

# Tuberculosis may be the cause of these symptoms

- COUGH** - - - - - Either a dry hacking cough or one which produces sputum. Every cough lasting three weeks or more is reason enough for an examination by your doctor.
- EXPECTORATION** - - Sputum may indicate tuberculosis. Blood-streaked sputum should always arouse suspicion.
- LOSS OF WEIGHT** - - There is a reason for losing weight steadily or, in the case of children, not gaining steadily. Find out the cause from your doctor.
- TIRED FEELING** - - - General lassitude and tiredness which a good sleep does not seem to relieve may be caused by tuberculosis.
- CHEST PAINS** - - - Dry pleurisy or pleurisy with effusion is dangerous. Special care is needed to prevent the development of tuberculosis.
- POOR APPETITE** - - - May be caused by many things including tuberculosis.
- NIGHT SWEATS** - - - May be an indication of the disease.
- HEMORRHAGE** - - - Any hemorrhage is dangerous and is reason for a thorough examination. Lung hemorrhage is almost always caused by tuberculosis.

If you have any of the above symptoms, an examination should include an x-ray and a laboratory test for tubercle bacilli in sputum, in addition to a routine physical examination.

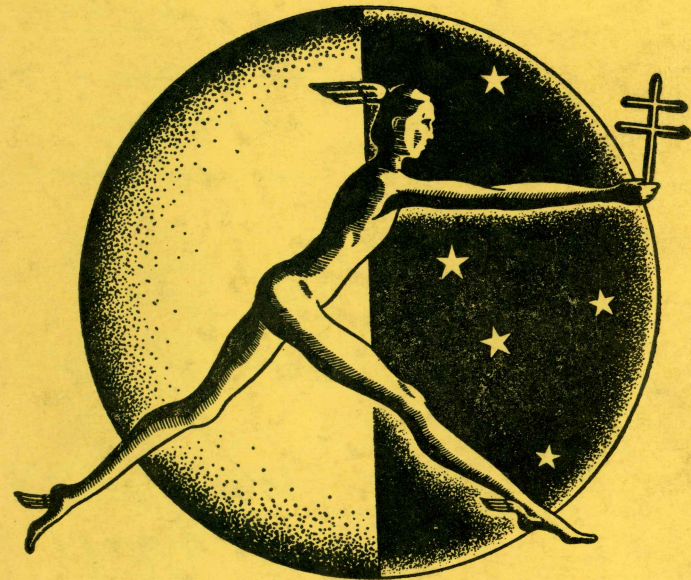
## SEE YOUR DOCTOR

# THE

Mr. J. Zayshley,  
City Health Dept., X-ray,  
Winnipeg, Man.

# Messenger

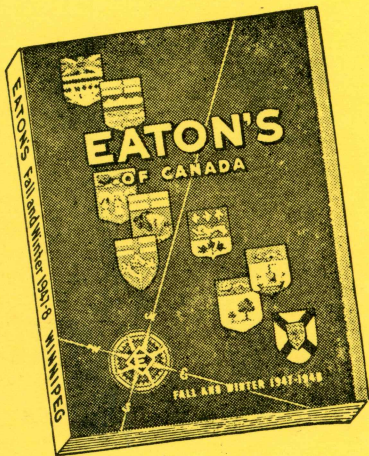
## OF HEALTH



Vol. 10—No. 8      10 CENTS  
AUGUST - - 1947  
WINNIPEG      MANITOBA



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Published monthly to promote better health in  
Manitoba. Editorial office: 668 Bannatyne Avenue,  
Winnipeg.

Vol 10—No. 8 August, 1947

Editor: T. A. J. CUNNINGS  
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Circulation this issue—1,350 copies

Single copies 10 cents.  
Subscription price \$1.00 a year.

Articles, poems and newsworthy personal items  
are invited and should be sent direct to the editorial  
office or given to a representative listed above.

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# If we had the time!

If I had the time to find a place  
 And sit me down full face to face  
 With my better self that stands no show  
 In my daily life that rushes so,  
 It might be then I would see my soul  
 Was stumbling still toward the shining goal—  
 I might be nerved by the thought sublime,  
 If I had the time!

If I had the time to let my heart  
 Speak out and take in my life a part,  
 To look about and stretch a hand  
 To a comrade quartered on no-luck land,  
 Ah, God! I might but just sit still  
 And hear the note of the whip-poor-will,  
 I think that my wish with God would rhyme—  
 If I had the time!

If I had the time to learn from you  
 How much for comfort my word would do;  
 And I told you then of my sudden will  
 To kiss your feet when I did you ill—  
 If the tears aback of the bravado  
 Could force their way and let you know—  
 Brothers, the souls of us all would chime,  
 If I had the time!

RICHARD BURTON

## Editorial « » » » » » » » » »

### PROGRESS REPORT

The Sanatorium Board of Manitoba, at the beginning of 1947, redoubled their tuberculosis case-finding program and since then, in Winnipeg, and throughout the Province, 127,280 people have been x-rayed by mass x-ray surveys. Dr. E. L. Ross, Medical Director, issued a report recently summarizing the preventive work of the Board during the first seven months of this year. During the past two months alone two large mobile x-ray units, working without let-up, have x-rayed 61,392 persons, an average of more than 7,000 a week.

Dr. Ross reported that one person in every 350 x-rayed warrants further examination, and about one in 2,000 is bound to have significant tuberculosis. During June and July, the population of 337 municipalities have had chest x-rays, mainly in the central, southern, and inter-lake areas. By the year end all rural municipalities in Manitoba will have had x-ray surveys during the last three years, conducted by the Sanatorium Board. The Board will commence a resurvey of the Province at Brandon in November. Besides surveys, the Sanatorium Board in its tuberculosis preventive campaign conducts monthly and bi-monthly chest clinics at a number of centres throughout the Province. The greatly expanded 1947 program of tuberculosis prevention has been made

possible by the annual sale of Christmas Seals and the remarkable contribution of two completely equipped mobile x-ray units by the Associated Canadian Travellers.

Dr. Ross referred to the tuberculosis problem among Indians stating that the first comprehensive x-ray survey among Indians in Manitoba was carried out this year by arrangement between the Sanatorium Board and the Indian Health Services Division of the Department of National Health and Welfare. All reserves in Southern Manitoba (that is, south of Swan River) were x-rayed when the Indians received their Treaty payments. For the newly discovered cases, treatment beds have been provided at Brandon, a 240 bed Veterans Hospital. The Institution was taken over on June 15th by the Department of National Health, and is being operated by the Sanatorium Board. Another seventy-five beds for Indians are being added to Clearwater Lake Indian Hospital at The Pas, bringing the capacity of this Hospital to a little more than 150 beds.

Besides the tangible results of finding new cases before others become infected Dr. Ross emphasized the contribution made to health education, especially pertaining to tuberculosis, which is brought about by the organization of surveys, community meetings, the x-ray survey itself, and the activities of The Associated Canadian Travellers.

The many friends and acquaintances of Dr. E. L. Ross will be glad to know that he is making an excellent recovery from his recent illness.



# Safe Milk . . .

## For Town and Country

By MARGARET SMITH, Ph.B., M.Sc.

**H**OUSEHOLDERS in most urban centres can purchase milk delivered to their doors without having to worry about production and handling, because those are supervised by health agencies and the milk is pasteurized to insure the consumer against the several serious milk-borne diseases.

The situation which exists, however, in small villages and sparsely settled rural areas is distinctly different. In such places, the milk is either produced on the consumer's own farm or is obtained from a distributor whose output is so small it is impossible for him to finance the modern methods of commercial pasteurization. Under these conditions, it is up to the consumer to improve ways and means to insure his own health and safety, as well as that of his family, against the danger of milk-borne disease. The use of common sense and ingenuity will both be needed to cope with the situation.

It has been proved experimentally that it is very difficult, if not impossible, to obtain raw milk free from dangerous disease germs. One typical example, out of many others equally conclusive, was the experience of J. Giroux, a French husbandry specialist, who worked over a period of several years in the stables of a dairy society on the Seine River. His report of his experiments states, "Our experience . . . obtained over a long period of time is . . . that in stables kept meticulously clean, stock washed before milking (udders and rear quarters), cowherds trained to observe exact requirements of hygiene, the product of

one milking from one animal collected in a sterilized pail always contained from 1,000 to 1,500 bacteria per cubic centimetre." Substantially the same result has been obtained again and again, in experiment after experiment. No matter what the precautions, bacteria are found.

In view of these facts, the Health League of Canada is now sponsoring a nation-wide campaign for compulsory pasteurization of milk in all provinces, to include not only the residents of cities and large towns but people in small villages, on farms, isolated homesteads and in every section of Canada where milk is used. This campaign is backed by most of the large national societies and associations and is of the most vital import to every Canadian.

### Milk is a Valuable Food

It is generally recognized that cow's milk contains all the nutrients essential for life. However, it does not contain all the food requirements in the correct proportions for human beings and, therefore, it is not a "perfect food" as is frequently stated in print. Cow's milk nourishes the calf well, but, after six months, it is perfectly independent of milk for its food and partially takes care of itself at a much earlier period. The normal human infant should be weaned between the ninth and twelfth month, and its chief food during the first three-fourths of a year of its life should be either human or cow's milk.

The following table, taken from "Common Procedures in the Practice of Pediatrics," by Drs. Alan Brown and F. F. Tisdall of the Department of Pediatrics, University of Toronto, and the Sick Children Hospital, gives a comparison of the average composition of cow's milk and human milk.

	Fat %	Sugar %	Protein %	Casein %	Lact- Albumin %
Cow's Milk .....	3.5	4.5	3.5	3.0	0.5
Human Milk .....	3.5	7.5	1.3	0.7	0.5

About 15% of the protein of cow's milk is lact-albumin.

About 50% of the protein of human milk is lact-albumin.

You will see from this table that there is too much protein in cow's milk for the human baby; therefore, water must be added to make the percentage correct. The water lowers the sugar content in the diluted milk, so more has to be added, usually in the form of corn syrup. This is the reason for the formulae recommended by pediatricians for bottle-feeding to mothers who are not nursing their own infants.

### Vitamins and Minerals in Bulk

Milk contains most of the vitamins and minerals required by the human body, but not always in adequate amounts. It is low in iron content, but the infant is born with a reserve sufficient to keep it supplied for the first three months of its life. After that time, the baby should receive cereals and vegetable juices which contain iron to supplement the lack in the milk supply; otherwise it will become anaemic.

