

The Canadian Red Cross

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



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

HEALTH FOR ALL AND ALL FOR HEALTH

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KEEP YOUR MEMBERSHIP RENEWED

See Coupon on Page 16

National Headquarters

Toronto 5, Canada

Aiding the Pioneer

IN 1925 the British Red Cross Society, mindful of the vicissitudes which sometimes attend the settlement of families in new territories, made a grant of £2,000 (\$9,694) to the Canadian Red Cross Society. The conditions attached to the administration of the fund were as follows. It was "to be applied in relieving distress arising out of sickness or suffering among settlers in Canada under the British Family Settlement scheme, on the understanding that priority would always be given to the ex-service disabled man."

This fund is administered directly from the Canadian Red Cross National Office which acts upon the advice and recommendations of district Superintendents of the Soldier Settlement Board in co-operation with the Provincial Division of the Canadian Red Cross.

It sometimes happens that unforeseen expenses incidental to settling himself in his new surroundings may exhaust the immigrant's supply of ready cash. Sometimes illness or accident may leave him perhaps penniless, perhaps in debt. This grant of the British Red Cross Society helps to mitigate suffering caused by the extraordinary expenses incidental to sickness or accident. It is impossible to give a history of each case but the following examples from the Society's records show the good work that the grant, now over two thirds spent, has done:

A year after a British immigrant had settled in Saskatchewan with his wife and three children, the whole family caught influenza and the wife and baby developed pneumonia. It was necessary to have a trained nurse to look after them and the doctor's bill was necessarily heavy. A partial payment to the nurse depleted the family's resources. To help the family, the doctor reduced his charges to one-half the usual fees. A donation from the British Red Cross Society grant was of great help in assisting this family in their emergency. In this case the sum of \$82.30 was required to defray the expenses of druggist and doctor.

* * *

After being fourteen months in Canada, the father of a family of six children had his foot injured by a tractor, developed blood poisoning and died in hospital.

The expenses in connection with his illness

and funeral amounted to \$210. The family were able to take care of the whole amount except the funeral expenses which were paid from the British Red Cross Society Grant. The Soldier Settlement Board reports:

"This is a most excellent family and we have no hesitation in recommending that they be assisted from the British Red Cross Society Grant."

Following this recommendation the Canadian Red Cross paid the funeral expenses from the Grant.

* * *

A settler with four children used all his available cash in paying for the care of his wife during a prolonged illness. Finally it was necessary for her to go to hospital but he had no money to pay the hospital bill. The Land Settlement Branch reports that this is a very good type of family but their progress has been slow because of the unfortunate illness of the wife. The payment from the Grant of the hospital bill helped this settler very materially.

* * *

After three years' service in the Army this man came to Canada in April with his wife and two children. The wife was ill for six weeks prior to confinement and her husband paid for her treatment during this period. Then she had to go to hospital and the husband was unable to pay either the hospital or the doctor. The payment of hospital and doctor's charges were of great assistance in this case.

* * *

An Englishman arrived in Canada in May with a wife and two young children. The family has very little money though both husband and wife are hard workers. They have tried to avoid getting into debt and were unable to pay the bill for the doctor and the nurse when the wife was confined, although assistance had been given by the Imperial Order of the Daughters of the Empire and the local Women's Institutes. The expenses of the confinement were paid from the Grant.

* * *

One family arrived in Canada with very little capital and had no opportunity to make much money during the first summer. There were nine children in the family. Two of the smaller boys developed infantile paralysis. One of the boys recovered but the other, a little chap of six, had a shrunken leg and was unable to walk. The mother did her best for him, but special treatment in hospital was required. He was taken to a general hospital and later transferred to the Junior Red Cross Hospital. The Junior Red Cross Fund for Crippled Children paid for his treatment at the Junior Red Cross Hospital but the family were unable to pay the bill at the

other hospital. In addition to this misfortune, the mother, herself, had to go to the hospital for a serious operation. The Grant paid for both hospital bills.

* * *

This new settler served with the British Army in France and India and came to Canada in April with a wife and one young child. The little girl developed pneumonia on the voyage and had to be taken off the train at Winnipeg. The mother stayed with the child for two weeks in Winnipeg while the father went to seek work. His present earnings only suffice for food and clothing and he had no money to pay for the ambulance from the train to the hospital or for the treatment of the child in hospital. These were both paid from the Grant.

* * *

Another man came to Canada in June after serving four years with the Royal Scots Fusiliers. He has six children, the eldest a boy of eleven years. When visited by the representative of the Soldier Settlement Board, the mother was found ill in bed with phlebitis and was expected to remain in bed for six weeks and to be unable to work for six months. The father developed rheumatic fever and could not work on his farm or earn any money with his team of horses. Payment was made from the Grant for medical attention, nursing, clothing and food.

* * *

The British Red Cross Society, through the Chairman of Executive, Sir Arthur Stanley, has expressed its satisfaction at the way in which the fund has been administered and a letter from Sir Basil Mayhew, Secretary of the Joint Finance Committee of the British Red Cross Society of the Order of Saint John in commenting upon reports of cases states:

"It is pleasing to note from the documents enclosed that the administration could not have been placed in better hands."

THINK!

When you reduce a child's supply of milk to any extent, you deprive that child of the one food it needs most. There can be no compromise in the matter of food quality, especially milk. Many a mother in seeking to save a cent or two a day on her milk supply has found it a costly experiment, as it affected the health of her children.

"It is easier to dodge an elephant than a microbe."—*The Crusader*.

The Red Cross Outpost Nurse

Must Be a Woman of Courage and Resource

"**N**OT counting nursing, what can you do?"

This question, writes Irene Moore in the Regina Leader, might well be put to each nurse who applies for a place on the staff of any Saskatchewan Red Cross outpost.

If the nurse says she knows all about district nursing and teaching new settlers how not to be helpless, that is excellent and her prospects for getting taken on improve.

Bread-making, interior decorating, wood and water rustling, pouring oil on troubled waters, standing up against loneliness—if she can pass her examinations in all these, her chances are excellent. It is taken for granted, of course, that she has a Saskatchewan nursing certificate, and likewise, that she won't ask for a separate salary for each of the roles that she is likely to have to fill.

MEETING MEDICAL NEEDS

The Saskatchewan Red Cross tried the scheme of providing district nurses to meet the need for medical care for mothers in the outlying parts of the province in the early months of the peace, when the Red Cross branches began to turn their attention to needs at home.

Distances in Saskatchewan being so immense, and the homes of the pioneer families being anything but immense, there were difficulties about carrying out that project. It was decided that the funds would go further and more patients would benefit if small nursing-centers could be established. Hence the Outposts.

Of the several outposts that have been opened in half a dozen years, those at Eastend, Alsask and Willow Bunch have graduated into hospitals supported without Red Cross assistance. Ten are operated still by the Red Cross and others will be opened. Five of the ten are paying, through the people of the community, 75 per cent. of the expenses above and beyond what the patients pay for their care.

A sample from the diary of the nurse at one of the northern Out-

posts suggests what the Outpost nurse needs to be prepared for:

7.00 p.m.—Dr. K—— drops in to say he has been called to Lac La Ronge, 130 miles further north, to an accident case at the Catholic Mission, and that he will be away ten days.

Two patients are in residence at the Outpost; an old man from 40 miles north whose trouble is blood-poisoning and a young lad from 35 miles nor'-west who met with a shooting accident.

Thinking of the trip the doctor will make, mostly by wagon, I can only say, "We'll get on all right, doctor; I hope you'll have a good trip." Then the patients get their tuck-in for the night.

4.00 a.m.—Knocking at the Outpost door, and a terrified boy of 13 or 14 asks for the nurse. "Please, please come to mother at once, for she is very sick."

I hastily get together a few things and go with him.

7.00 a.m.—Back at the Out-

post, having ushered a young settler into the world and made his mother safe and comfortable; she is now in the hands of volunteer helpers whom I instructed what they are to do for her.

Bread-mixing now has right of way; then the fixing up of the patients, arranging for the meals, tending the fires, and getting some supplies.

Two women arrive at the Outpost; the older explains that the other is her daughter who suffered with pains all night though she had not expected to need Red Cross ministrations for three or four weeks yet. But Baby Annette does not stand upon ceremony in the matter of her arrival.

Now the day is ended, night is drawing nigh and I sit down to fill up the record sheets, hoping the while that Dr. K—— is well on his road and will be back before the population in this bailiwick goes up again.

