

## Why Bother with Chest X-Rays?

**T**HE TB GERM IS the luckiest germ in the world.

It is small. Imagine 1/32 of an inch divided by 300. This is the length of a TB germ. It can locate in any organ of the body, and frequently does.

It is mobile. Once launched by cough, sneeze, or spitting, it remains airborne like dust observed in a ray of sunshine. Today, it dwells in some 3,000,000 unsuspecting Canadians.

It favours large colonies, and can create them quickly simply by dividing itself. Food offers no problem, for it just consumes the walls of its home, and at the same time makes room for relatives. A single tuberculous cavity may contain as many as 10 billion germs.

Its most baffling advantage is its ability to out-wait an unobliging host. When a healthy body resists it, it just hangs on and quietly waits for old age or ill health to help it. A ten or twenty year wait is nothing.

Its luck runs out only when everyone co-operates through regular TB check-ups. The Association's free clinics have given 5,000,000 examinations and tests leading to the discovery of 420,000 tuberculous and non-tuberculous chest ailments, including heart disease and cancer of the lung. The clinics also administer the amazing drugs which now enable patients to recover from TB.—From the National Sanitarium Association.

## Telephone Chains

*Editor's Note: Sometimes an Institute Secretary writes: "Most of our members are elderly. We feel we are getting too old for the regular Institute projects. Can you suggest something for our members to do?" We wonder if the idea of a telephone chain might be worth investigating—a chain to watch over not only Institute members but any older person of the community who lives alone.*

**F**OR SOME ELDERLY Canadians, the telephone is a virtual lifeline to the outside world—to the corner store, the doctor, druggist, etc. But what happens if a sudden illness or accident strikes, and the man or woman is unable to reach the telephone? In too many tragic cases, it has been days before people have realized that an elderly neighbour has not been seen recently.

Telephone Chains, such as a pilot project started several months ago by the Leaside Branch of the Ontario Division of the Cana-

dian Red Cross, are a definite answer to this problem. And it is the elderly citizens themselves, organized by an interested church or social group, who check up on each other and eliminate the fear of sudden illness or accident.

The chains are made up of five or six elderly people, with a Chain Captain in charge of each group. Each chain member makes one phone call and receives one call every day, in a pre-arranged order. If one chain member cannot reach the member he is to call, he notifies the Chain Captain. If the Captain cannot reach him within a few hours, the sponsoring group is advised and immediately makes a visit to find out the reason for the unanswered phone.

Further information on suggested procedures for starting a Telephone Chain is available in brochure form from: Senior Citizens Committee, Ontario Division Canadian Red Cross Society, 460 Jarvis St., Toronto 5, Ontario.

## Uninformative Reporting

**L**ATELY I FIND I AM becoming disillusioned with conventions, or perhaps I should say with the reports of conventions," a thoroughly annoyed Women's Institute member writes. "Returning delegates report that they received 'great inspiration'; but not a whit of this is transferred to me. Assuredly the travel and social events involved in a convention evoke interest and pleasure as they recount them—but do they evoke interest in Women's Institute work? Surely not. Inspiration must come from the speakers or speeches, the discussions, the conversations, the business, even the reports.

"I hear or read: 'Mr. X spoke on such and such a topic.' I long to ask, 'What did he say that was new, that I or my Institute can put into practice?' I read or hear: 'Discussion groups were held after the talk and the conclusions were reported at the plenary sessions.' I want to ask, 'What were some of the points of view expressed? What were the conclusions? What ideas did women of other nationalities contribute that would be helpful to us? What contributions of ours did they say were helpful to them?'" (The last two questions probably have to do with the A.C.W.W. conference. Ed.) "I find out that the business was well discussed and was carried sometimes by a small majority. What was this business—some of it at least? Why was there such divided opinion?"

"I feel that unless better convention reporting is done, the kind of growth needed in our branch Institutes will be very, very slow in coming."