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No. 2

The Part Played by the Red Cross in Different Countries in Introducing Health Instruction Into the Elementary Schools

By Dr. F. Humbert, Director of the Health Division of the League of Red Cross Societies.

IT HAS already been clearly shown that the teaching of hygiene in the elementary schools can only be efficacious if the theory is daily reinforced by practical exercises.

The difficulties are the same in all countries. It has not been possible to surmount them by official measures. It is therefore interesting to note what has been realized by voluntary organizations which by commencing with the education of the child aim at the perfecting of public health and which have attempted the realization of that object by creating Junior Red Cross organizations.

The Junior Red Cross without unduly stressing the negative aspect of sickness, seeks to inculcate in the child the positive idea of health, to inspire in him the desire to augment his bodily vigour and vital capacity and to bring home to him daily the individual and collective advantages of all these things.

In 36 different countries, eight million children are at present affiliated to this movement.

In Czechoslovakia, in 1920, 70,000 school children of the four chief towns of that Republic adopted the general principles of "the Health Game" in accordance with the model employed in Canada and the United States. By the end of 1922, the number of players had increased to 150,000.

THE HEALTH GAME

For the Health Game, the children form themselves into groups, under



Members of the Junior Red Cross unit of Perchama Rajalaya Women Teachers' Training College, Siam, who study the Rules of the Health Game, and who prepared articles which were sent to children who suffered through the earthquake in Japan.

the direction of a monitor who may be either the teacher or a scholar acting under the directions of the teacher. In the greater number of cases, the groups consist of whole classes. The rules of the Game are modified to correspond with the mentality of each country or in accordance with the faults most in need of correction in the environment of the child. Thus, certain forms of the Health Game are altered to apply particularly to the amelioration of the general rules governing alimentation, while others make a special point of the campaign against alcoholism, flies or mosquitoes. The

children perform playlets on health subjects and organize poster competitions amongst themselves, the drawing and the text of which must illustrate a vital health principle; they write compositions on the principles of the Health Game, and take part in public health campaigns for the systematic destruction of flies and mosquitoes, and the abolition of other nuisances.

The development of the six or ten essential rules of the Game causes the children almost unconsciously to become imbued with the ideas underlying the programme, but in a far more effectual manner than any amount of book-learning. This system, therefore, represents a radical change from the old method.

The same principle is applied in

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Regina Juniors in costume for "Out of Danger Valley."



Some of the Junior Red Cross members of Sunnyside Bungalow School, Edmonton, Alta., with their membership enrollment shield.

Poland where, as in Czechoslovakia, the movement has the approbation of the Ministry of Public Instruction, a representative of which sits on the Committee of the Junior Red Cross. The Polish mothers declare that they learn hygiene from their own children, which, of course, would never be the case if the children were taught in the usual manner by means of books or hygiene manuals.

ITALY

In Italy, in the simplest hamlets, clean, well-ventilated class-rooms attended by children of impeccable personal habits are found, thanks to the daily observance of the rules of the Health Game.

HUNGARY

In Hungary, Professor Liebermann recently declared that the Health Game organized by the Junior Red Cross had been the most important factor to the success of the recent hygiene propaganda carried out in his country.

JUGOSLAVIA

In Jugoslavia, the number of pupils playing the Health Game this year is

97,000, representing 2,943 classes. According to a more detailed report from one of the districts, a marked improvement has been observed in the health of approximately 54 per cent. of the school children since the introduction of the Health Game. The older members of the Junior Red Cross give lectures to the younger children on the following subjects:

- Care of the teeth.
- How to avoid chills.
- The importance of regular bathing.
- The campaign against alcoholism.

Recent reports from England, where the Junior Red Cross has just been introduced, state that 40,000 children have bound themselves to observe daily the six following rules:

- To wash their hands before meals.
- To sleep with open windows.
- To clean their teeth regularly.
- To take a full bath at least once a week.
- To drink nothing but water or milk.
- To play each day in the fresh air.

In the majority of schools, the Game serves simultaneously for the measuring of progress in weight and height in cases where this is not already provided for by periodical school inspection.

AUSTRIA

In Austria, where the movement is very extensive, the Health Game has been officially introduced into the elementary school classes and the Junior Red Cross placed under the direct patronage of the Ministry of Public Instruction.

I am purposely confining myself to a citation of European examples, and refraining from a description of the impressive activities of the much more highly developed Junior Red Cross organizations in Canada and the United States.



Some pupils of Bucharest's Normal Schools, who were the first Presidents of Junior Red Cross groups in Roumania.

BELGIUM

In Belgium, the national Red Cross Society has been authorized to introduce, through the agency of the Junior Red Cross, a more vital form of hygiene instruction into the schools. The Belgian Red Cross lays special stress on the point, which it desires to bring to the attention of professors and teachers that the Red Cross does not lay a heavier burden on an already weighty syllabus; all that it proposes to do is to illustrate and to animate the teachings of the schoolmaster by an instructive method of demonstration.

It is not too much to affirm that, at the present time, the whole school life of Belgium, in all grades, is impregnated with the principles of the Red Cross.

The Belgian Red Cross is officially regarded by the Ministries of Health and of Public Instruction as their executive agent for popular health instruction.

FRANCE

Finally, in France, a special Committee of the Junior Red Cross is at present engaged in organizing lectures illustrated by films, and at a recent International Congress on Education, the French educational representatives declared themselves wholeheartedly in favour of this movement.

It may be argued that the Junior Red Cross, or the Red Cross as a whole, has done nothing more than introduce into the schools the principle of hygiene by demonstrations, that the idea is not new and that there is no necessity for the Red Cross to intervene in this work; this would be true if the Red Cross aimed only at replacing the old lessons of dry theory by the system of teaching by practical demonstrations.

BOREDOM VANQUISHED

It is certain, however, that the Health Game has vanquished the boredom of the hygiene lesson, which is now no longer a subject imposed upon the children and accepted by them with resignation, but has become, not only in the school itself but also outside, a living movement of emulation and mutual instruction which possesses yet other advantages, besides placing at the service of others the principles thus voluntarily adopted. And there is the altruistic



The Juniors of Glyen, Bohemia, are learning how to care for their little brothers and sisters in a hygiene course organized by a Red Cross nurse.

and tangible aspect which I intentionally omitted at the beginning, and on which we might now dwell for a moment.

The principle of the Junior Red Cross implies that, having recognized the value of health and hygiene for themselves, the children hasten

to benefit others by their knowledge. By their cohesion, by their collective or individual work (horticulture, bookbinding, etc.) the Junior sections manage by their own efforts to realize sufficient funds to enable them to participate in the movement for collective hygiene.



An active group of Junior Red Cross members of the H. Allen Gray School in Edmonton, Alberta, who had an afternoon tea and raised money for the Crippled Children's Fund.

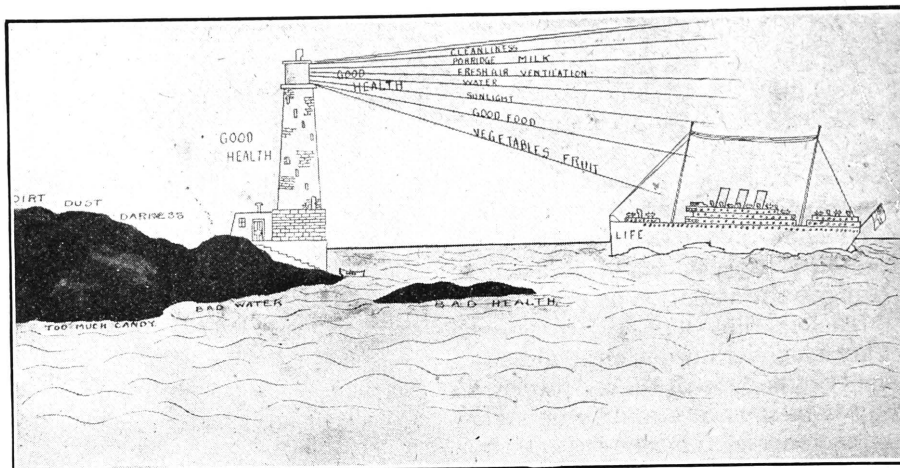
The members of the Philippines and Canadian Sections have been able, in this way, to provide dental consultations for their schools and to provide for the treatment of crippled children. The Czechoslovak sections have organized school baths. Certain Polish sections have similarly organized dental consultations.