British Columbia Division at the Big Coast Fairs

THE British Columbia Division made an exhibit at the Vancouver and Victoria Fairs. The Junior Red Cross and the Home Nursing Classes were given special prominence with good results in arousing much public interest in them.

Representatives of many organizations made enquiries regarding the formation of Home Nursing Classes and were furnished information that will likely lead to the formation of many study groups.

The Vancouver Fair opened on August 4th and continued until August 14th. The Victoria Fair followed close upon it, opening on the 16th and on it closing the British Columbia workers hustled into preparation for the New Westminster Fair. Contacts for the Autumn organization of classes were made at each of the places.

The Canadian Red Cross Home Nursing Manual lessons formed the basis for the demonstrations which were very favorably commented upon not only by visitors but also in the Vancouver and Victoria press.

The Red Cross can give as effective aid to Public Health Authorities in time of peace as it gives to the Army Medical Service in time of war.

"STANDING BY"

"Standing by" is one of those epigrammatic British sea terms honoured by use for centuries. It is used when a ship is ready to sail at a moment's notice. It means "ready."

The Red Cross organization is always "standing by" and prepared to give its service in time of serious disaster.

Red Cross Symbol Means Helpfulness

Some Enthusiastic Testimonies to the Value of Junior Red Cross

BEGINNING the campaign on behalf of Junior Red Cross for the current school year, the Ontario Division has published a report for the previous year in which it gives the list of names of auxiliaries and their teacher-directors of its 1,088 branches.

The enrolment for 1925-26 was 33,042 members. The front page of the report contains a map with indications of the positions in which branches are organized and in many localities the movement has made remarkable headway. Under the heading "What Junior Red Cross Offers" the following interesting list is given:

WHAT JUNIOR RED CROSS OFFERS

Membership in the Junior Red Cross brings many advantages to schools and teachers such as these:

1. *It Provides a New Method.*—It introduces an up-to-date, proven and approved activity method of teaching Health.

2. *It Trains in Social Service.*—It unites the pupils in an attractive School Club for all sorts of worth-while services on behalf of their community and school, and for themselves.

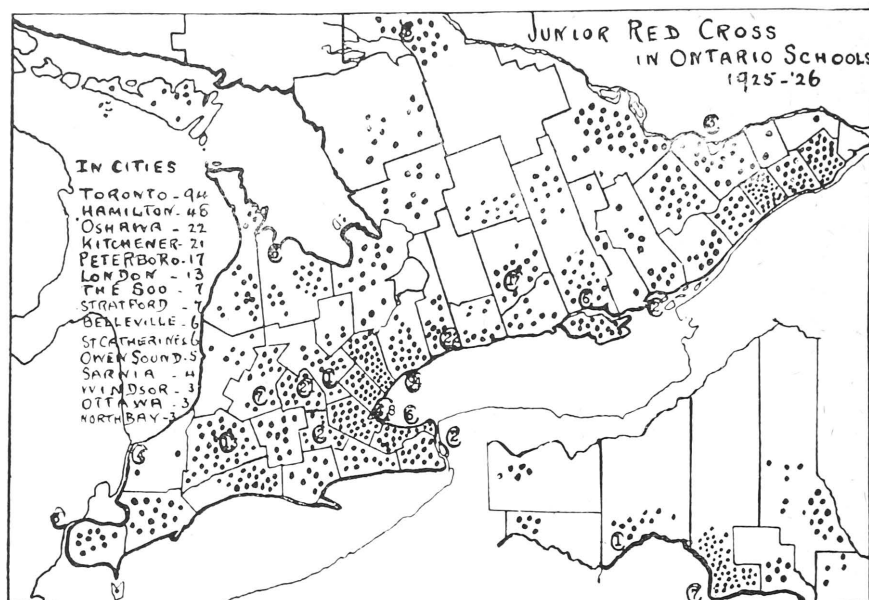
3. *It Enriches School Work.*—It enriches the studies of the school through vitalizing correlations and projects in—English, Civics, Hygiene, Art, Music and Play.

4. *It Broadens the School's Horizon.*—It projects the school on sound pedagogical lines into the peace-time mission of the national and international Red Cross for a healthier and friendlier world.

5. *It Links Progressive Ontario Schools.*—It associates the school with hundreds of other progressive Ontario schools in health improvement, in helping crippled children, in exchanges of portfolios, correspondence and school work.

6. *It Provides Valuable Teaching Material.*—It provides, without charge, valuable teaching material such as posters, health leaflets and buttons, and for a small cost additional material such as health plays, health verses, etc.

The spare space in the bulletin is crammed full of testimonials from teachers of the valuable help Junior Red Cross has been to them in their important work and we give here a few samples:



THANKS

"The children wish me to say 'Thank you' for the posters we received lately and for all the supplies. Your help and encouragement have done wonders for us."—Miss McLaughlin, Director, Sunshine Club, S.S. No. 7, Monmouth Tp., Haliburton.

J.R.C. GIVES BUSINESS TRAINING

"We held an oratory contest and both president and secretary were winners in their own class, due, we think, to their experiences as officers. The secretary has learned a great deal about business letters, etc."—Miss Boyer, Director, Willing Workers, Verschoyle P.S., Oxford Co.

AT STRADER'S HILL SCHOOL

"We had one meeting at my home to which the parents were invited. The pupils themselves conducted the meeting throughout. . . We have bought books for our library amounting to \$5.50 and supplied scissors, needles, pins and thread for the use of the school."—Miss Bell, Director, True Blues, S.S. 16, Matilda Tp., Dundas Co.

RED CROSS LEAFLETS USEFUL

"We have monitors for providing fresh water in the school, blackboard and brushes cleaned, paper picked off the floor, etc. We have found the Red Cross leaflets on 'Colds,' 'Teeth' and 'Food' very useful. I would suggest further publications on 'Eating,' 'Breathing' and 'Drinking.'"—Miss Burgess, Director, 4 H Club, Jr. Room, Union P.S., Elgin Co.

HELPING A BIT

"We sent a scrap book to a little laddie who was badly scalded at Christmas time . . . also a box of clothing to a

school in a poor district up north."—Miss Knapp, Director, Chain Lightning, Morrish School, Durham Co.

HOW IT GROWS

"When I came to the school last September the pupils succeeded in interesting me in Junior Red Cross and now I would not be without it in any school."—Miss Wallace, Director, Be Healthy Club, S.S. No. 7, N. Gower Tp., Carleton Co.

THE RED CROSS A GREAT SYMBOL

"My pupils are nearly all 'New Canadians,' speaking little English, and the Red Cross symbol means Purity and Helpfulness to them. . . The Red Cross pennant sent with the supplies is held by the 'Standard Bearer' at the opening exercises of each meeting."—Miss Robb, Director, Little Health Helpers, Jr. 1 Class, Gibson P.S., Hamilton.

HEALTH HABITS ESTABLISHED

"Inspectors and 'cops' are appointed to see that health rules are not forgotten. . . The posters are very helpful. Inspectors and teachers need often only to point to them."—Miss Ryan, Director, 4 H Club, S.S. No. 9, Biddulph Tp., Middlesex Co.

LONDON CHILDREN'S HOSPITAL REMEMBERED

"We sent gifts to the London Children's Hospital at Christmas and flowers to an absent pupil."—Miss Howie, Director, Sunshine Club, Lord Roberts P.S., London.

MEETING NEEDS NEAR HOME

"Our Mite Box collections amounting to \$1.33 were sent to the Sick Children's

(Continued on page 5)



A "close-up" of the Ontario Division's Junior Red Cross exhibit at the Canadian National Exhibition. It was arranged by the Director, Mr. S. B. McCready, who spent a busy two weeks shaking hands with many of his 33,042 Juniors and answering questions by teachers and parents.

Junior Red Cross and the New Philosophy of Education

"There is abroad in the world a new philosophy of education. It asserts that the child is an end in itself, that the primary duty of the teacher is to love his pupils; that knowledge is secondary to this spirit of devotion of the child.

"It claims that education is limited to what the child may experience; that the child can learn only by doing; that what does not engage the child's interest is educational waste; and that the profit of education consists in those habits and aptitudes, those knowings-how which the child has laid up in memory and skill against the day of maturity.