Milk is well supplied with calcium and phosphorus, so the infant has available the materials necessary for building bones and teeth which were also available for it in pre-natal life. However, calcium and phosphorus cannot complete bone formation without the presence of Vitamin D.

When bones do not develop normally,

the child is said to have rickets. Milk is not sufficiently supplied with Vitamin D to meet a child's requirements, so a fish liver oil is given to make up the deficiency. This may be cod liver oil, halibut liver oil, or one or the proprietary preparations made by several of our leading manufacturers of pharma-

ceutical products.

In the B Vitamin group, milk contains Niacin and Vitamin B<sub>6</sub> in medium concentrations, and is well supplied with riboflavin, no more than 2% of which is destroyed by pasteurization. But milk contains only a small amount of Vitamin B<sub>1</sub> (thiamine), and pediatricians, therefore, at an early age prescribe foods containing wheat germ and dried yeast, both of which are rich in thiamine.

Milk can furnish babies with an adequate amount of Vitamin A, but it contains only a small amount of Vitamin C, most of which is lost through pasteurization. For this reason, babies are given orange juice or tomato juice before they are one month old, and this must be continued with older children and, for that matter, adults also need it if troubles associated with a deficiency of this essential vitamin are to be avoided.

### Important Facts About Milk

Briefly summarized, milk contains enough sugar and protein to furnish energy and also to promote growth, repair worn-out tissues and mend injured tissues for a baby, but not for a run-about child. The latter must be supplied with a variety of other foods. In other words, it must be put on a mixed diet.

Milk contains enough calcium and phosphorus to look after the formation and upkeep of bones and teeth, but ad-

(Continued on page 13)



## Longevity

Your little feature, "Longevity", in the July issue was interesting from more than one point of view. What intrigued me particularly was the diversity in status and occupation in the group of centenarians and nonagenarians represented — farmer, merchant, architect, peer of the realm, policeman and housewife. Just what profession or occupation in life one should embrace in order to attain the longest span of life and useful activity has long been a matter of at least academic if not scientific interest, and your little tabulation is of no help in determining this.

The same question agitated a prominent American columnist not long ago. It was prompted as he was listening to a symphony concert at the NBC by the realization that the conductor Arturo Toscanini would celebrate his eightieth birthday two days later and the simultaneous realization that in the nearby Metropolitan Museum of Art David Mannes, similarly conducting, was several weeks advanced into his eighty-second year. This naturally led to the thought that Serge Koussevitsky, reigning in the same sphere in Chicago, is, at 73, well on his way to be the age of his two New York fellow craftsmen.

But the conclusion that swinging a small thin rod weighing a very few ounces was the path to longevity, and that music might furnish the fountain of youth, was badly shaken by recollection that Mozart died at 35, Beethoven at 52, Schubert and Schumann as young as 31 and 46 respectively, and Bach at a moderate 65, and only partly revived in the knowledge that Wagner died at 70 and Richard Strauss is still going strong at 83.

Impelled to a serious delving into the subject he came to the conclusion after

considerable investigation that a man can perhaps make his best bid for longevity either as an American business man or as a French painter or sculptor. The first part of this is rather unexpected because the fast pace of American life in general is supposed to be at its top in the tempo of American business, where death takes its corresponding toll.

But this is not borne out by a swift glance at the record, which we do while noting the passing of Henry Ford who would have been 84 within a couple of months. This shows men of business like Peter Cooper at 92, George Foster Peabody at 86, John Wanamaker at 84, Cornelius Vanderbilt and Nathan Strauss at 83, Stephen Girard at 81, Johns Hopkins and the elder J. P. Morgan at 78. They are all, of course, dwarfed by the towering record of the first John D. Rockefeller. Says the columnist "Indeed, if one were to ask in specific terms where is man's best chance for the very top figure in length of life, the answer might be either the American oil business, where a Rockefeller lived to be 98, or the Venetian oil business, of another type where a man named Titian lived to be 99. Not that Michelangelo did so badly either, in his eighty-nine years of life.

But as a group it is the French painters who seem to have mastered the secret of long life, which is no less surprising than the case of American business men who are supposed to burn themselves up at an early age. French painters are by tradition addicted to living in unheated garrets, eating only intermittently, keeping late hours and moving in rather unconventional company. Yet the figures show Claude Lorrain 82, Ingres 87, Monet 86,

(Continued on page 30)

## Our Disabled Citizens

By EDWARD DUNLOP . . . What of Them?

*Mr. Dunlop concludes his informative article on the Rehabilitation of the handicapped*

The United Kingdom, the United States, and the Federated Commonwealth of Australia have recognized the economic and social gains to be derived from an adequate programme of rehabilitation for their disabled. They have accepted rehabilitation as the responsibility of the state, have passed legislation for the provision of rehabilitation services to all disabled persons who may need them, irrespective of the source or cause of their disability. In short, these services are regarded as a right of citizenship.

It is interesting to note that Britain's Disabled Persons Act, 1944, and the Australian Rehabilitation Act make relatively little distinction between disabled veterans and disabled non-veterans. The United States Public Law 113 has brought new life and vigour to rehabilitation in that country. It is concerned with the rehabilitation of disabled non-veterans, and was passed at the same time as Public Law 16 which provides for similar services to veterans.

It is an unfortunate thing, and something of a reflection upon our Canadian social consciousness, that these services are available to Canadian citizens only insofar as they are representative of a particular class such as the blind, industrial accident victims or disabled veterans. They are not available to all disabled Canadians, as they should be, irrespective of category and in accordance with need.

Here in Canada, the Department of Veterans' Affairs provides a new and improving service to disabled veterans. A few provinces are providing rehabilitation services to industrial accident through their compensation boards,

some very intensively and others less so. A few other provinces are beginning to follow suit. The Manitoba Sanatorium Board has been developing a service for its tuberculous. The Canadian National Institute for the Blind provides a model service to that group. And there, with certain isolated exceptions, it ends. It seems unlikely that these agencies cover more than one-fifth of the disabled needing rehabilitation service. If you become disabled, lack personal resources, and are not so fortunate as to fall into the class served by one of these agencies, you will have no skilled service to turn to for assistance or advice.

There is one organization which provides a service to the disabled, irrespective of their category. It is the Special Placement Division of the National Employment Service. Unfortunately, it can provide only one of the major rehabilitation services, that of employment placement. The value of this Service is very considerable, but not infrequently it faces an almost impossible task with those clients who need more than placement, and who have not been thoroughly prepared in all areas for the successful performance of a suitable job. The job placement of those incompletely prepared may lead to the impairment of the reputation of the disabled as efficient workers. Undoubtedly, there will always be the need for special placement services in any national employment service, but employment service and rehabilitation service are quite dissimilar concepts. Although one cannot function efficiently without the other.

We can now turn to a more definite consideration of the possible form which



our rehabilitation programme might take.

First and foremost, a National Rehabilitation Service should be created and capable of dealing with at least 15,000 cases a year. It should be a part of appropriate departments of Dominion and Provincial Governments and based upon a system of conditional grants. It should be nation-wide in character, Dominion-Provincial in operation, and empowered to provide the primary services of vocational rehabilitation. It should be empowered and directed to purchase these or other services from existing facilities wherever possible.

Second, it will be necessary to assist selected hospitals to create adequate rehabilitation departments capable of capitalizing on recent advances in physical medicine and medical-social work. Here again, it would be very helpful if a system of conditional grants could be worked out through existing health authorities. Failing this, the technical leadership of a group such as the Branch Committee on Physical Medicine could contribute materially.

Third, private agencies, local, provincial and federal authorities should be assisted in selecting the most suitable and urgent objectives in the field of special type services. Among these are services to certain special disability groups, the special rehabilitation centres referred to, and the curative or sheltered workshops. Again I suggest conditional grants if these programmes are to develop with the velocity so greatly to be desired.

The necessity for relating this three-point programme of service to the work of existing agencies need hardly be stressed.

I suggest a system of conditional grants as a realistic approach to the obvious constitutional and jurisdictional problems involved. Without the financial and technical participation of the Dominion Government, it is doubtful

that an adequate programme could be developed in less than a decade. At the same time, without the participation of Provincial Governments, communities, and private agencies, it is doubtful that the programme could meet with success.

The administration of grants-in-aid legislation is fraught with difficulties. The character of future Dominion-Provincial relations is not yet known, and it might of course be necessary to revise the above opinion in the light of future developments.

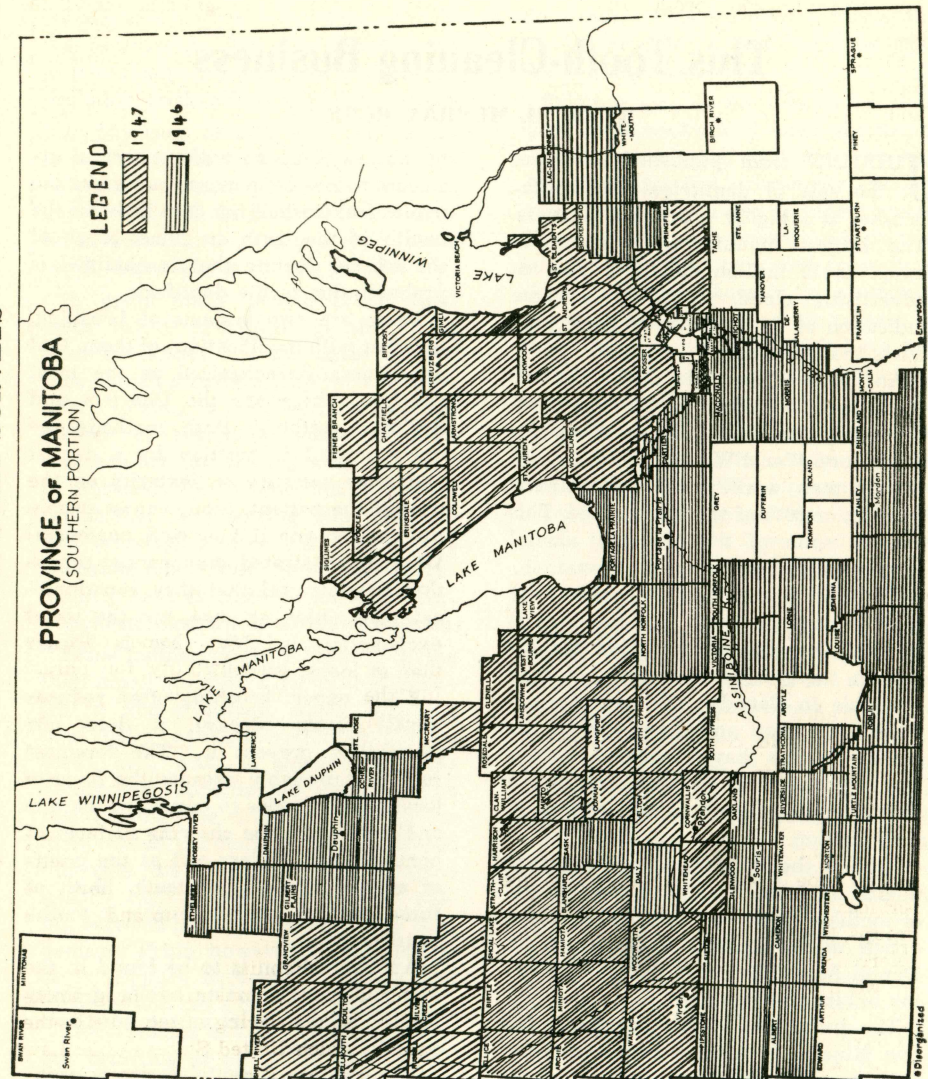
The second major question can now be faced: "How can we bring such a programme into being?"

