The Red Cross and the Home

In Past Five Years Science of Home Nursing Has Been Taught by Red Cross to Over Fifteen Thousand Canadian Women

BY ANNIE ANDERSON PERRY

[illegible] what we would have done [illegible] year when the "flu" [illegible] half our citizens, if a number [illegible] had not taken the Red [illegible] in home nursing, I [illegible] said a young married woman from a northern Ontario town [illegible] in writing to a friend. "The doctor [illegible] almost off his feet trying [illegible] the big district in which [illegible] only medical man, trained [illegible] they always [illegible] one of [illegible] with a [illegible] pneumonia. But about [illegible] last year, he [illegible] training, and I [illegible] be thankful [illegible] this winter. [illegible] being able to help the [illegible] even more helpful in [illegible] getting up too soon [illegible] that those who die [illegible] from relapse or some other [illegible] sickness and we knew from our [illegible] that any bad infection [illegible] ever was very weakening [illegible] patient. I think I was able to [illegible] family from danger. I would [illegible] have understood [illegible] women have had the [illegible]

[illegible] make progress when a [illegible] epidemic of influenza has been raging for months in all parts of the country. For while it is admitted that neither medical or nursing science has yet been able to forestall or prevent the spread of influenza, yet is there no disease in which intelligent nursing plays a greater part in ensuring complete recovery or in lightening attacks which, without it, often prove fatal.

Figures Interesting

Here the figures and facts issued by the Canadian Red Cross dealing with their country-wide Home Nursing classes have particular interest. They show that in the five years in nearly a thousand [illegible] Red Cross instructors or more [illegible] medical men who have generously operated with them, have trained Home Nursing classes in 15,682 women and girls in many parts of the Dominion; that the demand for such training is everywhere far greater than can be met, and that home-makers and especially the young girls and young mothers are exhibiting an eagerness for the knowledge which demonstrates to all who read that they realize the lamentable lack of instruction along these lines in all our educational systems for girls in Canada. "I used to think," said one young lass in a group of office girls taking the Home Nursing course in a big city, "that nobody needed any special preparation to marry, take charge of a home and raise a family. But I begin to see, since taking this course, that there are pretty hefty jobs and that I'm going to need all the bratus I've got and all the specialized knowledge I can acquire if I do decide to marry John and become a competent wife."

Subjects Taught

A glance at the subjects taught in the Home Nursing course reveals why students soon begin to take this point of view as to the need of very special training for their highly specialized tasks as wives and mothers. The twelve lectures and demonstrations deal with personal and home hygiene; the bedroom in health and sickness; signs of illness; care, feeding and treatment of the sick; communicable diseases; emergencies and slight ailments; maternity and infant care; feeding the infant or child; and food needs of the adult.

Scope of Work

A course so obviously helpful to women of all classes everywhere that it is scarcely surprising to learn that the hundreds of groups already instructed have been drawn from many departments of life, including private homes in town or country, stores, factories, settlements, institutions for unfortunate or delinquent girls, offices, clubs, hostels for newly arrived girls, colleges, Home and School or Professional and Business Women's Associations, the Y.W.C.A.'s, the Canadian girls in training and day nurseries.

In order to provide this service with all the necessary organizations the Red Cross for the past five years has had provincial organizers at work in most of the nine provinces, expert women who, through devoted and highly efficient efforts have performed great tasks. Just what such service has meant in time, toil and sacrifice may be gathered from the individual reports of organizers, both west and east.

In Eastern Provinces

Down in New Brunswick, in a recent year, Miss Sibella Barrington organized no less than 77 home nursing groups with a total of 1,200 women who completed the course. In the carrying out of this remarkable accomplishment Miss Barrington travelled 5,500 miles, 1,100 of which lay over country roads and on these arduous journeys she addressed 99 audiences. As a result of this energetic campaign Home Nursing instruction under Red Cross workers reached in that year every county in New Brunswick. Further extension of the work waits only on the requisite funds and the necessary expert, volunteer workers.

Hardships in West

In the prairie provinces, where distances are great and climatic conditions often severe, the adventures of Home Nursing organizers are such as bring out the same heroic qualities displayed by the nurses in the Outpost Hospitals as may be gathered from the report of Miss Taylor of Alberta. "The work is hard," she says, "for I have never enjoyed more satisfying labor in my life," and then states that last year in the month of April she had visited [illegible] localities "in the most terrible weather, for part of the time, with dust, snow and wind storms taking turns, and with roads almost impassable for man, beast or motor." We have been [illegible] several times in the snow, have been lost on the roads and unable to reach our classes promptly, and through accidents to our buggy had to walk some miles in drifted snow on one occasion, leading the horse and carrying our precious books, but we usually get there and find the eager women and girls, one hundred per cent. strong, waiting for our instruction." Miss Taylor also records that in the absence of a medical man in her district, the secretary of the municipality frequently asked her to visit this or that sick old lady, to take a look at some cases of measles or mumps, or to try to relieve the sufferings of patients with asthma or other chronic disease, "so you see, there is never a time when I have not plenty to do," concluded her report. In that year Miss Taylor organized forty-three Home Nursing groups and nearly five hundred women were instructed, but here, too, more funds and more helpers are needed in order to meet the demand for knowledge which makes so much for the lives of those who pioneer in our Canadian hinterlands.