"One great principle in particular we have all accepted from the new education—that there is nothing in the world of human activity or association which may not be adapted to the child in his age—made a part of his experience. We no longer shut away the facts of life in Bluebeards' closets, forbidding upon pain of mental death, the child to open them.

"It is upon this principle that the Junior Red Cross is developed. . . . You and your school can be a part of it if you will."

—From an address by Dr. MacCracken, Principal of Vassar College, at the Pan-American Red Cross Conference, Washington, D.C., U.S.A., May, 1926.



"RED CROSS SYMBOL MEANS HELPFULNESS"

(Continued from page 4)

Hospital at London. Christmas scrap books and a valentine shower were sent to the London Sanatorium at Byron. Nine pinafores and five knitted caps, all hand made, were donated also."—Miss Kuntz, Director, Busy Bees, Clandeboyne School, Middlesex Co.

The bulletin contains one page devoted to the enrolment and pledge so that all new teachers receiving the book have to do upon a decision being made to form a branch, is to fill in the form and send it on to the Division.

The report concludes with a quotation from an address given by Dr. Henry MacCracken, Principal of Vassar College, at the Pan-American Red Cross Congress, held in Washington last May and June.

We have displayed this selection upon this page for the benefit of teachers and others whom it may interest.

The existence of strong National Red Cross Societies and a strong League of Red Cross Societies can be one of the most powerful voluntary aids to the promotion of peace—not by effort directed specially towards that end, but by the exercise of sympathy and co-operation for health reform by the peoples of the nations of the world.

MANITOBA DIVISION'S BULLETIN

IN A neat little bulletin published by the Manitoba Division the services which are being rendered in that Province by the Red Cross are set forth in brief and simple form in a folder which may be easily inserted in an ordinary correspondence envelope.

The circular has good photographs illustrating the Junior Red Cross service to the needy crippled child, the work for disabled ex-service men and for the settler in outlying districts. In the latter regard one of the nursing stations shown is that of Grahamdale, located, as the bulletin says, "in a district where no medical or nursing aid is available other than through the Red Cross." The bulletin says that each nursing station is in charge of a highly qualified graduate nurse who works under the supervision of a travelling physician.

There is also a good illustration of the Convalescent home at Winnipeg Beach which the Division maintains on behalf of soldiers recovering from illness or operation.

The bulletin is printed in black and red on buff paper and is very attractive in appearance. People in Manitoba who are interested in the Red Cross may do well to write for a copy of this circular to the address of the Manitoba Division given on page sixteen.

Experiences of a Home-Nursing Organizer

TOURING the Province of Nova Scotia as Organizer of the Canadian Red Cross Home Nursing Classes, Miss Elizabeth Browne in her report to the National Office cites many interesting experiences. Writing from Arichat, Richmond County, she says:

"Years ago this was quite an important shipping centre; but so many have gone away that to-day it is but a very quiet village. It is fifteen miles from a branch line railway, and there is no regular communication with the outside world except by a small daily boat which leaves at 6.30 a.m. for Mulgrave and returns in the evening. This isn't a hardship in summer; but in the winter it is taking a chance. Fog and ice and the very treacherous coast provide plenty of thrills. It is reported that one time last winter a broken steering gear necessitated a transfer of passengers and crew to another

boat, but it had not proceeded far when the steering gear of that boat broke also.

"The Organizer remembers one trip on that shore, when the boat got caught in the ice and had to wait five hours for the tide to rise sufficiently to get up the channel. Then a long drive of two and one half miles on the ice on a bob sled with a bag of straw for a seat and generally a warm clean place with real hospitality at the end of the journey."

In very many visits to communities Miss Browne encountered excellent receptions and authorities generally of every denomination gave hearty approval to the course in Home Nursing Classes and the forming of groups to receive the instruction. In addition she found local authorities, clergymen, doctors and registered nurses very willing to help by giving their time and services in organization and instruction.

after her comfort and transportation to classes. We hope to see a small hospital there some day. Riley Brook, a Red Cross Centre, was visited and conditions there in regard to a Home Nursing Class looked after; then on to New Denmark, where a very interested meeting was held in the Danish Settlement, among really wonderful women and a class was organized"

**SUPERINTENDENT OF
JUNIOR RED CROSS
APPOINTED FOR ALBERTA**
THE Alberta Division has recently appointed Miss Louise C. Paterson as Superintendent of Junior



MISS LOUISE C. PATERSON
Red Cross to succeed Mrs. Fisher who resigned in the Spring.

Miss Paterson is a native of Alberta, and was educated at the Okotoks Public School, the Crescent Heights High School, Calgary, and the University of Alberta. She was graduated from the University as a Bachelor of Commerce.

Miss Paterson has had three years' experience teaching in Alberta and lately occupied the position of Assistant Principal at the Okotoks High School. She was recommended for her present position with the Canadian Red Cross Society by the Deputy Minister of Education for Alberta, who spoke very highly of her qualifications. Miss Paterson has had considerable experience in social work and leadership as well as in business and office work. Miss Paterson commenced her duties as Superintendent of Junior Red Cross of the Alberta Division on August 6th.

Here and There With New Brunswick's Organizer

TYPICAL of the enthusiasm which animates the Home Nursing Organizers and those who participate in the classes is the following extract from a report by Miss Sibella A. Barrington, Organizer of the Classes in the New Brunswick Division. Among other things, Miss Barrington says:

"I went to Victoria County where the Institutes were asking for information in regard to the Red Cross work—Home Nursing and Junior Red Cross. Leaving Saint John on the Tuesday and going first to Debec, then Cambridge, then Aroostock Junction, then Cearl I found on Saturday morning that I had completed arrangements for four good classes. I had been in touch with a great many wonderful women, learned their community needs, and the interest they take in bettering conditions in their community. In one village the Institute members, not

twenty in number, have raised all the money to build a community hall which would be a credit to any town. When I asked how they did it the answer was: 'every way we could, sewing, knitting, sales, dances, socials, etc.' Where there is a will there is a way.

"This district is badly in need of a public health nurse. The women know it, but cannot tell how to manage it yet. Lickford was visited again—no doctor, no nurse and people needing nursing help. Then on to Plaster Rock. There is a Red Cross there and a very interesting meeting was held. All were interested in having classes and Dr. Coffin is willing to help in every way. Maple View, Wap-skie and Arthurette were visited and will have classes. So it was decided that Miss Joynes, the teacher, would later on go to Plaster Rock; the Red Cross there taking the responsibility of looking

The Red Cross at the Canadian National Exhibition

ONE of the thousands of strangers who drifted through the Exhibition came to a standstill before the booth of the Ontario Division. He had seen there a sight which riveted his attention. Among the flags of the nations enrolled in the League of Red Cross Societies he had caught sight of the emblem of his native land. Pointing to the flag, he said: "This is my exhibit; here I have found my own land at last."

The Diwan—the distinguished gentleman from India who opened the Exhibition, looked round the walls of the booth, and said: "Yes, of course I know the Red Cross; we have it in India, too." He then examined the exhibits with keen interest, asking many questions about the work and organization of the Society in Canada.

The Director of Junior Red Cross was showing to a Canadian teacher a beautiful portfolio from New Zealand, when two ladies standing near asked to be allowed to look at it also. "Why, that portfolio comes from the very place we live in," was their amazed and delighted comment.

The banner, presented to the Junior Red Cross of Canada by the Junior Red Cross of Britain, was always a centre of interest. "Look, 'Enry," said one Englishwoman to her Canadian husband, "they worked that in London. They can't work like that in Canada." Then, turning to the nurse in charge, she explained: "You see, Miss, I was born in London. so I 'ave to stand up for the hold place."

"Oh! isn't it darling?" said a high school girl, as she hung over the rail to admire the charming baby doll which wore the garments of the standardized layette with so much apparent pride. And she and her school mates took away with them instructions for making the little garments. One worker alone secured thirty-five recruits for the Provincial

workroom during the Exhibition.

A delicate looking girl stopped to talk to the nurse, and before she passed on was enrolled as a pupil in a Home Nursing class to be held in the village where she lived.

On the Saturday when the rain descended in torrents all day, a count was taken of the people who stopped to look carefully, or ask questions about the exhibit. In the half-hour between 2 o'clock and 2.30 p.m., 648 persons were so counted, and in the corresponding half-hour on a fine day no fewer than 1,225 stopped to look and generally, also, to listen. More than a million and a

half people visited the Canadian Exhibition this year.