Social action usually springs from the general recognition of human needs, and acceptance of the fundamental principles of the system through which they can be met. It is necessary, therefore, that all leading groups and members thereof accept some collective and personal responsibility for phrasing the needs of the disabled, for advocating proper solutions, and for aiding public opinion to crystallize. On the basis of crystallized opinion, governments can act.

The public weal and the public interest go hand in hand with self-interest. It must be shown how the self-interest of every group and of each individual is served by a positive interest in rehabilitation. To the taxpayer we can demonstrate a programme which is tax-saving. Since 1943—the year in which United States Public Law 113 came into force—123, 422 disabled persons have completed their rehabilitation. The average cost of rehabilitation was \$300.00 per case. Contrast this with the recurring costs of from \$300-\$600 a year to maintain a person in idleness. Of those who applied for service in 1945 alone, 79% were unemployed. Before rehabilitation they received wages and subsistence of

(Continued on page 31)

SANATORIUM BOARD OF MANITOBA X-RAY SURVEYS



SURVEY X-RAYS COMPLETED UP TO

JUNE 30, 1947	
Total 1946	128,263
Total 1947—to June 26th	89,744
Surveys from June 24 to July 31st, 1947	
Clanwilliam	1277
Harrison	1512
Strathclair	2050
Shoal Lake	2114
Birtle	2302
Ellice	925
Rossuburn	2280
Russell and Silver	3347
Sheepmouth and	1643
Boulton	3019
Shell River and Hillsburg	919
Boulton	2851
Gimli	2276
Bifrost	2203
Armstrong	2924
Fisher	1398
Grahamdale	1818
Sigtunes, Woodlea, Coldwell and Eriksdale	3159
Total	38,017
Grand Total to July 31st, 1947	256,024



## This Tooth-Cleaning Business

By DR. H. MURRAY ROBB

JUDGING from published statistics, the sale of dentifrices and tooth-brushes is a highly profitable business. The largest manufacturers spend as much as 15 million dollars a year in advertising alone, which gives some indication of the quantity of these products that is sold.

An index of the state of the nation's teeth may be found in the published reports of the United States Army for the Second World War, up to 1942, when 188,000 men were rejected for dental reasons, or 20% of those examined. This was in spite of the fact that dental requirements were absurdly low.

There are probably many reasons why these conditions exist. The foremost is probably our diet and nutrition, for, although there is more variety of food available in Canada and the States in all seasons than anywhere else in the world, studies have revealed that a large percentage of our population suffers from at least a mild degree of malnutrition.

High on the list also comes inadequate mouth hygiene, in spite of the number of toothbrushes sold annually. A recent article in the *Journal of the American Dental Association* describes the brushing habits of 405 people.

The group was a fairly representative one. Ninety-seven were dental students, eight were dentists, nine were employees of the school and the remainder clinic patients. The average time used for brushing was sixty-seven seconds. Twenty-six persons used only fifteen to thirty seconds. Very few persons brushed any surfaces other than the outer (labial and buccal) ones. The occlusal or chewing surfaces were barely touched.

This result bears out the statement that we have often made; namely, that

haphazard brushing without careful instruction does little more than make the mouth feel fresher, but does little for the health of the teeth or gums. Much of the fresher feeling that is obtained is probably due to the dentifrice.

There are two systems of brushing, together with modifications of them, that are generally recognized as the most effective. These are the Charters and Stillman methods. Both methods require careful instruction by a dentist and some measure of dexterity on the part of the patient, though most people can master one if they will persevere. When demonstrated, it appears so simple that patients feel that they can duplicate the action at once, but the usual exclamation is "My, that is harder than it looks, isn't it?"

While expert brushing often reduces dental caries (decay), it does not necessarily prevent it. The foremost reason is probably because the favorite locations for caries to occur are the pits and fissures on the chewing surfaces of bicuspids and molars and at the points of contact of adjacent teeth. Both of these locations are inaccessible to tooth-brush bristles.

Another reason is to be found in the diet and general eating habits of many people. But first let us see how decay actually works.

The process of dental caries is probably initiated by acids produced by germs. It is commonly thought that these germs produce the acids through their action on starches and sugars.

However, as enamel contains a small amount of organic matter and the dentin of the tooth contains a much larger amount of it, acid formation could not produce typical caries, for acid attacks mainly the inorganic lime and other salts. To accomplish the task a

second action comes into play, namely the destruction of the organic matrix of the enamel and dentin by an enzyme, probably produced by a different germ.

In any case, as soon as a tiny cavity is produced, the various organisms involved can operate quite out of reach of any toothbrush. In fact, when the dentin is reached, the process is much more rapid, especially in young people.

A great many people brush their teeth before breakfast (it should be after breakfast) and not again till bed time, which permits sticky carbohydrate debris to cling to their teeth for perhaps sixteen or seventeen hours. If their enzymes are functioning well, this may be digested after a time, but it is often replenished by chewing gum (75% to 80% carbohydrate) or a soft drink or a chocolate bar. Thus the organisms frequently have an almost continuous carbohydrate medium in which to flourish.

Some mothers make a habit of giving their small children a handful of cookies in mid-afternoon which leaves a nice sticky coating of starch around the teeth, and, what is worse, spoils the youngsters' appetite for dinner. The result is that the child eats little of the main course, particularly the vegetables, but eats the dessert, which is again usually carbohydrate. This habit of eating between meals is to be strongly condemned. Fruit, however, is permissible as it supplies necessary minerals and vitamins and has a cleansing action.

Dental caries can be controlled without brushing at all if the diet is well selected. If the proportion of carbohydrate to protein and fat is kept lower than is customary in most homes, the incidence of caries may be greatly reduced.

One of nature's methods of protecting teeth from decay is the deposition of a film of a fatty nature on the tooth surfaces. If our diet contains sufficient fats or oils there will tend to be a heavy, continuous coating of a fatty material on

the teeth. This material protects the enamel from decalcification by the acids that we have mentioned.

Eskimos who do not come in contact with white man's food have practically no decay; a result of their low carbohydrate-high fat diet. Strangely enough, even certain South Sea Islanders whose diet is largely soft carbohydrate material like yams and taro root show little signs of decay because of the protective fatty elements contained by certain of their items of diet, and they have not heard of the ultra-cleansing properties of certain modern dentifrices.

Another protective agent is found in the drinking water in certain districts, namely flourine. When present to the extent of about one part per million it seems to result in a lower incidence of dental caries.

It would appear, from present evidence, that diet influences dental caries mainly through its effect on the environment of the teeth. It has not been shown that diet can increase resistance to caries from within the tooth after its eruption. For this to take place, the mature enamel would have to have a blood supply or tissue fluids, but such is not the case. Hence the taking of calcium internally has been proven to be quite useless. Conversely, calcium is never withdrawn from the teeth during pregnancy, as was generally believed. In fact, there is no scientific data to prove that caries is more prevalent during this period.

What effect has the cleaning of teeth by a dentist on caries formation? In the light of foregoing remarks, we are forced to say that this procedure gives very little benefit. While some of the deposits on the teeth afford protection from acid-producing bacteria, their removal every six months will not lower the incidence of caries appreciably. Other deposits may be actually protective from the standpoint of caries.

There is another condition, however,



in which cleaning of the teeth plays an important role and that is simple gingivitis or inflammation of the gums. In order to explain the value of the toothbrush in this connection we would ask you to bear with us a minute while we outline the causes of gingivitis.

The primary cause is bacterial toxins produced in the normally shallow crevice (known as a sulcus), beneath the gum margin. Incidentally, certain chemicals can produce gingival inflammation, but we shall not discuss special cases.

While all sulci contain bacteria, it is obvious that some other factors must aid and abet them if we are to have inflammation. There are three main contributing or predisposing causes for a generalized gingivitis throughout the mouth.

**First:** Some systemic condition, such as a deficiency of vitamins or other food elements, improper functioning of glands, certain blood conditions and so on. These conditions may be so slight as to be missed in a routine medical examination, but if prolonged they have the effect of lowering tissue resistance.

**Second:** Lack of adequate function and hygiene. It is obvious that much of our food requires little force for mastication. This is proven by the fact that so many jaws show lack of development and we seldom see a dentition displaying evidence of wear. The prevalence of inadequate hygiene has already been discussed.

**Third:** Physical irritants, of which calculus or tartar is the best example.

Where does cleaning the teeth enter this picture? In brief, it helps to minimize the formation of calculus and it makes up to a large extent for certain deficiencies through its massage action. It is known that the first requisite of tartar formation is the deposit on the surface of the tooth of soft, organic material containing fats or lipids. Dr.

Box believes that certain fungus-like organisms act on this material to throw down the lime and other salts in successive layers until a mass of calculus is built up. At first this is rather soft and greasy but in time it becomes progressively harder, more adherent to the tooth and more irritating to the soft tissue.

This deposit not only irritates the gums but affords a lodging place for bacteria. If the tissue tone is further reduced by some systemic factor, a marked inflammation of the gums will result.

This brings us to the importance of cleaning the teeth for tartar-prevention. If all soft deposits can be kept off the teeth all the time, no tartar can form. While perfection may not be possible, the more nearly this state is approached, the less tartar one will have.

The toothbrush will remove most of the pre-tartar deposit but not the solid tartar itself. Here the dentist enters the picture. He must use instruments called scalers to remove this material, as brushes or rubber cups in the dental engine will not remove it either. Sometimes considerable time and patience are needed to thoroughly remove all calculus from the teeth.

