



Keeping Christmas

IT IS a good thing to observe Christmas Day. The mere marking of times and seasons when men agree to stop work and make merry together is a wise and wholesome custom. It helps one to feel the supremacy of the common life over the individual life. It reminds a man to set his little watch now and then by the great clock of humanity.

But there is a better thing than the observance of Christmas Day, and that is keeping Christmas. Are you willing to forget what you have done for other people and to remember what other people have done for you; to ignore what the world owes you and to think what you owe the world; to put your rights in the background, your duties in the middle distance, and your chances to do a little more than your duty in the foreground; to see that your fellowmen are just as real as you are, and try to look behind their faces to their hearts hungry for joy; to own that probably the only good reason for your existence is not what you are going to get out of life, but what you are going to give to life; to close your book of complaints against the management of the universe and look around for a place where you can sow a few seeds of happiness?

Are you willing to stoop down and consider the needs and desires of little children; to remember the weakness and loneliness of people who are growing old; to stop asking how much your friends love you and ask yourself whether you love them enough; to bear in mind the things that other people have to bear on their hearts; to try to understand what those who live in the same house with you really want without waiting for them to tell you; to trim your lamp so that it will give more light and less smoke, and to carry it in front so that your shadow will fall behind you; to make a grave for your ugly thoughts and a garden for your kindly feelings, with the gate open? Are you willing to do these things for even a day? Then you can keep Christmas.

Are you willing to believe that love is the strongest thing in the world—stronger than hate, stronger than evil, stronger than death—and that the blessed life which began in Bethlehem nineteen hundred years ago is the image and brightness of the Eternal Love? Then you can keep Christmas. And if you can keep it for a day, why not for always? But you can not keep it alone.

—Henry Van Dyke.

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How It Can Be Done

Valuable Demonstration Now Being Conducted at Three Rivers, Quebec, to Show How a Community Can Reduce Infant and T.B. Mortality.

THE valuable demonstration that is being conducted at Three Rivers to show what can be accomplished by an intensive health service to combat tuberculosis formed the subject of an address to the Central Council of the Canadian Red Cross by Dr. C. D. Parfitt, superintendent of Calydor Sanatorium Gravenhurst. Dr. Parfitt first thanked the Canadian Red Cross for the grant which had helped to have the demonstration started.

"The material assistance given by the Canadian Red Cross Society," Dr. Parfitt said, "had initiated this undertaking which purposed to show by an intensive health campaign during a period of years that the general health of the community can be so improved that there will be a great reduction in the infant and tuberculosis mortality. It is expected that the latter will at least be cut in half."

The city of Three Rivers had been selected as a starting point for this demonstration because of its value to a province where the tuberculosis death rate is still high and where an active campaign against tuberculosis is now being developed. Dr. Parfitt reported that the work at Three Rivers is off to a good start and its support is reasonably assured.

The doctor referred also to the intensive medical examination of school children which was carried out in Wentworth County, Ontario, a year ago, and which is an illustration of the value of this type of work and the deductions which may be drawn and applied to the community at large.

In Wentworth County 1,392 children had been examined by about forty physicians, including various specialists. This examination had been exhaustive and included X-ray examinations of the lungs of the great majority. More than 2,000 physical defects had been found in these children and one per cent. of them were found to have symptoms suggestive of active tuberculosis. Making a deduction from this, Dr. Parfitt pointed out that in 1,100,000 children of school age in Canada it is likely that 11,000 have now, probably, the symptoms of a developing tuberculosis.

Dr. Parfitt dwelt at some length upon the value of such demonstrations which reveal true facts concerning health conditions of the people and give public health officials a basis upon which they can perform their preventive work.

The doctor paid a high tribute to the Canadian Red Cross program for the "improvement of health and the prevention of disease" and for the help it had given in Wentworth County and is giving in the Three Rivers demonstration.

Fire at Windsor

Nova Scotia Division's Emergency Disaster Relief Organization Had a Call For Service.

The Emergency Disaster Relief Organization of the Nova Scotia Division was recently called into action through the severe fire which occurred at Windsor, Nova Scotia.

At the town of Windsor the local branch of the Red Cross took an active part in the matter of relief and the divisional organization of the Society contributed the sum of \$300.00 towards the relief of those who had suffered from the fire. The Nova Scotia Division also offered to receive contributions from those of the public who wished to contribute towards the relief fund. It also undertook the collection of the necessary clothing, bedding and other requirements for the needy.

SPEAKING OF BIRDS

Visitor—"I notice a sign outside that says you want a man to retail imported canaries."

Manager—"Yes, are you looking for the job?"

Visitor—"No, I just wanted to know how the canaries lost their tails."—*Burr.*

"Mankind is still groaning and travelling under a grievous burden and weight of pain, sickness, and disease. Interruptions are sure to come in the future as they have in the past in the work of removing the incubus, but, in spite of these, it is the duty of science to go steadily forward illuminating the dark places in hope of happier times."—*Sir David Bruce.*

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Nature's Way

By MAJOR F. DAVY, O.B.E.,
National Office Canadian Red Cross
Society.



In our town there is a park which is unique. Instead of having the usual formal carpet-like beds of geraniums, begonias, foliage plants and others of that kind, it has Canadian shrubs and trees arranged as they would grow in nature. Though the location of each plant, shrub or tree is carefully thought out they all seem to grow according to their natural fancy.

While accompanying Dr. Capusulus upon his after-office walk one June day we strolled about the pretty trails. At one shady spot the doctor said:

"Look here, what lovely Gaultherio."

"Gaultherio, what's that?"

"Just wintergreen. It's a shy plant but quite pretty in the autumn when it has its red berries."

We strolled along and came to a pretty pool surrounded with rocks.

"Aha! Saracenia—pitcher plant," the doctor said, as he bent down to look at some fine specimens with leaves almost a true pitcher shape, and I began to realize that he was an enthusiastic botanist.

The doctor lifted up one of the widest tubes which was nearly filled with water upon which floated some dead insects.

"Here is a plant which is carnivorous," he said. "These insects are part of the food of the plant. Notice the stiff hairs which point backwards and prevent the insects from escaping once they enter. It is wonderful how many ways nature adopts to sustain life. And each method is the one best adapted to the kind of life it sustains."

We continued our stroll seeing much, enjoying it all and saying little until we arrived at the gate of the park. As we went out to the street a wedding procession passed. The newly-married couple travelled in an old-fashioned horse carriage. There was a white rosette on the coachman's whip; there were white ribbons on the carriage and the coachman wore a white necktie. The bride was dressed in white and the groom wore white gloves. There was also a merry party of attendants. As the doctor gazed quietly at the equipages a satirical smile began to play about his lips. He turned to me and said, grimly:

"If color signifies anything I'd decorate some of these weddings with crepe."

I am familiar enough with human life to know that joy may soon turn to mourning and also that all

marriages do not turn out happily. But I was not sure whether that was the doctor's thought, so I asked him:

"Which ones, doctor?"

"You've probably been," he said, "in some of those homes in which the mother does all the work, neither trains her daughters in life and living nor gives them the opportunity to learn, believes in letting them 'have a good time'; acts as a sort of servant to them in fact."

"Yes, and I think I know the result," I replied. "Well?"

"The girl reaches maturity without any knowledge of how to care for a home, without a knowledge of values. She does not know what food to buy nor how to cook it when she buys it and she begins then to learn the things she should have been taught in girlhood,

and instead of being a 'help-meet' for her husband she sometimes becomes a handicap."

"Yes," said my friend, stroking his beard, "that's bad enough but it's not the most serious lack in their bringing up. It only concerns the life and happiness of the two. What I am thinking of is the fate of the new lives that may result when girls who have learned nothing of the facts of life become mothers. How often have I written

'diarrhoea and enteritis' on the death certificate when I would have liked to write 'cause of death—paternal ignorance'."

"Look at that little mother over there," said the doctor as he gazed towards a nearby perambulator. "When young she learned nothing of the life knowledge that is most worth while. She's thin and emaciated because she does not know how to nourish herself. I know the family—had one call from her—and told her what I am telling you. Let's walk by and you'll see the child feeding from its bottle. That's a very poor makeshift to replace the natural way of feeding a child. Think of the thousands of years of Nature's wisdom that are wrapped up in the human form and its functions and then think how silly it is of human kind to turn too readily to a trumped-up method of feeding infants—and cling to it as many do—when so often its results are either death or ill-health to the child."

"Do you know," the doctor continued, "that of every five babies who die in the first year of life only one is fed in the natural way? The remaining four are bottle-fed infants. Even if a baby survives the handicap of poor feeding during the first year of its life, the handicap often shows up as weakness in later childhood."

The doctor looked down the street and with the ease with which he could change from seriousness to gaiety he all of a sudden burst into a loud laugh.

"Here's my little neighbor," he said.

A short distance along the street I saw a little boy of about five years of age. In his arms he was carrying



"Look at that little mother over there," said the doctor as he gazed towards a nearby perambulator.

a large retriever pup, nearly fully grown, nearly as large as himself in fact. He was trying to run, but his load was so disproportionate to his carrying capacity that the result was neither a run nor a walk but a spasmodic compromise between the two. As he arrived nearly breathless, still clinging to his burden, he tried to hold out his little hand to the doctor and said:

"Wanted you to see my new dog; isn't he a beauty?"