"Pleathe give me that little tent with the light," lisped a charming tot, as she gazed at the model of the tent hospital at Red Lake. And when it was explained that the tent was there to help the poor sick men, she boasted: "Well, Thanta Clauth will bring it for me. . I mutht have that dear little nurthe thtanding in the door."

"Do they have outposts on the prairies?" asked the wife of a young minister. "We are going to a place 200 miles from a railway and I have a delicate boy. Is there any likelihood at all that we might have a nurse near us?"

"Good old Red Cross;" said a man with an empty sleeve. "Still going strong."

A. M. P.

A Visit to the West

DURING several weeks of the Autumn, commencing about the end of September, Dr. Jas. W. Robertson, C.M.G., Chairman of Council of the Canadian Red Cross Society and Dr. Jas. L. Biggar, Chief Commissioner of the Society, will tour the Western Provinces of Canada in the interests of the Red Cross. The journey will be for the purpose of conferring with Divisional Executives with a view to perfecting the organization of the Society, expanding if possible its valuable services to the people and reaching a preliminary understanding regarding co-ordination of effort in the forthcoming financial campaign next May and June. Meetings will be held and the Red Cross cause presented to interested people in as many localities as possible.

The first itinerary was arranged for Saskatchewan, commencing at Regina on Friday, September 24th, the remainder of the time to October 2nd to be spent touring the Division according to a definite schedule published locally.

From Saskatchewan Dr. Robertson and Dr. Biggar will proceed to Alberta for a similar tour which will be made known to all interested. The

schedule next calls for a visit to British Columbia beginning on Monday, October 11th, and on the return journey eastward, a schedule of calls and meetings in the Province of Manitoba before the end of October.

"As Life's unending column pours,
Two marshalled hosts are seen—
Two armies on the trampled shores
That Death flows black between.

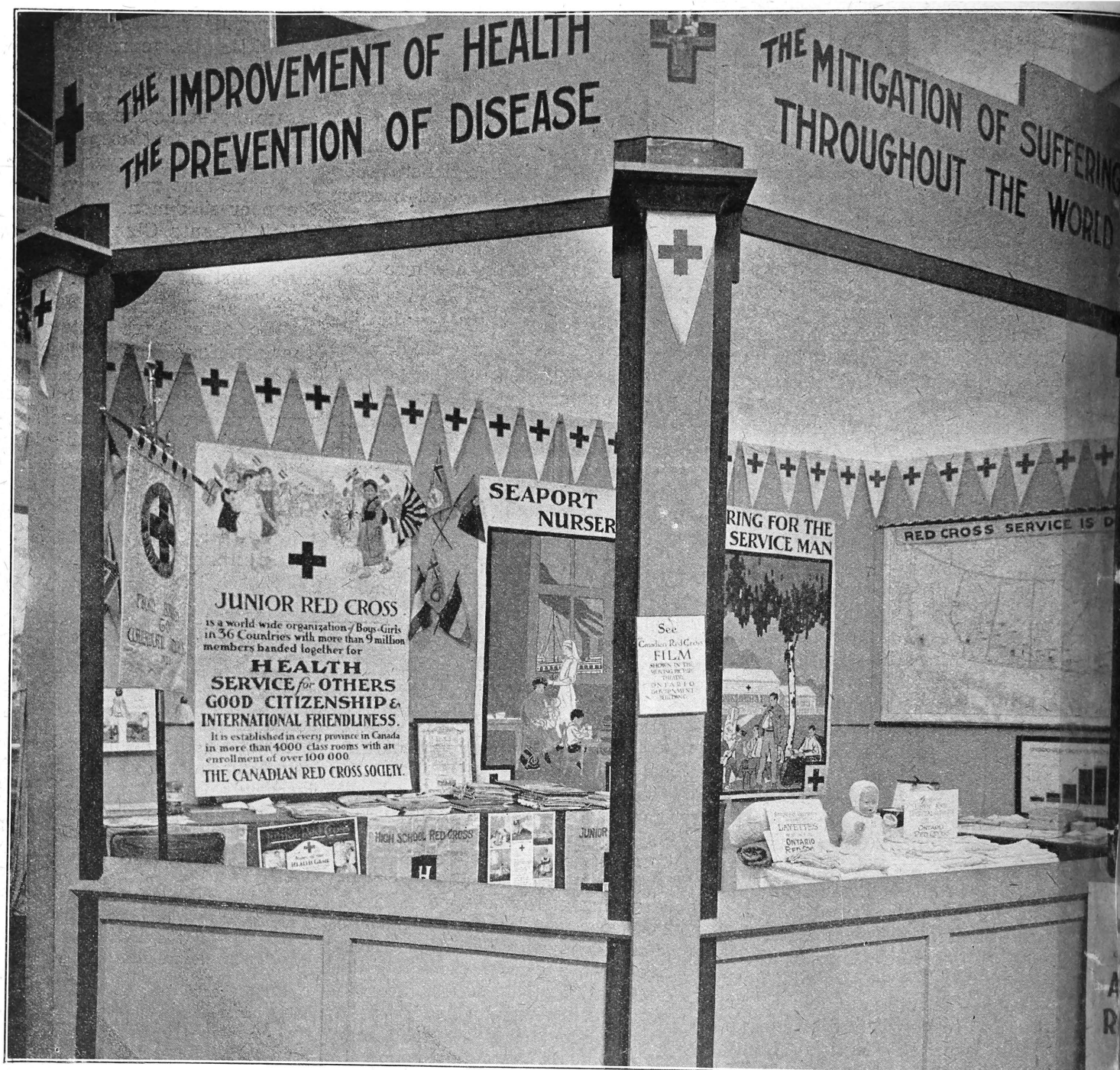
One Marches to the drum-beat's roll,
The wide mouthed clarion's bray,
And bears upon a crimson scroll,
'Our glory is to slay.'

One moves in silence by the stream,
With sad yet watchful eyes,
Calm as the patient planet's gleam
That walks the clouded skies.

Along its front no sabres shine,
No blood-red pennons wave;
Its banners bears the single line,
'Our duty is to save.'

—Oliver Wendell Holmes.

**Help the Red Cross in its work
by your steady membership. Send
in your contribution to your
Division. Note the addresses on
page 16.**



