

# friends for life.



Many people in Ontario are "friends for life" of St. John Ambulance because a friendly St. John Ambulance volunteer knew how to help.

Jack Adams of Peterborough has the use of his arm and hand today, although his arm was nearly severed when a truck knocked him down. He's grateful to William Phillips who happened to be close by and used his First Aid skills to treat the injury until Mr. Adams was taken to hospital. Jim Bates of Barrie is another. He suffered a nasty gash on his hand from twisted metal but Chris Chapman stopped the bleeding and sent him to hospital for medical attention.

Little 4½-month-old Jennifer Woods is alive today because Carl Hodgins of Thornhill revived her by artificial respiration when she choked on regurgitated food and stopped breathing.

Jack Sinclair of London, a retired advertising executive, is one whose life was saved when he had a heart attack at noon on a downtown street. Peter Harding was his life saver.

These are only some of the many instances in which people throughout Ontario have been helped by members of the St. John Ambulance Brigade.

The St. John Ambulance Brigade is a group of volunteers who are thoroughly trained in First Aid and who use this training to provide help, free of charge at community events, for anyone who is ill or injured.

St. John Ambulance traces its history back 900 years to the Crusades where it originated and is the oldest continuing charitable organization in the world. There are 4,000 members of the Brigade in Ontario and last year they treated close to 89,000 casualties in the half a million volunteer hours they gave to community service.

To be readily identified, members wear the St. John Ambulance uniform when they attend such

things as hockey games, fairs, football matches, races, parades

To earn the right to wear the St. John uniform they must fulfill certain requirements. Membership in youth or adult groups is defined by age limits:

- Cadets — 11 to 15 years
- Crusaders — 16 to 21 years
- Adults — 21 to 55 years

Other qualifications for full membership are First Aid certification, attendance at a number of meetings, time for First Aid community service, a sense of responsibility, reliability and a sense of humour. Retirement from active First Aid duty is compulsory at 65.

Probationary membership is available for those who have not had a St. John Ambulance First Aid course so they can get qualification. When they are properly qualified, St. John Ambulance provides the necessary supplies, equipment and uniform.

and other such winter and summer activities.

## LEARNING

Those who teach the volunteers are doctors, nurses and First Aid instructors. They learn the First

Aid skills and techniques that make St. John Ambulance the foremost authority on First Aid and make competent First Aiders. They learn what to do and what not to do for someone who is ill. They learn to handle emergencies quickly and efficiently. They take leadership training and other courses that develop and increase their abilities.

## HELPING

Those who serve are men, women and young people with similar interests. They share the same desire to be involved in helping other people. They enjoy the satisfaction of knowing they are helping in the health care of their community and that people feel more secure knowing St. John Ambulance volunteers are on hand.

## SAVING

When St. John First Aiders look after casualties, those they help are saved pain and suffering. They may even save lives. They can prevent infection in a wound, save a casualty from additional hurt and hasten their recovery.

## VOLUNTEERS NEEDED

St. John Ambulance needs more volunteers for this important community service. If you join you can be a "friend for life" and you can make "friends for life" among those you learn from, those you serve with, and those you help.

To volunteer call your local St. John Ambulance Branch.



## Letter from the Minister

It would be comforting to start each day knowing that accidents or ill-health could not overtake us. But no matter how careful we are, a lifetime completely free of injury and sickness may be too much to hope for.

We all know someone who has fallen and broken an arm, been hurt on the job, or gone from home to the hospital by ambulance.

Accidents can even happen to people who rarely venture from their own property — indeed, this is exactly where many accidents take place — and often, through no fault of the injured person. Mishaps are a fact of life, but we can learn to protect ourselves, and our families.

The Ministry of Health and five Ontario health care organizations, Blue Cross, the Industrial Accident Prevention Association, the Ontario Safety League, the Metro Safety Council and St. John Ambulance, have collaborated in the presentation of this supplement.

Some of the information in these pages will be familiar. You will have heard it before. Or you might say that some of it is just "common sense". Yes, a lot of health and safety measures are just common sense. And that's good. It means we can prevent many accidents without worrying about how to do so.

However, accidents are not everyday occurrences. If we're lucky, it's only rarely that we have to deal with them. Often, what we know about precautionary and remedial measures has been forgotten.

This supplement will also explain life-saving procedures you may not already know, such as what to do when someone is choking, one of the leading causes of accidental death.

There are useful charts to keep handy in case of emergency — what to do in case of poisoning, for example, and facts concerning nutrition — the basic ingredient in achieving a healthy life-style.

Learn as much as you can about protecting your own health and the health of your family. With knowledge and awareness, work and leisure can both be safer and happier for everyone.

Sincerely,

Dennis R. Timbrell,  
Minister

Ministry of  
Health



Better health  
for a better life

## Driver Education



Have you ever been faced with one of those frustrating traffic situations that has caused you to comment: "Wonder who taught him to drive?" Do you remember who taught you? Try taking a small survey of, say, 10 of your friends and you might come up with some surprising things.

It becomes an interesting exercise when you consider that driving has changed rather drastically over the past 20 years. There are more drivers, more cars, more super highways, and the average driver of today does more driving than we did years ago.

The first driver education course in Canada was conducted in the Kitchener-Waterloo Collegiate in 1948. While commercial driving schools have been around for many years, the licensing of driving instructors did not come into being until 1959. Now most of the province's high schools offer driver education and there are well over 500 commercial driving schools in Ontario.

The Ministry of Education naturally set standards for in-class and in-car instruction. It was a big step in the right direction, but was available only to those within the

high school system.

Commercial courses have so far been free of government standards, although many driving schools have formed associations in an effort to improve their own industry by self-imposed standards. The expense of maintaining classroom facilities obviously makes it difficult for most commercial concerns to offer comparable in-class instruction.

With this in mind, and concerned about the young person dropping out of high school, the Ontario Safety League in co-operation with radio station CFRB established the Pro Drivers' course some 15 years ago. Operating in Mississauga and Metro Toronto with the encouragement of the local police departments, Pro Drivers offers 25 hours of in-class training and 10 hours in-car to young people 16 to 20 years of age. Classroom sessions are conducted by qualified high school teachers, with OSL trained instructors under contract with various commercial schools taking the in-car portion. Since 1962, almost 35,000 have graduated from Pro Drivers.

For more information on Pro Drivers, Telephone 453-3311, ext. 251, in Mississauga, or 362-4580 in Toronto.