"Yes," said the doctor. "He's wonderful, but why carry him?"

"'Cos he's such a baby, but I guess I can put him down now."

So saying the lad released his charge and the doctor, holding him by the hand,

led the way to a seat in the park where the child with the completest confidence poured out his little observations, thoughts and musings.



The doctor, with rare understanding of childhood, listened and conversed in such a sympathetic and unaffected way that it seemed as though two children were talking together. That is a great art—to talk with a child on its own level—without being commanding or didactic. But it comes natural to those who can say as the doctor did before we parted:

"Wonderful people, these little ones! I love them."

Junior Red Cross Bulletins

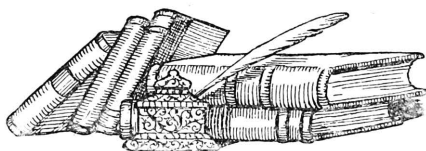
MANITOBA

A very good description of the Branch activities of the Manitoba Juniors is given in the October Junior Bulletin of the Division, the tenth of its kind since the Junior work was organized in Manitoba. Over ninety branches have sent in little stories of how they are carrying on the work, and they are bright and interesting reading, illustrating as they do the bubbling enthusiasm of the children. The latter pages of the magazine are devoted to an illuminating article upon how to conduct Junior Meetings and the duties of officers and members. The number concludes with a report of the crippled children's fund and has interesting notes of some of the children who are benefiting by the goodwill and help of their fellow-children. Some very good drawings of a humorous character in the centre pages illustrate the difficulties of the nurses on duty at the Nursing Stations.

Copies of the number can be obtained from the Manitoba Division, Canadian Red Cross Society, 187 Kennedy Street, Winnipeg, Manitoba.

NEW BRUNSWICK

We have looked over the New Brunswick Junior News-letter and find it a bright little publication from start to finish. It has a very attractive, friendly style, is full of valuable health hints for schools and for individual children, some well-selected poetry and timely notices of what the branches, the Junior organizers and the Divisional Junior Executives are doing. It can be obtained upon application to the New Brunswick Junior Red Cross, 72½ Prince William Street, St. John, N.B.



Books and Magazines

DOMINION DEPARTMENT OF HEALTH PUBLICATIONS

The Department of Health of Canada has recently issued the following publications, copies of which may be obtained on application to the Deputy Minister, Department of Health, Ottawa, Ontario:—

Simple Goitre—A summary of facts for the Physician.

How to Build Sound Teeth.

Smallpox and Vaccination.

Narcotism in Canada.

In applying for these publications mention the Canadian Red Cross Magazine.

Health Education in High Schools—An outline of a practical course in health education for high schools. "The Nation's Health," November 1924, page 775.

Progress in Child Health—A report to the American Child Health Association, 1924. "Child Health Magazine," November 1924, page 464.

Health Habits for School Children—By I. H. Goldberger. "Hygieia," November 1924, page 705.

High School Lunch—Financial, administrative and educational policies in the provision of lunches to high school children. "Journal of Home Economics," November 1924, page 625.

Always Supplied

The son of a physician loves to "play doctor." He makes the rounds of the neighboring houses, inquiring as to the health of the inmates. Usually he has with him an assortment of dolls—his "patients" in lieu of larger ones. Recently he called at a home and asked, "Anybody sick here?"

He was answered in the negative.

"Oh, well," he said with professional nonchalance, producing two of his dolls, "guess I'll leave a couple of babies, anyway!"

—Pickup.

The Junior Red Cross in Other Lands

LITHUANIA

For the first time in Lithuania, a holiday camp for undernourished children has been organized. This initiative has been taken by the Lithuanian Junior Red Cross, helped in this enterprise by the National Children's Fund of America. The little guests were chosen from among the most necessitous children and were divided into two groups; 60 boys and 60 girls, who spent a month each at the camp.

HUNGARY

The Hungarian Red Cross has forwarded to the League Secretariat a report on the activities of the Junior Section. This report shows the great development of the movement and the general interest which the organization has aroused in official and public circles. The number of groups formed has risen to 226, representing a total of 82,000 members.

BOLIVIA

In accordance with the recommendations of the First Pan-American Red Cross Conference at Buenos Aires, the Bolivian Red Cross has undertaken the constitution of a Junior Section. The Ministry of Public Instruction, at the request of the Red Cross, has addressed a circular to all members of the teaching profession inviting their attention to the pedagogical interest presented by the Junior movement, and calling for their collaboration in establishing the Junior Red Cross in all the schools of the Republic at the earliest possible moment.

Counters

"What are the things that count most in this life?" asked the Sunday school teacher.

"Adding machines and bookkeepers," replied the small boy, who had been in his father's office.

HEALTH INFORMATION

Scarlet Fever Control

Parents Should Know the Simple Facts of this Children's Disease. They Can Help Greatly in Prevention. Much Scientific Progress Made in Past Few Years.

SCIENTIFIC progress in the control of scarlet fever has been rapid during the past year. The Doctors Dick, of Chicago, appear to have isolated the germ which causes the disease and to have found means of detecting those who are liable to catch it and of protecting such persons. Finally an anti-toxin has been produced which gives good promise of curative treatment. It is too soon to pronounce on the final result of these researches but the outlook for an effective control of this malady is more promising than ever before.

PROGRESS IN SCARLET FEVER CONTROL

Scarlet fever is most common during the winter months. In the summer when children are playing in the open air, there is little scarlet fever. When children are congregated in schools and the indoors season commences, the number of cases steadily increases and remains at a high level during the winter months until the springtime brings its gift of outdoor life.

Scarlet fever may commence with a sudden fever, sore throat and vomiting. After a day or two, a scarlet rash appears. This rash covers the body, and resembles a severe sunburn. After the rash disappears the skin begins to peel off in fine flakes. There are many forms of scarlet fever, from the very mild type in which the symptoms are so slight and fleeting as hardly to attract attention, to the severe types in which death rapidly results. All forms of scarlet fever are equally dangerous to the public, for a fatal attack may result from contact with the mildest case. In epidemics, some cases occur without a rash, or with a rash so fleeting that it passes unnoticed. When scarlet fever or diphtheria prevails in a community a child with sore throat, headache and vomiting or any one of these symptoms, should be seen by a doctor and kept away from other children until the nature of the trouble is clear.

Mild Cases Dangerous to Others

Mild cases are especially dangerous to others because a patient with a mild

attack may spread to others a severe form of the disease. Many children with mild scarlet fever are not sick enough to call a doctor and consequently mix with other children who may catch a very severe attack from the child whose illness is unusually mild.

How It Spreads

The disease is spread by the secretions from the mouth, nose or discharging ear. The particles of peeling skin probably do not carry the germs of the disease. The patient should be strictly isolated until the fever is over and the nose, throat and ears are free from discharge. So long as any discharge continues, there is danger of infection.

When the Disease Occurs

Scarlet fever is often spread in school by children who are in the very early stages of the disease or not completely recovered from it. These children will spread the disease to others in school and elsewhere by means of the fine mouth spray given off in talking, through pencils placed in the mouth, through the drinking cup used in common, and by means of the towel and handkerchief used by more than one child. Note that the proper safeguard against spread of scarlet fever among school children is not to close the schools but to institute a careful system of medical supervision of the children in the schools. With the schools closed, children are removed from all medical control and the disease will continue to spread unchecked as they gather outside the classroom. If they are kept in school, under the watchful eyes of physicians and nurses, children suspected of having the disease or known to have been exposed can be sent home and isolated before they do any damage. In this way, school work continues with the least possible interference and the disease will be brought under control in the shortest possible time.

Isolation

The best way to prevent the spread of scarlet fever is strict isolation. Children with slight illnesses that may be scarlet fever should be kept to themselves until a doctor has decided the nature of the illness. It is better to call the doctor needlessly many times than to call him once too late to prevent serious trouble or to prevent the spread of a dangerous disease.

The After-effects

The after-effects of scarlet fever may be serious. During the attack there is usually an inflammation of the kidneys which may leave these important organs in a state of weakness that opens the way to other diseases later in life. Ear disease follows scarlet fever in about 20 per cent. of cases. Partial or complete deafness may result and in severe cases, the infection may reach the lining of the brain and cause meningitis.

Prevention Through Good Health Habits

The practice of good health habits does much to lessen the danger of all communicable diseases. From the very first every child should be taught never to place any article but food in his mouth, never to use a drinking vessel used by other persons, never to use a towel in common with others, and to sneeze and cough into his own individual handkerchief. The observance of this rule may result in your child escaping some of the most fatal diseases of childhood, as nearly all children's diseases are transmitted by the secretions of the mouth and nose.

How to Avoid Scarlet Fever

WHEN scarlet fever is present in the community, every parent should protect his child and others by observing these rules:

Keep children away from households where the disease exists.

Don't let them play with children who have sore throats. If your child develops a sore throat, isolate him until he is entirely well.

Keep all members of the family away from public gatherings as long as the disease prevails.

Only by guarding your own children against exposure and by keeping any child who has scarlet fever from endangering others, will you do your duty in this respect toward the community in which you live.

The Time Draws Near

The time draws near the birth of Christ;

The moon is hid—the night is still;

The Christmas bells from hill to hill
Answer each other in the mist.

