

Year In Ceylon Enriches Knowledge Of Grethe Dahl

BY MARGARET I. McLEAN

While many of us use reading as a substitute for travel, it was a high school study of the work of Joseph Conrad that made one Richmond Hill High School student decide to one day visit Bangkok and other exotic cities of the Far East. It was only after three years spent training as a nurse at the Toronto General Hospital and a further year at the diploma course in public health at the University of Toronto that Grethe Dahl, of 35 Richmond St., Richmond Hill, was able to combine this desire with her chosen work. In the early fall of 1961, with 15 other graduates of the University of Toronto she left Canada for a year in Ceylon.

The students were the first to learn to speak Sinhalese. Pre-natal clinics and well-baby clinics were held regularly, although the latter were often just free milk distribution centres. Powdered milk from CARE and other organizations was distributed to mothers of small babies, although at the end of each month, stocks usually ran out. Powdered milk was also distributed to the schools and here the nurse had to check on the preparation and distribution of the milk. The schools, although numerous (the country is 80% literate) were very poor, often only a bare room with benches, and very crowded. They had little or no equipment and children had to be encouraged to bring a cup from home and taught to avoid a common drinking cup.

Enriched flour was also donated for school children. This was usually given to the village baker to make up into buns and each school child received one bun per day, with his cup of milk.

The pre-natal clinics were also well attended, but here too, they often became distributing points for various dietary supplements. The typical mother at such a clinic, Miss Dahl reported, would be 28 or 29 and in her eighth or ninth pregnancy. Because of the low protein diet and the use chiefly of polished rice, blood count of the clinic patients was usually 50 to 55, instead of the 80 to 90 required for good health. These mothers were given iron and vitamin B routinely - until the end of the month when

Eventually, however, Grethe found herself engaged in much the same routines as are followed by our local York County Health Unit.

The unit took care of an area of approximately 30 square miles, part urban and part rural and was covered by twelve nurses and the same number of public health inspectors. Many of the staff spoke English and records were kept in English but, to communicate with the patients, Miss Dahl gradu-



Grethe Dahl (right) shows Frances Toye of the Victorian Order of Nurses some of the dolls she brought back with her from the Far East where she worked for a year as a Canadian Overseas Volunteer.

supplies ran out and they had to go without. Malnutrition and Sanitation Problems

When Miss Dahl first arrived in the Moratuwa area, the clinic routines were altered by an epidemic of smallpox and then an epidemic of polio. Vaccination clinics were set up and worked steadily for some weeks as the people's fear of these

diseases overcame their superstitions about vaccination.

The greatest health problems, Miss Dahl felt, were malnutrition and sanitation, both of which will require a long educational program. The area is very heavily populated and very damp. There are no sewers but open drains. Plumbing facilities are restricted to community wells and latrines.

Miss Dahl lived with a middle-class family in an old Portuguese - style home. All homes are built with very high ceilings because of the heat. Urban homes are usually of mortar but rural homes were usually of mud with the roof thatched with coconut palms.

While in Ceylon, Miss Dahl did volunteer community work

with the Service Civil International. This is an organization where young people of all nationalities work at such tasks as road building, staying in work camps. The camp which Miss Dahl stayed at for a week had young people from Britain, Australia, India, and Pakistan. Their usual routine was to work from 6 to 12 in the morning and have cultural and discussion programs in the afternoon. Because of the troublesome heat and humidity of the country, a siesta time after lunch is the general rule.

Long Journey Home

Miss Dahl began her long journey home in August of last year, finally reaching Richmond Hill in the middle of December. Travelling with another nurse from Alberta, she went first to India where they met with the newest group of volunteers who were being given orientation lectures. From there the two girls travelled to the Punjab, visited Tibetan refugee camps, went to Benares and spent a week in Calcutta. All these trips were taken very cheaply, travelling third class on the trains - an almost unheard of thing for white people to do. Next the girls flew to Burma and spent a week in Rangoon, staying at the local "Y"; stayed with mission people in Mandalay; took a boat trip down the Irrawaddy River; were rescued from having to spend a night sleeping on the deck of the boat and spent a night in a typical Burmese still house with walls of woven bamboo; returned to Rangoon by cart, truck and train; flew to Bangkok where they stayed with a doctor who had trained in Canada and couldn't do enough for Canadians; flew to Cambodia where they spent three days; then on to Saigon where they stayed with Seventh Day Adventists. Dr. and Mrs. Kuhn whom Miss Dahl had met at the Branson Hospital here; then flew to Hong Kong and stayed at the "Y" there for 10 days.

and the girls found themselves more and more restricted. On reaching Tokyo, Miss Dahl's friend was taken ill with hepatitis and flew directly home. Miss Dahl, however, stayed on for another two weeks, stopping at a Yoga centre and spending some time at a farm outside Tokyo where she helped pick mandarin oranges. Next flight was to San Francisco, then on to Seattle. From there she went to her friend's home in Alberta to find her recuperating nicely, and then on

home to Richmond Hill. Since the beginning of January, Miss Dahl has been employed with the York County Health Unit and is once more busy with pre-natal and well-baby clinics. And within the first month, she attended four cases of hepatitis.