In almost every country the sections have organized playgrounds for the school and even provided funds for school dispensaries.

But, whatever the importance of the work realized, it can never presumably play anything but a very auxiliary role; it represents, nevertheless, a live idea. What is of the greatest importance to the promoters of the movement is the educative value of the work for hygiene and the health of others; the children must be taught to appreciate the interdependence of everyone in so far as concerns health.

These realizations permit to-day of the following principles being set forth:

1. The instruction of hygiene in the elementary schools can only become efficacious if presented in the form of a **practical demonstration**, where the children are at once the subject and the object of the lesson.
2. To assure the continuity of this practical movement, in the school as well as outside, semi-autonomous groups, placed under the control of the scholastic authorities, might render valuable aid and bring new resources to the official curriculum.
3. Thus, the Junior Red Cross movement, followed to-day by more than eight million children all over the world, is a complete work of elementary health instruction, not only by theory, but also by individual and collective activity. It is as much a work of the present as of the future, for the child will not dissociate himself later from an activity which he has helped to build up with his own hands.
4. The examples quoted demonstrate that, in those countries where the movement has made marked progress, this has only been rendered possible by the direct collaboration of teachers and the support of the competent governmental bodies in authorizing or recommending



The "Congars" Junior Red Cross members of Esquimalt, British Columbia, drew this clever health poster which shows the ship of life being guided in the right course by the light of good health habits.



These are some of the students of Home Nursing and Home Hygiene, organized among the pupils of Bala School, Roseland School and Dennis School, all in Ontario. The knowledge they acquired in their studies will be of inestimable benefit to them.

the introduction of the system into the schools.

5. However elementary it may be, the teaching in the primary schools necessitates the attention and the care of expert hygienists. In this field, no detail is too negligible, for each one forms the necessary basis for more complex developments. For example, from individual dental care will spring the comprehension of the influence of nutrition on dental caries, and the condition of the teeth on nutrition. The measurements of weight and height will serve a lesson for the teaching of alimental hygiene. The practice of ventilation in the classroom will bring about a realization of the necessity for ventilation in the home, and the reason for the existence of the preventorium and holiday camps organized, and even paid for, in the differ-

ent countries by the children themselves, as has already been stated.

6. A whole system of collective prophylaxis on a large scale may develop from this programme which, when defined, is trivial at the first glance, but which, in its ultimate results, is no longer a vague theoretical knowledge, but hygiene transformed into practice, or, better still, transformed into direct action which may have the strongest educative influence on the child and on the man which he will later become. It is for this reason that I have ventured to bring to your attention the important results already obtained in different countries by the Red Cross. Its beneficent work will continue to expand so long as it can secure the simultaneous support of the hygienists and the educational authorities.

The Commonsense of Eating

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

This is the third 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 is difficult to obtain, a relatively small quantity will suffice. The second article of this series appeared in the January number of the "Canadian Red Cross" and described the wonderful process of digestion in the stomach.

GERMS—HELPFUL AND HARMFUL

The story of the journey of a meal from table to tissue would not be complete without a paragraph or two about germs, those minute forms of vegetable life with which we contend in our struggle for existence from the cradle to the grave. Germs may be friendly as well as harmful. Life without the friendly germs would be difficult if not impossible, and a germless existence is inconceivable.

They do not inhabit the stomach but are present both in the small and large intestines, where they are an aid to digestion. In the small intestine they assist in changing starches into sugar and in digesting fats also. In the large intestine they attack the proteins which have not been completely changed. And therein lies a danger. If one has eaten too much protein food in proportion to the amount of starch and sugar, they will change it into poisonous compounds. These decomposition products are similar to those which occur in meat or vegetables too long exposed to the air before they are eaten. But they may occur in the lower bowel also, especially if waste material is retained. In either case the result is decay and absorption of poisons.

USEFUL WASTE

This brings up the subject of waste, that part of everything edible which cannot be used. The proportion of waste varies with different foods, but it is greater in the vegetable kingdom than in meat, and some vegetables contain more fibre or cellulose, than others. One thing certain is that it is necessary to health.

Bulk stimulates the movement of the lower bowel and prevents the accumulation of material which becomes poisonous if allowed to remain too long. This is another reason why meat, which is a highly concentrated food, should be eaten sparingly. Some of the vegetables that are useful because they are composed of a large amount of cellulose, will be mentioned later.

There are important food elements called vitamins about which comparatively little is known. What is known is that they are present in all proteins and that without them life could not exist.

They are in all fruits and vegetables and in meat, because they are an essential part of the proteins which the animals obtain by eating vegetables. Also they are in milk for the same reason. The outer layers of cereals, such as wheat, for instance, contain the vitamins, and hence they are not present when these layers have been removed, leaving only their starchy centres. The vitamins are necessary not only to health but to life itself.

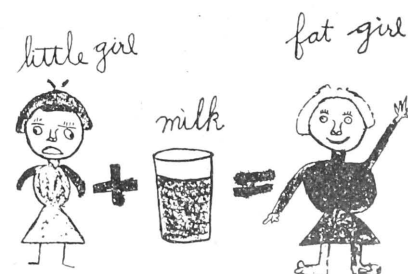
Our meal now has reached the tissues and has become a part of them in a manner not yet wholly understood. But we know that each tissue, whether bone or brain, heart-muscle or hair root, skin or mucous membrane, has taken the proper sustenance unto itself to restore tissues that have worn out and been carried away by the blood stream to be cast off, or has been burned up to supply the heat and energy necessary to keep this wonderful machine of ours going.

A part of it will renew the heart muscle which, by its contractions, sends the blood stream through the minutest vessels with force sufficient to insure its return to the heart. A part will supply the brain, which will make an end-product of it in the form of action and emotions. And so we might trace this meal, in imagination, to great thoughts and heroic deeds.

To be Continued

PREVENTIVE MEDICAL SERVICES

Many large industrial firms employ one or several physicians whose duty it is to regularly examine the employees in order to prevent loss of time and money through disease. Labor unions approve of this as it is most advantageous for the workingmen to be thus examined and treated when required. Many school boards insist upon medical examination of the pupils. In the United States, several states and cities submit their employees to a free medical examination.



This poster upon the value of milk as a food for children was made by a little Chinese boy, a member of the Junior Red Cross in Moosomin, Sask.

The Annual Public Meeting of the Ontario Red Cross as Seen from the Chair

By Adelaide M. Plumptre,
President, Ontario Provincial Division

A spacious ball-room of immense length. Wintry sunshine streaming in through the windows which afford a view of spotless glittering snow. Within, many people—sitting, standing, crowding into the pleasant warmth of Government House. All sorts of people—Cabinet Ministers and members of the Legislative Assembly; University Professors; Archbishops, Bishops, Priests and Deacons; officers and members of Red Cross branches; doctors; nurses; teachers; pupils and representatives of the other voluntary organizations. People from Toronto, people from many rural communities in the province; old people; young people—in fact, a great crowd. But something more than a crowd: almost a family.

Always more people arriving. Always more chairs appearing, borne aloft by the dignified white-whiskered butler of Government House. But still, always more people than chairs.

The Disabled Soldier

The Red Cross working for soldiers is the first picture. A summer outpost on the shores of Lake Ontario. The blue waters tapping easily upon the sandy beach. A pleasant bungalow with wide verandahs and a great Red Cross painted on its roof. Within, a lofty hall and a spacious hearth and sunlit wards, gay with flowers. Trim nursing sisters and white-clad orderlies pass to and fro—and soldiers everywhere—soldiers who thought they were destined never to leave the big hospital on the hill, are now holidaying by the Lake. Soldiers in bed; soldiers in wheel chairs; soldiers smoking on the verandah; soldiers fishing from a boat; soldiers enjoying life. A lovely experiment in service was the Toronto Soldiers' Summer Outpost.

