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Successful Home Nursing Course Concludes at Victoria Square

Presentation To Retiring Member of Choir

A very successful course in Home Nursing was concluded in the Public Hall on Friday, February 3rd. Throughout the entire two weeks the average attendance approached forty and the final membership roll consisted of fifty six names. The presence of many of the older members of the neighbourhood and of the members of Buttonville institute, was very much appreciated. Interest was stimulated by a First Aid and Bandaging class attended by both ladies and men which was held on Tuesday night. Miss Alexander gave to the class a splendid instruction and in a most attractive manner.

At the close of the course a supper was held, at which the members and their friends spent a very enjoyable evening. At the close of the supper an address to Miss Alexander was read by Miss M. Meek, expressing in part the appreciation of the members for her unceasing energy during the class. Mrs. Hood then presented her with a Boston bag, a token from the class. After Miss Alexander expressed her sincere thanks Mrs. Hood extended an invitation to the Victoria Square members to join them in their cooking course at Buttonville, beginning February 27th. The gathering then broke up but the facts instilled in the minds of many of our ladies will be of benefit to the community in the future.

February Meeting J. W. I.

The February meeting of the Junior Women's Institute will be held on Saturday, February 11th at the home of Miss Vera Nichols. The address

of the afternoon will be given by Miss Margaret McCague. Music will be provided and the meeting will commence at 2.30 p.m. Everyone in the community is cordially invited to attend.

Presentation to Active Choir Member

The choir of the United Church of Victoria Square met at the home of Mr. and Mrs. H. F. Collard on Thursday, February 2nd, in honour of Mrs. O. Brooke and family. Mrs. Brooke has been an active member of the choir for some time and it is with great regret that her friends learn of her departure from the community. During the course of the evening Mr. H. Collard read the following address and Mr. G. Lyon made the presentation of a handsome cut glass sherbet set.

Mrs. Brooke,

We, the members and friends of the choir meet to-night in honour of you and your family, to try to show to you our appreciation of your help and kindness in our community and church. You have always taken part in the choir when our leader has asked you with real good grace and have filled your place so capably. We wish to show in a small way our appreciation by presenting you with this sherbet set. We know that what will be our loss will be another's gain and we wish to you and yours the very best.

Signed on behalf of the choir,
H. Collard, R. E. Sanderson, Laura Gee, Alice Hopper.

We shall hope that since their knew home is not so far distant we may often see the family in the neighbourhood at a future date.

HEALTH SERVICE OF THE Canadian Medical Association

Health

It is often difficult to give a meaning to words which we use every day. One of these words is "Health." We say that we are healthy and yet, when asked to explain what we mean, we likely find it almost impossible to put our meaning into words.

In the first place, when we are healthy we are free from any obvious disease. That perhaps is the commonest idea of health. As long as an individual goes about his work and does not complain, he is thought of as healthy.

As a matter of fact, such people are not necessarily healthy in anything like the full meaning of the word. Freedom from actual disease is desirable, but health is far more than that. Health is something positive, something that brings happiness to us. The person with health faces the day's work with confidence, finds pleasure in his occupation, is able to do better work, and can fully enjoy the hours of relaxation.

It is surprising the number of people who spend a more or less miserable life, unable to accomplish the things of which they are capable because they have not health. These same people are surprised when, on a medical examination, they learn that there is something wrong with their bodies, something not perhaps serious enough to cause death, but sufficient to handicap them in their daily life and perhaps, to make them grow prematurely old.

Again, there are those who miss the happiness that comes with health and yet are free from any physical blemish. These are the people who are not following the simple rules of hygienic living. We cannot rob our bodies of rest, fresh air or proper food and continue to have health.

Health is a condition of physical well-being that comes to those who are free from physical defects and who follow the simple rules of hygienic living.

No Child Need Die of Diphtheria

In Canada, during the year 1926, there occurred 922 deaths from Diphtheria. This represents a tremendous amount of suffering, both bodily and mental, the loss of precious lives, and the physical damaging of many that recovered; in addition, the resultant expense might be mentioned.

This is a deplorable condition when it is realized that we know as much about Diphtheria than we do of any other disease. The germ that causes it is known, its method of spread is understood, there is a specific cure for it and, best of all, there is a satisfactory and effective means of prevention.

The question that naturally arises is that if such be the case, why do so many cases and deaths continue to occur? The answer to this question is that whilst we have a cure and a preventive, they are not being used by

everyone, and until they are, cases and deaths will continue to occur.

Diphtheria antitoxin is a specific cure if given, in sufficient amount, on the first day of the disease. Deaths occur when this is not done. Cure depends upon securing prompt treatment. The usual reason for delay is that parents wait until to-morrow to see if the child is better before calling the doctor.

Injections of diphtheria toxoid (Antatoxine-Ramon) or of toxinantitoxin will develop, in the individual injected, a resistance to Diphtheria (immunity) similar to the resistance developed amongst those who recover from an attack of the disease. As Diphtheria deaths occur chiefly amongst children of pre-school age, these children should be immunized or protected against Diphtheria. Diphtheria can be stamped out by immunization. No cases or deaths will occur amongst those immunized.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered. Questions as to diagnosis and treatment will not be answered.

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SCHOOL REPORTS

Senior Room Standing for Pupils of Richmond Hill Public School.

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Jr. IV—Blanche Dewsbury, Rowena Elliott, Jack Granger, Hugh Carter, Jimmie Crean, Norma Harris, Victor Morris, Bert Lumb, Fred Kendal, John Wallis, Ivan Wheelan, Fred Taylor, Bob Davis, Albert Corner, Gordon Mallet, Marjorie Graham, Alex Fortuck.

Room 3, January Report Richmond Hill Public School

Promoted to Sr. III—Evelyn Wade, Audrey Grainger, Tilford Hiltz, Ted Allen, Eleanor Wallis, Leslie Kendall, Matthew Healey.

Jr. III—Ethel Young, Walter Dale, Elizabeth Walker, James Ley, Louise Armstrong, Marjorie Lowery Catherine Stanford, Fred Urben, Margaret Buchanan, Phyllis Fish, Murray Blanchard, Virginia Little, Lillian Horton, Patricia Smith, Tommy Gillings, Phyllis Routley, Jack Crean, Douglas Palmer, Jas. Donald, Marjorie Brillinger, Douglas Gilbert, Metro Fortuck Herbert Elliott, (Lena Donald and Donald McKenzie equal), Geo. Hawkes, May Ross, Harry Corner, Dick Patrick, Margaret White, Mildred Haworth, Tom Wallis, Gordon McKenzie.

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