When asked to assess the value of her year's work, Miss Dahl felt that the year was certainly worth while, although

many of its benefits were intangible. Many people had learned about Canada and our way of life, while she had learned to know and appreciate the people of other countries. She has learned that these peoples have good reasons for their way of life. They have a different sense of values with much less stress on the material things of life. This appreciation and knowledge she is now passing on to other Canadians by speaking to various groups about her year in the east.

Liberals Propose Thousand Dollar Scholarships To Assist Students

An attentive audience of 85 people braved rain and fog Tuesday of last week to hear John Addison, York North Liberal standard bearer, speak at the Pefferlaw community hall. John Addison outlined the Liberal party platform dwelling on the N.D.P. has no strength and, in those, not enough to give it hope. The Sacred party has some representation from only 3 provinces.

"I recognize there are in this country many deeply sincere people shaken by the events of the last few months. Some have re-examined their political allegiance, and I refer especially to those, who have until now, supported the Conservative party."

"I suggest you ask yourselves three simple but important questions."

Do I believe in Socialism, in a party that advocates and means state control?

Do I believe Canada can and should withdraw from the Atlantic Defence Alliance, our only bulwark against communist aggression?

Do I believe another minority government is good for Canada?

"If you can answer yes to all questions, then vote for a party that stands for these things," he remarked. "If your answer to any one or all is no, I believe you will vote for the one responsible party in Canada that represents all parts of Canada and the highest principle of Canadian political life."

In conclusion, he commented

on the lack of national representation of other parties and suggested that each voter should ask himself three basic questions. Here are his comments:

"Outside of two provinces, the N.D.P. has no strength and, in those, not enough to give it hope. The Sacred party has some representation from only 3 provinces."

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Nature Notes

By Richmond Hill Naturalists

On March 16th, Dr. C. H. D. Clarke, chief of the Fish and Wild-Life Branch of the Department of Lands and Forests, gave a most informative talk on East Africa. That particular area has about 800 species of trees. A forester has a bigger job of identification there than he would in Canada. The forest is suffering because of the roads that the increasing population make upon it and also from the over-grazing of cattle. The number of cattle a man owns registers his wealth and to keep this wealth he wanders from area to area trying to find more grazing lands. Until this status is changed there doesn't seem to be much hope of preserving the forest. The cattle owners, never realizing this, deplete the fertility of the soil, have a mass burning off of the grazing land every year. Temporarily this produces new green shoots of grass and more food for their herds. The hippopotamus population is over abundant. They injure vast acres of trees by rubbing against them. They also cause extensive erosion by tramping down large areas near the water sources where they collect to wallow in the shallow waters.

fauna and flora of the area. The bird book is included as one of the Petersen world series. It is interesting to note that Africa has produced several identification books whereas South America has so few. The colored slides and movie were excellent. The many bird pictures were representative of the wide variation of bird life in Africa. Some of the mammal pictures, even though taken with a telephoto lens, gave the audience the feeling that the photographer must have been a little too close for comfort. Some of the "shots" in the movies were spectacular: the crocodiles, toothily grinning, slithering off into the water; the herds of elephants, with one old leader having tusks so long that it was estimated each would weigh 100 pounds! The rhinoceros herd looked indolent and slow moving but we changed our minds a minute later when we saw how fast they moved once they had been aroused. The movies of the tall, with their prolonged and graceful leaps, were equal to similar pictures taken by Walt Disney in the "African Lion".

The Africans are vitally interested in preserving their wild-life and the self-governing countries are already making definite plans for conservation. Dr. Clarke considers the Nairobi Game Preserve a modern miracle. The naturalists' club more than appreciated this opportunity of hearing and seeing some of this same miracle.

Signs of Spring

The spring migration has begun. No doubt you have seen and heard the many crows. In the fields, the first herald of spring, the horned larks are singing. Will geese have been sighted twice. On the 17th a robin was reported in Ron Cooper's backyard and the Strands had four grackles at their feeding tray. The northern winter migrant, the snowy owl, is still around. Mrs. Addison, Turner 4-2787, would appreciate hearing of further migrations.