The Soldier on the Farm

Not mid-summer in Toronto, but Christmas on a lonely Ontario farm. Daddy went to the war, but now he is a farmer. Mother has a new baby. There is very little money and such a lot of children; it seems impossible that Santa Claus will remember such an isolated home. But Daddy brings back from the village a big box with a Red Cross label on it. Quite a surprise. Out come groceries, fruit for the children; something special for mother who is sick. (How did Santa Claus know she was sick?) A heavy sweater and some mitts for Daddy; a whole trousseau for the baby; stockings, scarves and rubbers for everybody. A cap for little Buster, who went to bed with it on his head. One hundred and forty-four such Christmas boxes went to soldiers' families on farms this Christmas from the Red Cross.

The Teaching of Home Nursing

Ten groups of women and girls studying Home Nursing under a trained nurse in one town of 17,000 people in Western Ontario. They represent the one hundred and fifty-three such groups who received instruction, given voluntarily, by trained nurses in Ontario during 1924. Altogether, some three thousand women were enrolled in these classes—the seed of a great harvest of good health to be reaped in the homes of Ontario, through this latest development of Red Cross service.

The Outpost Hospitals

Eight Outpost Hospitals, ministering to the needs of scattered rural communities, or fire-destroyed towns in Ontario, with fifty beds, and a staff of seventeen trained nurses. Almost one thousand patients cared for in the year, and five hundred and seventy-one operations performed. Seventy-three babies brought into the world under skilled care and the mothers nursed back to health.

Very varied are the shapes assumed by these Outposts. Here, the Outpost is a tiny home just capable of accommodating one nurse with a bed for an occasional emergency case; there, it is a beautiful building, specially erected for this purpose, with twelve beds and an operating room. At Feronia it is part of the waiting room at the railway station; at Haileybury, a pleasant private home converted into a hospital; at Quibell, a tiny shack transplanted from the woods to the village where a home for the nurse was not forthcoming; at Englehart, a semi-detached frame building, with five beds and a baby's cot. Here the local Red Cross branch stands behind the Outpost; there, a Woman's Institute or a Chapter of the Daughters of the Empire; or the Great War Veterans' Association; always there is local support for the hospital.

A great contribution these centres of skill and sympathy in the sparsely settled communities of Northern Ontario; already four more are arranged for; probably there will be more than a hundred beds in Ontario Outposts by the end of 1925.

Junior Red Cross

A school of four rooms in a thriving Ontario town where an enthusiastic teacher, Ontario born and bred, weaves her teaching around the Junior Red Cross. It inspires the children to become good citizens, strong in body and alert in mind, with an open heart and a friendly hand for comrades in distress. It makes of geography a visit to fellow-members of the Red Cross across the seas; and hygiene, a "daily dozen" and observance of the laws of health.

During 1924, five hundred and sixty-two crippled children, most of them from Northern Ontario, have been given a new chance of healthy life through the generous gifts of the school children of Old Ontario.

There is a sound of music, and at the end of the long room appears a procession. Two stalwart boys, bearing Red Cross pennants, lead the way; and are followed by six shining "Sunbeams," wearing a maze of

golden ribbons as they dance up the long aisle to the dais where the gracious Lady of the House stands to receive them.

The "spick and span" banner-bearers salute and stand aside. Six childish voices sing a song of Junior Red Cross, explaining that they represent the twenty-eight thousand Juniors of Ontario who would all like to be there in person. Then with graceful bows and courtesies the Sunbeams—quite correctly produce flowers—a big scarlet and white bouquet for the Lady of the House who thanks them graciously. The audience applauds thunderously. They hear that the children were chosen because they had produced an excellent Health Play. Then "everybody" stands up and claps as the graceful little procession sings and dances its way down the long aisle and out of the wide doors. So ends the episode of the Junior Red Cross.

A few words of wisdom from the Sage of the Red Cross: an appreciation of the generous hospitality of Government House expressed by the "War Chief" of the Society; then "God Save the King"; and everybody crowds into the dining-room.

The meeting is over one minute before the scheduled time, but tea is ready and the fires are blazing on the wide hearths.

Such cakes; such flowers; such a crowd! One old gentleman is heard to remark: "This is the first time I ever had as good a cup of tea in another house as I get when I'm at home."

Everybody agrees. Everybody hungry. Everybody friendly. Everybody happy.

The end of a Perfect Day.

Junior Red Cross in Ontario

The following statements are taken from the Ontario Junior Red Cross report for 1924:

In all its phases Junior Red Cross made progress during the year 1924.

1. The enrollment increased 81 per cent. over that of 1923.

2. Its services on behalf of handicapped children multiplied.

3. Its 4-H Club plan of teaching Hygiene and Civics has come into greater acceptance by teachers.

Enrollment

The figures for the past four years' enrollments are as follows:

1921—108 auxiliaries with a total membership of 2,212.

1922—209 auxiliaries with a total membership of 5,445.

1923—515 auxiliaries with a total membership of 15,600.

1924—912 auxiliaries with a total membership of 28,121.

These figures mean that about one-twentieth of the school population of the province participated in the work. One out of every sixteen teachers in the Elementary Schools used Junior Red Cross. Twenty-two class rooms in Model and Practice Schools, used in connection with teacher-training, were enrolled.

Thirteen Secondary School classes, including six Normal School classes and two Model School teachers' classes, were enrolled in the work as a feature of their training in class organization. High School Red Cross is only at its beginning.

Most of the Auxiliaries are in one-teacher country schools but many urban centres have received the work favorably also. Kitchener had thirty-nine class rooms enrolled, Hamilton had twenty-four, Toronto had seventy-five. The schools in the town of Brampton had it in thirteen class rooms. The county of Dundas led the counties with 59 Auxiliaries, which is 50 per cent. of its class rooms.

Thrifty Stock

A statistician claims that fifty per cent. of the people who go into banks go in to fill their fountain pens.—Prince Albert Herald.

THE QUESTIONNAIRE

The Canadian Red Cross Society thanks the members who received and replied to the questions concerning the magazine. The replies have been very helpful.

The Society will be very much pleased to receive soon the replies from those who have not yet sent them in.

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Educational Work of the Imperial Order of the Daughters of the Empire

By Miss W. Gordon, National Educational Secretary I.O.D.E.

Some readers of the "Canadian Red Cross" may not be aware of the pictures which are being presented to Canadian schools by the Daughters of the Empire as part of their War Memorial, or may even be under a misapprehension as to their nature and purpose.

For a number of years the presentation of historical pictures to schools had formed an important part of the educational work of the Order, so it was natural that the plan formed in 1919 to carry out the War Memorial of the Daughters of the Empire throughout Canada should include the gift to Canadian schools of pictures commemorating the part taken by Canada in the War.

In order to illustrate the Canadian War Records, the Dominion Government had arranged during the War to have pictures painted, not from imagination and memory alone, but from actual knowledge of the exploits and undertakings of various parts of the Canadian forces. These pictures may now be seen in Ottawa, but thousands of Canadians never have the opportunity of seeing them.

Fifteen of these paintings were selected for reproduction in color, selected with a view to showing the variety as well as the effectiveness of Canada's part in the War. One, for example, "A Dressing Station in the Field," illustrates the work of the Army Medical Corps in those dressing stations which saw not only remarkable surgical work but some of the finest heroism of the War, on the part of tireless doctors and uncomplaining wounded. Another, "A Mobile Veterinary unit in France," shows wounded horses being brought from the front for treatment; this picture teaches, incidentally, a striking lesson in the humane treatment of dumb animals. One picture shows the sailing of the first Canadian troops from Canada, another their landing in France, another the work done by Canadian lumbermen, organized in Forestry Battalions, in cutting down British timber for use in France. Only three pictures in the whole collection represent actual fighting, and these are characteristic and significant.

To these fifteen pictures were added reproductions of a recent and charming painting of the Prince of Wales, of the portrait by Romney of Brant, the Mohawk Chief, and of two significant scenes in Canadian history, the death of Wolfe and the death of Montcalm.