1 THE RED CROSS AT THE CAN

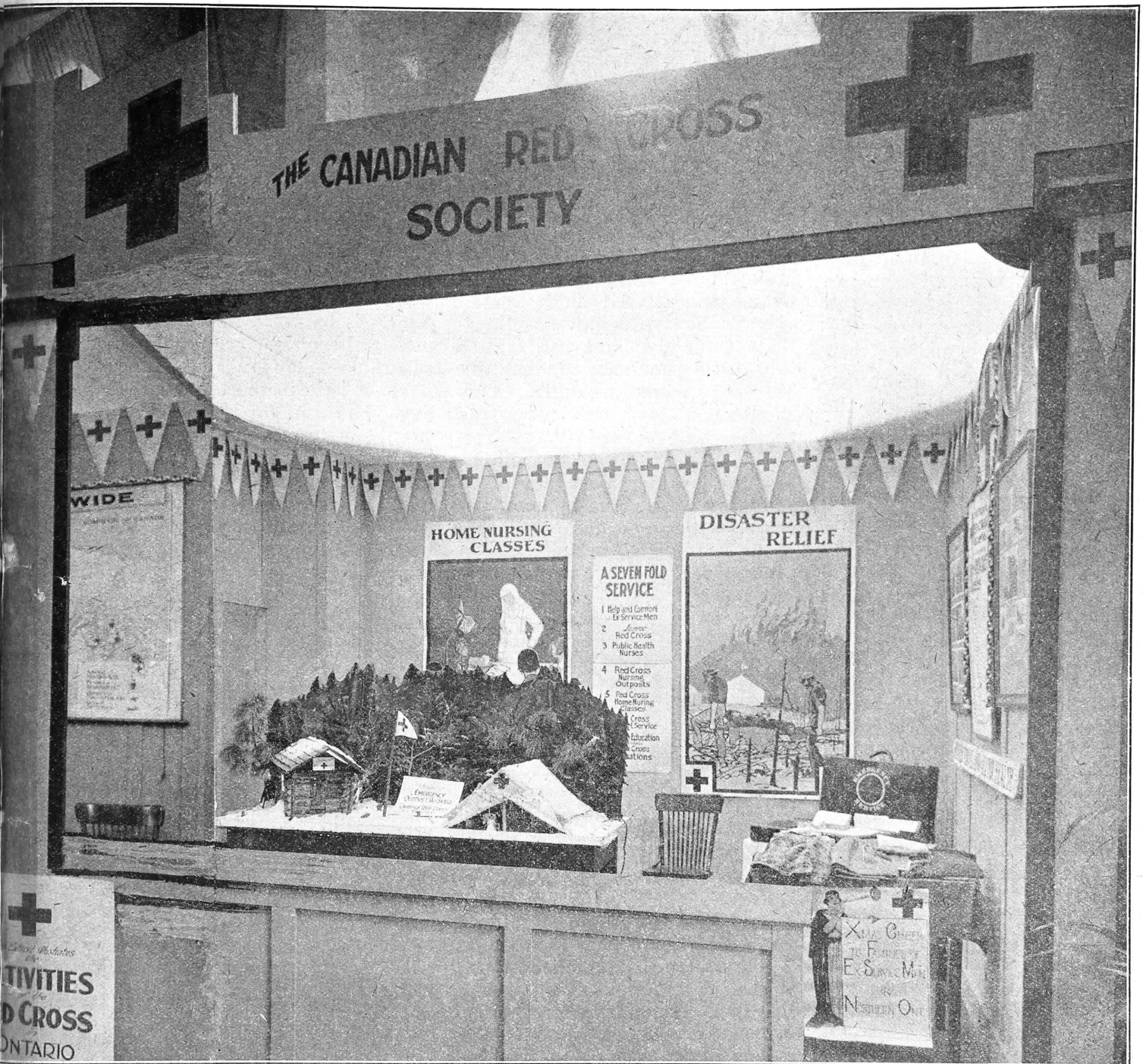
PHOTOGRAPH of the Red Cross Exhibit arranged by the Ontario Division at the Canadian National Exhibition at Toronto, August 28th to September 11th. The attendance at the Exhibition was one million six hundred thousand, and it would be a reasonable estimate that this exhibit was seen by at least one million people. During the exhibition the staffs of the Toronto Branch, the Ontario Division and the National Office sent reliefs of attendants who explained the various services to the visitors. The lively interest in Red Cross affairs which was shown by the people who passed by was most gratifying.

In the photograph at the left the Junior Red Cross Department has its stand. Large posters in other parts of the booth illustrated Seaport Nurseries, Caring for the Ex-service Soldier, Home Nursing Classes and Disaster Relief. Frank Johnston was the artist.

The Nursing Outpost service was illustrated by the little models in the foreground, one a small log cabin fitted up as

an Outpost Hospital, and the other a tent to illustrate the Outpost Hospital which the Ontario Division has established in the pioneer mining district of Red Lake. In the tent a twinkling light showed the hospital equipment, consisting of miniature bed, stove, linen cupboard, chairs, tables, etc., very cleverly constructed. The large map near the centre carried the device "RED CROSS SERVICE IS DOMINION WIDE" and showed the National Headquarters, Provincial Headquarters, Outpost Hospitals and Seaport Nurseries. A large poster also showed the international aspect of Red Cross by giving the names of the fifty-four National Societies which are united in the League. Arranged on tables were typical layettes which are sent out by the Ontario Division to needy cases and also samples of the helpful gifts which are sometimes sent by the Division to needy cases in Soldier Settlers' Families. The results of the exhibit were extremely gratifying and it is possible that the silent effect, could its extent be known, would be equally gratifying.

THE CANADIAN RED CROSS



DIAN NATIONAL EXHIBITION

One of the young lady attendants writing of her experiences in the booth said:

"From time to time persons arrested in their progress by the sight of the Red Cross exhibits would come questioning forward and were often amazed to learn of the extent of the services being given by the Red Cross in many ways in Ontario and the other provinces. A few interested people soon attract others and in time an audience of satisfying numbers would hear, not only of the Red Cross Outposts but of other Departments of our work, such as the sample layette, produced by a voluntary sewing committee and sent to needy soldiers' wives; or the Outposts giving such wonderful service in outlying districts; the sympathetic care for the disabled soldier and the many other branches of activity. The display of clothing for Christmas Boxes for needy soldiers' families also excited interest and many women expressed a desire to contribute to the parcels. Many questions were asked about the Home Nursing Classes. Two young girls, in

their early teens, after explaining that they were studying two nights a week for matriculation, desired to know if it were true that the Red Cross gave a course in Home Nursing and that they would like to devote one evening a week to it.

"The interest in the Junior Red Cross work was shown to be very much alive, as many children would bring their parents to the booth. A school teacher enquired regarding portfolios from other lands and told how enthusiastically her class was preparing one to exchange with a Junior club in a foreign country. The banner presented by the British Red Cross to the Canadian Juniors was frequently recognized by the little people and explanations given by them to their parents. It was most refreshing to meet with the enthusiasm of the children as soon as they recognized the well known sign of the Red Cross."

On page 7 will be found other information on this interesting exhibit.

Foods the Baby Needs

The baby should be weaned at the age of nine or ten months. After that age the breast alone will not give sufficient food, and harm may follow too prolonged nursing. Exception should be made to this rule if the baby reaches the age of weaning during the hot months of summer. In such cases it is better to wait until the hot weather is over before weaning is begun.

PREPARATION FOR WEANING

In preparing for weaning, the baby should be taught the use of the bottle during the early months of life. This may be done by giving from the bottle, between feedings, water, previously boiled and cooled. Sometimes the baby is taught to drink from a cup as soon as weaned. This method has the advantage that it is unnecessary to teach the baby to give up the bottle at a later date—but it is more usual to substitute the bottle for the breast and later to accustom the child to the use of the cup or spoon. Final weaning from the bottle should never be delayed beyond the age of eighteen months.

METHOD OF WEANING

The best method is to wean gradually by substituting one bottle feeding for a breast feeding. It is well to commence with a milk mixture weaker than that which ordinarily would be given to a bottle-fed baby of the same age. Start with a mixture of two parts of pure cow's milk to one of water, adding one level teaspoonful of granulated sugar to an 8 oz. mixture. You may have to decrease the amount of sugar after a month or 6 weeks.

If this is well digested, a second bottle feeding may be substituted for another breast feeding at the end of three or four days. If progress is good, additional bottle feedings are substituted at intervals of about three days. By this system the entire weaning takes about two weeks. The gradual nature of the change has two great advantages—the baby becomes accustomed to the new

food and the mother's breasts empty in a normal manner.

When the baby is accustomed to the weak milk mixture used during weaning, the strength of the milk should be increased gradually until whole milk is given by the twelfth month. Make haste slowly, because a strong mixture of milk at the start is likely to cause indigestion. Loss of weight or a failure to gain is common in healthy babies during weaning. This should not alarm the mother, as the loss will be made up as soon as other food is added to the diet.

If the weaning must take place suddenly, the breasts may become swollen and painful. If this occurs, fold absorbent cotton around each breast, pad a little

under the arms and bind the breasts with a wide strip of stout muslin, which covers the breasts and encircles the body. This binder should be pinned or sewed tightly enough to exert a firm and even pressure. It is a good plan for the mother to drink less and keep the bowels open with a saline each morning.

It is dangerous to wean a very young baby. This should only be done on the advice of a doctor, which is rarely given unless the mother becomes pregnant or has a serious or severe acute illness. Lack of milk in the breasts is not a good reason for weaning. The supply of breast milk can be increased by improvement in the mother's diet and habits, or it may be necessary to make up for the lack of breast milk by a small bottle feeding given after nursing.

"Tired Nature's Sweet Restorer"

MOTHER Nature, always has her own remedies for the tear and wear of life, and it is to these that we should turn. Common sense should tell us that for a tired, jaded body, the best "refreshers" are rest, fresh food and fresh air, and the greatest of these is rest. The only time when the entire body is in repose is when we are asleep, so the first question to ask ourselves is: "Am I getting enough sleep?" A doctor said recently that happiness is really only a question of getting enough sleep. The disagreeable people one meets in life are usually those who don't get enough sleep. Many quarrels would be avoided, many crimes would never be committed if people always took sufficient sleep.