Though dental caries and so-called pyorrhea are as prevalent as the common cold, there is still no simple solution to these problems. Probably few laymen appreciate the vast amount of money and time that has gone into research in these fields, but our fund of knowledge is rapidly growing, and who knows but some day we may know all the answers. Then we may be able to buy something at the drug store to prevent these diseases, but in the meantime we must rely on paying attention to the rules of health and nutrition, see our dentist at least twice a year—and get his advice on our mouth problems.

### SAFE MILK

(Continued from page 5)

ditional Vitamin D from some other source is needed to work on the calcium and phosphorus before they can do their job.

Milk is deficient in iodine and iron, and is an inadequate source of Vitamin C, D and B<sup>1</sup>, which must be supplied from other foods.

Milk contains all the nutrients essential for a balanced diet, but they are not present in the correct proportions. Milk is not a perfect food, but it is the best single one known.

### Raw Milk is Dangerous

Certain diseases common to human beings are said to be non-communicable because they are not transmitted from one individual to another. Heart disease, Bright's disease, goitre, and rheumatism are examples of this group. Another group of diseases is spoken of as communicable or infectious because they spread from person to person. The communicable group includes tuberculosis, typhoid, paratyphoid, diphtheria and many others. Practically all of the communicable diseases have been traced at one time or another to raw milk.

Scientists in various parts of the world have tried many times to obtain clean raw milk that could be depended upon as safe for human consumption, and have failed to do so. In spite of the most exacting requirements of hygiene in the course of the work, they have always found the milk contained germs. Whether these germs were harmful or not depended upon the health of the cow, but the milk was never free from those which produce fermentation and putrefaction and which, if uncontrolled, cause milk to sour, to change color, to curdle and, when present in large numbers, bring about digestive disturbances in young children.

### How Milk is Contaminated

Sometimes germs find their way into milk as the result of contamination by

dust, by using unclean milk pails, which are often contaminated by dirty dish towels, or by improperly sterilized milking machines, strainers, milk cans, etc. The virulent disease germs may come from the cows themselves, from those who handle the milk, or from carriers, human or otherwise. Common house flies, for example, are a frequent source of danger.

Just because milk is such an excellent food, when disease germs do get into milk they multiply very rapidly. When people drink raw milk containing dangerous germs, they increase even more rapidly because the temperature of the body is exactly suited to their rapid growth. As they multiply, they are carried in the tissue fluids and soon settle down in the place where they can feed to the best advantage and, in so doing, destroy the body tissue where they locate. The initial cause of the destruction of human health, and sometimes of life itself, can often be traced back directly to the disease germs carried by raw milk.

### MISS N. NORRIE LEAVES C.T.C.

Friends of Miss N. Norrie gathered at the Central Tuberculosis Clinic on June 27th to honor her on her departure from her position as receptionist at the C.T.C. Miss Norrie has been a valued employee at the C.T.C. for the past few years and during that time has made many friends. On behalf of the staff of the C.T.C. Dr. D. L. Scott presented her with a chest of Community plate silverware. Her many friends wish her the best of success in her new work.

First step towards construction of the Hospital for the Aged Infirm, approved by the city ratepayers in 1945, was taken last month when Mayor Garnet Coulter officiated at the turning of the first sod at the Municipal Hospitals grounds. The new building is to cost slightly more than \$900,000 and will house 200 patients.



## How to Get Along with People

**WE LIVE** in a world in which people are more important than things. Because we have to deal with people, whether we like it or not, and whether we know how to or not, it is important to learn how to get along with them. The better we know how to do this, the more likely we are to succeed in whatever we are doing. We are better able to deal with problems that we can solve and no longer worry too much about those we are not able to handle.

Nine suggestions for getting along with people—which sound pretty good and might be fun to try—are being used by the Vermont State Vocational Rehabilitation Division. They were adapted by Donald M. Eldred of that office from an article by Robert V. Seliger, M.D., Baltimore, Maryland. Here they are:

1. Keep looking at your good qualities rather than think only of your shortcomings and problems. Don't insist on having a poor opinion of yourself. For example, you may not be able to do all that you'd like to do or the kinds of things that you'd like to do, but perhaps you can be trusted more than most people. Or perhaps you are careful and can be depended upon to do your job well. Remember these things. Often they are more important than good looks or brilliance of mind. Perhaps you have an unusually pleasant smile. Use it. You have other good qualities that you can use. Remember them and use them.

2. Try to face your problems honestly; talk them over with someone who can help you—a psychiatrist, a minister, your doctor or a friend. Look at them as clearly as you can and try to see what you can and try to see what is going wrong and what you can do to make things work better. Just blaming

yourself is not a good way to handle a problem.

3. In your relationships with other people be sure to see that they enjoy or gain something from their contact with you. Remember that liking someone means that you not only get help for yourself, but that you help them as well. To be sure, there are instances in which you will receive little from the other person, but on the whole you will get about as much as you give.

4. Be kind to people; avoid hurting whenever you can. Try to balance the faults which you do see with the good qualities that are always there.

5. Be tolerant; accept people as they are; try to bring out in them that type of behavior which is best for both of you. Put up with them. Remember that they have to put up with you.

6. Try to look upon the failures that you may have as chances to learn. Failures show that there is something you do not know about what you are trying to do, or that you have not developed the qualities necessary for success. Look at your failures and try to see why you failed. Look upon them as opportunities to learn how to avoid making the same mistake next time. Remember your successes and don't spend too much time worrying about the failures.

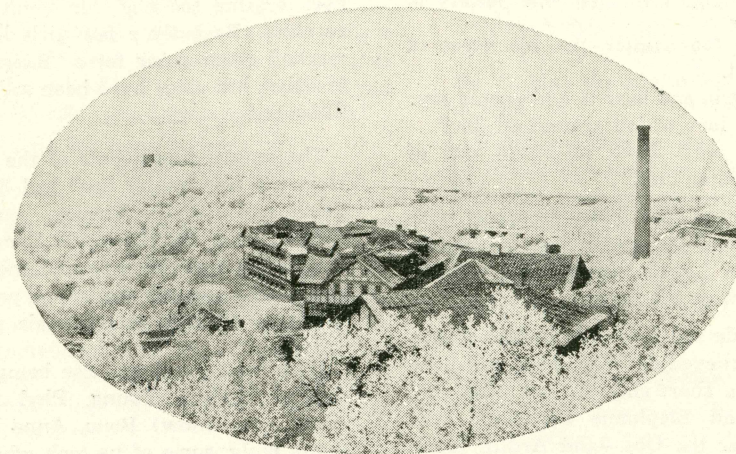
7. Try to accept the fact that sometimes you are worried, discouraged, or unable to do the things you'd like to do. Remember that everyone is occasionally worried or discouraged. Keep on doing things.

8. Be ready to promise to do things for others and for yourself, but be careful of the promises you make, and don't promise anything unless you feel quite sure that you can actually do it.

9. Finally, remember that it is people, not things, that are most important!

—NTA Clip Sheet.

## Manitoba Sanatorium



### West One News

Warmest greetings (92° in the shade) from West One to you all. After the 'moist' month of June we are really having a hot spell, and we now hear complaints about that from all and sundry. Seems ye olde weatherman just can't please us! Oh well—hang on, girls—the snow will be flying before you know it. May I take this opportunity to wish one and all 'A Merry Christmas'!

In last month's *Messenger* a certain Morgue Moccasin gave out with a pome re the joys of life at Ninette. Well, we wrote an answer to him, and though it's rather ancient now, a couple of months old—thought you might be interested, so here goes.

A challenge has been made by Morgue Moccasin to me,  
To do a little pome or a symphony—  
The latter it won't be, the first it might,  
In any case please, Morgue, see the light.  
You go into rhapsodies over life at  
Ninette,  
I'm sorry to say, dear, that you are all  
wet!

At six we are pushed inside by Bill  
And I'd like to say there's no time to  
kill.

With a kick at the door in walks Ann,  
She's our morning light at the dear old  
San.

With a banging and crash our tables  
are up,

And water poured into basin and cup.

With great big smiles we sit up and  
scrub

A-singin' the whole oh-rub-a-dub-dub!  
Then whisk! We are back to rest till  
we dine,

A sharp (?) breakfast and out on the  
porch by nine.

The mattress is hard—the sheets flannelette,

With that satin stuff—again you're all  
wet!

Then the carpenters come and start  
banging the doors;

We're right in the middle of the Ninette  
wars!

Just as we are settling down to that  
'languid sleep'

We're covered in shavings around a  
foot deep.

Then out pops a nurse with a summons  
upstairs

And we're buried alive in an old wheel-  
chair!

It's always a rush—then an hour's wait  
With the doctors, that means keeping a  
date.

We try to read on our afternoon rest,  
With the carpenters there it's ten lines  
at best.



Then bang! It's over at a quarter to three  
 And we ain't sittin' up for no afternoon tea!  
 Our evenings are filled with letters to write  
 And all too swiftly the blackness of night.  
 But we grin and bear it, and people say:  
 'How I'd love to loll around all day!'  
 Guess we'll have no more out of Morgue after that.

The place has been jumping with changes and more exercise this month. The latter I can't hope to cope with, so I'll deal with the former.

We bade sad farewells to Mrs. Stone, who journeyed to West Two; we hope for just a short stay, for we miss you, Stone—and Stephanie Bjarnason who left us for the Obs.—and Ardith Lamb who went back to her abode in the main building.

Then we welcomed Dr. Georgina Hogg back from West Three, Mrs. Carol Sankew and Beatrice Seed from C.T.C., and Mrs. Biddy Bailey from the Obs.

Molly, our Supervisor, is having a tough time keeping law and order—but she's a big kid and usually resorts to brute force. I quail when she flexes her muscles!

Outside of a couple of bat hunts I have nothing further to report. It's so hot all we do is lie around and discuss the heat.

Riddle of the month—Who is the flat baby? The little girl who has to have her ice cream spooned to her!

And so we bid you goodbye again—see you all at the picnic.

### RELIGIOUS SERVICES

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### Thoraco Themes

This shall be a brief summary picked up at random as the temperature has been soaring too high for comfort and activities. Recently a few girls had remarked about going for a "Sleigh Ride in July", but since have been sadly disillusioned.

The outstanding events of the month were the two "major ops" had by Mrs. Fecik and Cecelia Kinsley, our Irish Colleen from the Shamrock Land. The first had a bronchoscope and the latter just plain pneumo—so sorry you two had to go through such ordeals.