One thousand collections of eighteen pictures each were bought by the Daughters of the Empire as part of their War Memorial, to be distributed among Canadian schools. In some Provinces the distribution is not yet complete; the cost of framing the pictures suitably has delayed this work. In others the ready support of the Provincial governments and of Departments of Education has made possible their widespread distribution. Sometimes in a larger school,

a collection of pictures has been kept intact; many a smaller school has received only two or three pictures. Wherever they have gone they are reminding Canadian children that Canadian men and women have given unselfish and ungrudging service for others, and have endured hardship and peril of death for the sake of the Empire and the ideals for which the Empire stands.

From Nova Scotia to the Yukon teachers and school trustees and pupils have expressed their gratitude for these pictures. One trustee wrote with simple pathos, that their little community was too poor to commemorate the service of those lads who had gone overseas from that small school and had not come back; now these pictures on the bare school wall will be their lasting memorial. It has indeed been a privilege to the Daughters of the Empire to be able through these pictures to help Canadian children to realize the beauty of service and of sacrifice.

A Famous Spot in History

Runnymede looms big in literature and oratory. Seldom is "liberty," "freedom," or "constitutionalism" spoken of but that Runnymede is referred to.

But one will look in vain for this place, whose name is familiar to every school-child, on any save the largest maps of the county of Surrey. It is only an inconspicuous meadow, as its name discloses. But for tradition that makes it almost a holy place to all Englishmen, it might be passed by like hundreds of other pretty, level, green spots on the banks of the Thames.

FEW MILES OUTSIDE LONDON

Runnymede lies only five miles down the Thames from Windsor, the town which holds the most sumptuous of the palaces of the British kings, and which gave its name as an English family name to the present monarch when, during the World War, his German name became unacceptable. The meadow is only some twelve or fifteen miles upstream from London—so close that the city's citizen soldiers maintain a rifle range for practice on the edge of the famous tract.

There is a conflict of opinions as to whether Runnymede or Magna Carta Island, just off shore, was the site of the signing of the Great Charter. A generally accepted version of the historic incident states that the army of barons encamped on Runnymede, that King John's followers remained on the opposite bank of the stream, and that the meetings between

the monarch and the leading barons took place on the little island. A cottage on the island houses a stone slab on which it is asserted that the document was signed.

THE DAY

Though the original "Articles of the Barons" were signed on June 15, 1215, the day on which they were presented, the provisions were not put in the form of a charter and executed by John until June 19; so this day also might lay claim to the title, "Magna Carta Day." Four more days were taken up making provisions for carrying out the charter. During the entire period of a week and a day the baronial army remained encamped under arms at Runnymede, while King John rode over each day from his palace at Windsor.—*Geographic News-Bulletin*.

PROTECTING OTHERS TO HELP ONESELF

Diseases cannot be curbed unless every one of us is decent enough to do his part to safeguard others. And the common cold is easily the worst malady we have. The average person has several colds a year. He feels wretched. His work suffers. Probably he's confined to the house a few days. Nationally the thing mounts up into a tremendous economic loss.

We are constantly being attacked by germs. Whether we are able to hold them in check depends largely on our powers of bodily resistance. Plenty of sleep; moderation in eating; regular exercise and lots of fresh air; all these help.

An Epitaph

"He didn't have time to stop at the crossing; he has plenty of leisure now."

For Flavor

insist on

"SALADA"

TEA

H559

**Always fresh and pure. — Sold
only in sealed aluminum packets.**

RED CROSS NOTES

KAMLOOPS, B.C.

The Kamloops, B.C., local branch, during 1924, has given special attention to the soldiers in Tranquille sanatorium and in the Royal Inland Hospital. The list of supplies donated is an extensive one and includes practically all needs and some little amenities that are not officially provided for.

PORT ARTHUR, ONTARIO

The Port Arthur Branch of the Ontario Division deeply regrets the loss of the valued services of Mr. C. F. A. Gregory, local manager of the Canadian Bank of Commerce, Mr. Gregory for some time has been treasurer of the Red Cross branch, but is leaving to take up duties at Kingston, Jamaica, whence he has been transferred.

NORTH BATTLEFORD, SASKATCHEWAN

The Saskatchewan Provincial Division has gratefully acknowledged receipt of a cheque for \$200 from the Canadian National Dance Committee of North Battleford. The contribution will be of material assistance to the Division in its work throughout the province.

HANNA, ALBERTA

The local Red Cross branch at Hanna, Alberta, has reorganized to render peace-time services. The President is Sheriff H. J. Adames.

Red Cross Steps In

To Help Eskimo Survivors of the Wells Expedition to Wrangel Island

Washington, Jan. 13.—The eleven Eskimo survivors of the ill-fated Wells expedition to Wrangel island, in the north Pacific, will be brought to this country by the United States Red Cross.

Deported from Russia, where they had been taken by a Soviet ship, the Eskimos were denied admission to China and the United States government found it had no funds available for their return to United States soil.

The state department referred the case to the Red Cross, however, which announced yesterday it had appropriated \$1,600 to bring them from Vladivostok to Seattle.—*Associated Press Despatch.*

"COME OVER AND HELP US"

A Red Cross Home Nursing Class for women of Macedonian nationality has been organized in Toronto. About fifteen women have commenced the lessons which are given by Miss Stamenova, a public health nurse who works among the Macedonians of the city.

Red Cross Seaport Service

The National Port Committee's Report for the Year 1924

During the past year nurseries have been conducted at the ports of Quebec, St. John and Halifax.

In Quebec, our nurses were assisted by voluntary helpers supplied by the Imperial Order of the Daughters of the Empire. The I.O.D.E. also kept the nursery supplied with clothes and magazines and gave most efficient co-operation.

In St. John, the local Red Cross and the Junior Red Cross supplied clothes, scrap-books and washcloths. Voluntary workers under Mrs. Rowan were secured from the St. John Ambulance Brigade.

At Halifax, the nursery is conducted by a Port Committee of voluntary workers.

In addition to looking after the children,

who are given milk and biscuits, the mothers are given an opportunity to rest. A number of families have been supplied with food for the long train journey and their friends have been notified by telegram when they might be expected at their destination.

Health literature and welcome cards are also distributed.

The Halifax nursery was in operation during the whole of the year; the Quebec nursery from April to November, and the St. John nursery from January to April and again in December.

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

Nursery	Ships	Children Cared for	Infants Cared for	Women Cared for	Treat- ments	Follow-up Cards
Halifax.....	183	803	226	1,075	253	253
Quebec.....	166	11,744	1,314	9,691	147	2,918
St. John.....	33	2,320	289	1,401	98	492
Totals.....	382	14,867	1,829	12,167	498	3,663

The follow-up cards were forwarded to Provincial Divisions as follow:

Division	No. of Cards
British Columbia.....	224
Alberta.....	342
Saskatchewan.....	597
Manitoba.....	227
Ontario.....	1,902
Quebec.....	332
Nova Scotia.....	17
New Brunswick.....	22
Total.....	3,663

It will be noted that 16,696 infants and children have been cared for and that follow-up cards have been sent for 3,663 families.

The follow-up cards ensure that cases needing attention or assistance will be looked after when the newcomers citizens of Canada reach their respective destinations.

Comparing the statistics of the nurseries for 1924 with those for 1923, the following differences are noteworthy:

	1923	1924	Difference in 1924
No. of ships.....	229	382	153 more
No. of infants and children.....	17,655	16,696	959 less
Follow-up cards.....	3,109	3,663	554 more

NEWS NOTICES TO ALBERTA READERS

Christmas Cheer.—The Alberta Division desires to express its sincerest thanks to the many friends in city and country who by their generosity contributed to the Christmas Cheer Service of the Junior Red Cross. The many hand-made comforts in knitted and sewn garments proved of immense value during the extreme weather experienced all over the province during December and January. Many homes were brightened by the arrival of the Red Cross Parcels on Christmas Day and letters of thanks expressive of the happiness of little ones who otherwise would have had little or no cause for rejoicing, have been received at the Divisional office.

Through the kindness of many Red Cross workers, the patients in the Junior Red Cross Hospital for Sick and Crippled Children were made especially pleased and grateful by the wonderfully generous gifts on the Christmas trees, both in the girls' and boys' wards. Also many useful donations of groceries and fruits for the kitchen shelves materially assisted in the keeping of the festive season in the most enjoyable manner possible.

