

# ONTARIO MILITARY HOSPITAL, COBOURG

A Rebuilding Station For Shattered Nerves.

—By A.M.I.

In this war, as in no former war, heavy artillery and high explosives play a leading part. This feature has brought about a type of casualty which was rarely known in other wars, namely, shell shock, bringing with it mental or nervous disability. On various occasions prominent medical men have tried to prove that there is really no such thing as shell shock, but in spite of that large numbers of men are returning to Canada, rendered unfit for further military service by nervous or mental collapse, due to the strain of modern warfare and the conditions under which men live and fight on the battlefields overseas. These men are, in many cases, in worse condition than those who have lost their limbs, and only the most skilled and careful treatment will ever fit them for their former civilian occupations.

Owing to the nature of their disability, they need special kinds of treatment, and to facilitate their recovery it is necessary that such cases be segregated and treated separately from mere surgical and medical cases. Fortunately for them, the medical staff of our army is fully alive to their needs, and have provided special hospitals for them, where every device and treatment known to the medical world is provided with a view to bringing about cures. It is to give Whig readers a pen picture of one of the finest of these institutions that this article is being written.

The centre for such treatment in Ontario is at Cobourg, and the institution goes under the name of the Ontario Military Hospital.

Let us take first of all its situation. It is on the shores of Lake Ontario, some ninety miles from Kingston, and seventy miles from Toronto, so that it occupies a central position in the province. Three railway systems, the G. T. R., C. P. R., and C. N. R., have stations in the town. Cobourg itself is a quiet little place of about 5,000 inhabitants, and has none of the disturbing elements found in large cities or in industrial centres. Within easy reach of the hospital in all directions are pleasure parks, pleasant open country, and ideal roads for driving. The town is laid out in

wide, leafy avenues, and in summer the streets are as beautiful as any in our fair Dominion. These points are all worthy of consideration from the viewpoint of the nerve specialist, for quietness, closeness of nature, and congenial and beautiful surroundings are essential factors in the rebuilding of shattered nerves.

The hospital is on an ideal site, standing on University avenue, looking southwards down College street, a wide maple-lined avenue leading to the park on the lake front. In former years the main building was the old Methodist College. Later it became an asylum, and when military necessity required it was turned over to the Military Hospitals Commission, and enlarged by the addition of two spacious wings and equipped as an institution for the treatment of nervous and mentally disabled patients.

The fact that it was formerly an asylum has led the ignorant section of the public to have a mistaken impression of its present status. In Kingston the popular idea is that it still is an asylum, and much needless anxiety has been felt by relatives of patients there owing to this idea. The patients themselves also feel the injustice of this suppression of their names, while enjoying a few days' leave in the Limestone City, are much annoyed to hear the hospital spoken of as an asylum and the patients there as lunatics. This is not correct.

There are a few unfortunate men whose mental equipment has collapsed under the strain of trench life, but only a few. The big majority of the patients are quite as sane as those who malign them, but are suffering from a disorganization of the nervous system. The writer, having been a patient there for the past four months, has on many occasions felt the sting of these innuendoes, and is hopeful that in future the outside public will have a clearer conception of the functions of the Cobourg institution.

The main building, the oldest part of the hospital, is a magnificent edifice of three stories. The ground floor is taken up entirely by the administration offices. The remaining two floors are reserved entirely for men who are in various stages of mental disability. A few are dangerous but the majority are quiet and harmless. Most of them make good progress under the treatment given them, and in time come into the category of nervous cases. They are, for the most part, given private rooms, so that they may have every possible care and every possible opportunity to regain their impaired faculties.

The other sections of the hospital are modern, up-to-date buildings, having been erected within the last two years. They are divided into eight wards, each with beds for forty-two patients. The majority are quiet and is given over to sick nervous cases. Some of these are men who have lost the power to use their limbs; one or two have lost their voices. All of them are men who have suffered from a serious nervous breakdown while on active service and they are deserving of just as much sympathy as the man who has lost an arm or a leg, or has been otherwise scarred or maimed on the battlefield. The remaining block is occupied by men who are now convalescent, after having been treated to health and strength by the splendid treatment given in the treatment rooms.

