

## EDITORIAL

**T**HE INSTITUTES AND HEALTH—Have you ever heard the mother of an ailing baby say, "If only we had a baby clinic here in the country!"? Have you seen a woman nursing someone in her family through a prolonged or critical illness with no skilled help available for even the most difficult times? Do you know of women who have taken every possible care of their families but so little care of themselves that when symptoms drive them to the doctor he can only say it is too late to help them? Have you heard of women in middle life suffering a nervous breakdown that could have been prevented by a little medical knowledge, a little medical care? Have you known a serious illness to wipe out a family's entire savings because they had no prepayment to meet such an emergency?

A number of institute women must be aware of these things because, here and there, we find them trying to do something about them—sponsoring baby clinics, having the local doctor come to a meeting to explain some phase of preventative medicine—bringing in a health course from the Institute Branch—even arranging a series of lectures by a gynaecologist on the health of women, engaging a Victorian Order Nurse for the people of rural as well as urban communities, taking group membership in a prepaid hospitalization plan or bringing a representative from the county co-operative medical services to discuss adding surgical benefits to hospitalization.

Surely no line of institute work is more important than to alleviate suffering, or prevent untimely death with all its grief and loss to the family; or to relieve the nightmarish anxiety of meeting the bills that go with critical or chronic illness. Whatever other projects we may undertake, the problem of the health of our people is with us always. It is good to find so many institutes trying to do something about it. Could any Institute enterprise be of more value to ourselves and our communities than to extend and intensify our health work this year?

*Ethel Chapman*

### OUR COVER

Algoma Centre's prize winning Tweedsmuir quilt shown on our cover was made by South Tarentorus Institute. The design of maple leaves in rich autumn colours was the work of Mrs. Sinclair, central figure in the row of women. The others are, left to right, Mrs. Bert Eggesfield, Mrs. Clyde Eggesfield, Mrs. W. E. Palmer and Mrs. R. Walton. Quilts were exhibited at practically every district annual this year as a preliminary to the provincial competition sponsored by the Salada Tea Co. and the national competition for the Tweedsmuir Cup.

Photo, Courtesy Sault Daily Star. Most of the quilt pictures in this issue are from photos by Miss Lewis.