The special feature of the seasonal festivities was the gift of the Shriners, who arranged for and provided the wonderful Christmas Trees laden with gifts. This part of the program was carried out faithfully to the spirit of the season. Mr. and Mrs. Santa Claus arrived in person, to the tune of jingling bells on a real Christmas Sleigh laden with good things. To the Shriners the sincere thanks of the Alberta Division are due for the delightful way in which they helped the Children's Hospital to keep Christmas.

To all friends of the Red Cross who gave of their time and substance to make the children happy the Alberta Division extends sincere thanks.

Home Nursing Classes.—Requests from individuals for the purchase of the Home Nursing Manual have been received at Head Office, and in order to avoid misunderstanding it is here

stated that this book is intended for use as a textbook for Home Nursing Classes primarily, with a teacher or lecturer's instruction. Miss West, Organizing Nurse of the Alberta Division, will be glad to organize these classes in any part of Alberta. Full information concerning them may be obtained on application to the Alberta Division, Canadian Red Cross, Beveridge Building, Calgary.

Memberships.—In order to get in touch with the isolated settlers who by reason of distance are out of the areas covered by the Collecting Box of the recent Red Cross Day, October 31st, the Alberta Division will be glad to receive the annual subscriptions of one dollar to the work of the Society in Alberta on the Membership Forms printed on Page 16 of this magazine.

Information.—The Alberta Division will gladly supply correspondents with any special information required with regard to the work engaged in by the Division. For distribution amongst women's Organizations there is available a folder entitled "Activities in Alberta," which will be mailed free to any community club or society.

The monthly News Letter of the Division, which is sent to all chartered branches, is also obtainable by the public on request.

The Junior Red Cross Bulletin of Alberta which circulates in every school where there is a Junior Branch may be obtained from the Superintendent of Junior Red Cross. This Bulletin shows the activities of the school branches and contains much suggestive and interesting information.

Lectures.—The services of a lecturer with Lantern Slides is available to any Branch desirous of engaging them. A specially prepared set of "Pictures of Life in the Children's Hospital" is proving of great interest and may be obtained on request from the Alberta Division.

Radio.—The speakers for the New Year (over the Calgary Herald CFAC Broadcasting Station, kindly

available for Red Cross Health Talks every Wednesday) include many well known men in the professional world. Professor S. Laycock, of the University of Edmonton, will give an address on "Habit Formation—and Early Training." Other addresses are to be given by graduate nurses and social workers who are specializing in certain lines, one of whom, Mrs. J. P. Kennedy, is a well known Lecturer on Social Hygiene and Sex Education in America. Mrs. Kennedy is a graduate nurse who served under the American Red Cross, and was for some years attached to the Department of Health, Washington.

The Chief of Police will take a subject conducive to the safety of pedestrians and the health and welfare of the citizens.

The Dental Association will contribute an article on Oral or Mouth Hygiene. There will also be subjects of a purely psychological and inspirational character.

Listeners-in everywhere are requested to communicate with the Red Cross after the broadcasting, giving information how the lectures came across.

The Bedtime Stories for Children, one of the most popular events of the week, are held on Wednesday at the Children's Half-hour when tales of Fairyland and Fairy-Folk are told to the little ones at seven fifteen. Children who send in letters of appreciation receive in reply a picture post card from the Radio Lady.

A Timely Aid

Physical Condition of School Children Calls For Vigorous and Skilful Attention.

Senator Royal S. Copeland, of New York, in a recent article, made a vigorous comment upon facts regarding child welfare, as based upon a report of the Federal Bureau of Education, consequent upon the physical examination of 22,000,000 school children. Of these—

- 5,000,000 have defective eyes.
- 1,000,000 have defective hearing.
- 1,000,000 have active tuberculosis.
- 250,000 have organic heart trouble.
- 3,000,000 to 5,000,000 are underfed.

These figures do not include skin diseases, bad teeth, tonsils, adenoids and other ailments of childhood.

It is evident that the auxiliary health work the Red Cross has undertaken in connection with the public schools is a much needed effort and a step in the right direction.

New Brunswick Division

Home Nursing, Public Health Nursing, Christmas Cheer and many other Activities Reported at Annual Meeting

In presenting her report on Home Nursing, to the annual meeting of the New Brunswick Division, Miss A. S. Barrington, Dominion Organizer of Home Nursing, pointed out that a healthy child was worth \$1,000 to the state, while a diseased child was a liability of \$4,000, and said that Home Nursing and Junior Red Cross were the best ways to help the conditions.

In regard to the Home Nursing campaign three Dominion Organizers have been appointed and have their expenses and salaries paid directly by the Central Council and they are loaned to the provinces. Miss Barrington said that Ontario and Nova Scotia had their own organizers. In regard to the aims of Home Nursing, she said that the desire was to give every woman in Canada the chance to attend a Home Nursing class, so as to become a better home-maker, wife and mother, teaching her how to keep her baby well, as well as making her better able to cope with sickness in her home and, what is more important, to prevent sickness entering it. She pointed out that nurses all over the country were offering their services as teachers, realizing just what the Home Nursing classes meant.

Home Nursing classes in New Brunswick were started by Miss Ethel Jarvis, said Miss Barrington, before she came. One at Lakeville and one at Riley Brook. Later Miss Hamilton, the Dominion organizer, visited the province and decided to organize through the Provincial Red Cross branches, with the result that nine classes were started. Miss Barrington told of coming to Saint John in December and of starting a class at East Saint John, while a class was soon started at the King's Daughters' Guild with Miss Easson in charge. In her report Miss Barrington made special mention of Miss Logan, Mrs. Colston and Miss Fowler who assisted in arranging classes at the Corona and Simms' Factory and the Guild.

At the present time Miss Barrington said, there were twelve classes in operation, four classes completed, in all 321 pupils have been enrolled. Classes were completed at Lakeville, Westfield, Nerepis and Hartland, while other classes were organized at Riley Brook, Andover and Perth, Catholic Women's League (city), Salisbury, Chatham, Moncton, Beaver Harbor, King's Daughters' Guild (city), Corona Factory, Riverside and Simms' factory and it is expected that other classes will be organized in the city next week.

HOME NURSING ADVISORY COMMITTEE

The following resolution was passed:

"That an advisory committee for Home Nursing be formed with Dr. Warwick as convener, the superintendents of nurses from the hospitals, presidents of local Council of Women, I. O. D. E., Catholic

Women's League and other local organizations."

SECRETARY'S REPORT

Miss Ethel Hazen Jarvis, Secretary, presented a very full report of the year's activities. Many of the details have already been printed. As a result of the membership campaign the following places, the secretary said, have sent us in members' names: St. Martins, Lakeville, Millville, Florenceville, Shediac, Middle Sackville, Hartland, Kilburn, Andover, Riley Brook, St. Stephen, Norton, Sussex, Milltown, Westfield, Rothesay, Beaver Harbor, Centreville, Chatham, Riverside, Newcastle, and St. John. The result will total somewhere between three and four thousand names. Five new Life Members have been added during the year.

The amount of money raised at the depot from memberships, donations, appeals by your secretary at Christmas and Easter for soldiers and dependents amounted to \$1,677.77. This does not begin to show what has been done in the Province for Red Cross work. St. Stephen and Milltown, Campbellton and Riley Brook have each wholly supported a nurse; Shediac has largely done so; Sussex has assisted; Chatham, although this year not altogether responsible for a nurse, has raised a large sum and many other places in proportion have given and done noble work. The money raised would total in the vicinity of \$9,000, and donations given in relief with food and clothing have been larger in value.

PUBLIC HEALTH NURSES

Miss Jarvis dealt with the administrative aspect of the Home Nursing Classes and

also with the assistance given to the government in public health work.

Nurses had been supplied during the past year to the Health Centre for four months paid in full by the Provincial Red Cross, to Shediac for twelve months paid in part by the Provincial Red Cross, to Sussex for two months paid in part by the Provincial Red Cross, to Bathurst for four months paid in full by the Provincial Red Cross, to Rexton for three months paid in full by the Provincial Red Cross and the Lady Byng Camp for one month. The grant of \$20,000.00 for this work is now exhausted, but it is hoped the Province will be able to carry on the work that the Red Cross has so successfully financed for three years. Several of the localities aided at first by the Red Cross are now supporting their own nurse and doubtless others will later on.