With increase of exercise being doled out to Mildred Young, Phyl Bailey, Anne (you know) Bone, Anne P. and yours truly, some of us took advantage of the increase and enjoyed our car rides very much. Etta Knox also had a car ride but in a truck, no less. We'd like to thank Dr. Hulke for the privileges.

Why don't you want Dr. Hulke to find out your surname, Edith Baldock? Hi, Ash and Mabel! Whatcha been up to? Having fun with the boys in the east? The Yodelling Cow Girls from Room 2 gave out with some range songs one evening—were you a portion from the Calgary Rodeo? Lucky Mrs. Stone to have a fan in her room, but she has been kind in offering to share it with us. Crept up on Mary L. but she had visitors, so will proceed to Beverly Kingston's room. She has been inquiring about the "wild" life—do you mean the birds and bees, Bev? How about publishing some of your poems in *The Messenger* and selling your crossword puzzles to some syndicate, Beverly? Mrs. Cater is progressing very nicely and has taken her first few steps. You won't be dying of idleness now Enis, just keep on walking. Elvira Schrader is a newcomer from the C.T.C. with Cecelia. Welcome, girls.

By the time this goes to press, Miss Hamilton and Dr. Paine will be away on their vacations—from all of us may you have a nice rest.

Last but not least, just a little tribute to Dick Carter for keeping the grounds so restful to the eyes, but couldn't you use a noise-proof grass mower, Dick?

S'long for now.

### West Three News

Dear, dear, what kind of news would you like today? Would you enjoy hearing of the games of whist played to the accompaniment of Mary Pernak's "You Cheat!" (as if a girl would do that!) or would you prefer some more controversial subject?

Or perhaps you would like to see Mrs. Fleury transplanting pansies (most of us are flower-pot gardeners), or Margaret Lobb raving over the beauties of nature after her car ride, or Mrs. Ott's large family trailing down the corridor, or Mrs. Daly and Bertha MacDonald comparing "aspiration" experiences, or Alice Johnson listening with a rapt expression to her latest records, or Mrs. Bailie bragging of her husband's two weeks' visit (he is a nice man!), or Bernice Krul's last minute preparations for a pneumolysis tomorrow. Goodness me, you'd be surprised how much there is to be done before we can take a day or two off from our normal routine.

Or perhaps you'd rather hear of the day Jennie Lefebvre asked for a pass to visit No. 1 (surprise, surprise, she didn't get it!), or the way Kay Hebert's bed twirls after her strep. shots or . . . don't you think it's about time we ran out of "ors"?

All the above items could be gone into in greater detail, but it's always wise to leave something to your imagination—don't you agree?

Which brings us down the line to the

goings and comings. Mrs. Esquiash, Jean Scharien and Mary Lou Harrell went to the Obs., Evelyn Levicker and Helen Hayden came out from the Clinic, Roberta Cooper came to us from the Obs., and Mrs. Marion Dicieson from No. 2. May the sun shine bright on all of you.

Which reminds us, Evelyn would like to thank her unknown donor for the beautiful roses she got one day.

Now with this solemn thought we shall close; when you read this there will only be four months till Christmas—have you started your shopping?

### Gordon Cottage News

Bill Kelly has come home to roost after making a tour through the West and East Infirmaries and getting a bit of his shoulder blade lopped off in transit.

John Claude Underwood Ground has also come home to us again and is busy as a bee chasing the cure, drinking milk and looking at pictures of sheep.

By the time this is in print the annual picnic will be over, but we're going on record and sticking our neck out to say that the Gordon C. put on the best darn skit you ever saw. All we have to do now is live up to this statement. Ha! It's one thing we're putting everything into, excluding Pateman's legs.

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### The Obs. Observer

Hello again. How's for a spot of gossip from this corner of the world? I could start by talking about the weather if you didn't already know it's darn good and hot. The only comment I have heard on that tiring subject is "It would be a nice day if it would rain." It is small consolation to know that autumn will soon be on the way.

While I was scouting around for "dirt", Mrs. Davis informed me that she likes anything written about her to be a surprise for her. However, when no one was looking she slipped me a piece of paper in the form of a fortune she drew at some shindig or other. On it was written, "Your personality makes lasting friendships. You are kind, considerate and generous." Hmmm! Not a word about those jokes you tell, Vicky?

Oh, love in bloom! What could be more exciting than romance! We were more than thrilled for Grace Viney when, on her birthday, she received a diamond. Congratulations! May the future have much happiness in store for you both.

Several of our gang left in the past month. Helen Speirs, Mrs. Gilda Chart-rand, Iris Smith, Lorna Halvarson moved to the K.E. Mrs. Bailey and Roberta Cooper moved to the West. Hope they are doing right by you kids over there. If I were you Roberta, I'd send over a detective to investigate this "love affair" between Armstrong and Pruden. Maybe you didn't know they were cheating on you?

At the time of this writing the girls are busily preparing a skit for the picnic. Jean Frederickson is our representative and she also leads the Obs. in exercise with two meals over to the dining room. Louella Ferris, Mildred Rushton, Nina Pruden have only one over thus far. Incidentally, they all reported a jolly time at the Legion sports day downtown.

I should tell you about the new people we have living with us. From the west we have Eloria Delorme, a model cure-chaser; Jean Scharien, whose favorite sport is crawling under beds. With Jean came Stephanie Bjarnason and in that ward they now have two Icelanders. Think that's good? Then we also have Kay Down from C.T.C., and she originally hails from Norwood (Winnipeg is a suburb of it, I have heard tell). Last but not least is Sadie Neufeld, sister of Evelyn. Sadie likes reading, especially Zane Grey.

On leave just now is Pat Geard. Bet old Selkirk is a pretty shade of pink these days.

This bit of dialogue was heard up here one day:

"Goodness how do you expect me to know!"

"Now let me see, I think this is Shirley. No—maybe it's Roberta."

Whereupon I raised my head to see what this was all about, only to find the two Mildreds, Rushton and Berk, trying to identify Berk's daughters in a snapshot. And the woman was home only last week. (Russell, that is.) I like this bit of philosophy Ivy Sutherland prizes—so maybe you will too. "A girl doesn't have to worry about her family tree if she has the right kind of limbs." Ain't it the truth. With that we take leave of you till next month.

### Good Food Is a Necessity

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### King Edward Korn

It is the same thing every month. Never know how to start the news to make it interesting enough to have you go on reading. (Are you still with me?). I wish I had the humor and flow of English that V.V.M. has. I'd like to tell him how much pleasure I get out of reading his column "Tribune Trumps" and I'm sure there are many here feel as I do.

To get the news under way, let's start off by saying goodbye to Mrs. Rose Thompson (Tommy to you), who left us for her home at Rivers. We miss you, Tommy, and will be looking forward to seeing you in September. Have a nice summer and keep well. We also said goodbye to Irene Landy and Mrs. Irene Townsend, both girls leaving for their respective homes, Gimli and Brandon. To you both our very best wishes and continued good health.

We welcome to our "korny korner" Lorna Halverson and Iris Smith downstairs, and Helen Speirs and Mrs. Chart-rand from upstairs. May your stay in the K.E. be short and pleasant.

Mrs. Chartrand no sooner got settled than she decided to go home for ten days' holiday. She is back now and reports having had a nice time. At the time of writing Freda Peterson is holidaying in the city. We miss you, Freda, there isn't anyone to have coffee with. Mrs. Etta Stewart is also visiting at her home in Neepawa. How are things up at Neepawa? If you really want to see some grand country, why not take a trip down to Miniota, the beauty spot of Manitoba?

We had a nice visit with Ollie McClure of Carman (suburb of Miniota and home town of Tom Bruce!) who was out for a check-up. She complained bitterly of never having her name in *The Messenger* when she has been out before. It's so long ago, Ollie, you just forget. I'm sure we never missed an

opportunity like that. Our apologies please accept. And also congratulations on your grand report; work must be agreeing with you. You certainly looked good. (N.B.—I didn't say good looking. Ouch!). And also many thanks for the grand box of 'goodies' you sent us. We will think of you with every mouthful.

Before next *Messenger* comes due, we hope our annual picnic will have been held. If the weather man permits it, here is hoping you all had a lot of fun with lots to eat. If those two things are attained you will have had a good day.

Until next month. Cheerio.

### T. Bacillus

A funny creature is bacillus, Laugh! I thought the thing would kill us.

Though lacking all the social graces They sure succeed in going places. Like when they settled right in me Nor asked T.B. or not T.B.

Although I do not wish to boast, They voted me The Perfect Host. With care they chose the best location And went ahead with procreation.

To all my protests this was said, "You know what you can do—Drop dead!"

Why did they have to pick on me To plant their spreading family tree? 'Twas more than mortal frame could bear,

I gave the pesky things the air. They didn't like this very well And each retreated in his shell. They shouldn't be allowed to live, I say it, and I'm positive.

C.T.C.

### GOING HOME?

The Messenger will be glad to visit you there every month.

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### East Two Notes

Time waits for no one and I find that another month has come and gone. News is scarce this month but we'll try our best. The fact that summer is here and it is July means vacation days. Our high ranking nurse, Miss Duncan, left on her holidays and in place we have oh, lovely Miss Jenkins. Yeah? we even get chicken. The lucky ones to have visitors this last month are Mel Kilfoyle's one and only, Wally Prokopow's one and only, Len Sephton's one and only, and Don McLellan's one and only quite regular, and a few others. This month we admitted some patients and promoted some to Number One and Gordon Cottage.

The new arrivals are Aimi Baron from Somerset, Carl Atkins from Morden but he changed his mind and moved up to East Three, Bill Kelly, Ross McLeod and big tough man Snooky from West Two and John Zitaruk from Number One. We all wish you the best. Those who got moved out to Number One are Charlie Gagnon, Tommy Milne, Abe Hildebrand and Jim Sewell. Jim's girls are lonesome. If you come back for a visit they promise to give you some butter. Oh yes, almost forgot our fat boy, Claude Ground, packed his socks too and moved to his old house, Gordon

Cottage. Now that Tom has moved out, maybe George will have a chance with Linda, if the latter can refrain from twisting toes.

Sixty-four dollar question: Why don't white horses die? If anyone can answer please notify the East Two reporters, D. Mac., J. K.

So long, folks, until next time.

### East Three Laments

The first half of '47 has gone into the records and only so many more days for us to make good those resolutions made so long ago.

New faces seen on our wards include W. Pleifer and E. Metcalfe who came to us from C.T.C., and G. Aitkens from Morden. They are all very likeable fellows and add to the prestige of our flat. E. McCulloch and Bob Moore packed up and moved to Number One, while Bill Heibert took himself off for Ontario.

