

the wealthy, the indigent — both minority groups, and the great group of people who have never been helped by any government but who have been thrifty enough to pay their health bills, and in order to do so, have gone without the necessities of life. I feel that it is time they were given optimum consideration."

The Minister then outlined a plan of home care in operation in Montafeori Hospital in New York, for indigent patients where patients and relatives are agreeable to home care. He felt that this plan suggests possibilities for home care as a part of the Blue Cross Hospitalization programme.

Dr. Phillips referred to the Ontario Health Survey Report, a copy of which may be obtained by writing Mr. John Scott, Director of Publicity, Department of Health, Parliament Buildings, Toronto. This report contains a great deal of valuable information including the recommendations made to the Provincial Department of Health. "I am happy to tell you", the Minister said, "that most of these recommendations have either been implemented or are in the process of being implemented . . . And that there has been more progress made in the interests of the health and welfare of our people during the last five years than for two or three decades prior to 1948."

#### **Rural Auxiliary Classes**

Mr. McVittie, Inspector of Auxiliary Classes for the Guelph area, brought a word of hope to the Institutes that have been asking that rural children who aren't given to "book learning" be given special training to fit their needs, just as urban children have this training in auxiliary classes. Mr. McVittie said that a plan is underway to have itinerant "remedial" teachers visit rural schools as itinerant music or manual training teachers do. The cost to a school board would be about \$25 a pupil. The great difficulty is that a "remedial" teacher must have special training and there aren't enough of them available at the salary offered.

#### **A Panel On Health**

A panel of speakers, Dr. Elizabeth Chant Robertson, Nutritionist with the Sick Children's Hospital, Dr. Gordon Bates, General Director Health League of Canada, and Dr. W. E. Blatz, Director of the Institute for Child Study, discussed health as related to their special fields.

"Good meals lead to better growth, more vigor, happier homes", said Dr. Robertson, and she pointed out the importance of the "health protective" foods. Vitamin C, which helps us to retain the characteristics of youth, is found in sun-ripened tomatoes, raw cabbage, potatoes when not more than three months old, and cooked in their jackets, and of course, the citrus fruits. Vitamin A, which keeps the lining of the nose and throat in a healthy state to resist disease, is present in young beets, turnip tops, spinach and in yellow fruits and vegetables. Babies and growing children need

Vitamin D to build good bones and teeth so they should be given cod liver oil to supplement the regular diet. Milk and cheese are important both for protein and Vitamin B2 — the Vitamin characteristic of enriched bread, generally known as a "nerve builder", and since most of the health elements in milk are in skim milk it is good economy to use it in quantity. Oatmeal porridge is the best and cheapest of all cereals. And sweets are the least valuable of foods, having a tendency to cause overweight and tooth decay. They provide energy but we usually get enough of this from our other foods.

Dr. Bates made a strong case for the practice of preventive medicine, showing how the control of such diseases as tuberculosis, typhoid, diphtheria, smallpox and whooping-cough had increased our life expectancy in Canada from forty to seventy years in the last century and had given the people of this continent one of the highest health standards in the world. The Health League, Dr. Bates said, is primarily an educational organization. He was interested in what the Women's Institutes are doing in health education in their communities and suggested that they might put on or assist with some special programme in Health week, the first week in February.

Dr. Blatz, in a humorous talk, took issue with most of Dr. Robertson's nutrition principles, but questions from the audience brought out the fact that the doctors were really in agreement. Dr. Blatz also cleared up some common misunderstanding of the Child Study Institute's policy on discipline versus free expression. The Institute's principle, he explained, was to let the child learn through his own mistakes.

#### **A Panel on Resolutions**

A great many troublesome questions on resolutions were cleared up in a panel discussion by Mrs. George Ridley, Mrs. J. E. Houck, Mrs. J. Bell and Mrs. J. R. Fitcher. Introducing the discussion, Mrs. Fitcher who is provincial convener of resolutions, said that she was delighted with the calibre of the resolutions that come to her; some of them may seem trivial from the provincial viewpoint but they are important locally. Resolutions are important because they show the trend of our thinking and we should not hold back if we see a wrong to be righted—reforms come because someone had the courage to crusade for a cause. Mrs. Fitcher suggested, as a guide in making resolutions, the prayer "Give us the fortitude to endure what cannot be changed, the courage to change what should be changed and the ability to discern one from the other."

Some points brought out in the discussion were: A resolution is important if it does nothing more than clarify our own thinking. It is from the resolutions from the back concessions that we find how women are thinking. Resolutions do get results. A feed bag in a beautiful shade of green was exhibited as the