Special tribute was paid to the capable and unselfish efforts of the various committees. It was noted that the work at the Red Cross Depot had doubled during the year.

CHRISTMAS CHEER

The appeal for Christmas cheer was liberally responded to and in this connection the following places were specially mentioned in the report:

Andover, Chatham, Centreville, Chamcook, Hampton, Hartland, Kilburn, Lakeville, Moncton, Milltown, Newcastle, Plaster Rock, Middle Sackville, Salisbury, Shediac, St. Martins, St. Andrews, Rothesay, St. Stephen, Riverside, Albert Co., St. John, Woodstock, Westfield and the Provincial G.W.N.A. Christmas stockings were filled and prepared by Moncton and Saint John Hospital Committees and were distributed to Moncton and Lancaster. Westfield Branch in response to a personal appeal by your Secretary sent twenty generous boxes for the needy soldiers' families.

SALE OF SOLDIERS' WORK

Among the many activities at the Depot has been the sale of soldiers' work from the Hospitals. By interesting friends outside the city and also in the city and at the Exhibition by the sale of baskets, etc., the Red Cross have managed to sell in the vicinity of \$200.00 worth.

THE END OF THE DARK AGES

"I lay down my pen with the deep conviction that the final results of this great convulsion are meant to be spiritual rather than material and that upon an enlightened recognition of this depends the future history of mankind. Not to change rival frontiers but to mould the hearts and spirits of men—there lies the explanation and the justification of all that we have endured. The system which left seven million dead upon the fields of Europe must be rotten to the core. Time will elapse before the true message is mastered but when that day arrives the war of 1914 may be regarded as the end of the dark ages and the start of that upward path which leads away from personal or national selfishness towards the City Beautiful upon the distant hills."

(Last paragraph of "History of the War")

ARTHUR CONAN DOYLE.

Robinson Crusoe's Island

Juan Fernandez, in the Pacific, is Part of the National Territory of Chile, and the Islanders Were Recently Assisted in Health Matters by the Chilean Red Cross.

By a Chilean Naval Officer.

MANY people think that Robinson Crusoe's island was only a fictitious invention, that it never existed at all, and others imagine that it is in Oceania or in the China Seas.

The real Robinson Crusoe's Island exists; it is the Island of Juan Fernandez, discovered in 1774 by the intrepid Spanish navigator who gave it its name. It is in the Pacific Ocean, 360 miles west of Valparaiso, an island of volcanic formation, endowed with beautiful flora and magnificent maritime fauna. Here the most splendid lobsters are to be found, and in the surrounding sea also are whales and many tan species. It is part of the national territory of Chile and the population is 260 persons. It possesses a powerful wireless station.

Until 1922 no one had troubled about the health or moral welfare of the islanders. The climate is very mild and no one can ever remember an epidemic. For this reason neither the government nor the public authorities of Valparaiso ever thought of establishing any health service on the island.

The writer, in his capacity of officer of the Chilean Navy, had visited the island several times and was personally acquainted with the miserable condition of the islanders. There were no medical supplies there; the women gave birth to their children without any aid whatever; the children grew up in the midst of savage surroundings, and the fishermen, who with their families are the only inhabitants of the island, were in the grip of alcoholism.

Convinced that the installation of a health and first aid service was an urgent necessity for the islanders, the Red Cross Society proposed to take the initiative and drew up a programme providing for:

(a) A first aid station, provided with a medicine chest containing all indispensable supplies for emergencies as well as those medicines most needed for ordinary illnesses, such as colds, indigestion, headaches, chills, poor circulation, anaemia, etc;

(b) Stretchers for carrying the sick and injured;

(c) A special wireless service so that, in case of serious illness, the Brigade can advise the Valparaiso Committee of the main symptoms of the patient, and a Red Cross doctor can be consulted and can order treatment by wireless;

(d) The establishment and upkeep of a reading room, for which free subscriptions were obtained from all the newspapers and reviews in Valparaiso and Santiago, as well as a magnificent Victrola, with one hundred records, the gift of a merchant.

With all this material we set to work and at the end of three weeks (in October, 1922) the Provincial Red Cross Committee re-

ceived the first list of requests for membership in the Chilean Red Cross, asking that the new branch might be organized under the name of the Juan Fernandez Brigade.

In very little time the Red Cross had developed and started corporate life in Juan Fernandez. The health service, owing to the lack of a fully-trained man, was put in charge of an old *enfermero* (male nurse) of the Hospital of San Juan de Dios in Valparaiso, who happened to be employed on the island as a policeman. The reading

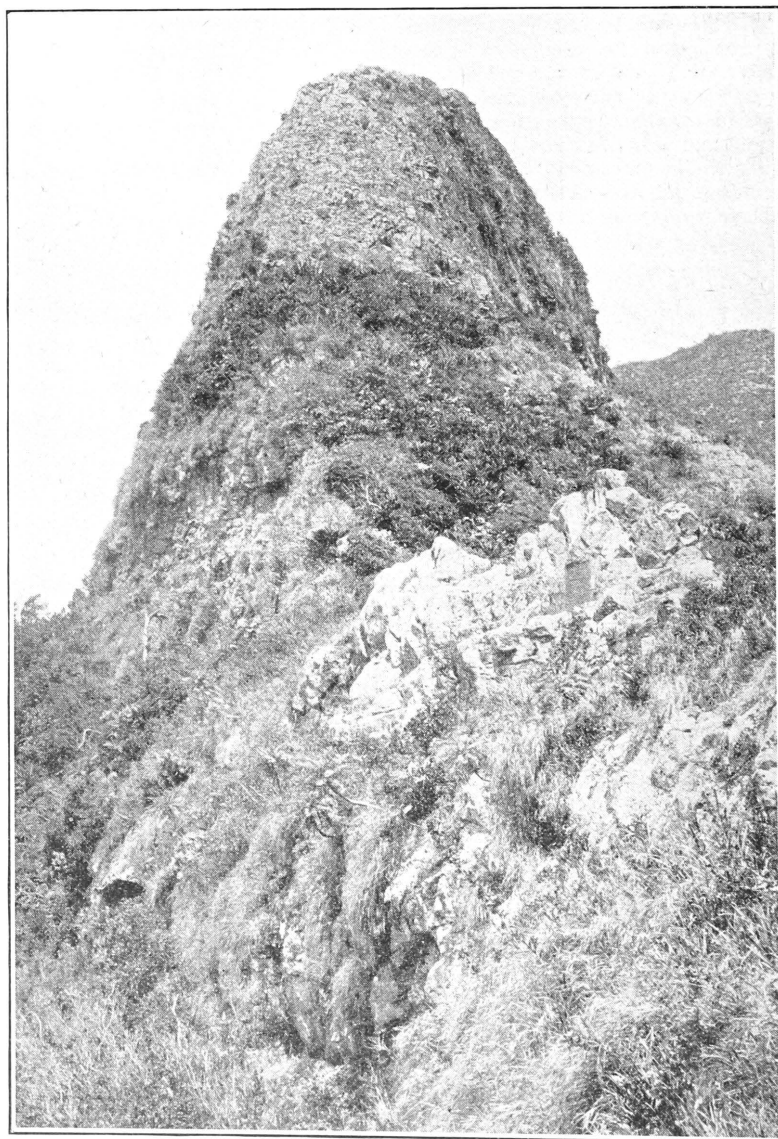
room soon became the meeting place for the islanders, and every evening, after the day's fishing was over, the Victrola gave a fine musical programme which was the delight of the inhabitants.

At the present time the Juan Fernandez Brigade has 120 members, which is 46.07 per cent. of the total population of the island. The islanders, on their own initiative, have made an agreement to restrict the use of alcoholic drinks and the Red Cross has organized various courses for the development and physical culture of its members.

At present the branch is negotiating with the Supreme Government for a subsidy in order to install on the island a maternity nurse who would attend women in childbirth and would teach child welfare.

The health section, in spite of being in charge of an amateur, has done magnificent work. Among other things may be mentioned the cure of a fractured femur which was attended to so skilfully that the bones knit perfectly.