Each voice four changes on the wind,
That now dilate, and now decrease.

Peace and goodwill, goodwill and peace,

Peace and goodwill to all mankind.

—Alfred Tennyson.



The Commonsense of Eating

From *The Commonsense of Health* by Dr. Stanley M. Rinehart, Copyright 1924, George H. Doran Company, Publishers.

This is the first of a series of articles by Dr. Stanley M. Rinehart on the "Commonsense of Eating." These articles tell of what happens to food when we eat and show how important it is that at least twice each week, and every day if possible, our food should include (1) milk or cream (2) whole cereals, (3) fresh fruits, (4) leafy vegetables and (5) meat, fish or eggs. If any one of these important food groups are difficult to obtain, a relatively small quantity will suffice.

INTRODUCTORY

If we were all as physically active as our early ancestors, if life were as simple and uncomplicated with us as it was with them, when men had to hew and dig, to hunt and carry and labor with their hands, we would not need to concern ourselves with the subject of what to eat and would be interested only in the problem, how to get enough of it. We should be like the very old lady who was asked to what one thing more than any other she attributed her longevity. After a moment's serious thought she replied: "I think it was vittles!"

But life is not as simple as it used to be: it is complicated by a great many things, such as hurry, worry, sedentary occupations; and rich viands, without which our forefathers managed to get along very well.

SECTARIANS IN DIET

In consequence there are all kinds of sectarians in diet who are endeavouring to solve the problem, each group not only for themselves, but for the rest of us. And they are enthusiastic and vocative, and all are addicted to the pen or the typewriter.

Among these various sects are the Fruitarians. They eat nothing but fruits and nuts. Simple Lifers, they are called in England, and they go about the country eating little and wearing not much more. Then there are the Vegetarians, who eat nothing that does not grow above ground. And a sub-sect of the Vegetarian family who refuse all cooked foods but dote on raw grains. And the Lacto-Vegetarians, who add to their daily menu milk, butter, cheese and eggs. At the other extreme are a few persons who eat meat only, or at least they go for a more or less extended period on an exclusive meat diet.

In all this maze of diction and contradiction regarding food there is some truth. There are certain essential facts which are so well established that they may be set forth briefly within the limits of this article

Perhaps it would be well to begin with an understanding as to what food is, what we do with it, and what it does for us.

The lowest form of animal life is a mere speck of jelly-like material, or protoplasm, having no permanent form and no organs of any kind. The amoeba, which floats in the water, is an example of this simple life. When the amoeba comes in contact with a smaller object it folds itself around it and digests it if it is

digestible. Any part of the amoeba has the power of digestion and absorption.

Animals a little higher in the scale of life have a pouch with a single orifice, into which food is taken and from which that part which cannot be used is ejected.

From this on, as we go higher and higher, the digestive apparatus becomes more and more developed, until we reach man, who has the most intricate and complex of all, a digestive tract more than twenty-five feet long, with many accessory organs.

Food inside one's stomach is not inside the body any more than the tiny speck is inside the amoeba that has just enfolded it. Food must be prepared for absorption and then absorbed before it really gets into the body. In order to understand what we do to food and what it does for us, suppose we follow a meal into the body proper, and see what becomes of it.

Let the one who is to eat this meal be hungry. Really hungry. What causes hunger? Need of food, of course. But what causes the pangs of hunger? Strong contractions of the stomach. The stomach contracts rhythmically when food is present, but these movements are strong enough to become uncomfortable when food has been denied for a long time. The expression "gnawing hunger," is based upon a real sensation.

Also let this meal be a good ordinary dinner, of sufficient amount, neither stinted nor too abundant. Here is the menu: Broth, steak, a green vegetable, potatoes, a salad, bread and butter, and a sweet dessert, ice-cream if you please. The beverage shall be milk because it contains all necessary food ingredients. Coffee and tea are not, properly speaking, foods.

Before being called to the table, there is an appetizing odor from the kitchen, and immediately one's "mouth waters" in anticipation. Savoury odors cause activity of the salivary glands, because saliva is the first aid to digestion. And, although it causes no sensation, the stomach waters also. The gastric juices are beginning to pour out. Unsavoury food will not cause this phenomenon and lack of appetite will prevent its occurrence, so that digestion will be delayed.

THE APPETITE

Pleasant or unpleasant emotions also have a great influence upon digestion. Dr. Lusk says:

"The appetite is like a magic wand, influencing the whole of the digestive process. Fear and anger lead to a parched throat, so that food cannot be well digested under these circumstances. The appetite is affected by the atmosphere of cheer at the table. Neither scolding parents nor snarling children facilitate the digestion of the Christmas dinner."

But in this instance the appetite is sharpened by hunger and by the taste of the food flavor depending largely upon the sense of smell. And the surroundings are pleasant. Nothing present, past or future, will spoil the digestion of our meal.

First, the broth. There is not much nourishment in a clear soup; most of that has been strained out, in the solid ingredients. But its use is chiefly as an appetizer, further to stimulate the pouring out of the digestive juices.

Then comes the solid food, steak, bread and butter, and the vegetables, which will engage the attention of the teeth. Human teeth are of two kinds, those characteristic of flesh eating animals and those possessed by the vegetarian. This fact should settle the question whether man was intended to live exclusively upon vegetable food.

WHERE DIGESTION BEGINS

How long should each mouthful be chewed? That

depends upon the kind of food. Digestion of starch begins in the mouth, where the saliva starts the chemical change of starch into sugar. Starchy vegetables should be thoroughly chewed and mixed with saliva. Flesh eating animals bolt their food. Watch your dog eat meat. His teeth are meant chiefly for tearing and rending. This is not to advocate the bolting procedure on the part of man but merely to indicate that meat need not be so finely divided as vegetables. If it becomes too pulpy it is less easily acted upon by the digestive juices, and also it becomes tasteless and insipid before it is swallowed. On the other hand starchy foods are rendered more and more palatable because they become sweeter.

In the mouth, the various ingredients of this meal are broken into fragments, mixed with saliva and mucus, and swallowed, the mucus being useful as a lubricant to facilitate swallowing. Digestion of starch has begun, and the whole mass has been softened by moisture.

To be Continued

CANDY FOR CHILDREN

Miss Lydia Roberts says in "Hygieia" we should postpone as long as possible the day when the child is given its first piece of candy. Grandparents, parents, older brothers and sisters and nurses—all take notice.

Both the facial expression and the behaviour of a baby tasting candy for the first time are peculiar and interesting. Attendants like to watch the performance. Like other performances, the act is paid for. The baby pays. So does the family.

The hard candies are composed of sugar and flavors. Some of them contain fillers, harmless in character, as a rule. The soft candies contain sugar, flavors, milk, and, in some instances, butter or other grease, fillers and nuts or fruits. Most of the elements contained in candies are rich in calories. Sugar is. So are milk and butter. These calories are of a kind that can be readily converted into energy. Babies are exceedingly energetic. They need energy foods. As sweets are a source of energy, why not feed candy?

The reason is that the disadvantages more than offset the advantages, so far as children are concerned. Candy can be charged with sins of omission and commission. While it is rich in calories, it is poor in proteins, vitamins, and minerals. Babies fed on candies suffer from lack of the proteins needed for repair, lack of the lime and phosphorous needed by the bones and teeth, lack of iron needed by the blood; of the vitamins needed to protect against scurvy and those needed for growth. Miss Roberts says: "It is better to allow the body to make its own sugar. Continued walking on crutches is bad for the legs." This should be added to the list of sins of omission.

The sins of commission are quite as harmful. Candy is to be classed with the

condiments. It contains aromatic oils, just as pickles, mustard, horse radish, and salad dressing. Sugar itself is a condiment. The child who eats candy thereafter finds milk, water, bread, and cereals flat and tasteless. Eating candy is one cause of finicky appetite. Its use is to be condemned because it takes away the child's appetite for plain, simple, wholesome, nourishing foods supplied from the table at regular meal hours.

The eating of candy between meals by children destroys wholesome appetite for wholesome food at wholesome hours.

—Dr. W. A. Evans.

Walk or Be Sick

In this age of the ubiquitous automobile it is well that once in a while we should be reminded of the original intention of nature that man should walk.

Stevenson, Trevelyan and Hazlitt wrote about long walks from the aesthetic side of the question. They were concerned only with the charm of the pastoral. They loved the poetry of the out-of-doors, and they walked because they liked it. Now we have a different view of walking from the pen of Dr. Alvah H. Doty, formerly health officer of the port of New York, in "Walking for Health." His aim in this book is purely practical. He seeks health, vigor, strength and vitality, and he finds he can gain all these by the simple expedient of walking.

"Walking is the way to a good heart," he says. "No other outdoor recreation can do so much for the vascular system. If you would keep off arteriosclerosis, keep on walking." He insists that his warning is not merely addressed to the men in offices, who are forced to sit on a chair for eight or ten hours a day. He directs his strongest admonitions to the motor-

maniacs, "who have become so weak in the legs, or their heads, that they make their cars carry them, even if they are only going round the block."

Walk or be sick is the burden of his complaint, and he concludes by saying that the wise men, however much they may use their cars in business will make it a point of self-discipline to walk a little every day and to make a practice of fairly long walks, at least once a week.

