Annual Report.

The service rendered under the direction of this Committee is an ambulance service covering a very large part of Great Britain. The Committee conducts 349 ambulance stations and in addition has 38 affiliated ambulances, making a total of 387. The growth of this excellent service is shown by the fact that in the year ending March 31st, 1921, 36,007 patients were carried and in the year ending March 31st, 1926, 76,886 patients were carried.

Dr. E. V. McCollum, Johns Hopkins University, says:

"Every city should enforce the pasteurization of its milk supply. The reasons for this are clear and are accepted by all who are in a position, as a result of scientific training, to understand the underlying principles. I have for years insisted that every city should have its milk pasteurized and under conditions where the city health officer can effectively supervise the process."



*Use plenty of vegetables in the diet and do not pour the juices of boiled vegetables down the sink. Use them in soups. The family which does this will not suffer from a deficiency in vitamins.*

## BONAR LAW

‘Many fair tombs in the glorious glooms  
At Westminster they show;  
The brave and the great lie there in state.’

**N**O DOUBT all Canadian Juniors hope that some day it may be their privilege to go to London, the heart of the British Empire, and stand amid the “glorious glooms” of Westminster and see those tombs of the men who have made and kept our Empire great. In the meantime, however, London has come to you—in the beautiful Banner “From British to Canadian Juniors.” Curiously enough—apparently by the merest accident—the first Canadian Juniors to see that Banner were a little group, “Mortimore Branch,” of Harcourt, Kent County, New Brunswick, just a few miles from the spot where a few days before had been unveiled a monument to Bonar Law—born in a little farmhouse of Richibucto Parish, buried in Westminster Abbey.

Andrew Bonar Law was born in September, 1858, on a farm on the Richibucto River, near Rexton, where his father was a Presbyterian minister for forty years. On the day of the unveiling of the monument old people came from miles around to see Richard Law, not because he was Bonar Law’s son, but because they had known and loved the grandfather, the minister who left so great an impression on the Presbyterian people of Kent County that to this day their children know and revere the name of Law.

When Andrew was about fourteen years old he was sent to Scotland, to enter the business of his mother’s brothers, iron-founders at Glasgow. He mastered the iron trade from the ground up. He was not afraid of overalls, and was the first one to reach the shop in the morning, and the last one to leave at night. He learned how to smelt, and how to pour the molten liquid; how to make patterns, and how to cast.

After thoroughly mastering the mechanical end, he learned the office work so thoroughly that his uncle took him into partnership, not because of his relationship, but because he had earned the advancement. Together they built up one of the

largest iron businesses in Great Britain. So successful was he that in 1900, when only forty-two, he was able to retire.

He had simple tastes, cared little for society, but was fond of golf, chess and tennis. When not at work, or engaged in these sports, he could be found in his library. He was an omnivorous reader, and as he had a

Secretary of State for the Colonies 1915-16, and Chancellor of the Exchequer 1916-21.

As Chancellor of the Exchequer he made a real mark. His budgets were understandable, and his explanations remarkable for their clearness. But the event which forever impressed the people of the Empire with confidence in Bonar Law was his conduct in the crucial last week of July, 1914, when he was leader of the Unionist Opposition in the House of Commons.



*The late Andrew Bonar Law, a thoughtful, earnest Canadian—native of New Brunswick—who rose to the highest political honour in the Empire—Premier of Great Britain.*

very retentive and accurate memory he was one of the best informed men in England, although he never had the advantage of a college education.

He entered politics through Lord Balfour, who first met him on the golf course in Glasgow. Lord Balfour was impressed by his clear thinking, and his great store of statistical facts concerning political and industrial affairs, and persuaded him to stand for parliament. He was for years a noted figure in the House of Commons—was elected Leader of the Unionist Party in 1911, was

He learned that Premier Asquith was having great difficulty in getting many members of his cabinet to support his view that Great Britain should enter the war on the side of France. It was then that Bonar Law, in conjunction with Lord Lansdowne, Unionist leader in the House of Lords, wrote his famous letter pledging to the Government the support of the Opposition in case of a declaration of war.

In October, 1922, in a time of political crisis, under circumstances which made it unpatriotic to refuse,

he accepted the Premiership—and so the boy from the small New Brunswick farm became Premier of Great Britain. In accepting he knew that he was hastening his own death, and that he had but a few months in which to try to set the affairs of his country in order.

He claimed the distinction of being the ugliest man in parliament. He was long, lean, lanky, and loose-jointed, utterly devoid of grace. He had deep-set cavernous eyes, high cheek-bones, hollow cheeks, a long scrawny neck, and a heavy drooping moustache. His hair was thin, and he combed it directly back. He spoke well enough to hold the attention of his audience—but was no orator. People, however, remembered what he had said when they had forgotten the speeches of the orator who made a greater impression at the moment.

He was a great friend of Balfour, and of Lloyd George. He had a genius for friendship, and was utterly loyal to his colleagues and to his chief. He believed in the dignity of labour because he had done his share of it.

"Toronto Saturday Night," at the time of his death, said of him:

"Able, courageous, and far-seeing as a statesman, he had the honour and conscience of a Christian gentleman.

"Canada, and especially his native province, may take eternal pride in having given to the Empire such a servant."

—J. I. L. in *Canadian Red Cross Junior*.

### HAPPINESS

In the classics of English Literature, we find many references to the subject of happiness in its various aspects, according to the viewpoint of the writers.