During sleep the nerves of the body take their much-needed rest. If the nerves are out of order, they disturb the regenerative and reproductive functions of the blood corpuscles, which explains why people who stay up late at night always appear pale, and why anemic people need an extra amount of sleep, for they feel an instinctive need of regeneration of the blood. It explains, too,

why childhood and youth, the periods when the body is developing, are the periods when most sleep is needed. Though there is some difference of opinion as to the amount of sleep required, doctors are generally agreed that the average child does not get enough sleep. Dr. Clement Dukes, an American Doctor, who has specially studied school children, gives the following table of the amount of sleep required:

Age	Hours
At birth.....	23
1 year	20
2 years.....	18
3 years.....	16
4 years.....	15
5 years.....	13
6 years.....	13
7 years.....	12½
8 years.....	12
9 years.....	11½
10 years.....	11
13 years.....	11
15 years.....	10½
17 years.....	10
19 years.....	9½
All other ages.....	9

Old people need less sleep for they make fewer calls on their body power and mental energy.

Common Colds

THE common cold is the most frequent cause of absence from work. When the reason for the absence of school children is entered on the attendance record it is found that among diseases the name "colds" leads all the rest. Part of this is due to the fact that measles, whooping cough, pneumonia, scarlet fever and other forms of infection frequently start as "colds" and in many cases the disease never develops beyond that group of symptoms.

Men living open air lives are free from colds no matter what the exposure to extremes of weather they undergo—for instance, sailors on long voyages, Arctic travellers, lighthouse keepers. Men taken from shop or office, turned into soldiers and put under canvas, escape the colds from which they suffered in civil life. The conclusions of Benjamin Franklin were "the people who live in the forest, in open barns, or with open windows, do not catch cold and that the disease called a cold is generally caused by impure air, lack of exercise, or from overeating." In Franklin's day people did not know how colds were transmitted from one person to another.

When the Canadian troops were camped on Salisbury Plains under extreme conditions of wet and discomfort, they had excellent health. As soon as they were moved into huts, catarrhs and sore throats spread rapidly.

In crowded rooms, halls, street cars and other places where people congregate, infection takes place from mucous spray sneezed, coughed or spluttered out in speaking. The nose membrane of those who stay in warm places is spongy and catches the germs of colds. In those who live in cold, outside air, this membrane is kept healthy and through it blood flows rapidly. Harmful bacteria are washed away, or, for some other reason, fail to get a foothold. To start a cold, a large dose of germs is required. In the open air the germs coughed or sneezed out of the nose and throat are blown away or scattered so that they are not numerous enough to start a cold.

"The entire modern health movement depends upon the adequate development of the visiting nurse." Dr. Livingston Farrand.



A Message to the Teacher-Directors



DURING the last school year four thousand and twenty-two teachers in Canada voluntarily worked for the Junior Red Cross in the classrooms of this country. If it were not almost an impertinence to do so, we would attempt to thank you all for this magnificent service. For you are the backbone of the Canadian Red Cross Society, and the possibility of its fulfilling its great peace time program designated by the Parliament of Canada, viz., "the promotion of health, the prevention of disease and the mitigation of suffering" depends almost entirely on you and the pupils in your schools who are members of the Junior Red Cross.

In the fall of 1925, I had the opportunity of meeting many of the teacher-directors in the provinces of New Brunswick and Quebec. This fall, I hope to meet many more in the four western provinces. Unfortunately, it is impossible to meet all of you face to face, so I am taking this opportunity of expressing my gratitude to you for what you have done in the past, and for what I have faith to believe you are going to do in the future. I have this one request to make of you: Will you undertake to explain Junior Red Cross to other teachers, either in provincial conventions, teachers' institutes, or in small social groups? Those who have seen the work of Junior Red Cross in a class room realize that it is a power which can transform the lives of children and young people; then, why should not every child in Canada have the opportunity of linking up with this great world-wide movement with its membership of over 9,000,000 throughout all the civilized countries of the world.

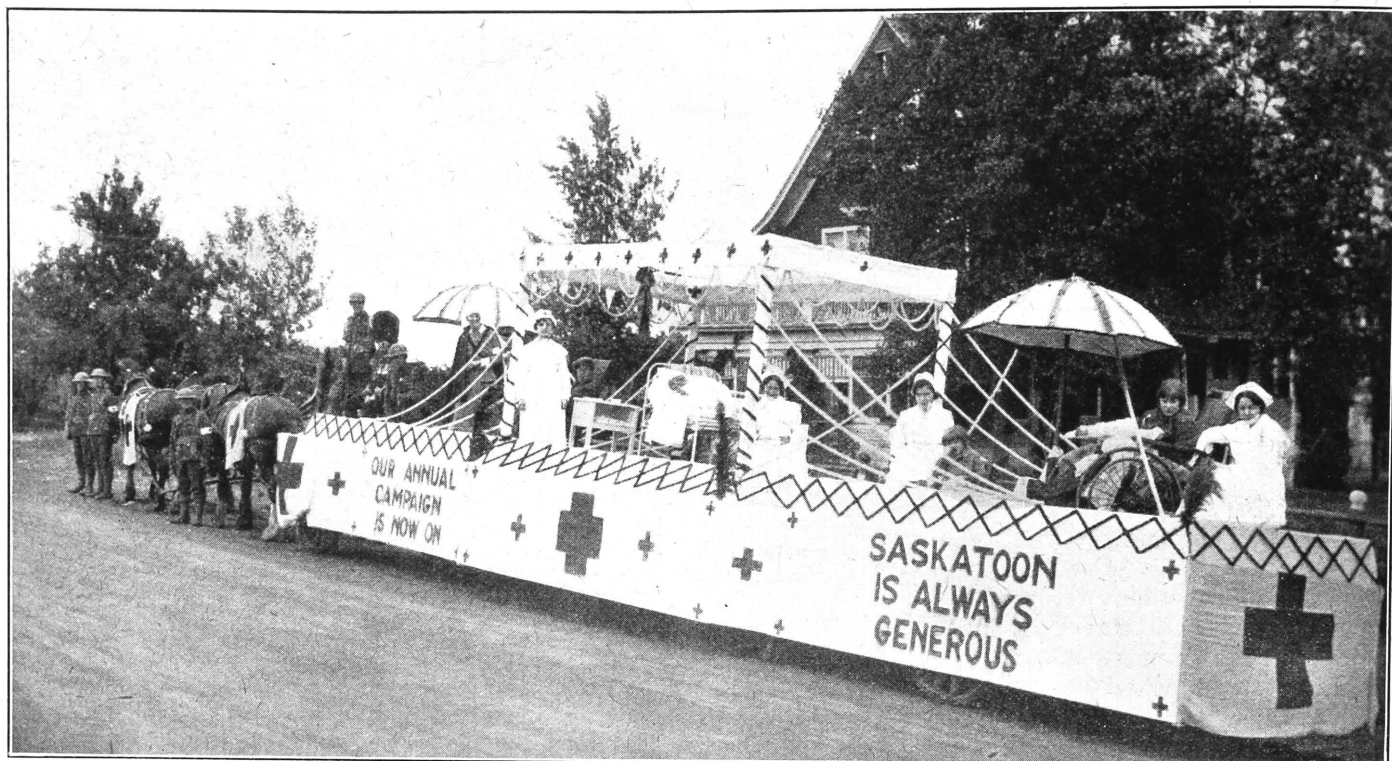
It so happens that the number of crippled children treated through the Junior Red Cross in Canada is approximately the same as the number of teachers who are engaged in directing Junior groups. At the end of 1925, over 4,000 children in Canada who otherwise would not have received treatment, were treated for various physical defects, and were either cured or greatly improved. The work of the Junior Red Cross is done so unostentatiously that the public has not yet grasped its magnitude. Junior Red Cross is not so much concerned with theories or statistics, as it is in action, and while over 4,000 children owe to it their health, their ability to see, hear, and walk as normal children do, at the same time a far greater number of children have learned the joy of service to others. I have mentioned only this one phase of activity of Junior Red Cross, for we all realize it is only one, and as I started out to write a very brief message, I dare not enter other fields.

I know that you are all in frequent touch with your own provincial Junior Red Cross offices, through which the organization is administered, but I don't want you to forget that you are also part of a national group which is bound together by unity of purpose. Here's hoping that all enrollment forms for the school year 1926-27 will be sent early to provincial offices and that this will be by far the best year we have ever known in Junior Red Cross in Canada.

JEAN E. BROWNE,

*National Director of Junior Red Cross
and
Editor, "Canadian Red Cross Junior."*

—From the *Canadian Red Cross Junior*.