Many of the boys have had the good fortune to be able to go out for car rides with relatives and friends. Harry Harrell had his parents for a visit, also Abe Reimer. Albert Orobko managed to get out for a ride. As for your reporter, he was able to get a short leave. Raen, Watson, Aitkens, Johnston, Hooper, Weins, Farion and Moorehouse all had visitors.

The increase in exercise means more boys can take in the shows, but we wonder why a certain lad was heard to say, "Wish there were two shows a week?"

Miss Duncan is having a well-earned vacation and we have Miss Jenkins whirling the big stick to see we are good boys. The day staff includes Ann, Holly and Agathe. Lillian tucks us into bed, Peters wakes us up.

The many bouquets of flowers seen on the flat has lent an air of gaiety and beauty.

The thought for the month is: If women were firemen how the men would follow the fires to see the hose go up the ladder.

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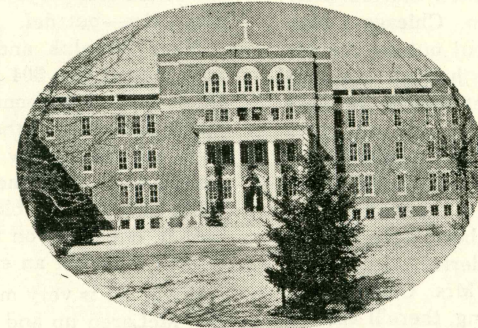
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## St. Boniface Sanatorium



### Ici St. Jean

Well, summer is here, they say, and we are all trying to decide where we'll spend our vacation. Yes, we wonder! It's quite a problem deciding—oh well! Lucky lads to get discharged were: Tom (Bjarny) Bjarnason and Mike (Shep) Shepit. Good luck to you, fellows. We don't know who is going to be chore boy since "Joe Slunk" left us, eh Mike?

Newcomers to our flat were: Mr. Stephen from St. Joseph's, now in 110; Mr. Tinant and Mr. Dubecki in 112; Mr. Fryza and Mr. Gancher in 109. Also we are glad to see "Gord" McLaren back with us from St. Joseph's. Welcome to you newcomers!

Mr. Clark left us recently for the General Hospital and we all wish him the best.

We are enjoying some fine music these days since the Balcony Band was organized. We understand there is a vacancy for a good second drummer. Who wants a good paying job?

Band members are: Jack Mayhew (first violin), Joe Chartrand (second violin and guitar), Harry Nimchuk (third violin), Jim Hay (drummer), Dave Dudge (bandmaster), Roy Resky (soloist), also several assistants (too numerous to mention).

Enjoying all the fine music and noise, we find in 102 Mathieson and Mahon

both using ear plugs, also Berg and Franson in 103 doing likewise. In 104, without the plugs, are Kennedy and Allard. In 105 Bob O'Hallaron's radio kills the noise. In 108 Lemay and Perrin just keep the door shut. In 109 Gancher, Fryza and Hrehoruk just keep their heads covered up, while in 110 Nelson, Stephen and Turner say they don't mind the noise so much, it's the music. In 112, Einarson, Don McLaren, Tinant and Dubecki are too far away to be bothered much, they say. On a clear day, with a south wind, the 111 gang, Anderson, Webber, McLaren and Sobering, say it's pretty bad but anyway everyone seems to be putting up with it, so strike up the band, boys, and let's go!

P.S.—Double "skunked" at cribbage this month were: Hrehoruk by Franson, and Mayhew by Nelson.

### St. Joseph's

Sorry I didn't make it last month, folks—truth was I just missed the deadline. However, let's mosey around and see what gives with everyone this month.

The balcony girls are not only a merry bunch but an ambitious group to boot. Mrs. Sinclair does lovely crochet work and all the while she keeps an eye on the calendar—just to be certain



that she doesn't pass up a Tuesday night by mistake. Don't blame you one bit, Elsie. Mrs. Todd enjoyed a visit to the city, got back and then started welcoming visitors from Chicago. Mrs. Montgomery wasn't put out by the hot weather one bit. She just up and knit a pair of socks for her hubby. Is there any particular reason for all your whistling, Miss McAulay? Come now—tell all. Mrs. Penny had herself a trip to the city and when asked how she enjoyed her pass she beamingly replied, "Oh-h-h, it was wonderful." I can't get any news regarding Mrs. Olafson but, and this is fair warning, there'll come a day!

New tenants are now occupying 302 since Mrs. Laycock left for home-sweet-home and Mrs. Wolinsky moved down to Ste. Therese. Said new tenants are Mrs. Bergen, sporting a brand new glamour-suit (shells) and her new roommate Miss Marks. A big "hello", Miss Marks, and welcome to our happy family.

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Across the hall, all alone in 303, is Mr. Leonard Johnson, who moved up from St. Jean's. Those kelly-green py-jamas are really eye-openers, Mr. Johnson. Nice—but def.

Mary Danyluk and Helen Yakushavich moved into 304 from 307 and they think their new room is super. If anyone is interested in the latest style steam bath ask Mary how it's done. As for Helen, well, she's one gal who goes for those hair-raising, blood-curdling whodun-it, one hears on the radio—and she doesn't even bat an eyelash.

Room 305 is very much deserted since Mr. McLaren up and moved back to St. Jean's. Next, in 307, we welcome Mr. Seniuk from Ste. Rose du Lac and Mr. Mykytyshun who moved up from St. Luc's. Hope you enjoy our company, gentlemen.

The hot weather did strange things to Frankie Horning. Now she holds conversations in the middle of the night. I'm keeping my ears wide open—just in case she decides to tell all. So far, no luck.

In 309 is our No. 1 cure-chaser, Mrs. Sesnella, with a cheery smile always and Mrs. Muckosky who came to us from Youville. A big welcome, Mrs. Muckosky, and may your stay be enjoyable.

It can't be but, yes it is—Mr. Chomiak is alone once more since Mr. Hansen transferred to Fort William San. What's the latest report from Madame X, Chomy?

In 311 is Mrs. Stepniuk or Grannie as she lovingly is called. Keep smiling, Grannie.

Maggie Ross in 312 is having a little trouble these days with a certain scholarly gentleman named Fu Monchu. Could be he wears a straw hat, Maggie?

Mr. Keisman resides alone in 315 since Andy Anderson moved to St. Jean's—strawberries and all. However, Mr. Keisman enjoyed a visit from his wife just recently so he's more than happy.

Mrs. Mowat and Mrs. Baker are the new occupants in 316. These two ladies must be fond of reading, judging by the quantity of reading material in their room. It's certainly a very pleasant way to spend time, isn't it?

Way up in the corner are Mrs. Magnusson and Mrs. Hornberger. Judging by smiles, these two ladies are very happy indeed.

Now for the blue-side and the latest on 327. Mr. Wickdahl, all 185 pounds of him, is now on R 5. How's about slowing down, Mr. Wickdahl, and giving a poor feller a chance to catch up? That must be some picture you have, Steve—any chance for a look? Mr. Neva is keeping out of mischief by spending his spare time reading, while Mr. Sinclair keeps at the painting. When you start painting those sort of trains, Dave, you must be planning on moving fast when you hear the "good news".

A hearty welcome to Miss Ritchot and Miss Klassen in 332. These ladies are both from C.T.C. and we do wish them the best of happy days.

I must mention that Eva Hildebrandt is now at home and doing fine.

So much for the patients. Our thanks to Sister Normandin and her staff for the care they give us each and every day.

Till next month—keep smiling.

### Youville Yodellings

Greetings from Youville, sorry we missed out last month. Please accept our apologies.

Our congratulations go out to Dr. Huot who was married June 7 to Miss Davis. Best wishes to you both.

Congratulations are also in store for 22 nurses who graduated here June 26th.

Now for some news on the flat. First we will saunter into 241. We welcome two newcomers, Miss Oleksuk and Mrs. Kulczycki. May your stay be short and pleasant. Mrs. Chrabaszcz has joined

our "pneumo parade". Mrs. Mitt smiles and says she's feeling grand.

Let us trail around the corner. In 256 we see only two occupants, Jean Gadway and Mrs. Lamontagne. They find it rather quiet since Mary Botchar (Baby Snooks) and Millie Hrankowski bid them *au revoir*.

Room 257 is bright and cheerful. Plucky Mrs. Carriere is back after a visit to the O.R. Good going, Isobel! Doreen Hesper sports R 5. She was one of the 22 nurses that graduated. Congratulations, Doreen! Quiet Phyllis Hrynkow is a newcomer. Just can't get anything on her—but there'll come a day—so help me.

We wouldn't be telling tales if we tell you that this is Vickie Zdan's second mattress this year! She must be an "excellent cure-chaser" to be wearing so many out—eh what?

We find ourselves at 258—Mrs. Kramer set aside her knitting to catch up on letter writing, output five a day.

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How about writing some for us, Kramer? Mrs. McKenzie thinks already of "old man winter" and knits for her children; while Mary June Mazyn with the same thought in mind makes herself a lovely sweater. Annette Lezensky replaces our Harriet Lynch who also bid us good-bye.

Now for the happy gang in room 259. We find Helen Sabovitch whose hearty laughter can be heard down the hall. What is the recipe for such happiness, Helen? We know Marg. Dennett's reason for hers. It's a beautiful diamond ring from that "schatz". Jennie Hubar is an expert "fruit salad" maker, so we hear. You know, Jennie, the way to a man's heart is through his stomach—beware!!! We always find Sue Chimuk with a ball of yarn and four knitting needles. What a busy bee!

Across the hall in 260 are some more busy gals turning out lovely leather work, knitting, etc. No doubt about it, it's Mildred Morrow and Mrs. Erickson, as cheerful as can be.

Room 261 is Mrs. Ledger's abode, but not for long. She will be saying 'cheerio' one of these fine days. In the meantime she keeps herself occupied doing beautiful paintings. Jolly Mrs. Hansley has treated herself to a new perm. and gosh what pretty curls, Mary!

We can always depend on a great big smile and a "welcome in" from these charming ladies, Mrs. Sanderson and Mrs. Hanson, in 264.

Wasney answered a call of distress in 266. Don't be alarmed, folks, all it was was a new knitter's trouble—that infernal heel on Mrs. Lajoie's first pair of socks. Her roommate, Mrs. Neufeld, quietly works away on her cross-stitch lunch cloth.