Classes in Cities

In the cities, Home Nursing organizers find the same "plenty to do". In the city of Toronto, which has carried through a much larger program of Red Cross work along this line than any other centre, Miss Goodman, the organizer, reports that in the past four years 246 groups have been handled by her or her assistants, with a total of 4,210 girls and women taking the course. So insistant indeed has become the demand for Home Nursing instruction that from 50 to 60 new classes are now formed each year with an average of a thousand girls in attendance. Some of these classes present unique and surprising aspects, for in the past two years groups of the deaf, the dumb, the blind as well as of Chinese or other foreign women speaking no English, have been successfully taught by some of Miss Goodman's devoted assistants.

The Blind and Dumb

"One of the most enthusiastic classes ever taught in Toronto," said Miss Goodman, "consisted of eleven deaf and dumb married women who were keen to take the course. Of necessity it was hard for the nurse in charge as all she said had to be translated into sign language but this was so very quickly and cleverly done by another assistant that the whole course of instruction was satisfactorily given, and as many of these women had children—yes, in some cases quite normal children—these young wives received great benefit from knowledge which is so useable every day. The blind students were even more difficult but requested the training and we gave them all that we could. They became expert bed-makers and seemed to enjoy the work. As for the Chinese women, we have never dealt with a more intelligent group. There were twenty in all, so there was a good representation of the sixty-five wives who have been brought to the city by husbands paying the five hundred dollar head tax. They were of good class and were never allowed on the streets alone so a volunteer brought them all to the group in her motor car, also their children whom we used for the various demonstrations. These women were also very keen and all finished the course very creditably."

Other unique groups organized by Miss Goodman included several consisting of Polish, Ruthenian, Russian and German women, many of whom could speak no English, but all of whom, with the able assistance of interpreters received the full benefit from the instruction.

A Splendid Work

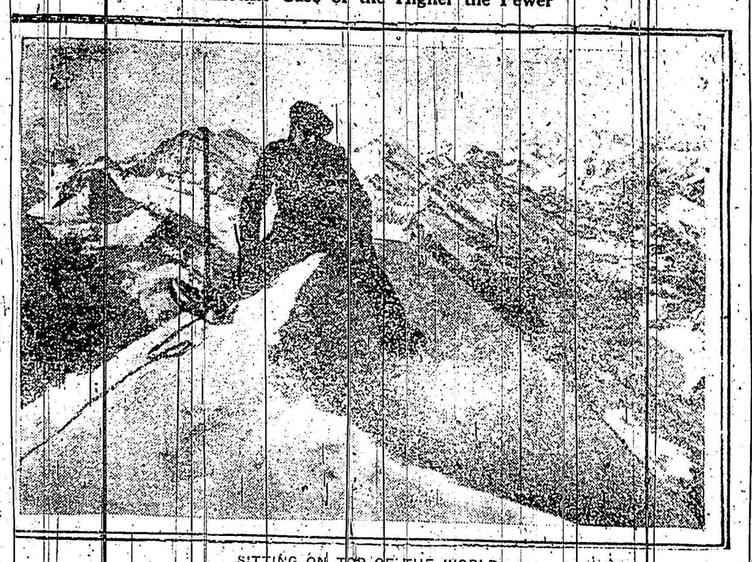
Another group of women, who are pitifully anxious to receive Home Nursing knowledge are the hard working mothers who leave their babies in the Nurseries. Although these women come home tired from heavy tasks they will give up an even[illegible] eagerly in order to get a real insight into the science which [illegible] in the care of their children for [illegible] is believing that the laws [illegible] have become [illegible] to all women [illegible] that such [illegible] and kindred [illegible] of home, or rather of [illegible] and cultivated for one thing; for another its woods of oak and pine were [illegible] mangroves and palms, [illegible] mimosium might have [illegible] across a horse heath, but that [illegible] bushes there were tens [illegible] Proteas with flowers the size of [illegible] cabbages; the town of Paarl might have been in the Vale of Evesham, [illegible] where if not for the stupendous pol[illegible] the Paarl Rock and the [illegible] of the Drakensberg. [illegible] the amenities of our [illegible] familiar landscape, with a lot of spl[illegible] added mountains thrown in. Here one cannot get away from the mountains; except to seaward they bound every horizon, and especially near Cape Town, where they rise abruptly from a level plain, seem to justify any height with which the tricks of the atmosphere may happen to invest them.