Thomson in the *Castle of Indolence* says: "Health is the vital principle of bliss."

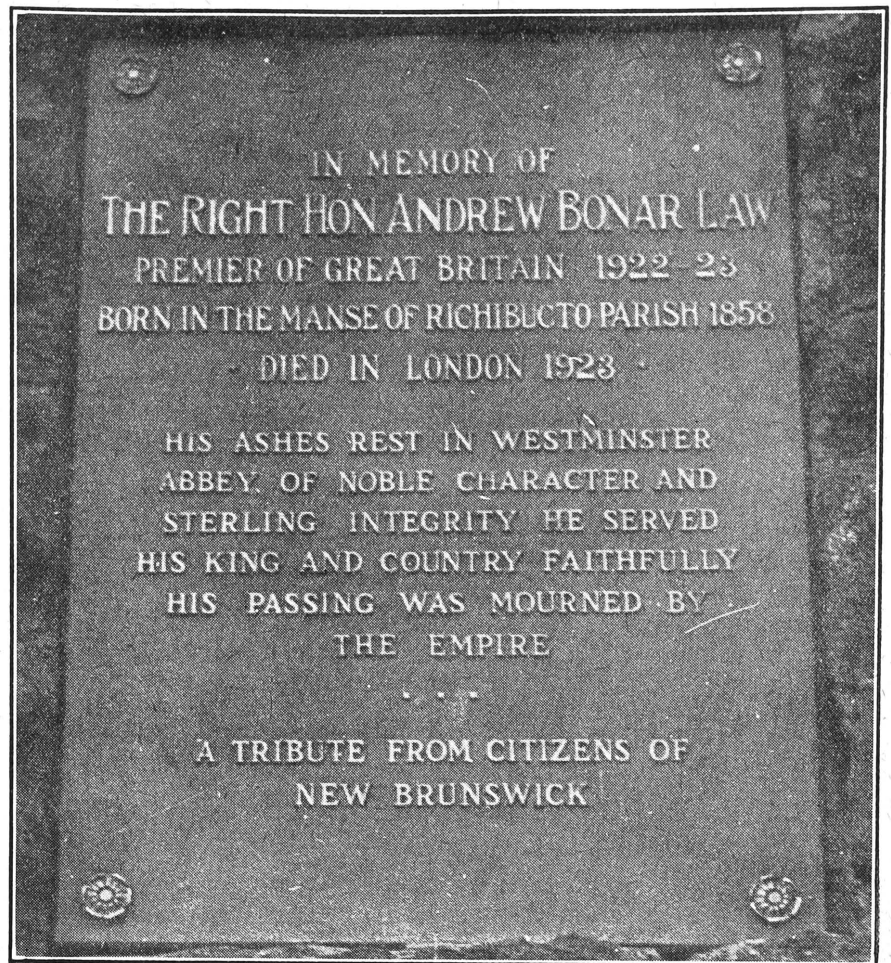
Hosea Ballou says: "Real happiness is cheap enough, yet how dearly we pay for its counterfeit."

Madame de Stael, in one place: "One cannot be fully happy till after his sixtieth year"; and in another "Be happy, but be so by piety." Evidently the opinion of her later years.

Bovee asserts: "The greatest happiness comes from the greatest activity."

Barry Cornwall exclaims: "Oh, why has happiness so short a stay?"

Goethe asks: "Who is the happiest of men?" and then answers his own question: "He who values the merits of others, and in their pleasure takes joy even as though 'twere his own."



The tablet erected at Reylon, New Brunswick, to the memory of the late The Right Hon. Andrew Bonar Law.

In Goldsmith's "Traveller" we read: "Still to ourselves in every place con-signed, Our own felicity we make or find." Longfellow in "The Golden Legend" has: "To be strong is to be happy." In his much quoted "Essay on Man," Pope has the stately lines:

"Fixed to no spot is happiness sincere;  
'Tis nowhere to be found, or every-where;  
'Tis never to be bought but always free,

And fled from monarchs, dwells with thee."

The genial Sydney Smith (not the creator of *The Gumps*) thus philosophizes:

"Mankind are always happier for having been happier; so that, if you make them happy now, you make them happy twenty years hence by the memory of it."

And a great classic philosopher, Marcus Aurelius, said: "The happiness of your life depends upon the quality of your thoughts."

### MANITOBA SETTLER APPRECIATES RED CROSS

The following unsolicited testimonial from a family who came to Manitoba under the British Empire Settlement Scheme testifies to the good work the Canadian Red Cross is doing among these settlers in co-operation with the British Red Cross:

Mr. F. J. Freer,  
Dear Sir:

Would you kindly forward this letter to the Red Cross Society to show that we appreciate their kindness and are thankful for the assistance rendered us in obtaining a doctor during our son's illness.

We are, yours sincerely,

(Signed) A. J. Garraway  
A. M. Garraway

Holmfield, Manitoba

# Study Home Nursing During the Winter



A Red Cross Home Nursing Class.

**749** Classes have been organized.

**31** New Classes started in September, 1926. For the same month last year the new classes were 10 — Increase 21.

The study of Home Nursing is increasingly and deservedly popular.

The Red Cross provides the way to take this useful Course.

*Write to the Red Cross in your Province for Information — Addresses on this page*

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(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."

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A national journal published monthly by the Canadian Red Cross Society, to place before the people of Canada information concerning its program and activities, 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."

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