HER IMMUNITY

After the epidemic had been checked an old negress protested vigorously when the health officers started to take down the sign they had put up on her house.

"Why don't you want us to take it down?" one of the officers asked.

"'Ere ain't be'n a bill collectah neah dis house sence dat sign was nailed up. You-all please let it alone."—*People's Home Journal*.

The Infant Terrible

A North side matron recently gave a party in honor of her little twin sons. In discussing the party the mother said:

"Just think, it is four years since you boys came to our home, and I only expected one of you!"

Instantly the twins inquired together: "Which one of us did you expect?"

—*Youngstown Telegram*.

Short, the Tall Man

"Isn't a law-suit involving a patent right about the dullest thing imaginable?" asked one lawyer of another.

"Not always," was the reply. "I attended a trial of that character not long ago that was really funny. A tall lawyer named Short was reading a 6,000-word document he called a brief!"

—*Everybody's Magazine*.

THE Canadian Red Cross

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

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

CANADIAN RED CROSS SOCIETY

National Office:

410 Sherbourne Street — Toronto, Ontario.

Vol. III TORONTO, DECEMBER, 1924 No. 10

NUTRITION

THE food question is important and should be considered with common sense. We should be free from fads in eating, for building bodies and keeping healthy, are matters too important to be subjected to the risks of fads. But we should remember that all accurate knowledge of foods has been called "new-fangled" at some time or other.

Malnutrition is a serious condition, and is the cause of more ill-health than many people realize. People suffer from under-nourishment, not so much because of scarcity of food as from failure to use properly the foods available. An unbalanced diet is usually the greatest reason for an unbalanced bill of health.

It should be understood that the elements of nutrition, furnished in such ample measure by nature, cannot nourish unless they are utilized. No matter what the reason may be for neglecting any essential food element, its neglect will tell. One may be ever so sincere, earnest and conscientious in following a certain diet; if it does not meet the needs of the body, the body will suffer.

The question of diet is one of supplying the body with its necessary nourishment in the most wholesome form possible. This calls for intelligent study of the body needs, the value of various foods, how best to prepare food, and of what, how, and when to eat.

Indeed, the diet question is one that is of keen interest as well as of great importance. Its study may well be entered upon with pleasant anticipation and satisfactory outcome. There is much sound sense in it.

It should be remem-

bered that it is not only the eating of certain foods that conduces to good nutrition but also the ability of the body to assimilate them. This is brought about through physical health and cheerfulness and contentment of mind. This is by no means an original thought for centuries ago Solomon divined that:

"Better a dinner of herbs where love is than a stalled ox and hatred therewith."

THE PRESS OF CANADA

"What I have seen of the newspapers of Canada," said Sir Henry Thornton, speaking to the Charlottetown Board of Trade, "has caused me to become convinced that they represent a bigger standard of patriotism, public service and honesty than exists in any other country I have been in. There is no paper in the whole of the Dominion of Canada whose editorial columns can be subsidized. Our press is honest and strict and express their opinions freely. We have gone a very long way in awakening a national consciousness and in solving many of our national problems," he added.

JOINT RESPONSIBILITY

(Ottawa Citizen)

Public health and dietary problems should be the joint responsibility of both women and men. But the supreme responsibility of women, as the Queen pointed out to the women at Wembley, is in the shaping of the young manhood and womanhood of their country.

There is no more beneficent mission in all the world. The work of politicians, statesmen, diplomatists, scientists, shrinks into insignificance beside it. "For upon the women of the Empire," to quote the Queen's own words, "it mainly rests to hand on to the rising generation the great traditions and ideals on which that unique Commonwealth of Nations has been built up, and so to bring home to the youth of to-day a sense of the responsibilities which citizenship of that Commonwealth involves—responsibilities fraught with untold moment, not only to the many peoples comprised within its far-flung territories, but also the world at large."

A WORLD-WIDE IMPROVEMENT

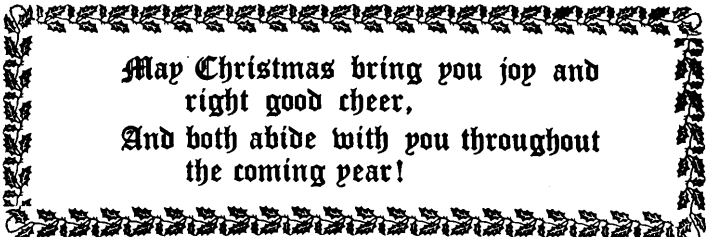
(Ottawa Journal)

Taken as a whole there is a world-wide improvement in the health of people, particularly in respect of infectious disease. More and more there is an appreciation of the health-giving effects of exercise and sunshine, of the relation of better living to longer living more and more science is grappling with the evils which underlie decay and death. It is the best answer, a complete answer, to the pessimists and faddists who can see nothing but decline and catastrophe.

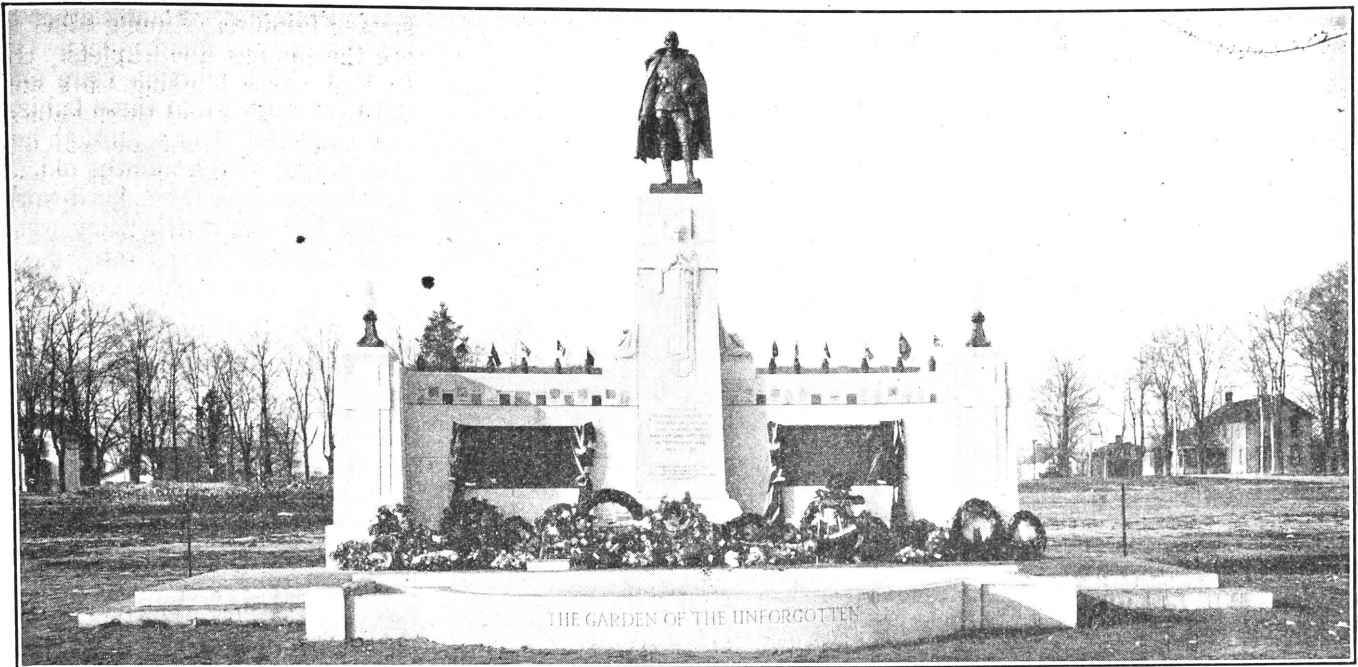
LAST BUT NOT LEAST

The Supreme Court of Ohio, speaking in 1921, said: "Of late years the doctrine of conservation has received a new impetus. . . . Originally this doctrine was applied largely to mines, forests, water power, and our natural resources.

Later it was extended to hogs, cattle, buffalo, and wild animals generally, and strange to say, lastly it was applied to human beings. Sanely and sensibly it was argued that life is worth little in the abstract, but must be made effective by the conservation of the health to which that life is entitled."



May Christmas bring you joy and
right good cheer,
And both abide with you throughout
the coming year!



The Garden of the Unforgotten. This is the beautiful monument which Oshawa, Ontario, erected to the memory of its citizens who fell in the Great War. It is chaste, beautiful, dignified. The little squares set in the semi-circle enclosing the monument are stones from different parts of the Empire and from the allied battlefields. The countries and places represented are: Italy, Passchendaele, Belgium, Japan, Australia, New Zealand, Scotland, Rheims, Newfoundland, Greece, Russia, United States, Ireland, South Africa, India, Wales, Anzac, Ypres, Mons, France, Cambria, Vimy, England, Arras, Egypt, Serbia, Portugal and Brazil.

The monument bears this inscription: Dedicated to the honoured memory of the men of Oshawa who gave all that man can give, life itself, in the Great War, 1914-1918. Know ye who pass this way that though we fell and other lands now claim our dust we sleep content.