Dr. Clarke brought several bird skins for observation, together with two books on the

Mahogany is exported to Great Britain more than any other lumber. They demand the widest boards and therefore all the largest trees are disappearing. The natives also prefer the big logs for their dug-out canoes.

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YOU'LL BE HEARING A GREAT DEAL MORE FROM THESE PROMINENT YOUNG CANADIANS



JUDY LAMARSH

Colourful, controversial, Miss La-Marsh, will again contest Niagara Falls for the Liberal Party. She is generally recognized as the leading woman's voice on current Canadian affairs and the Liberal Party's plans for the future.



JOHN N. TURNER

Montreal St. Lawrence - St. George was represented in the last Parliament by Rhodes Scholar, bilingual, bicultural, 34 year old Mr. Turner who will again contest the seat. He is president of the Junior Bar Association of Montreal and founding director and secretary of Harette Schools Inc., for retarded children.



EUGENE F. WHELAN

Liberal candidate for Essex South, professional farmer Whelan has been active in public life since reaching his majority. Now Reeve of Anderson Township, he is a warden of the County of Essex, a director of the Ontario Wheat Marketing Board and the United Cooperatives of Ontario.



JOHN H. ADDISON

York North was represented in the 9th month Parliament, by 33 year old Mr. Addison, his initial entry into politics. He is a successful businessman with strong farm ties. During his brief tenure in Ottawa, he made his presence felt. He was able to force a start on commuter and dairy industry studies.



ALLAN J. MACACHEEN

A 42 year old former professor of Economics, now full time politician, Mr. MacEachen (pronounced Mac-Kek-en) was first elected to represent Inverness-Richmond, N.S. in 1953. Since 1958 he has been Special Assistant to the Leader of the Opposition.



JOHN DAVIS

Liberal candidate and former M.P. for Coast Capilano, B.C., Jack Davis has been director of research and planning for B.C. Electric since 1957. The 45 year old native of Kamloops, B.C. has twice studied at Oxford University, in 1939 as a Rhodes Scholar on War Research, and again in 1946-48 in the field of Political Science and Economics.

If you don't recognize them all... it is probably because they were in the opposition for the few short months of the last Canadian Government.

They are among the ablest people to sit as M.P.'s in the Canadian House of Commons. They should all be on the Government side after April 8.

They were Liberal Members of Parliament and they are all seeking re-election in the April 8 election. They represent provinces from Nova Scotia to British Columbia.

You will hear a great deal more about these able people in the years ahead... They represent just some of the young and vigorous talent in the Liberal Party of Canada today... Miss LaMarsh has been seen and heard in York North. The others are in the same brilliant league... They are people of the future... They are decisive... With them and others like them, the Liberal Party can form a sound, stable majority government.

John Addison, another vigorous young Canadian, is the Liberal Party Candidate in York North. With your assistance he will again join them in a government that is concerned with Canada's future.

Vote **ADDISON, John** ... For Action

Vote **LIBERAL** ... For Good Government

(Inserted by North York Liberal Association)

COUNTY OF YORK

Applications will be received by the undersigned until Monday, March 25th, at 10 a.m. for the position of security guard for the County of York for the transportation of prisoners. Duties to commence April 1st, 1963.

J. L. Smith,
Clerk Treasurer,
County of York,
62 Bayview Avenue,
Newmarket.

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PHONE TU. 4 - 5511 - EXT. 201

Crestwood Rd. News

Correspondent
Mrs. Fred St. John
75 Crestwood Road
Willowdale
Telephone AV. 5-3443

School News

Bowell Road Boys Hockey Team won all games played in this area. They went last Friday to play the winning game for the trophy against Woodbridge, but lost, the score being 8-1.

Principal M. McRoberts held a mock election in his class this week. The Liberals were in the lead with 50% of the votes. N.D.P. 30%, Social Credit 12%, Conservative 8%.

We wish these folk all a speedy recovery, having been confined to bed with flu this past week. Gordon Salt, Jimmy Miller, Peter Webster, Peter Zepp, Mr. Al Fitchett, Mr. J. Sullivan. Bob Pettick is nursing a broken finger.

WATCH JOHN ADDISON ON Channel 3

BARRIE

WED., MARCH 27th
6:05 P.M.

Mr. Addison will discuss issues vital to you.

(Inserted by North York Liberal Assoc.)