Last Christmas I had the pleasure of paying a visit to the island, carrying with



Robinson Crusoe's Lookout on Juan Fernandez Island. The memorial tablet to him is set in the cutting which can be easily distinguished on the hillside.

me a supply of sweets and toys for the children. This visit was the occasion of a great fete, which took place with a background of nature's savage splendour in a wonderful atmosphere of gratitude and brotherly love. The tourists who accompanied me were much impressed by the services the Red Cross is rendering on Juan Fernandez and expressed great surprise that it should ever have been able to reach this remote spot, lost in the middle of the Pacific Ocean.

The inscription upon the monument to Alexander Selkirk:

"In memory of Alexander Selkirk, a native of Largo in the county of Fife, Scotland, who lived on this island in complete solitude for four years and four months.

"He was landed from the Cinque Ports Galley, 98 tons, 16 guns, A. D. 1704, and was taken off in the Duke, privateer, 12th February, 1709.

"He died lieutenant of H. M. S., Weymouth, A.D. 1722, aged 47 years.

"This tablet was erected near Selkirk's Lookout by Commodore Powell and the officers of H.M.S. Topaze, A.D. 1868."

HOME-MADE MUSIC

The best kind of music in the home is home-made. By this we mean that although music brought to the home through various mechanical and electrical means is a constant source of joy to thousands, the greatest fun in music comes from making it oneself.

When some of the mechanical instruments appeared years ago a few people predicted that they would supersede home-made music as manufactured clothes had superseded homespun. No one who had ever experienced the joy of making music would have made such a prediction. More sheet music is sold to-day than ever before, and people are finding out that it is one thing to enjoy mechanical music and another and distinctly higher pleasure to make it.

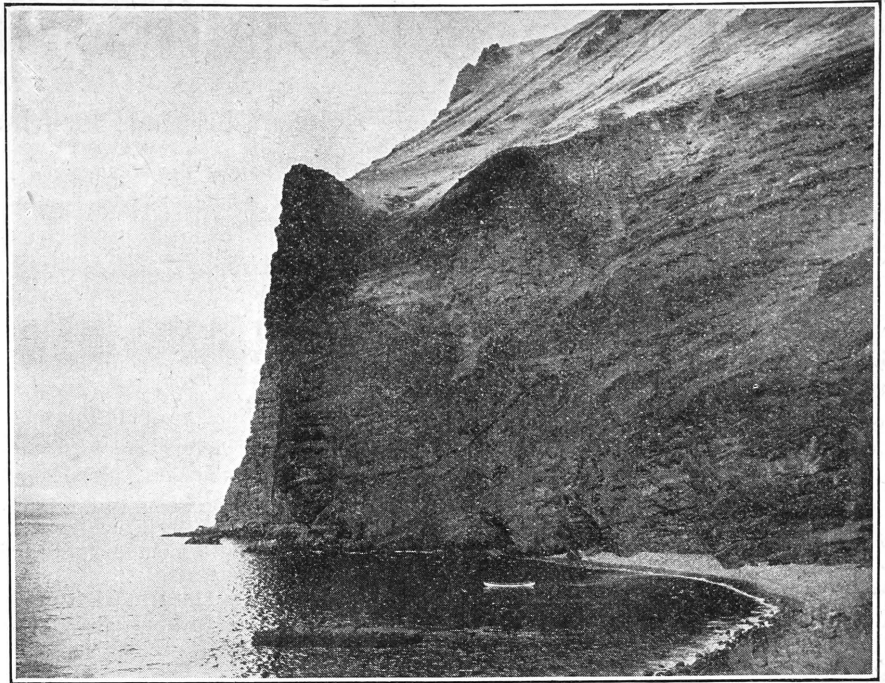
Mechanical music of the best sort is an invaluable asset in the home. The phonograph has worked a revolution in musical taste in Canada, while it is important to remember that the player piano rolls have delighted thousands. Moreover, many leading teachers are constantly using the player piano as a model with hand-played records to help pupils to get various ideas of interpretation.

But the great joy in music comes from being able to play or sing. Nor can one's understanding of music reach its highest level in most cases until the music itself has been passed through the mind and out at the finger tips.

ONE AT A TIME

Kind Friend: "What you ought to do for your cold is to take quinine."

Wheezier: "I'm sorry, but there are 147 cures I've promised to try before yours."



This little bay by the picturesque headland was long used by Robinson Crusoe as a landing place.



Tablet erected on Juan Fernandez Island to the memory of Alexander Selkirk, who wrote the famous novel Robinson Crusoe which was based upon his own experiences on this lonely spot in the Pacific.

Photos in this article by courtesy of Pan-American Union.

Quebec Division

Broad Program of Timely Aid Made Happy Christmas for Many Families of Ex-Soldiers

By Lt.-Col. J. F. Buckley, D.S.O., Manager, Quebec Division

With Christmas cheer and timely aid of various kinds the Quebec Division of the Canadian Red Cross Society took care of no fewer than 385 families of ex-soldiers at Christmas. The Division in addition provided over 600 Christmas Boxes to ex-soldier patients. The following facts were submitted to the executive of the Division:

The Christmas festivities both in the Montreal Red Cross Lodge and the Ste. Anne Red Cross Lodge passed off satisfactorily; the Dinner and Christmas Tree being held at the Montreal Lodge on the 23rd and at Ste. Anne Lodge on Christmas Day.

MONTREAL RED CROSS LODGE

At the Montreal Lodge the patients were permitted to ask their relatives and friends for the Christmas dinner and over thirty sat down to this meal. In the afternoon many of the Ladies' Committee were present at the distribution of the gifts from the Christmas Tree, and in addition to the Christmas Boxes from this Society the patients received presents too numerous to mention.

STE. ANNE RED CROSS LODGE

The Christmas Dinner at the Ste. Anne Lodge on Christmas Day was thoroughly enjoyed by all men undergoing convalescence, and they received the usual Christmas Box from the Red Cross Society in addition to parcels sent in by the Women's Institute of Hatley, Que., Way's Mills and Beebe, Que. Christmas Dinner for seventeen convalescent patients and their friends were provided.

STE. ANNE MILITARY HOSPITAL

The usual Christmas Boxes were sent to all patients in the Military Hospital at Ste. Anne de Bellevue; our Lady Visitors distributing 450 of these on Monday, the 22nd instant, on which date the Christmas Dinner was held at the Hospital.

VARIOUS CIVILIAN HOSPITALS

The following Christmas Boxes were also sent by the Red Cross to ex-soldier patients in the various civilian hospitals in the Province:

Montreal General Hospital.....	30
Royal Victoria Hospital.....	15
St. Jean de Dieu Asylum.....	18
The Grace Dart Home.....	3
St. Johns Military Hospital, Que....	15
Russell Cottage, Ste. Agathe, Que....	11
Lake Edward Sanatorium, Que....	10

Each Christmas Box contained the following:

- 1 Box of (50) Cigarettes (or $\frac{1}{2}$ lb. Tobacco),
- 1 Pair of Socks,
- 2 Handkerchiefs,
- 1 Tie,
- 1 Box of Candy,
- 1 Cigarette Holder,
- 1 Red Cross Bag,
- 1 Pair of Sock Suspenders.

Special needs were included for bed cases and tubercular patients.

In addition to individual Christmas Boxes sent to the patients, the Hospitals were supplied with Evergreens, Holly Wreaths, and other decorations.

CHRISTMAS HAMPERS

The amount of unemployment this winter has meant that we have had a great many more calls for Christmas hampers than usual. All names sent in were submitted to the Confidential Exchange so as to prevent overlapping, and, although several names were struck off from our list, we sent out 385 Christmas hampers, each containing the following:

- 2 Loaves of Bread,
- $\frac{1}{2}$ lb. Tea,
- 1 lb. Butter,
- 3 lbs. Sugar,
- 2 Pecks Potatoes,
- 1 Tin Tomatoes,
- 1 Tin Peas,
- 2 Tins Soup.
- 1 Roast of Beef (7 lbs. boned and rolled),
- 1 Plum Pudding (2 lbs.)
- 1 Large Tin of Condensed Milk.