The unveiling ceremony took place on Armistice Day and was one of the most notable events in the history of the municipality. Describing it the Oshawa Reformer said:

Seldom, if ever, has there been a parade in Oshawa which was surpassed by the impressive one which was held yesterday

in connection with the unveiling ceremony. Many were the persons who lined the streets whose thoughts turned to memories of loved ones who died in the fight for right, for justice and for liberty. Ever present was there a feeling of honor to the departed heroes and this was signified in a material way by the beautiful wreaths which were borne in front of each organization or body which participated in the parade. Due to the untiring efforts of the committee in charge this part of the program also was accomplished without the least confusion and each party co-operated in perfect harmony.

On arrival at the war memorial, the parade proceeded to places indicated and the wreath bearers disengaged themselves under the direction of the officials appointed, in order to take part in this portion of the ceremony.

While the wreaths were being placed in position on the memorial, a Scotch piper played an appropriate air on the bagpipes and the flags of various countries were placed on top of the monument. The Brazilian consul placed the flag of his country in position while a Canadian soldier placed the following: Canadian, British, Belgian, Japanese, French and Italian.

The Restricted Area

Because of its great importance in regard to the health of the people, particularly children, the Canadian Government is spending a great deal of money in the endeavor to stamp out tuberculosis in cattle, a tremendous task. One plan is the Accredited Herd plan by which endeavor is made to stamp out the disease in pure-bred herds. A more recent plan is called the Restricted Area plan. This is explained in a recently issued report of the Dominion Veterinary Director General as follows:

"The *Restricted Area Plan* is the most recent tuberculosis eradication policy of this Branch, the regulations having been passed in December, 1922. Its object is the establishment of tuberculosis-free areas, and provision is, therefore, made for the testing of all classes of cattle in a given

territory. It is undoubtedly the most logical and economical method of dealing with this disease, as it affords an excellent opportunity for systematic and methodical work and permits the testing of the largest number of cattle in a given period. The prompt slaughter of all reactors and the cleansing and disinfection of all infected premises also provides a clean territory for the healthy herds. These herds are further protected from infection from outside sources by cattle not being permitted to come into the area, except for immediate slaughter under certain precautions, unless they have first passed an official satisfactory tuberculin test.

"Only one area has so far been dealt with under these regulations and it is located in the Carman district in Manitoba and comprises twenty townships. The first test of all cattle in this area, numbering 16,550 head, was completed early in April, 1923, and 992 reacted, or 5.57 per cent. These reactors were promptly slaughtered and the premises on which they were located were thoroughly cleansed and disinfected. The first test cost in compensation five and a half times as much as all retests and the annual general retest of all herds in the area combined, and there is, therefore, every prospect that this area will soon be free from bovine tuberculosis."

If you have not already done it, the best Christmas present you can give to the Red Cross is to renew your membership for another year. Your continued support is highly valued and appreciated by the Society, and the help you give is doing genuine good in many ways throughout the twelve months of the year. You will find a coupon and the addresses of Canadian Red Cross Divisions on page 16.

The New Brunswick Division's Activities

By Ethel Hazen Jarvis, Secretary

THE following is a summary of the activities of the New Brunswick Division since January 1 of the present year:

PUBLIC HEALTH NURSING SERVICE

Since January 1, 1924, Public Health Nurses have been operating in Sussex, St. Stephen, Shediac, Bathurst, Saint John, Campbellton and Rexton.

In St. Stephen, Riley Brook and Campbellton, the nurses are now financed by their local Red Cross organization, assisted by other societies. In Sussex and Shediac the Provincial Red Cross has assisted, and Sussex now has been discontinued. In Bathurst and Saint John and Rexton the nurse has been entirely supported by the Red Cross up to the last of April. Since then Bathurst has been discontinued. In the last report of the Public Health Department the Infant Mortality had dropped 31 points and is at the present time still lower. The principal credit of this is given in the report to the Public Health nurses who in New Brunswick have been entirely financed by the Red Cross, assisted by the other voluntary organizations and grants obtained from the town councils.

HOME NURSING

At the request of the New Brunswick Division, Miss Hamilton, R.N., was asked to come to the province at the end of August to organize Home Nursing classes. Since that time Miss Hamilton visited 21 centres and has met with great encouragement. The people in the province are most anxious for the classes, in several places the only difficulty being the teacher, as there exists in these several localities no trained nurse. At present one class has completed the course, four others are well under way, and 16 are in prospect. It is very much hoped that the funds will be forthcoming for a permanent organizer for this province, as the harvest truly is plentiful. So far visits have only been made to local branches, but we

have every reason to hope that other localities will gladly take up the work if opportunity is afforded.

MILITARY HOSPITAL

Our military patients at Lancaster, East Saint John and River Glade have been most systematically cared for. At Lancaster and East Saint John regular weekly visits are made by members of the Hospital Committee and indents carefully filled for all. At all festivals special treats are given and regular donations of smokes and fruit and warm clothing are sent. Packages of cigarettes are also distributed weekly and dependents cared for in many cases where there is no pay or allowance or any other Society to function.

WORKSHOPS

A Red Cross Workshop has been in operation under a Men's Committee of the local Red Cross at Saint John. The average number of men employed has been eighteen. Much practical work has been done in the way of painting, carpentry, skate sharpening, vacuum cleaning, gardening, crate making, furniture repairing, etc. At the time of the fitting up of the new quarters for the depot in May the Red Cross workshop men were employed solely for all the work.

LIFE MEMBERS

Since January, 1924, five new Life Members have been added to the Province. Two at Chatham, one at Newcastle, one at Rothesay and one at Riverside.

MATERNITY WORK

Since the closing of the Emergency work of the Patriotic Fund the St. John Red Cross has been faced with the problem of providing a maternity grant including doctor's fee of \$10 and occasionally a small hospital bill to the families of ex-soldiers who were formerly on the Patriotic. By insuring a fee for the doctor, nursing service is given free by the Victorian Order. As yet we have no Maternity wing to our Public Hospital. Since January fees have been paid out for

sixteen families. Among other cases are the famous quadruplets. Owing to Red Cross Nursing Care and to the Free Milk Fund these babies are now beautiful, strong, normal, intelligent babies of ten months old. The parents are respectable, hard-working people but the contingency was too great for their slender purse as there were five other children, so the Red Cross came to the rescue.

EMERGENCY AND RELIEF

Since January, 1924, nearly 300 cases of relief have been handled by the Depot, and as many as 91 cases were handled in one month. These calls include assistance asked for maternity grants, employment, transportation, nurses, doctors, clothing, help in securing pension, groceries, T. B. Sanitarium Outfits, Layettes, Fresh Air Camp Outfits, free milk, fire relief, bandages, assistance with rent, etc.

These cases are all investigated and conferred with other Societies such as the Associated Charities and Churches (unfortunately we have no confidential exchange), and in no case is the relief duplicated.

TUBERCULOUS SOLDIERS

One case in particular has been assisted with \$20 monthly, as there was neither pay nor allowance. The pension was given in the spring but owing to some hitch was withdrawn. The man is given treatment but the family has nothing to live on but what they receive from the Red Cross. Every effort is being made to have the pension restored.

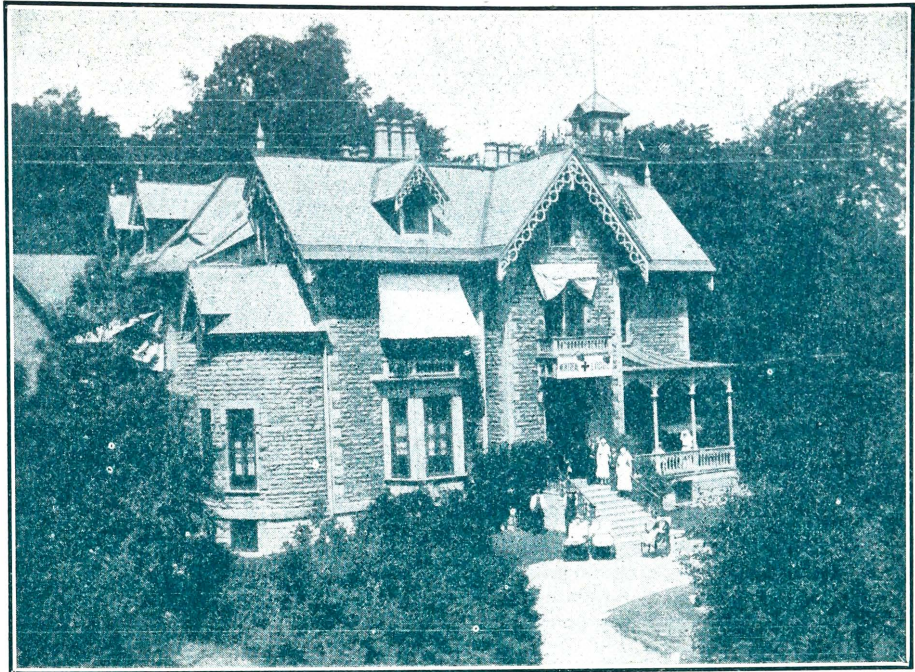
JUNIOR RED CROSS

The Junior Red Cross now has over 3,000 members and is growing rapidly.

NEW BRUNSWICK'S CAMPAIGN

The New Brunswick Division of the Canadian Red Cross began its campaign for renewal and increase of membership on November 17th. One has only to read the account of its many activities in the public interest and welfare to learn how worthy it is of the help of every citizen. The Divisional Executive is hoping for and anticipating a general rally of the people to the support of its good work.

