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gifts

First aid, given prompty, re-lieves suffering, speeds recov-ery and saves lives.

What would you do if you were suddenly confronted with an emergency that called

the Magi of Bethlehem — and yet little is known about it. In the books of the New Testament, only St. Matthew reports the visit.

St. Matthew called them wise men from the East". In the legends that have developed, they are sometimes called Magi", because this word meaning "angust" was the name given the priests of the ancient Medes and Persians.

Tradition says they had heard that a bright new star would announce the coming of a Saviour to the world. After years of watching, they saw the star and set out from Babylon to find Him.

In Bethlehem, they gave the Christ Child gold in a shrine-shaped casket, a sign that they accepted Him as their King; frankincense, a symbol of His death.

HELLTING SANITA

In Northern Europe, where Santa Claus arrives on a white horse, boys and girls put out food for the horse at Christ-mas. East". In developdevelopes called s word was the ts of the sians.

The bad new star oming of the d. After saw om Babsuddenly confronted with an emergency that called for quick and decisive action, and a knowledge of first aid?

The following is just a brief outline of what anyone of us might be called upon to do at any time, at any place. To arrange for a complete course in first aid, contact your local St. John Ambulance branch.

Severe bleeding — whether spurting from an artery or flowing briskly from a vein—requires immediate attention. Control by applying, direct pressure with a clean dressing directely on the wound, or by tightly grasping the entire wound area.

Small wounds always require cleansing with water round the wound. A sterile germ free) dressing should heat to revent the entry of romplete

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phyxie — this partial or piete stopping of breaths caused by electric shock ming, poisonous gases etc. ove the patient from the of the condition and mence artificial respiratat once. Make sure the th and throat are free of ruction and keep the pat-

hock can be fatal and may ur with any accident or sud--}--}-\$



In Christmas trees, it's the spirit that counts.

Almost anything can be and is — a Christmas tree. In Minneapolis, Minn., they even made a tree out of water pipes, fastened like spokes to a telephone pole, and appropriately decorated.

In Wilmington, N.C., a live oak more than 300 years old is adorned at the Yuletide with colorful ornaments and electric lights. In Indianapolis, Ind., they decorate the 246 foot Soldiers' and Sailors' Monument with electric candles and electric with electric candles and

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e U.S. National Christmas, officially designated in is not an evergreen but ant redwood, located in the Canyon National Park,

nusual Christmas tree, e "General Grant", is rs old.

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100 Spirit of singing

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den illness. Keep the patient warm, quiet and comfortable. Do not move the patient unnecessarily. Give stimulants if the patient is able to swallow and there are no internal injuries. Do not administer alcohol under any circumstances.

Fractures are usually simple or closed broken bones. Prevent any further damage being done by gently supporting the broken bone against the body in a normal position. Use plenty of padding and bandages. In the case of a broken leg, secure the injured one to the sound one. Make sure that there can be no further movement of the broken bones.

Sprains commonly occur in the ankle or wrist. Immediate application of cold compresses followed by wrapping with a firm bandage will help prevent swelling and ease pain. Burns are caused by moist heat or dry heat. Pain and danger of infection can be reduced by excluding air. Place plenty of clean bandages over the burned area and fasten them in position.

in position.

These few hints on first aid may help you to save a life.

To be fully prepared to administer first aid in an emergency, contact your local St. John Ambulance Brigade.

WHAT 'NOEL' MEANS
"Noel", the French word for Christmas, means, "birthday" news" or "a shout of joy".



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Everyone's a child at Christ mas time, and that's why there is nothing as much fun when family and friends gather as game playing. Since Christmas groups usually include both children and adults, games that both can enjoy are best. The following games can be played with no special equipment, other than that on hand.

CHARADES

Christmas charades is a lively game that the whole family will enjoy.

Divide the group into two teams. Individual members of teams are then called upon to act out a word, character, phrase, scene or situation

teams are then called upon to act out a word, character, phrase, scene or situation—and since it's Christmas, all the charades should have Christmas overtones.

Subjects are supplied on a slip of paper by the opposing team and then passed on to the "actor". From here on, it's his job to see how quickly he can get his team mates to guess what he is acting out.

The Night Before Christmas, Jingle Belts, A Partridge in a Pear Tree, and Filling the Christmas Stocking are just some of the many, many subjects that can be used.

SANTA'S SLEIGH

Santa's Packing His Sleigh is a quiet Christmas game that provides fun and hearty laughter. It starts simply enough with one member of the group

saying 'Santa's packing I sleigh and he's bringing a t dog'.

Then each person repeathe sentence, adding anoth gift to Santa's sleigh. The ject of the game is to repect the sentence, and it's harder the sleigh — and it'

WORD FLAY

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A popular pencil and paper game is called Word Play. The object of the game is to see how many words can be made from a phrase such as, Merry Christmas to All. A time-limit is set, and the rule is that no letter can be used in any word more often than it appears in the phrase.

In other words, words made from Merry Christmas to All can include no more than one "e", "i" or "o", while they could contain as many as two "'s" or three "r's".

Since word play involves competition among its players, it's advisable to allow the children to compete against one another, while the adults battle it out among themselves.

As the list gets longer and onger, more and more players ust can't seem to remember he whole list and its order, so onsequently they drop out, intil only one is left.

Early Canadian Christmas cards were either imported from Europe or drew heavily on American designs.

The first typically Canadian cards were snowshoeing, skating or tobogganing scenes, printed by Montreal firms in the early 1800's. Many were single postcard size with greetings on the front and simple four line verses on the back.

RAQE

Many of this year's Christmas cards are inspired by Canada's forthcoming Centennial. Canadiana by Krieghoff, Hornyansky and Bartlett will have nostalgic appeal. Modern artists such as Tom Roberts, Frederic Steiger, Carlos Marchiori and others, present striking new looks at our land, while photographers George Hunt and Malak give brilliant lens-views of famous Canadian beauty spots.

Favorites for overseas mailing will be "From Canada" cards of colored leaves, Ottawa's Peace Tower, snow-capped mountains. For little gifts as well as Centennial souvenirs there will be historic calendars with scenic panorana and Vernon Mould sketches or floral calendars by Emily Sartain picturing provincial flower emblems.

Many families prefer the "permanent" Christmas tree, often made of aluminum. "Nowell" or "Noel" means birthday news or a "shout of joy" for the birth of. Christ. The earliest carols were songs of the Nativity, the Incarnation and the Annunciatin. Later, ones on shepherd themes and the Epiphany were composed, and there were also many of folk origin on the festivities of the Christmas season. These latter included such songs as The Holly and The Ivy. Many of the surviving old carols were originally part of the medieval mysteries and miracle plays.

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That's the mean of from us to you, as we take this opportunity to thank you for

nother year of being a valued customer!