I was not able to explore any of the outlying ranges, for they are not yet made accessible by roads and [illegible], and any ascent involves a considerable expedition, but I spent a good deal of time on Table Mountain. . . . .

What a top that was! I looked over great sloping sheets of rock, fantastically grooved and unnelled, down to the Southern Ocean; as, standing at Duiwenhoks, I have looked over the bare brown slabs of Aran down to Galway Bay, but with a difference. One can walk over the limestone of Aran, stepping across the narrow cracks in which buck-ferns and maidenhair, the Table Mountain endemic, spring from [illegible] feet wide and thirty deep, filled with rain beaths and mosses. [illegible] near by the element have proved too strong for the rocks—the mountain is about the same height as Slieve—and all has been washed away except some few isolated fragments, worn into the most fantastic shapes, that stand like Messenger [illegible] level surface of the surrounding [illegible]. On such levels, [illegible] moisture can lodge, [illegible] on the wet ledges of the cliffs [illegible] the most varied flora in the world. Heaths of forty kinds, bloomed [illegible] protea of a kind [illegible] a foot [illegible] wide, [illegible] lilies, and [illegible] of the narrow gully the great red orchid, the Disa, pride of the Cape. All these nature planted on the mountain; it was man (or God) planted the woods, in some places, as it seems to me, especially as seen from below, too exclusively conifers, but it was a Government scheme, and therefore has an economic object. But here and this sombre forest, where the spires of the spruce rise more dark against the pale mist of the silver leaf and the dimmer blue haze of the eucalyptus and oaks and [illegible] pines sweep down the rocky ravines and gradually merge into the gardens of Kirstenbosch [illegible] reserve for the preservation of the flora in which the rarer and more delicate plants are tended. [illegible] will see woodlands as beautiful as any in the world. I know, for I have slept there. In this delightful city the city man goes out in the evening and pitches his camp; at sunrise he crosses the mountain and is down in time to open his office at the appointed hour. So near is the town; when one sits on the ledge of the Table one seems to be swinging one's legs over Oranjezicht.

This was the morning before a South-Easter, one of those hard clear mornings, when there is no very definite light in the sky or anywhere else, merely a sort of yellowness between the dark bars of cloud; but on the purple mountains every rock-face and gully showed up as clear as if picked out by the beam of some luminary other than ours. From the Dassenberg to Cape Hangklip their serrated skyline ran in a great semicircle at the nearest some thirty miles away, to the north and to the south rising beyond salt water, and in the middle beyond a plain noless level, and seeming even less substantial beneath a pale blue haze that veiled the crudity of black pinewood and yellow sand.—Conor, O'Brien, in "Across Three Oceans."

Another Case of the Higher the Fewer



SITTING ON TOP OF THE WORLD

Striking view of hundreds of peaks in the Bernese Oberland, Switzerland, with a mountain climber perched on top of the famous mountain Jungfrau. Should he slip—well!

Table Bay

Royal Devotee of Popular Sport

ROUMANIAN PRINCESS AS A LOVER OF SPORTS

Princess Ileana, youngest daughter of Queen Marie of Roumania, just twenty-one, enjoys an afternoon of skiing at Predeal in the Carpathian mountains, where she goes to school.

To a Poet

Many singers, like the phoebe,
Who have little to say,
Declaim in places prominent
The livelong day.

But one I know, a hermit thrush,
With glamour to display,
Even from all admirers
Steals beautepusly away.

—Walter Hendricks, in "Spires and Spears."

For Icy Windows

Windows may be kept free from ice during the winter months by rubbing over them a sponge dipped in alcohol.

Ayis: "Have you heard the story about Alice?" Alis: "Heard it? Why, dear I started it."

Fermented Milks Long Consumed in Russia and Balkans

Differences in Preparation and Value Described by Agriculture Department

Differences in the lactic acid bacteria present and in methods of preparation result in fermented or soured milks of different flavor and varying therapeutic usefulness. Although fermented milks are high in food value, wholesome and to many people very palatable, and recently Metchnikoff and his associates discussed attention on the fact that intestinal disorders could be corrected by the use of milk soured by introduction of certain bacilli, but investigators have concluded other bacteria, especially lactobacillus acidophilus, give more satisfactory results than those used by Metchnikoff, because L. acidophilus is a normal inhabitant of the intestine. It can be successfully implanted to combat undesirable organisms, such as L. bulgaricus, formerly used for this purpose, which is much more difficult to produce and less reliable in its effect. The United States Department of Agriculture explains the difference between the various fermented milks.