These treatment rooms, which occupy the basement floor, are the pride of the hospital, for they are fitted up with every appliance and apparatus for the treatment of nerves known to medical science. The courses of treatment are divided roughly into two classes, hydro-therapy and electro-therapy, or a combination of both. The continuous baths, in which the patients lie suspended in a hammock while a constant flow of warm water passes through, have a wonderfully soothing effect upon the whole system. There is equipment for electric bath treatment, needle spray treatment; also electrical cabinets, vibrators, high frequency batteries and apparatus for massage. Many wonderful cures have been effected in the institution. Men who have not walked for months are set on their feet in a few weeks; men who had lost the power of speech have recovered their voices, and others who entered the hospital in a trembling, nerve-shattered condition have in the space of three or four months walked out strong and vigorous.

In addition to the treatment given in the treatment parlors, an effort is made to afford some vocation for the minds of the patients. A special vocational building has been erected where there are rooms devoted to various kinds of occupational therapy. There is no real effort to teach the men new trades or professions. The object in view is to provide some diversion which will occupy the minds of the patients and prevent, as far as possible, any brooding on their own condition, or fits of depression. The vocational rooms are in charge of a most efficient instructor, and some splendid work is turned out. The main rooms are those devoted to shoe-making and repairing, wood-working, metal working, sign writing, plaster casting, and basket weaving. A number of the patients, preferring the open air life, have gone in for "greater production," and spend their time in gardening either on the big hospital garden or on private gardens provided for them.

Attached to the hospital is a splendid recreation room, consisting of a big dancing and concert hall, equipped with a big stage, "movie" apparatus, two billiard tables, and an indoor bowling alley. During the winter months, and indeed up to the first week of June, there were two concerts and dances held every week in this hall, one organized by the patients themselves, and one given by the Soldiers' Comfort League, a club of Cobourg ladies organized for the sole purpose of providing recreation and comforts for the patients in the hospital. The people of the town are

## SCENE AT WEDDING OF LADY CHURCHILL



MR. & MRS. MONTAGU PORCH, THE LATTER FORMERLY LADY RANDOLPH CHURCHILL, LEAVING REGISTRY OFFICE AFTER THEIR MARRIAGE.

Quite in keeping with the informality of war-time weddings in England as well as in America was the marriage of Lady Randolph Churchill to Mr. Montagu Porch, an official of the Nigerian government, in London on June 1. The Paddington Registry Office was the scene of the wedding, at which was a small group of guests, including Mr. Winston Leonard Spencer Churchill, British Minister of Munitions, and Mrs. Churchill, son and daughter-in-law of the bride.

indefatigable in their work for the boys. They appreciate in a way that few towns in Canada do, the honor that has been conferred upon them by having these soldiers set in their midst. They show their appreciation by extending the hand of welcome to the patients and by devoting their automobiles for the pleasure of the boys. Would that a little of their spirit prevailed in Kingston.

This article would not be complete without mention of the staff of specialists who look after the patients. The commanding officer, Major Goodwin, is indeed the right man in the right place. His overseas experience has given him an understanding of the type of patients in his hospital that is absolutely necessary. Captain McGhee, a Kingston boy, is his right hand man, and as a specialist on nervous disorders is in a class by himself. There are two recent additions to the medical staff, men filled with the enthusiasm of a new task, who will do well. The sisters have a difficult part to play, but they do it with all the womanly sympathy and understanding that is found amongst their class. One of the main links on the staff is the sergeant in charge of the treatment parlors. He is a returned man, who after special courses under the Vocational Training Department, qualified in this position. His efficiency is vouchsafed for by the splendid results he obtains.

In conclusion, it might be said that the Ontario Military Hospital, Cobourg, is an institution which is in the forefront in the work of fitting our war-stricken soldiers for useful citizenship of our Dominion. It ranks as the foremost military hospital of its kind in Canada, and fulfils a work which is vital to the welfare of our returning veterans and to the whole of Canada.