The Montreal Red Cross Lodge conducted by the Quebec Division on behalf of ex-soldiers. Similar lodges, differing somewhat in organization, but one in their desire to be of assistance to those who suffered in doing their bit for the Empire, are conducted by the British Columbia, Alberta, Manitoba, Ontario and New Brunswick Divisions.



The Vancouver Workshops

Lions' Club and Vancouver Branch of Red Cross Co-operating In Providing Improved and Enlarged Accommodation and Facilities.

THE Vancouver branch of the British Columbia Division in co-operation with the Lions' Club has decided to proceed with the erection of new buildings for the Red Cross workshops for partially disabled soldiers. This decision has been reached after careful planning by the committees and the site for the new building will be on Fifteenth Avenue, West, near Granville Street. The building will be one story and ample provision has been made for future expansion.

Thirty-four partially disabled men are

now working in the present shops and there is a waiting list of others who are qualified to enter.

The nucleus of the building fund for the new workshops was obtained last spring and further financing is in the hands of a special committee. For the present the management will be in the hands of a trustee board, consisting of two members of the Lions' Club and one member of the Red Cross Workshops committee. After the building has been paid for it has been arranged that the trustees shall be one member of the Lions' Club, one member of the Red Cross Workshops committee, and one trustee not connected with either of these bodies.

Housebroken

THE life insurance companies show their shrewdness in business by advising their policyholders as to health habits. Some of them are active in public health work. They lend as much support to health departments as fire insurance companies do to the fire departments.

Some of them offer an annual physical examination or stock taking to their

policyholders. Some of them issue health primers on high blood pressure, prevention of heart disease and kidney disease, and prevention of Bright's disease, and on a variety of health habits. Here is one on constipation, written by Dr. O. H. Rogers.

Dr. Rogers says the man with constipation is merely "housebroken."

There is a natural tendency to have a bowel movement shortly after getting out of bed in the morning, and after each of the three meals. To respond to each manifestation of this urge would take up a good deal of time and be something of a nuisance. To avoid this, a man proceeds to housebreak himself.

He resists about three of these daily urges and tries to train himself to respond to but one, generally the after breakfast urge. When man begins to interfere with nature's way, it is difficult for him to keep his interference within bounds. In so far as this function is concerned, perhaps the majority of men become relatively constipated.

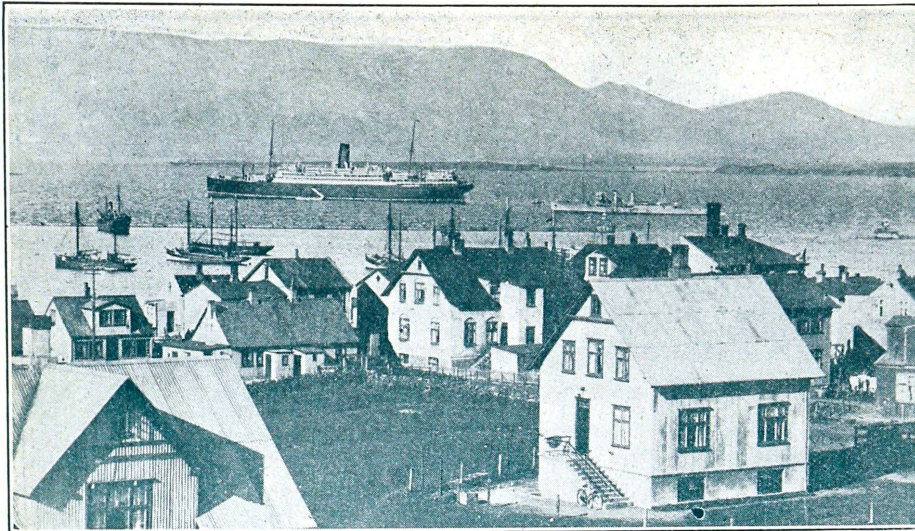
Normally, digestion, assimilation and absorption should be completed in about twelve hours and the waste after a meal should be expelled from the body in about twenty hours. Many men who do not regard themselves as constipated do not expel the waste of a given meal from the body for two or three days after getting.

It is largely because men are housebroken and continue year after year housebroken, that the mortality rate at the later ages of life has not improved as it has among the young. Dr. Rogers is of the opinion that if they were not housebroken the health rate of men and women 40 to 70 years of age would be better, and more of them live to reach 90 or 100 years of age. This thing of being housebroken has been overdone and, in consequence, men wear out their organs too early—especially their livers.

Among the directions given by Dr. Rogers to overcome the bad habit, training takes a high place; eating rough food ranks with training. He says bran should be found on every table, just as pepper and salt are. It is a necessary part of every diet. Bran dishes should be eaten. So should those vegetables and fruits which have a lot of fibre. A glass or two of water on rising and the free use of water between meals are important additions to the treatment.

The efficiency of the school room is more than doubled by good ventilation.

—*Bulletin of South Dakota Public Health Association.*



Part of the inner and outer harbor of Reykjavik, the capital of Iceland. The first steps toward forming a Red Cross society on the island have been taken.

Red Cross Notes

It is highly probable that a Red Cross Society will shortly be formed in the Danish Colony of Iceland. To the recent Medical Congress of Iceland the League of Red Cross Societies sent as a Delegate, Dr. Svensden of the Danish Red Cross.

The Medical Congress received the delegate most cordially and appointed a committee to "closely examine the question of creating a

Red Cross Society in Iceland" and is electing a committee to study the subject.

Iceland is situated in the North Atlantic. It is swept by fierce gales and has a rigorous climate. Its people are hardy, industrious and very intelligent. The island has given Canada, particularly the Northwest, some of its best settlers. The Icelanders who come to us invariably make good Canadian citizens. Their children very often prove their mental vigor by taking top places in the schools.

What's on Your Card?

Will You be Physically Well or Ill During the Coming Years? It is Largely Determined by the Habits of Your Life

"EVERY man has a card on which his name, his address, and the fact that he will die are written in indelible ink. The date of his death and the disease from which he will die are also written on this card, but the writing is with pencil and erasable."

This statement was recently made at a meeting by Dr. Charles Mayo, the distinguished surgeon. Of course he spoke in parable but the statements are none the less true.

Continuing this idea, we might say that every man should look at his card about once a year. This looking at the card once a year is called "physical examination on your birthday." Such an examination, if it is properly made, should size up the person's condition in every aspect. When he has finished, the physician will probably say something like this:

"You are not like the deacon's one-hoss shay, due to go to pieces all at once in every part. I find your heart scores 100, but your kidneys score only 70. In so far as I can judge, you may die in 1933 of a kidney trouble, unless you change those of your habits which affect that condition."

These indications of conditions which may be changed by methods of living are written in pencil on your card.

Let us suppose you are sensible and wish to get the most out of life. You erase "1933" and write "1943." Ten years will mean much to you, and you make up your mind to have them. How?

You ask your doctor to tell you how you can make good on that 1943 entry, how you can make your 70 per cent. efficient kidneys last an additional ten years. You learn that you must change

your habits, go to bed at a regular hour, get more sleep, change your food habits, protect yourself against infections, take better care of yourself when you have a cold. You decide that the game is worth the candle. When you have taken the right steps you again take your eraser. You erase the word "kidney trouble."

Then you go on for one year, happy in the prospect of a gain of ten years. Another birthday comes around. You go to the card box. You take your card and again read it. In other words, you take another examination. As a result, you may erase the old entries and make new ones. You may further modify some of your ways of living, or, having found those of the past year satisfactory, you plan to continue them.—R.G.

Vimy Ridge Monument

Is Rapidly Nearing Completion. Col. Marshall, Past President, Canadian Red Cross, Visited War Zone and London Office of the Society

Col. Noel G. L. Marshall, past-president of the Canadian Red Cross Society, has just returned from a trip to England and France where he paid a visit to the Society's London office and to the parts of the war zone in which Canadians gave long and honorable service. Col. Marshall remarked that Canada's great monument on Vimy Ridge is rapidly nearing completion under the direction of Brigadier General Hughes, formerly Engineer officer of the Second Canadian Division. The monument is a striking and beautiful tribute to the gallant effort of the Canadians who captured the Ridge. Referring to Col. Marshall's visit the British press had the following to say:

"Colonel Noel Marshall, of Toronto, who is now in London, made a host of friends on this side during the war because of his magnificent work as chief official of the Canadian Red Cross Society, which not only worked harmoniously with the Mother Country, but helped the Allies most generously. During his stay in London he has been entertained by the Duke of Connaught (the late Duchess of Connaught was President of the Canadian Red Cross), and by Sir Arthur Stanley, among others. During his visit to France, M. Poincare and Marshal Foch both called upon Colonel Marshall and reminded him of the deep gratitude of France for the help given by the Canadian Red Cross. Colonel Marshall's son, Colonel K. R. Marshall, C.M.G., D.S.O., served throughout the whole of the war with the Canadian forces, and was mentioned three times in despatches.

When Egypt wore the crown of civilization, the Egyptians were frequent bathers; when Greece was the glory of the world, bathing was the glory of the Greeks; when all roads led to Rome, all feet led to the Roman baths.

