

given. For in this relationship both sides are equally candid, each understanding the other's interest and lack of prejudice.

Mission Band at church each week has taught them, too, that God's children are everywhere, even though their skins are not all the same color as ours. So it is with little surprise that I hear them chanting together:

"Jesus loves the little children,  
All the children of the world.  
Red and yellow, black and white,  
They are precious in His sight."

Perhaps this is the basic lesson in becoming a world citizen. The second step will be getting along with people of different colors and creeds. To help them in this, we are encouraging our children to get along with other age groups, to talk to adults, to play with younger children and share their possessions with them.

We are also trying to teach them, that although there must be a certain amount of conformity in their lives, both now and when they are older, still they must make their own decisions free of the crowd. And we will encourage them to spend time alone with books and thoughts of their own. For in this world of speed and competition, moments spent in solitude are like refreshing pools of water in a desert.

Recently, too, we bought a set of books on varied topics, which they devour avidly. Even at their tender ages, the book on Music and Art with its colorful pages and descriptive stories, has taught them that other peoples have contributed much to our culture and civilization. They are fascinated by the stories from other lands, which include Ukuluk the Eskimo boy, Heidi of Switzerland, and Mako of the Philippines. As they become older, I know the stories of the opera, the theatre, and the dance hall will be equally appreciated by their open minds.

For I feel that we must fill these inquiring minds with much more than the crime and violence of so many television programs, although television has much to offer, and will, in a few years, bring scenes from all over the world into our living rooms while they are happening.

I shall encourage them, too, to seek letter-friends in other countries. In this way I hope they will learn to accept the views of others in other circumstances as we expect them to accept ours. For when they have grown, perhaps we will have reached the period when, as Sir Winston Churchill has said, "war will be impossible".

Perhaps most important of all, we are teaching them the stories of the Bible. And along with these, when they are older, we will seek together to understand the religions of others around our world, whose beliefs are different from ours, but which can be more easily tolerated if we know the reasons behind them.

How can I train my child to be a citizen of the world? The task seems tremendous. I believe it will, indeed, take schools, churches and homes working together to accomplish it. But we must remember that democracy is the sum of the individuals who compose it. And the individuals of Tomorrow, must have a pride in their native land, and an understanding of the complex community of nations round our world.

# National Health Week

*Editor's Note: Canada's National Health Week will be observed from February 2 to 8, inclusive, 1960. Some of the following information taken from a news release by Murdoch McIvor of the Health League of Canada may be of interest to Institutes members personally and to Health conveners arranging for special programmes, panels and other discussions of Health.*

"Talk health. The dreary, never-ending tale  
Of mortal maladies is more than stale."

Much as we would like to comply with this quotation from Ella Wheeler Wilcox, we find it utterly impossible to "talk health" without mentioning some of the "mortal maladies" which undermine the health of our people.

Much has been done to conserve and improve our health and to prolong life. Medical research and advanced public health practices have provided us with the weapons to combat infectious and contagious diseases such as diphtheria, whooping cough and poliomyelitis. Since 1930, more than a decade has been added to life expectancy and the proportion of people 65 years of age and over is steadily increasing. But in spite of all this, all is not well in the field of health. What we gain on one hand we throw away on the other.

According to the Dominion Bureau of Statistics, "Canada conforms to a typical pattern of high mortality in infancy . . . Nearly a dozen countries have a lower rate for both infant and neo-natal mortality . . . each year there are still many thousands of children who die needlessly before reaching their first birthday". Definite preventive measures are associated with the reduction or elimination of some of the infectious diseases but their place is taken by accidents—highway traffic, home, drowning and fire—which now rank as the leading cause of death for both males and females in the age group 5 to 19 years and for males in the age group 20 to 44 years.

As noted above, a vaccine has been developed to prevent poliomyelitis, yet by October 3, 1959 there were almost seven times as many cases of paralytic polio as there were in the same period in 1958. The Globe and Mail of November 13, 1959 carried an item from Ottawa which said that "Syphilis is on the rise in Canada and Government statistics indicate a 100 per cent increase over last year in the more serious forms."

In his address to the Canadian Medical Association on June 30, 1959 the Duke of Edinburgh quoted from the brief prepared by the Canadian Sports Advisory Council: "69 per cent of Canada's one and a quarter million children under 15 report some sort of disability, 11 per cent in excess of the average for all ages." Further in his address he stated that he thought it reasonable to assume that "this problem of sub-health lies in the state of the physical fitness of the younger generations and, therefore, in the physical education of children." In the United States, President Eisenhower proclaimed May 3 to 9, 1959 "National Youth Fitness Week . . . that we may