**Capturing Enemy Trade.**  
At Brighton, Eng., Bernard Oppenheimer is spending £300,000 on a scheme for employing disabled soldiers and sailors in the diamond cutting industry. He is working in conjunction with the Ministry of Pensions and is building a factory capable of employing 1500 men. A minimum weekly wage of £2 after six weeks' training is agreed upon. The project is an effort to capture this trade from the Germans, who almost monopolized it before the war. Ninety-nine per cent. of the diamonds the Germans were cutting came from British possessions.

The Los Angeles Morning Tribune has suspended publication on the grounds that it is a war "non-essential."

## TAKING OVER HIGHWAYS

WHAT IS HINTED AT AS PURPOSE OF COMMISSION.

May Assume Charge of Roads From Napanee to Brockville—Members of Association Dined by City Council.

Prominent members of the Ontario Good Roads Association are in the city to-day, inspecting a number of the roads throughout the city and county of Frontenac, prior to leaving for Gananoque, where they will be tendered a banquet to-night by the Board of Trade of that town.

The banquet at Gananoque to-night will be an important one, in that an announcement will be made regarding the taking over of certain roads in this district.

The members are giving out nothing for publication regarding this until the banquet to-night, but it is understood that announcement will be made of the taking over by the Provincial Highways Commission of the York Road, from Napanee to Kingston.

It is further expected that the commission will announce that the road between Kingston and Brockville may also be taken over. This is highly desirable, in view of the great traffic on this road.

The deputation here from the Good Roads Association consists of the following: C. R. Wheelock, Oranville, president; J. W. Parsons, Jarvis, Ont., first vice-president; W. H. Pugsley, Richmond Hill, second vice-president; K. W. McKay, St. Thomas, third vice-president; Hon. G. S. Henry, Minister of Agriculture, in the Provincial Government, secretary-treasurer; also Major T. L. Kennedy, Dixie; L. E. Allen, Belleville; F. A. Secal, Plantagenet; W. H. Brown, Chesley; S. L. Squires, McKay; Dr. Campbell, Oranville; Anthony Rankin, M.P.P., Frontenac county; W. D. Black, M.P.P., Lennox and Addington.

Hon. Finlay McDiarmid, Minister of Highways, and Deputy Minister McLean also formed part of the delegation.

## IN MARINE CIRCLES.

Movements of Vessels In and About Kingston Harbor.

The steamer *Ontario* passed up from Montreal to Toronto with package freight on Monday.

The steamer *City of Hamilton* arrived from Toronto and Hamilton at 3 p.m., and cleared for Montreal at 5 p.m. on Monday.

The steamer *Kingston* arrived from Toronto at 4.40 a.m., and cleared for Prescott at 5.30 a.m. on Tuesday.

The government boat *Le Canada* passed down on Tuesday morning.

The steambarge *Warren* and barge passed up on Tuesday.

The tug *Magnolia* arrived from Montreal with the barge *Selkirk* for Port Colborne; the tug *Glyde* is due to-day with two light barges from Montreal, and cleared with two grain barges for Montreal.

## Visited Sons of England.

Supreme President D. J. Proctor of Toronto paid an official visit on Monday evening to Lecker Lodge, No. 23, Sons of England. In his address he stated that the Sons of England lodges of Canada, out of a membership of 25,878 had given 6,718 men for overseas service, and up to June 30th, 1917, 638 had been killed in action or died of wounds and illness. Leicester Lodge, Kingston, had given thirty-nine men for overseas out of a membership of 119.

Canadian Casualties.  
Prisoner of war—Capt. H. R. White, Ottawa.

Wounded—Lieut. L. G. Shillinglow, Campbellford; G. A. Fleming, Kingston.