Now for our last room, the balcony. In the corner we see Nan Hargraves surrounded by birthday gifts—carnations from England, ah! ah! we wonder—?? Mrs. Thordarson on R 5 has

a cute idea. She hands her knitting over to Nan while she continues with her story. Come on, Jean, we know you can do both at once. Next in line comes Ann Wesney—R 7. She had her first leave on her birthday. It turned out an exciting day, returning with a Bulova and with a gleam in her eyes; says it's grand getting out for a day. We said goodbye to Anna Doerksen the other day. Now we welcome Mrs. Romund to our flat.

Looking after us we have Sister Desmarais, Nurses Williams, Jarrett, Derrick, Fester and Mrs. McGregor on days, with Miss Paziuk on nights.

As this is being written "our cheery" Dr. Hagen is making his rounds, accompanied by Dr. Johnson and Dr. Mathers. So 'bye till next month.

### St. Lucs

Well, another month has passed with very little to report from here with the exception of everyone's complaint of the heat.

I overheard a certain young man say, "If I was as strong as you I'd go harvesting." Who was that? Could be, but not this year.

I'd like to congratulate the nurses on their efficiency in keeping the flat running smoothly while Sister Lanerdure was away for a brief time. They're a grand team.

Miss Orr is now on nights, taking over from Miss Dickie, and from all indications those colored lights outside our doors never cool off at nights with calls for cold water, sleeping pills, etc., etc. Roller skates are in the offing.

We welcome as new guests Mr. Soroka and Mr. Swiathiewicz. Happy cure-chasing!

New nurses are Miss Scott, Miss Godkin and Miss Hornfelt.

Some of the boys here would like to hear from their friends at the King Edward and Ninette. How about some letters, boys? LaBelle sends his regards. So long for now.

### Ste. Therese Tattlings

We first slip down to the balcony to see the girls. Pardon us while we clear the fog from our eyes. Where is everybody? Whoops—here comes some new beds—namely Mrs. Sloneky from 157, Miss Ritchot and Miss Klassen from St. Jo's. Mrs. Lewicki and Mrs. Kessler will now have company.

We'll pause for a few moments to see how our Sisters are doing—Sr. Broackman and Sr. Margaret Mary in 164 are turning out beautiful flowers for the chapel and flats.

In 165 Sr. Mary and Sr. Roselia still keep up their cheerful conversation to all who pass by. A big hello goes to our quiet little Sisters in 163.

Mrs. Wilson and Mrs. Hammond, our two best cure-chasers, welcome us with a big cheerful smile.

We stop for a pause and notice a worn-out path leading to 161. Hey, what's the attraction, Rhoda? Oh, now we know where all the new hair-do's come from. Well, Helen, how was the leave? Lucky stiff!

Who is this we see in 160 sporting all the latest styles? Welcome to the flat, Eve.

We just dropped into 159 to ask Martha if her arm was sore after her leave. Well, anyway we didn't let you down. How was the birthday party, Emily? We've noticed Eva has come out of her trance since Dr. Weatherhead's departure. She's washing all four chins now. What's the matter, Kay—heat gotcha down?

In 158 what are you two doing out of bed and we do mean you Chris and Ann. Congratulations, girls! How does it feel to be in the P.N.X. club, Doreen? Keep up the good work. Ann, it won't be long now.

I see, Nora, you managed to get your leave. How did you do it? Congratulations on R 5, Nora!

Gwen is really a very busy girl these days. What with working in the pneumo

room and delivering our mail. Keep up the good work, Gwen, but be careful and don't fill them up too much!

That really is lovely crochet work you are doing these days, Terry. Sure there's still room for all that in your hope chest?

The girls in 157 welcome their new roommate, Mrs. Thompson. You're getting closer to the front door too, Tommy. Next move will be out, I'm sure. We hear that you handed in your resignation to the P.N.X. club, Mitch. Well, stick close to your bed, that's our advice!

Loretta is really chasing the . . . What is it that you're chasing? This last week every once in a while we'd hear a real hearty laugh from Loretta's corner and the reason—well, "The Egg and I." What egg?

Congratulations on R 6, Mary? How'd you get it so fast. By the way, what is the attraction on St. Jean's? Who's light are you watching for now, or need we ask?

Those to leave this month were Mrs. Boyle and Mrs. Burren. Sorry to see you go but very glad for your sake.

Our nurses this month are Miss Kirby, Mrs. Grant, Miss Fockler and Miss Armstrong. Mrs. Iwaschuk tucks us in for the night. We are very glad to see Miss (Dempsey) Kirby back—how was the holiday?

Goodbye till next month.

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## Annex Echoes

Another month has gone by so let's get in the groove and start a little gossip.

First floor isn't very rushed with excitement this month. Sammy Sinclair, after a short stay, has gone home. His little pals all wish him the best. A big welcome to our newcomer, Master Angus Stack. Gilbert Clarke and Peter Chartier are sporting rather unusual haircuts. Tony Durante believes the best way to get out is to stay in bed. "Readers take note."

Something new has been added on Second Floor—yeah, a little man, but being with so many girls doesn't bother him. Barbara Best was the lucky one to leave for home. Continuing on, we find Stella Chartier, who can tell the longest and certainly the most unbelievable yarns of the month. Even if we tried it would be impossible to top some of them. Helen Delorme and Florence Lachance are still holding down two beds, side by side. Helen accuses Florence of snoring. However, Florence is good natured and doesn't mention Helen's bad habits. Katie Thomas has orders to increase her exercise. In the next room we find Irene Lucier and Jeannette Lamoureux chewing the rag over something. Both say, "Honest, I didn't."

Isobel Evans comes to join the gang from First Floor. We think she's pretty too. See you all next month, kids.

Once again it's news time on Third Floor. In 301 we start with Anna Cote, the girl with the new hair-do, and ain't she sweet. Florence Oulette has a frequent visitor—just a pal she says, but I know better. Mrs. Jourdain is very

**LALLEMAND'S**  
*Yeast*

quiet these days, we wonder why? Jeanne Lavallee occupies her time with reading and writing, but finds time enough to take her routine five daily. Mrs. Oman is visiting quite frequently in the evenings. Grace Marion takes the best cure of all. Mary Guiboche and Ida Charbrand are as talkative as ever. Incidentally, Ida is setting herself into sewing. Mabel Stevenson is happily entertaining visitors from home, while her pal, Jean Ross, is very happy to be out of her cast and is now on routine three. Our grand little lady, Mrs. Aymont, is busy with her knitting. A hearty welcome to our newcomer, Mrs. J. Bourasse, and we hope you have a quick departure with the best of health restored.

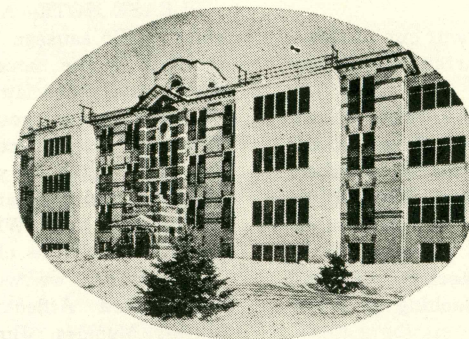
Mabel Chartrand would like to catch the woodpecker that has been playing the alarm clock lately. Agnes Lucier is enjoying routine five. Pretty fast work there, Lucier.

Mrs. Loomons is having a bit of radio trouble these days, according to some of the weird noises we've been hearing.

Miss Lafreniere is rooming alone and wouldn't mind having a roommate. By the time this news goes to press Mrs. Olson will be enjoying her short visit at home. She tells me how anxious she is to see her little boy, "but methinks she's more anxious to see the big boy." Mrs. Costyk is back on routine four, and boy can that woman "jig"! Our last call is room 317. Miss Melvina Flett seems much happier since starting to take pneumo. Doris Lavallie is turning out some beautiful fancy work. Henriette Ranville wishes she was home, but who doesn't?? Adele Trout is rolling her own—a bit bulky in spots but still good smoking. Julia Kennedy's handsome guy still comes in regularly.

May I take this opportunity to thank Sister Harty and her staff for all they do for us each day; space does not permit to print all names. Good curing, until next month.

## King Edward Memorial Hospital



Well, folks, this is your rookie reporter just breaking into print—if you can take it, I can.

Dr. Downey is away on a month's vacation. We all hope he has a swell time . . . Mrs. Wildgoose is just back from her two weeks' vacation. How's that backyard tan? We've been hearing about it . . . We would like to take this opportunity to welcome our new charge nurse, Miss Delsorti, of Australia. We hope her stay will be a long one . . . We hear Maxie is turning cowboy with his mighty yells. Who is he trying to impress? Incidentally, Pangi is becoming quite the man about town these days—and I do mean all over town.

Chris Gates, our blushing boy, is having button trouble. The supply seems to be too numerous . . . Say, Shep, how about letting us in on that story that's causing all the blushes? . . . Pete Peters is quite taken up every Sunday with the visit from his small son. Did you and he enjoy that trip to the park . . . IMPORTANT—Have you noticed Driscoll's new watch?—it's shockproof, waterproof, every kind of proof.

SECOND FLOOR—Going into the south balcony we bump into Sinclair with an armful of newspapers and entertaining the girls with the Highland fling . . . Preston and Peterson are keeping themselves busy tattooing

ducks. Don't ask where . . . Marie let us in on her secret about her little man with the "Box Factory". How is Tony?

. . . Mrs. Henry was saying she'd rather chase the cure on third floor. What's the attraction—(men, of course). Mrs. Boreski is having pyjama trouble. I guess you'll agree with us that buttons are safer than synthetic elastic . . . Stopping into 210 finds Shirley waiting for an inspiration . . . Maxwell, Blake and Thompson in 211 are looking down-hearted this last while. Which is it, girls—the departure of your pal, Chris, or the screen situation . . . Leaving the south and going north, we get as far as Dot Watson—looking a little happier with her new roommate, Mrs. Menzies, and Pat who comes in and amuses them with the odd joke . . . Over in 206 are Agnes and Ann with their new hair-do's. Ann's also sporting a lovely pair of lounging pyjamas—guess we'll have to start going to shows, eh, girls? . . . Last but not least we hit the big ward and balcony. After a month of adhesive tape Dot Allan got rid of her wart. What's the remedy, Dot, or has that gone too? . . . Poor little Nancy, her only complaint is "when am I going to get my hair washed?" . . . Eulie has boy-friends galore, to her life is never a bore . . . Doolan spends most of her time looking out the fire escape door.



What are you watching—the "boids"? . . . Who is the admirer who sends Sally books and flowers? Gee it's too bad we can't get all the news.