Acidophilus milk is palatable, an agreeably mild acid flavor, easily digested. While it is possible to prepare this milk as well as other fermented milks, the lactobacillus culture commonly used is usually better. Special care is required in the preparation of acidophilus milk. Bacteria produce the milk containing acidophilus are easily destroyed by chlorine. A culture of the acidophilus organism is simply added to pure cultures of lactic acid bacteria, which has been grown up in the laboratory. This culture is then added to the pasteurized milk, and the fermentation is allowed to proceed at a temperature of 100 degrees Fahrenheit for about 24 hours. The milk is then cooled and placed in the refrigerator. Yogurt, which is known by various names by the people living in the Balkan states and Asiatic Turkey, is made from milk by fermentation with a culture of Bacillus bulgaricus. The culture of organisms used in the preparation of yogurt is in general not used to produce fermented milk in quantities without considerable work, as he may consider it desirable to modify the culture for a particular milk.

Adopted Delicate Child

Foster Parents Say Life Enriched and Blessed by Little Girl's Gentleness

Some years ago a man and wife came to the city to seek a little girl for company, writes [illegible]. They were told about a delicate child whom the doctors did not think would live more than two [illegible] and they expressed a desire to see her. The result was they took her home with them and gave her every possible attention. Although she was very delicate, there was about her that subtle attraction that [illegible] found in sick people who [illegible] Cross cheerfully. The doctor's prediction came true, for in spite of their tender care the little girl died about seven years old.

Six months later they called at the office to tell about it. Feeling very much distressed over the outcome of the experiment, I began to express sorrow that I had ever asked them to take the child. Oh no, they exclaimed, do not feel that way, we have never regretted for a moment taking her. She has been a treasure to us and we have memories that nothing would induce us give up." They really felt that they had ministered to the child and it was evident from their manner in conversation that their lives had been greatly enriched by this experiment. This is of course an exception, as under ordinary circumstances the child would have soon grown strong and well.

Controls on Cars Easier to Handle

Two-Friction Bearings and Much Better Lubrication

GEAR-SHIFTING EASY

Numerous Changes Put Into Brake Systems in New Models

[illegible] only can the driver get a great more out of the 1929 automobile he also can do it with a far small expenditure of energy. [illegible] of control is one of the most significant virtues of the [illegible] of models that have just [illegible] to the market [illegible] it is a [illegible] destined to reap a [illegible] of applause [illegible] new [illegible] models [illegible]

[illegible]

Easier Operation

[illegible] gear shifting, clutch and [illegible] operation [illegible] the handle [illegible] given driver [illegible] improved [illegible] the effort [illegible]

[illegible]

Non-Clinging Gears

[illegible]

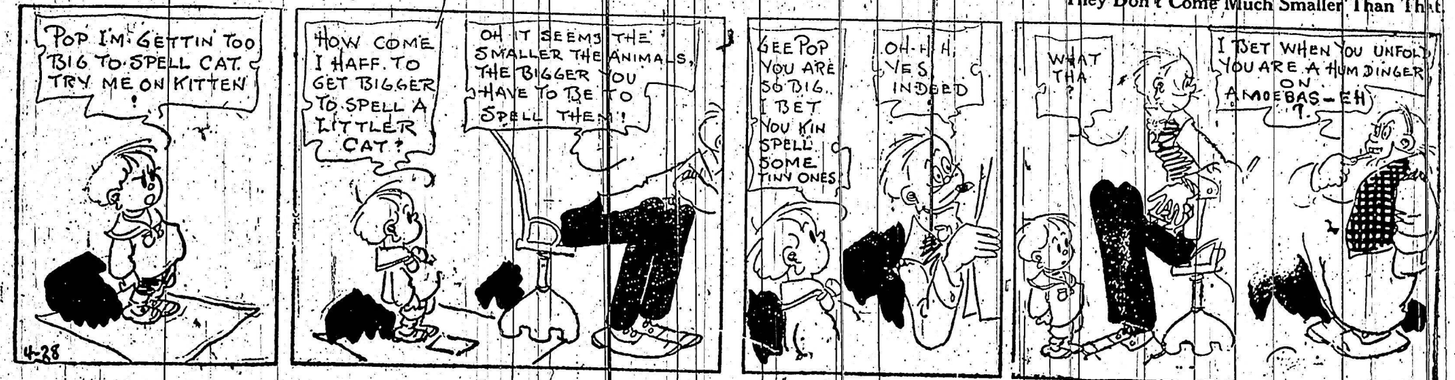
As To Clutches

[illegible] and make the [illegible] more easily [illegible] The accelerator pedal [illegible] in form to one that [illegible] satisfactorily fits the foot [illegible] which would make [illegible] generally speaking, the [illegible] of 1929 car shows better than any [illegible] of feature, the advantage of the [illegible] process.

[illegible] difficult to figure how a player reached a goal when he's on [illegible] back."

[illegible] living-room is just a detour on the [illegible] from the bedroom to the garage.

'S'MATTER POP



They Don't Come Much Smaller Than That