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## Township Councils

### HINCHINBROOKE.

Pleaded, July 2.—Council met. Members all present. Minutes of meeting adopted. Bills and communications read. Moved, Petters-Wagar, that Bill of F. Snyder be referred to M. Crombie. Carried. D. Leslie refunded \$5.25 error in school tax. Bill for damages from J. R. Heard laid over until next meeting. Allen Wagar assessed for one doz. and W. D. Black assessed for dogs. A. Barr voted \$22.50 and T. G. Black \$15 for sheep killed by dogs. No action taken on bills of W. T. Mitchell and R. Potter for damages. The sum of \$17.50 granted on east boundary, providing Bedford grant equal amount. Clerk instructed to get legal advice re closing of Rolly's Bridge. \$10 granted on Allen Wagar road. Clerk voted \$50 per year increase in salary. Accounts passed: For roads: M. Cronk, \$167.74; J. N. Smith, \$700; J. N. Smith, \$100; assessor's salary, R. A. Hamilton, \$70; error in school tax, D. Leslie, \$1.22; sheep killed; insurance, \$8.75; roads, O. R. Clow, \$50. Council adjourned to meet at Parham, August 26th, at ten o'clock.

## DID EMPEROR KARL PLAN FOR FLIGHT?

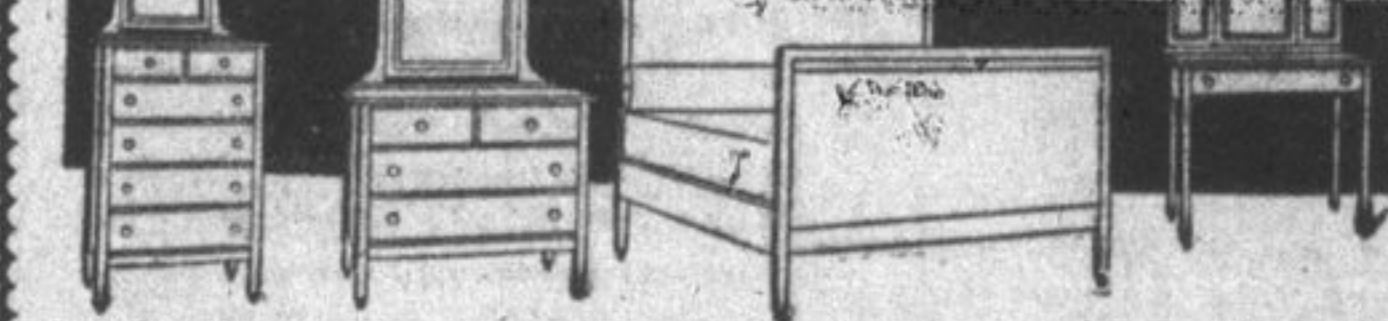
This is One of the Rumors Said to Be Current in Austria.

London, July 9.—No light has yet been shed on the mysterious rumors concerning Emperor Charles and Empress Zita of Austria, which Dr. von Seydler, the Premier, recently found necessary to deny when his attention was called to them by a group of Austrian Deputies. The Premier denounced "these base and absolutely senseless tales," and declared that anyone caught spreading "the rumors would be punished severely."

One report circulating among certain continental papers is that the royal pair is charged with revealing the plans of the recent battle along the Piave to the Italians. Another report is that the Emperor and Empress planned to flee from Austria.

The origin of the rumors is not given, but a theory advanced is that the Austrian public is indignant at Emperor Charles' peace overtures through Prince Sixtus of Bourbon, which caused a sensation in diplomatic circles of the Central Empires. According to messages from Vienna the visit of the Deputies to Dr. von Seydler was preceded by a public meeting of the Christian Social Society last Sunday, which was attended by Cardinal Piffli, Archbishop of Vienna, and where the rumors concerning Emperor Charles and Empress Zita were energetically denied. The Austrian state censor prohibited publication of the details of this meeting.

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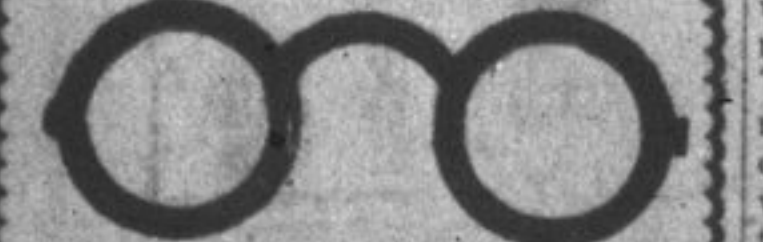
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