—The Story of the Bath

How It Was Done Out West

IF ONE could get behind each Junior Red Cross membership and see "how it was done," I believe there would be a world of interest in the story. Sometimes in the Provincial Office at Calgary, Alberta, one catches a glimpse of the how and why of each Junior's twenty-five cents, and what it represents in labor of various kinds. Just before the holidays, there came to hand an illuminating letter from a teacher in the country, at a little school bearing the pleasant name of Ingview, Enchant.

It was an interesting interlude in the routine of a busy office to read between the lines of Miss Barbara Hill's letter, enclosing four dollars and fifty cents for the fees of seventeen of her young charges. This lady had kindly listed the ways and means by which this sum had been earned, a very creditable beginning for a recently organized branch.

The story of the seventeen scholars, actively engaged in the humble tasks of everyday life in the country, where "chores" abound illustrates the value of the principle behind the ruling that Red Cross fees be earned by service. Judge Cabot, of the Boston Juvenile Court, in addressing the Family Welfare Society recently, uttered some pregnant remarks on the importance of training every child from its earliest years to be actively useful.

Those of us familiar with child life and its many types will agree with the Judge. The child in the home who "serves" to the best of his ability, doing the duties of "daily round and common task," stands at a distinct advantage physically, mentally and morally, over the lad who never does a hand's turn for anybody.

But to return to Ingview and its busy boys and girls. In the schedule of work we see that the boys assisted in the spring work of the farm. Let us take a look at them out in the wonderful Alberta sunshine, whistling, no doubt, as they toil, brown, ruddy-skinned, hardy youngsters—one and all. Catch, if you can, a vision of the future of the Dominion from its active busy, healthy, and we hope, happy, children; for is not the child ever the father of the man? See them eager with the exuberance, the enthusiasm, the effervescence of youth. Their young hearts have been touched (and how pathetically easy it is to find the way to the heart of a child) by the story of what the Junior Red Cross Hospital is doing for the Crippled Children of Alberta. These strong, able-bodied children of the country are eager to "dig in" and do something to help those less fortunate than themselves. They had voted unanimously that a Branch of the Junior Red Cross be formed at Ingview. Hence the digging-in, literally as well as figuratively.

Albert, Everett, and Edna, are digging in the garden, planting potatoes, and flower and vegetable seeds. To us who are older and have travelled far on the road of life

there is no more beautiful sight than to see a child, when the year's at the spring and day's at the morn, busy at work in a garden of his own making. You may be very sure, dear Albert, Everett and Edna, that you have planted more than the seeds in the packet. In your lives in the springtime of youth you are sowing seeds which will yield you a rich harvest of health and strength, for yourselves, and kindness and thoughtfulness for others, who are weak.

And now let us look at these little housewives—the future mothers and mistresses of homes. Esther and Effie have been listed as "doing housework for mother." Most women, and I am sure all men, will bear me out when I say that another of the beautiful sights of this world is to see a girl "busy around the house helping Mum." Here is where you are learning some of life's most valuable lessons, dear girls, when you learn to be a good manager of the best spot on earth, "Home, Sweet Home."

Melvin, Clarence, and Tregoa, says the report, burned weeds. We can imagine the fun to be had out of that job, for every lad will play with fire, and a bonfire is a joyous thing. If one could but gather up the weeds of warfare, the ugly life-destroying things that sap the nation's life, sucking from mankind the milk of human kindness, if one could destroy them root and branch, what a world of peace this earth would become. Perhaps the creed of the Junior Red Cross—the creed of Love and Service—will have a greater bearing on the welfare of the world than we can possibly estimate.

Will the men of Canada, who as children were in friendly correspondence with the children of the nations abroad, ever feel capable of fighting the men they were on the best of friendly terms with when children? Take a peep at the homes of Cora and Annabel, two of the practical little women of the west. Cora, we are told, took care of the baby, Annabel washed the dishes. Here they are learning lessons again, lessons of love, patience, carefulness, and endurance. Mark Twain has humorously advised parents:

"Don't let your son's schooling interfere too much with his education."

We are sure that in the varied lessons learned in the great school of life itself our Juniors are getting a rounded development and becoming educated in the truest sense. Darwin, when asked what he considered the most outstanding characteristic of women, said:

"Endurance—for what man would carry a baby one mile—yet a woman will carry it all day if necessary."

It has been proved that endurance, although it gives no outward sign, involves a great expenditure of energy. Whoever handles a lively young rascal who is just "finding his feet" will acquiesce in that remark. May Cora grow stronger, as she

"endures" and go "smilin' through life." Open the schoolhouse door and walk in for a moment after school is out. Look at these juvenile Janitors "on the job." Victor, Myrtle and Vincent; with brooms, brushes and mops they rub and scrub, and with the magic of elbow grease they transform a dusty, dirty room into a spick and span place which is a pleasure to look at. All hail to the "gentlemen with the duster." Cleanliness, it appears, is like mercy twice blessed. Those who do the actual work subconsciously acquire a hygienic standard for themselves, as a result of being engaged in the ministry which is next to godliness.

Bennie and Earl, we find, assisted in cleaning the wheat for seeding. Yes, indeed, there are many opportunities for service around the farm which city dwellers are deprived of. Let us hope that the Red Cross Juniors whose education in personal and social hygiene is part of their Red Cross program, will grow in the garden of their souls only those things which are clean, lovely and of good report.

Tommy poisoned gophers, we read. A very profitable and necessary piece of work. These greedy gentlemen with their "military pose" are the pests of the west. In one district we heard of farmers who offered the Juniors a cent a tail for every gopher they killed. The adult advisor composed a song in which the children appeared with traps, guns, and poison pails; dressed in overalls they came marching in to a lively tune and with appropriate action they sang of their raids on the rodents.

Lastly we read of a little lady called Eileen, who earned her quarter of a dollar by "getting ready for school alone." There is a whole story behind those words, we are sure. Eileen is earning for herself an independence of spirit, a strength and sturdiness and resourcefulness which, bred in her from childhood, will develop her character on fine lines.

Such is the simple story of "How it was done out West."

Visualize these Juniors ten, twenty, ay forty years on.

Let us hope we shall find them reaping a rich reward from the lessons of childhood. They will have grown into healthy, happy men and women of sound principles, citizens of the highest type, displaying in their way of life those lessons of divine compassion and benevolence they learned under the banner of the Junior Red Cross. For Cicero was right when he said: "The very foundation of the whole commonwealth is the proper bringing up of the young." The principles of the Junior Red Cross make for this foundation. They are best interpreted through the personalities of a sympathetic teacher, and a loyal band of eager, loving-hearted, willing children.

M. H. CONQUEST.

NEWS NOTICES TO ALBERTA READERS

Radio Health-Talks.—The Alberta Division broadcasts Health Addresses every Wednesday afternoon at three-thirty from CFAC Broadcasting Station through the kindness of the *Calgary Herald*.

After Christmas, the General Health Series will be continued, but the special feature of these Health Addresses will be topics that more nearly concern women.

Every Wednesday evening at seven-thirty the Red Cross Radio Lady is "on the air" for the Children's Half Hour. Bedtime stories and fairy tales are told to the little people. Correspondence is invited in order that the Red Cross may hear how the stories come across. In reply to each correspondent the Red Cross sends some pictures of hospital life in the Junior Red Cross Hospital which is supported by all the Juniors of the province.

A cordial invitation is extended to every one to listen-in to the Health Talks, and all little folks are sure to enjoy the specially arranged program for themselves. By mail or 'phone the Red Cross will be glad to hear from any members of its unseen audience.

Red Cross Entertainments.—All country districts that have not been able to hold their dances or entertainments on Red Cross Day, October the thirty-first, are earnestly requested to do their best to arrange for the same early in the New Year.

Christmas.—Heartiest Christmas greetings from the Alberta Division to all members and friends. Best wishes for Health and Prosperity throughout the coming year.

Christmas Gifts.—Gifts of Christmas cheer for the poor and the shut-ins or sick children are annually distributed by the Alberta Division. All members and friends of the Red Cross in Alberta are reminded that such contributions as toys, books, candies, new and second-

hand children's clothing can be used to the best advantage at Christmas time. It is desirable on account of the great distances some gift parcels have to be sent to outlying districts that these should be mailed in good time to the Superintendent, Junior Red Cross, Beveridge Building, Calgary.

Christmas Seals.—The little Red Cross seals for Christmas letters and parcels are now obtainable from all Red Cross Juniors in the province. Two hundred thousand have been distributed. This is an excellent way of assisting the Children's Hospital of the Junior Red Cross as all monies received for the sale of the seals go directly to the funds of the Hospital. The cost is one cent per seal. Anyone unable to get in touch with the Juniors can obtain the same by mail from the Superintendent's Office, Beveridge Building. One dollar for one hundred or in smaller quantities if desired.

Every right action, every true thought
sets the seal of its beauty on person and
face.
—Ruskin.

Health Agencies

Official and Voluntary Bodies
Working Together Harmoni-
ously Can Ensure Rapid
Progress

HEALTH activities in various parts of the country have been due to the leadership of persons who believed that adequate administrative methods could be introduced to reduce or prevent disease. This leadership has been given mostly by official health authorities and by voluntary associations.