Little bits of news about our nurses— We hear that Mrs. Curran has to take it easy—what gives? . . . Two new musicians on second floor, better known as Miss Flinn and Mrs. Ross. Ross's specialty is good old Scotch numbers and Flinn with her jazz. Keep it up, girls, it sounds swell . . . Peter (our little elevator boy) is supposed to be quite the dancer, especially at Staff Parties. How about teaching us a few steps, eh?

THIRD FLOOR—Picken, Haslund and Armstrong should invent themselves a dumb waiter, instead of string, it's more substantial . . . Hey, Ernie, have you been doing any sheet counting lately

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and by the way how's that sore finger? That's what you get for sticking your fingers in fans.

PLEASE NOTE—Anyone having any extra garlic sausage can always find a receiver by the name of Lee Johnston who would appreciate it. He just doesn't seem to get enough. How do you stand the atmosphere, Rev. Staines, or does that apply to you too . . . McLaughlin and Holman are supposed to be quite the boys. Why don't you show yourselves a little oftener?

This month we would like to welcome: Rod Affleck, John Murphy, Muriel Menzies, Jim Picken, Gerald Palecek and Charles Stocks. We hope your stay will be a short and pleasant one.

Our farewell goes to: George Clarke, Elizabeth Livingstone, Christine McFayden, Frank Pearce, Michael Parocholski, John Skibinski and Alfred Hamelin.

New King Edward saying: "Don't be a chicken"—sounds silly, doesn't it?

#### CONGRATULATIONS

Congratulations to Mr. and Mrs. Donald MacDonald, Ninette, Manitoba, on the birth of a daughter, Barbara Anne. The happy event took place on August 4th, at the Brandon General Hospital. Donald the proud papa is the well known and popular postmaster at Ninette, and his wife is Leona Rathwell, a former nurse at the Manitoba Sanatorium.

Criticism no doubt is useful, indeed essential. Those who insistently point out faults and failures and dangerous trends render real service. But it is not enough. The smallest pieces of positive, constructive work of your own may be of more value than the best criticism of the work of someone else. It has been said very truly, "What is wrong with this country is, there are too many people about saying 'What is wrong with this country is . . .'"

## Clearwater Lake Indian Hospital

New Admissions: Mrs. Madeline Hall of H.B.R. and Mrs. Albina Kimatch of Shoal River, a former patient of Dynevor.

Discharges: Mrs. Cook, home to Cross Lake; Miss Leona Zaste to Central T.B. Clinic.

The New Highway is growing and gaining weight and has many admiring visitors. Benny's latest phrase is "99", copied from Richard Giesbrecht, the medical student. The Junior girls are much interested in a new set of Bible games. Singing and acting are carried throughout, somewhat like little plays.

Mary Patterson and Cecilia Peters have a new stunt at temperature time. If they can find a hole in their bedspreads, they cover their faces completely with the spread and the thermometer is sticking up through the hole.

The wee girls and boys of Wards 1 and 2 have imaginary orchestras for their singing. Emma MacGillvery uses a bed-whisk for a violin and Marie Adele Sinclair chooses the accordion. They imitate fife, saxophone, drum, harmonica and piano. Lucky for our ears it is all pretense.

#### WARD 1

Miss Eaton, the teacher, is on holidays. Before going south she took a trip to Churchill. Mrs. Hughes Caley had a number of Indian mothers of our patients at the station at Gillam to meet her. The urgent message they sent their children was to study well and read-read-English. They were very happy to meet Miss Eaton. The children appreciated Miss Eaton's discourse about meeting Gillam people.

#### WARD 2

The little boys of this ward apparently don't mind the excessive heat enough to lie still and keep cool. Armand takes much pleasure in practising

high jumping from the framework of his cot down to the mattress. It's surprising what the bed springs will endure. He usually lands on his little flat nose.

Harry Tiddler and Phillip Richards have wild flowers stuck in narrow-neck bottles and are quite proud of the display. Gilbert Michele and Robert Grieves keep busy imitating Harry Phillip's and Armand's stunts. The usual result is broken pyjama strings. Their predicament is drastic until somebody comes to the rescue with safety pins. They also like to pretend to be an orchestra. 'Twas Gilbert's idea first. He plays the imaginary ukulele. Robert and Phillip are violinists, Harry the saxophone, Armand the harmonica and Mary Ann Job the pianist. They enjoy it fully as much as the motion songs and verses.

John Muswagon, Joseph Robinson, Tousant Mason, Jeramiah Harper, David Beardy, Alan Spence and George Tinklater, the senior boys, are very good cure-chasers. Their forms of entertainment are playing cards, picture puzzles, reading, etc.

Delia Nataway has made a very nice green and white bead necklace. Mrs. Constant is making diamond socks and little Mary Ann Job is knitting the feet of them.

Mrs. Tinklater had her mother visit her recently. Mrs. Kolet's hands are never idle. Caroline Moore spends her time reading.

In all, this is a pleasant ward to visit.

#### WARD 3

Richard Muswagon, the ward barber, has undertaken to report for the pages of *The Messenger of Health*. Alex Moose and Esau Trout have also given in a few gleanings—about little Isaiah Flett. There is no telling what he will do if not carefully watched. He has a



mania for throwing things down the hopper regardless of the value of the articles or the damage he may cause.

Esau Trout was awakened one night by a faint noise at his dressing table—burglars? No, not exactly. Isaiah was helping himself to a drink of water or maybe coca-cola! Seemed to taste better than the water in his own cup.

Albert Kanabo is usually seen kneeling on his bedside table, peering around the open door and his eyes miss nothing and his tongue rests only when he sleeps. Mr. Bradburn of Norway House is busy at Grade 7 schoolwork. Esau Trout, Lazarus Bee and many others, at their request, received Bibles in English and Prayer Book from Rev. Campbell and Donoghue of The Pas. Alex Beardy continues to read his Bible in Cree. Mr. Bradburn also seems to have

fallen for Marg Flett's serenading judging from his kinked neck and sore elbows.

Johnson Beardy is the chief Cree letter writer, for we have some patients who write in English only. Speaking of letter writing, it is carried on extensively for all the wards.

The older boys thoroughly enjoy sing-songs and song services. John Matheson and Tom Sherman, white orderlies, conduct Bingo games for them sometimes.

Tom Castel is proud possessor of a new guitar. Alex Marasity and Lazarus Bee are wearing all-bead watch fobs in beautiful design. The younger boys like to sit out on the doorstep for a sing-song.

Recently all Ward 3 were treated to large luscious berries in appreciation for their good behaviour and co-operation on Sunday evenings.

Visitors to the San.—June 28th, 10 p.m., by plane, were Drs. Moore, Cameron, Corrigan and Mr. Cunnings. July 17th—Mrs. Jed Reader, Mrs. Northgate Reader, Mrs. Turpell and daughter and Mrs. McConnell. Miss L. Roy is on holidays. Miss Dixon and Miss Curl are recent nurses from St. Anthony Hospital here for a month on staff.

'Bye until after holidays.

### LONGEVITY

(Continued from page 6)

Degas 83, Bouguereau 80, Gerome 80, Corot 79, Forain 79, Renoir 78, David 77, Rodin 77, Cezanne 77. It is not that the Left Bank is so healthy for in the United States painting seems similarly a healthy occupation, with Thomas Sully 89, Edwin Blashfield 88, Cecilia Beaux 87, Mary Cassatt 83, La Farge 75, Winslow Homer 74, Eakins 72.

Literature in the English speaking countries would appear to offer its practitioners a mixed prospect. Bernard

Shaw nears 91, Thomas Hardy was 88, Robert Bridges 85, James Bryce 84, H. G. Wells 80, Dean Swift 78, Browning 77, Barrie 77, Dr. Johnson 75, Kipling 71. But on the other side Keats died at 25, Marlowe at 29, Shelley at 30, Byron 36, Fielding 47, Shakespeare 52, Thackeray 52, Dickens a meager 58, Scott only 61. The American record has a better average. Poe died at 40, Lanier at 39, Crane at 30, but Hawthorne lived to be 60, Melville was 72, Whitman was 73, Longfellow was 75, Henry Adams was 80. Whittier was 85, the same age as Oliver Wendell Holmes, who begot a son of the same name but wrote only incidentally for his living.

It's a fascinating subject to speculate upon, but as to the connection between occupation and longevity I am afraid we can come no nearer to demonstrated knowledge than the insurance companies do.

J.T.S. (Ont.)

—The Canadian Doctor.

### OUR DISABLED CITIZENS

(Continued from page 8)

approximately \$12,000,000 a year from odd jobs, relations, friends or public relief. After rehabilitation, they became self-supporting, earning at the rate of \$73,000,000 a year, or an increase of more than 600%, with an average salary rate of \$1,764. In order to deal with the annual increment of disabled persons, and make at least some cut into the unserved back-log, the U.S. Office of Vocational Rehabilitation has set itself a target of at least 150,000 successfully rehabilitated cases in the year 1947.

A very fine start could be made in Canada with a programme costing some five million dollars. This is relatively little in comparison with some recent social legislation, and further it would be self-liquidating.

For the medical profession we can outline a programme which is the logical

conclusion of their treatment, and would be a new discipline at their command. For the worker we can indicate a new source of consumer-purchasing power, and a protection for himself and his family from the adverse effects of disease or accident. For the employer we can emphasize a reduction in public debt charges, a source of efficient and safe employees, and a whole new group of people suddenly enabled to buy his goods.

Canada now can profit from the example of other English-speaking countries, from their experience with broad new programmes and her own more limited experience. Let it not be said that we failed in expressing the rehabilitation problems and the means of their solution. The disabled have suffered in one tussle with life. They merit the opportunity to stage a valiant return engagement.

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## LETTERS

To the Editor:

Through the medium of *The Messenger*, I would like to thank the doctors, nurses, reverend sisters and staff for their care during my stay at the St. Boniface Sanatorium. To my fellow cure-chasers, I wish a speedy recovery. St. Malo, Manitoba. JAMES LAMBERT.

To the Editor:

I wish to extend a hearty note of thanks to the sisters, doctors and nurses of the St. Boniface Sanatorium for the care and kindness during my stay there.

To my former roommate, Mrs. Wolinsky, and all the other patients, I wish a speedy return to your loved ones. Rosebank, Manitoba. EVELYN LAYCOCK.

To the Editor:

I would like to take this opportunity to express my sincere thanks to the doctors, nurses and staff of the Manitoba Sanatorium and the Central Tuberculosis Clinic for their wonderful care and many kindnesses I received during my stay there.

A very speedy recovery and best wishes to all my fellow cure-chasers. Gimli, Manitoba. IRENE LANDY.

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