THE JUNIORS

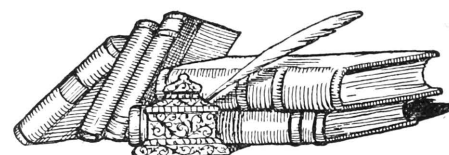
The foregoing does not include quantities of clothing issued nor does it include the activities of the Junior Red Cross which provided for Christmas Trees in the Children's Wards in the Montreal Hospitals and the distribution of Christmas presents to over 600 children in poor circumstances throughout the Province.

Those Bewildering Ciphers

A Londoner was coming out of the gate after viewing his first baseball game when he was stopped by a newsboy. The American score-board had recorded that both teams had made a run in the first inning and hadn't scored since.

"Say, Mister, what's the score?" cried the newsy.

"Really, I don't know," came the reply. "But it was some place up in the millions when I left."—Virginia Reel.



BOOKS AND MAGAZINES

Manual for Diabetics

By Gladys L. Boyd, M.D., and Marion D. Stalmsmith. 12 mo., cloth. \$1.50 net. Pp. 101. New York and London. Funk & Wagnalls Company, 1925.

In writing the introduction to this book, Dr. F. G. Banting says: "A book such as this will be of great value to diabetics and to those in charge of their care, in that it explains in simple language the origin and symptoms of the disease, gives directions for its treatment with diet and insulin, and contains warnings against the complications that may occur. It is also a convenient reference book, in that it contains tables of food values and many valuable recipes for the preparation of the diabetic menu. It may well be recommended by physicians to their diabetic patients."

City Milk Control

Some practical aspects of city milk control, pointing out the fallacy of the "Barn Score" scheme of milk control and of any grading of milk as an expression of quality. By James D. Brew, Professor of Dairy Extension, Cornell University, N.Y. "The Nation's Health," January 15th, 1925, page 1.

The Health of the Child

Values in the maintenance of the health of the child. An address to the American Public Health Association by Dr. W. H. Brown, Director Child Health Demonstration, Mansfield, Ohio. "American Journal of Public Health," January 1925, page 29.

Well-Baby Clinics

Problems in connection with the administration of Well Baby Clinics. "The Public Health Nurse," January 1925, page 17.

The Recognition of Faulty Posture

By L. T. Brown, M.D., Boston, Mass. "The Public Health Nurse," January 1925, page 7.

Vital Statistics of Canada, 1922

Annual report of the Dominion Bureau of Statistics, giving vital statistics from the Canadian Registration Area for the year 1922. Price \$1 from Dominion Bureau of Statistics, Ottawa.

Communicable Diseases

The modern hospital for treatment of infectious diseases. By B. Evan Parry, M.R.A.I.C. "The Public Health Journal," December 1924, page 557.

Scarlet Fever

Recent advances in our knowledge of scarlet fever. By the late Dr. W. R. Hodge, University of Toronto. "The Canadian Medical Association Journal," January 1925, page 21.

Disaster Relief and the Red Cross

A manual from the League of Red Cross Societies giving general principles for the handling of disasters.

Saskatchewan Outposts

The Red Cross Society of Saskatchewan has completed plans to open the Moose Jaw-Outlook branch of the Canadian Pacific Railway. W. F. Kerr, commissioner, has been busy packing equipment during the past few days which was shipped to-day to the new hospital.

Acting Supervisor Miss L. E. Denton, Regina, will be in Broderick at the end of the present week to supervise the arrangement of the hospital, of which she will take charge until a regular nurse is appointed to the position.

This is the tenth outpost to be operated by the Red Cross at the present time, for the benefit of the rural population, who are unable to

take advantage of the hospital facilities in the cities and larger centers. The establishment of other outposts is being considered at the present time, as many applications have been received at the Red Cross Divisional Headquarters, petitioning for medical outposts in the outlying districts.

The Broderick outpost will contain five beds and a "T.B." couch. The accommodation will be enlarged, if necessary, to cope with the local requirements. The equipment shipped included beds, mattresses, furniture, kitchen stove, dishes, drugs, linen, kitchen utensils, medical supplies and other articles required to fully equip an outpost such as are established by the Red Cross Society.—*Regina Post.*

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:
Toronto, Ontario

Vol. 1V. TORONTO, FEB., 1925 No. 2

Better Health in Nova Scotia

In an article contributed to the provincial press by Dr. Smith L. Walker, Red Cross Commissioner for Nova Scotia, the history of the Red Cross movement since the war is succinctly reviewed in its general aspects and particularly with regard to the work that has been accomplished in the province. Upon the latter subject the doctor writes:

"What has been done? Since 1919 the Nova Scotia Division has expended over \$100,000 in actual public health work.

This has included travelling medical and dental clinics, scholarships for public health nurses, the salaries and expenses of county health nurses from 12 to 18 months in every county save one, district nursing for three years in one sparsely settled portion of the province, and aid to more than 1,000 families of ex-soldiers. The society has also been the agency for relief in several cases of great disaster. The gospel of health has been taken into the schools and over 7,000 children are enrolled in the Junior

Red Cross. Now the homes of the people are being reached and home nursing classes are being established.

This is indeed a wonderful record, few people realize what this all means. It has one object: viz to sell to the people of Nova Scotia that greatest of all blessings—*Health*. Selling means buying, buying means paying. We cannot make progress unless we pay for it. Something for nothing is not good business. From the government to the smallest town or municipality, let an effort be made this year to increase the grants for health work, until rural Nova Scotia is as well provided for as the cities and many of the towns."



This photo was taken at the closing exercises held by two Red Cross Home Nursing Classes of Dale Presbyterian Church, Toronto. The exercises took the form of an interesting demonstration. A volunteer patient occupied the bed and the students showed the audience the various details that are needed in the treatment of cases. A celluloid baby was properly bathed and dressed much to the instruction of the onlookers. Mrs. Staples and Mrs. Roberts, the instructors, were presented by the class with pleasing mementoes of their voluntary and capable work. The presentation cards indicated the esteem they had won and the good effects of their teaching. The inscriptions were: "Good Health Our Motto and Love Our Gift." Dr. Margaret McAlpine presented the acknowledgment cards and Mrs. Bertram Nelles presided. Short addresses were given by Miss R. E. Hamilton, organizer of Home Nursing Classes for the Province of Ontario and Miss M. Goodman, organizer for the Toronto Branch.

HOME NURSING CLASSES POPULAR

Haliburton, Ontario.

The Ontario Division, Canadian Red Cross:

We completed our course of study here on Friday last and I thought it might be of interest to you to know how we got along. We had very interesting classes and I received the very best of attention from the first of the lessons to the last. The attendance has been remarkably regular, notwithstanding the difficulties that many had to overcome in order to be there. One member of the class had to walk four miles one way to be there. Unfortunately she had to give it up when the weather became rough. Two others who have not attended 75% of the classes were in the post office and during the Christmas rush could not be there, but I think they all understand the work very well. They do not like the idea of giving up the classes altogether so we are considering the idea of meeting once a month and having some talks on the work. Can you suggest anything we might do?

The class became so popular that I am being constantly asked if I am going to have another. I do not think I would have any difficulty in forming another class as large as this one, but I do not think it advisable to start one just now, but a little later perhaps. I certainly have enjoyed my part of the work immensely.

The class consisted of thirty members, twenty-four of whom attended over 80% of the classes.

(Mrs.) E. S. BAKER, Instructor.

INSTRUCTORS OF HOME NURSING CLASSES

The Local Branch of the Red Cross, Peterborough, has appointed Miss Mary MacNaughton, R.R.C., Organizing Instructor for Home Nursing classes in the city of Peterborough during the winter months.

The Local Branch of London has appointed Mrs. P. A. Allison as Organizer of Home Nursing for London. Mrs. Allison is a graduate of the Public Health Nursing course of Western University and has been on the staff of Alma College for the past two years.

R. E. HAMILTON,
Organizer, Ontario Provincial Division.

"Better a Dinner of Herbs"

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 remembered 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 CANADIAN RED CROSS EXECUTIVE OFFICERS OF PROVINCIAL DIVISIONS

PRINCE EDWARD ISLAND:

Dr. S. R. Jenkins,
Charlottetown, P.E.I.

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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.....

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