The Saskatchewan Division First Prize Float at the Elks' Parade in Saskatoon.

A PRIZE-WINNING FLOAT

THE photograph reproduced upon this page is of a float prepared by the Saskatchewan Division which was successful in winning the first prize for floats in the Elks parade held in Saskatoon in June. As will be seen, the float gives an excellent representation of Red Cross activities. Mr. W. F. Kerr, Commissioner of the Saskatchewan Division, gave high credit to Mr. Harold Parr for the design and decoration of the float. Mr. Parr gave a large amount of enthusiastic service to the Society in bringing this work forward to completion. For the benefit of our readers who might be interested in this form of demonstration, we may say that the float was designed to represent the chief Red Cross services in Saskatchewan. It was done on a magnificent scale, forty feet in length and was drawn by four big, black, draft horses which were led by ex-service men uniformed in full marching order.

The float was divided into three sections each representing Service to Ex-soldiers, Outpost Hospitals and Junior Red Cross. In the front section was Charles McLean, a veteran of many wars; James McAllister, an ex-service man of the Great War and incidentally a former patient of the Red Cross convalescent hospital

at Winnipeg Beach; Mrs. W. C. MacIntosh of Saskatoon, an overseas nurse in field uniform representing the Red Cross in the Great War; and Louis Boardman, a young English immigrant who was recently discharged from hospital where he had been treated through the Red Cross Society and supplied with an artificial limb necessitated by an accident at Asquith.

The second portion, which was furnished by St. Paul's Hospital, represented a typical scene in the Red Cross Outpost hospitals. Miss Irene Morrison, Reg. N., and Miss Evelyn Fowler, both in training at St. Paul's, were in charge. In the little bed was Miss Heturah Steeves, a girl of nine, whose parents recently moved here from Meadow Lake, where the Red Cross had its furthest north Outpost for five years.

JUNIOR RED CROSS

The other section represented the Junior Red Cross in operation. There were two patients. One was Nellie, from Fort Pitt, who has been in the City Hospital as Junior Red Cross patient. Miss Irene Baker, her nurse, was with her. The other patient was Clara, a 14-year-old girl from Canwood, under treatment for a dislocated shoulder of long standing, who was accompanied by her nurse, Miss G. Silverthorn, Reg. N.

THE RED CROSS IN POLAND

During 1924-1925, the Polish Junior Red Cross founded libraries for Junior members in several districts of Upper Silesia. Owing to the success attending the scheme, the Polish Red Cross now proposes to found a considerable number of Junior libraries which will be granted to groups giving proof of the greatest industry and merit.

Recreation rooms instituted by the Red Cross in Warsaw, Brzsc and Orzev have also proved highly popular, the children coming there after school hours to play and read. From time to time lectures are also arranged.

Nurses and inspectors who understand it can tell in two or three minutes after entering a school room whether the Junior Red Cross is in operation in that room or not. There is an indefinable something which manifests itself in the appearance, manners and general attitude of the pupils in the school room. It is not only difficult to explain how Junior Red Cross works but almost impossible to give an adequate idea of what it is accomplishing.—G. G. Nasmith
—at Pan-American Red Cross Conference.

AVOIDING PNEUMONIA WHEN PNEUMONIA IS PREVALENT

Avoid crowds, crowded and badly ventilated rooms and places.

Avoid fatigue, chills and unnecessary exposure.

Avoid alcohol and all excesses.

Avoid worry, care and depressing influences.

Keep fit, living common sense, regular, healthful lives.

"RED CROSS AROUND THE WORLD"

Alberta Division took Second Prize with Beautiful Float at Calgary Fair

THE month of July provides the Alberta Division of the Red Cross with an unique opportunity to present to the public the claims and aims of its peacetime program for health.

Two of the largest cities of the West — Calgary and Edmonton — stage their Annual Fairs or Exhibitions in July, and on these occasions the Red Cross is able to focus the attention of the public in many interesting ways.

At the Calgary Parade the Alberta Division annually presents a picturesque float, while in the Exhibition grounds may be found their educational display of Junior Red Cross, Home Nursing Service, Rural Hospitals, Health Literature, etc.

Still another and very practical demonstration of the home service rendered is the Red Cross Rest Room for women and children.

THE FLOAT

The idea presented in the Alberta Division's float this year was a beautiful one and it was beautifully carried out.

It was a float of boys and girls, members of the Junior Red Cross, representing the countries of the world that are linked up with the great movement for better health under the universal banner of the Red Cross.

The children were dressed in white, the girls with Red Cross caps and aprons, each child carrying a flag and presenting a festive appearance as they waved them in greeting to the massed crowds en route.

The children were grouped round a large globe of the world, beside which stood a figure representing the spirit of Red Cross, flag in hand, in the attitude of one who is on guard. The idea of "health service for the world" was seen at a glance, and in this great task the children of the nations are claiming their right to participate.

THE REST ROOM

There was no more pleasant retreat at the Exhibition than the Red Cross Rest Room with its long white tables blossoming with beautiful fresh cut flowers, the gift of local florists. At one end of the large hall



THE ALBERTA DIVISION'S FLOAT

Here is another example of a good Red Cross float. This one was prepared by the Alberta Division and took second prize at the Calgary Stampede. Writing to National Headquarters about the float the Alberta Division said:

"We are glad to say that our float entitled, "Red Cross Around the World," took second prize. It featured the children of the nations where Red Cross Juniors live, and each child on the float carried a flag of the country represented. Crowning all was a globe of the world,

kindly loaned by an educational firm, and standing by was the Spirit of Red Cross, waving the well-known emblem over the entire world."

The Calgary Herald, commenting on this float, said:

"Next in order in this section, with second prize, came the Red Cross float decorated in white and red, the whole surrounded by a cheering crowd of youngsters. It made a very striking show."

there was stationed the St. John Ambulance corps with emergency equipment ready for accidents.

One felt that in this remarkably humane service of care and comforts rendered to the strangers within the gates, how in a most efficient way the Alberta Division is functioning in the service to humanity.

THE RED CROSS BOOTH

The Red Cross Booth in the Arts Building was a busy place with throngs of children, attracted by the Health Fishing Pond, where, after receiving attention at the Height and Weight Demonstration they were permitted to fish with rod and line, each little fisherman being assured of a "catch."

Other features of interest were the various models showing the public the extent and quality of the work in Alberta.

THE OUTPOST MODEL

There was the model Outpost Hospital, through whose roof one saw the tiny one-roomed ward with a diminutive equipment, even to the detail of a midget bath, hot water bottle, thermometer and splints.

THE SOLARIUM

Another attractive exhibit was the Solarium or Sun-tent of the Junior Red Cross Hospital with its rows of sunbaked patients in their tiny cots. Beautiful displays of flowers, the work of the little crippled children, were on sale and attracted much admiration as well as finding a ready market.

THE WINDOW EXHIBIT

Most popular with the smaller children was a Window Exhibit, illustrating the Rules of the Health Game. Crowds of boys and girls studied these little models and seemed to find much pleasure in recognizing each rule and its expression.

The Emergency and Disaster Relief Service was well illustrated by First Aid Kits of various sizes and pictorial presentations of the Medical, Nursing and Nutrition Services which the Red Cross is prepared to operate in time of need.

SCHOOL PORTFOLIOS

Portfolios from the schools of this and other countries were interestingly studied by many of the passers-by, especially those who were professionally interested in education

(Continued on page 14)

For Service at the League

THE Canadian Red Cross has been honored in having one of its officials, Dr. Fred W. Routley, Medical Director of the Ontario Division of the Society, invited by the League of Red Cross Societies to go to Paris for a period of three months to act as the League's Adviser in Public Health during the absence of Dr. Humbert, the permanent Adviser who is going to Japan for the purpose of conferring with the Japanese Red Cross and other Red Cross Societies in the East.

Dr. Routley left on September 25th and met Dr. Humbert in New York for a conference prior to his leaving for Paris.

When Dr. Routley took charge of the work of the Ontario Division it was just formulating its peacetime programme, and he had not been long in the position before the Haileybury fire brought the Division face to face with a large problem of Disaster Relief in which excellent public service was rendered.

In 1922 the Division had no Nursing Outposts. Now it has nineteen besides the Convalescent Home for Disabled Soldiers at Toronto Island.