Voluntary health associations have frequently been the leaders in the development of public health work, and in general have been of the greatest usefulness in bringing about the extension of public health activities; for this work they have been frequently warmly praised by the health authorities. Unfortunately, in some instances the voluntary health associations work at cross purposes with the health officer. There should be a complete understanding between the official health authority and the voluntary association. The health officer, as a rule, cannot alone build up public opinion in a large body of citizens to support him in the advancement of health activities, and he can but rarely secure sufficient funds for the carrying on of health educational activities without the support of public opinion. But official health work can be popularized and supported by means of activities of the voluntary association.

The health officer will thus be assisted in securing adequate appropriations for the maintenance and extension of his services.



This is a photograph of one of the home nursing classes formed among the senior pupils of Bala School, Roseland School and Dennis School, all in Ontario. Mrs. A. Brown, school nurse of Mount Dennis, Ontario, has organized eight classes in the schools she visits. Those in the photograph from left to right are: Doris Trout, Clara Donnelly, Evelyn Harding, Gladys Abbott, Chrissie Horne, Elizabeth Ruttle, Evelyn McKinnon, patient; Alice Belsey, Irene Mason.

HOME NURSING CLASSES



A Canadian Red Cross Home Nursing Class conducted by the Saskatchewan Division at the Red Cross nursing outpost at Carragana, in the Prince Albert electoral district. Braving the hardships of pioneer life these women are doing a large share in the building of the greater Canada of the future. They are all enthusiastic over the valuable opportunity presented by the Home Nursing Classes to gain knowledge that will be of great use in the home.

Dressing a Wound

Before attempting to dress a wound you should carefully scrub your hands with hot water and soap, using a nail brush.

The ordinary wound should be swabbed at once with iodine. Never use unboiled water on a wound. If the skin around the wound is dirty, carefully cover the wound itself with a piece of sterilized gauze and hold that in place, while cleaning the surrounding area. Scrub from the wound, not towards it; otherwise, you will be sure to introduce dirt into the wound. After having swabbed the wound with iodine, place on it several layers of dry sterilized gauze and bandage it in place.

Wounds, however, may continue to bleed. In that case we call them "haemorrhages." These may be divided into three groups: capillary, venous, and arterial.

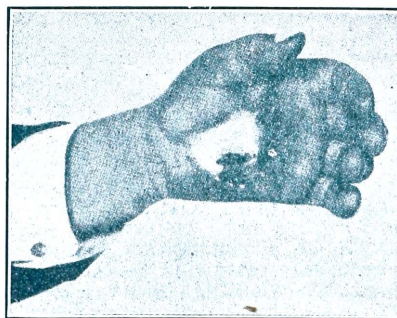
A capillary haemorrhage is characterized by oozing of the blood. It is practically always controlled by a dry sterilized dressing and snug bandage.

Where a vein is injured you will see a steady flow of dark red blood. If this is not controlled by a snug bandage, press with the thumb on the side of the wound farther from the heart, since the blood in the veins is flowing towards the heart.

The most serious haemorrhage is that resulting from a cut artery. In this case, you see regular jets of bright red blood spurting from the wound. Send for a

physician at once. In the meantime, raise the part and apply pressure on the side of the wound nearer the heart. If the wound is in an arm or leg, tie a large handkerchief or piece of cotton around the limb between the wound and the trunk of the body. Insert a lead pencil lengthwise between the arm and the handkerchief and turn the pencil about until it tightens the bandage sufficiently to stop the bleeding. Do not leave the bandage on longer than is necessary to stop the bleeding.

After the bandage has been on for 20 minutes release it gradually and leave it loosely around the limb in order that it may again be tightened if bleeding commences again. —From the Canadian Red Cross Manual of Home Nursing.



What is the safest and best way to dress a wound like this? Hundreds of women throughout Canada are learning this, and much other useful knowledge, in the Canadian Red Cross Home Nursing Classes.

A New Organizer

Miss Sebella Barrington Appointed by National Office of Canadian Red Cross

The National Office of the Canadian Red Cross has appointed Miss Sebella Barrington a Dominion Organizer of Home Nursing Classes.

Miss Barrington is a registered nurse of Nova Scotia and was for five years Superintendent of the Infants' Home and Women's Hospital. In that capacity she helped to organize the first Public Health work in Halifax. Miss Barrington is a past president of the Graduate Nurses' Association of Nova Scotia and Convener of the Public Health Committee of the Local Council of Women.

Miss Barrington will be first attached to the New Brunswick Division of the Canadian Red Cross, in succession to Miss Hamilton, who is transferred to the staff of the Ontario Division as the Provincial Organizer.

CROUP OR DIPHTHERIA?

Croup and diphtheria may easily be confused. One is harmless, the other dangerous. As either of these conditions may start with difficult breathing, every mother should be able to tell the difference between croup and diphtheria.

An attack of croup may follow indigestion, excitement or exposure to damp or cold, especially in nervous children between 3 and 7 years of age. The child goes to sleep apparently well. In the middle of the night he wakes up, coughs hoarsely and has such a struggle for breath that the face turns blue. To relieve this spasm wrap a cold, wet wash cloth around the neck and change it every 5 minutes until the child breathes. An even better way is to let the child breathe steamy air. Drape a large sheet over the bed to form a tent. Place a tea kettle of boiling water in a basin beside the bed with the spout adjusted so that steam enters the tent. Under the kettle place a small lamp or electric toaster and let the child breathe the steam until relieved.

Croup is harmless, comes on suddenly, and passes off in a few hours. Diphtheria, on the other hand, is very dangerous. Diphtheria starts with a sore throat, perhaps hoarseness and gets steadily worse. It does not come suddenly and go suddenly. Diphtheria requires prompt treatment by a doctor. This is necessary even if the child does not seem to be very ill.

Home Nursing Classes Are Appreciated

Throughout Canada more than ever before women in charge of homes and young women who wish to make themselves more fit for the duties of life are studying Home Nursing. This is due to the exceptional opportunities offered by the Canadian Red Cross organization through its Provincial Divisions. The following two letters will show how much this instruction is appreciated and what a wide field of organization is covered by the study groups.

FROM SAULT STE. MARIE

The Director, Home Nursing Classes,
Ontario Division, Canadian Red Cross Society.

In regard to report of the Home Nursing Classes organized in Sault Ste. Marie, five classes were organized:—

1. The Women's Catholic League had a class of fifteen members held in the class room of the General Hospital. Mrs. J. J. Noble, instructor.
2. The Strangers Welcome Club of the Y. W. C. A. had a class of twenty girls; instructed by Miss Kate Templeton, R. N. (Miss Templeton is one of our school nurses.)
3. The G. W. V. A. Women's Auxiliary formed a class of twenty which met in the G. W. V. A. Hall, instructed by Miss G. B. Way, (Our Red Cross President.)
4. At Blessed Sacrament Church was held a class of forty—the women and girls of the parish, instructed by Miss Delaney and Mrs. Moore, (two nurses actively engaged in private work.)
5. The C. G. I. T. of John St. Methodist Church formed a class of from sixteen to twenty girls, instructed by Mrs. Hampton.

These five classes included women and senior girls from all sections of the community. They all enjoyed the work and showed in tangible ways their appreciation of the efforts of their instructors.

Sincerely yours,
Christina McPhail, Reg. N.

123 Pilgrim Street,
Sault Ste. Marie, Ont.

FROM STRATFORD

The Director, Home Nursing Classes,
Ontario Division, Canadian Red Cross Society.

Last year we had seven classes with a membership of about 160. We received great assistance from the Board of Education, who permitted us the use of a room in the Collegiate Institute as well as a room in each of the three schools of the City for our classes, also the "General" and "Private Hospital" each gave us the use of a room. Two classes were held in the Red Cross Rooms.

Speakers were sent to the women's organizations, especially the Home and School Clubs, pointing out the great advantages of the classes with good results. We were able to obtain graduate nurses as instructors for each class. All gave their services with the exception of the Collegiate Institute Class, who was paid by the Board of Education under the direction of the Vocational Committee. Much interest was taken in all the work.

Alice Trethewy.

Secretary Stratford Branch, Canadian Red Cross.
80 St. Andrew St., Stratford,

**Ask your local Red Cross Branch or
your Red Cross Provincial Division.
Addresses of Provincial Divisions on
this page.**

THE CANADIAN RED CROSS EXECUTIVE OFFICERS OF PROVINCIAL DIVISIONS

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

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

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

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

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

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

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

MANITOBA:
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 subscription (One Dollar) to the Red Cross Office of their Division. Addresses above

To
(Name of Provincial Division of Canadian Red Cross)

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

Date..... Name.....

Address

Health Drives Out Fear

"The man who is sound and healthy steps out on life's highway with a song in his heart, looking forward eagerly to life's adventure, curious to see what is around the next corner. To him life's struggle is stimulating, attractive. The man out of health fears every turn in the road. There is no song in his heart, but a continued flutter of apprehension. He avoids rather than seeks life's struggle. Good health is the foundation not only of business success, but of successful living. Its influence on personality is profound, and in urging that one's health assets be examined and improved to the highest degree we are seeking to accomplish that which will make life more colorful, more satisfying, and in every way more livable for the great mass of the people."

—Eugene Lyman Fisk.

THE CANADIAN RED CROSS SOCIETY

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

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