It has also developed its Junior Red Cross organization from a membership of 5,445 in 1922 to 33,042 at the end of 1925.

It has also been very active in the organization of Home Nursing Classes, which give health information to women in charge of households.

The Division, through its Toronto branch, also conducts a unique course in the training of Nursing Housekeepers and through its Headquarters and Branches is continually engaged in many ways in ministering



DR. FRED W. ROUTLEY.

to the comfort and well-being of ex-soldiers.

Dr. Routley is active in several organizations, among them being the York Medical Association, the Canadian Medical Association, the Ontario Hospital Association, the Canadian Social Hygiene Council and the Rotary Club.

The Miami Disaster

SOME idea of the extent of the devastation and the injuries occasioned by the great hurricane at Miami, Florida, may be gathered from the fact that the Chairman of the National American Red Cross, Judge J. Barton Payne, has stated that a minimum of from \$4,000,000 to \$5,000,000 will be required by that Society for relief work in the storm stricken area.

In a news bulletin issued by the American Red Cross it is stated that conservative estimates place the number of homeless people at 50,000. Many homes were demolished be-

yond repair. The Medical Adviser of the Society, making his first estimate, stated that there were at least 4,000 injured—many very seriously. Of them, 500 had major fractures and many had lesser fractures. All of these injuries would require expert care and extended sojourn in hospital to prevent permanent disability. In two other communities the injured were estimated at 1,000.

The Canadian Red Cross felt a re-action of the disaster in its calls of enquiries from friends and relatives who telegraphed or telephoned to the National Office. These enquiries were

passed to the American Red Cross through the courtesy of the Canadian National Telegraphs which rendered this emergency service without charge to the Society. As the conditions in the stricken area became more settled replies were received and the information passed to inquiring relatives as soon as possible.

Immediately upon receipt of news of the disaster, Dr. Jas. W. Robertson, Chairman of the Central Council, sent the following telegram:

"Canadian Red Cross Society offers sincere sympathy for victims of disaster. Please let me know if we can be of assistance."

In a very short time the reply was received from Judge J. Barton Payne, Chairman of the Central Committee of the National American Red Cross:

"The American Red Cross is most grateful for your expression of sympathy in the Florida disaster. Ample relief funds will be supplied without the necessity of calling upon Canadian friends. Many thanks for your offer."

RED CROSS AROUND THE WORLD

(Continued from page 13)

and the Interschool Correspondence Plan of the Junior Red Cross, which makes for the peace and friendship of nations through the channel of children's interests in each other.

A story-telling Tent on the grounds was a popular rendezvous of the Juniors and there the Red Cross Radio Lady told Health Fairy Tales and operated a wonderful little Theatre with cardboard actors.

A visit to Edmonton Fair was equally interesting. The little patients in the University Hospital who were able to be about were given a place in the Parade in a flag draped car, and received many cheers and greetings from the densely packed crowds of Jasper Avenue.

Red Cross finds in Annual Fairs an admirable form of publicity, thousands of people seeing with their own eyes what kind of service Red Cross stands for, how it is helping to build up a better type of citizenship in Alberta, and how the public may participate in the great work of improving health conditions.

Lessons From the League of Nations and Its Covenant

TEACHERS in High Schools and of the upper classes in other schools would find most interesting material for several lessons in history in the story of the League of Nations and what it has done in the brief seven years of its existence. So long as the supply lasts, any teacher, upon application to the League of Nations Society in Canada, 279 Wellington Street, Ottawa, may obtain free a number of descriptive and explanatory pamphlets. Mention this publication.

The large and lofty purposes of the League are set forth in the preamble to the Covenant which is as follows:

"In order to promote interna-

tional co-operation and to achieve international peace and security

by the acceptance of obligations not to resort to war:

by the prescription of open, just and honorable relations between nations;

by the firm establishment of the understandings of international law as the actual rule of conduct among Governments, and

by the maintenance of justice and a scrupulous respect for all treaty obligations in the dealings of organized peoples with one another." Fifty-five nations have agreed to the Covenant.

Preventing Tetanus or Lockjaw

THE person who is required to dress a wound should first scrub his or her hands with hot water and soap using a nail brush. The ordinary wound should be swabbed with tincture of iodine. Water should never be used on a wound unless the water has been boiled. If the skin near the wound is dirty, cover the wound itself with a piece of sterile gauze and hold the gauze in place while cleaning the surrounding area. Clean away from the wound, not towards it. After having swabbed the wound with tincture of iodine, place on it several layers of dry sterile gauze and bandage it in place. Be careful not to touch with the hand the portion of the gauze that is to come in contact with the wound.

Tetanus or lock-jaw is caused by tetanus germs getting into the body through a wound which is most commonly deep or torn, but may be only a slight cut or scratch.

Tetanus germs are found in soil, especially garden earth or barn-yard filth. They are carried in manure and are harmless to the animals carrying them though deadly to man.

When tetanus germs get into a wound they multiply rapidly and produce a fatal poison, which gives no sign until it is too late to start treatment. This period when the

germs are producing the poison before symptoms appear, is usually about a week. Although little can be done to treat tetanus after the symptoms of poisoning appear, it is a disease that can be prevented by attention to the wound in the early stages. Slight cuts should be cleaned and cared for in the manner described above. If the wound is deep, torn, or possibly soiled with manure, the care of a physician is necessary. He will cleanse the wound thoroughly and may give a preventive of

tetanus anti-toxin. This will prevent the development of the disease.

During the early months of the Great War many of our wounded soldiers developed tetanus because all of them were not given tetanus antitoxin. The disease almost disappeared when the treatment was given to every wounded soldier no matter how slight the wound.

The surgeons say that nearly all cases of infection, blood poison and lockjaw are caused not by large wounds such as cutting off a finger—but result from neglecting slight injuries such as little cuts and scratches—small slivers and pricks of pieces of wire; just the sort of injuries we are apt to think it foolish to have treated in the proper way.

NUTRITION FROM BIRTH TO DEATH

Proper nutrition should begin with the child or rather with the mother, as the diet of the mother during pregnancy and lactation is of the greatest importance to the well-being of both herself and her child. Proper nutrition should continue from birth to death.—*Clyde B. Schuman, Nutrition Expert, at Pan-American Red Cross Conference.*

THE SANITARY CUP

Doctor—"Have you taken every precaution to prevent spread of contagion in the family?"

Rastus—"Absolutely, doctah; we've even bought a sanitary cup an' we all drink from it!"

President of the Canadian Public Health Association Appreciates the Valuable Work of the Red Cross

THE fine Outpost hospitals, home nursing services and educational campaigns are some of the results of the peace-time programme of the Canadian Red Cross Society which all make for "the improvement of health, the prevention of disease and the mitigation of suffering." Especially noteworthy is the work of the Junior Red Cross, which will "teach children better habits that should prove productive in the prevention of disease in later life."

—From the Presidential address of Dr. George D. Porter, President of the Canadian Public Health Association, 1926.

RED CROSS HOME NURSING CLASSES

THIS is one of the enthusiastic groups of women who completed the Red Cross Home Nursing Course. The Course is full of valuable hints



and knowledge you should not miss. It is taught from the Canadian Red Cross Home Nursing Manual, which has been so popular that it is now in its third edition.

Classes are being formed in British Columbia, Alberta, Saskatchewan, Ontario, Nova Scotia, New Brunswick and Prince Edward Island. They may be organized by any local group of women.

Information will be sent on application to any of the Red Cross Provincial Divisions named. Addresses on this page.

THE CANADIAN RED CROSS EXECUTIVE OFFICERS OF PROVINCIAL DIVISIONS

PRINCE EDWARD ISLAND:

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

NOVA SCOTIA:

Dr. Smith L. Walker,
Provincial Bldg. Annex,
197 Hollis Street,
Halifax, N.S.

NEW BRUNSWICK:

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

QUEBEC:

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

ONTARIO:

Dr. Fred W. Routley,
410 Sherbourne St.,
Toronto 5, Ont.

MANITOBA:

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

SASKATCHEWAN:

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

ALBERTA:

Mrs. C. B. Waagen,
226 Traders' Bldg.,
Calgary, Alta.

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 contributions to the Red Cross Office of their Division. Address above.

To
(Name of Provincial Division of Canadian Red Cross)

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

Date Name

Address

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, 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 Headquarters:

410 Sherbourne Street—Toronto, Ontario.

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