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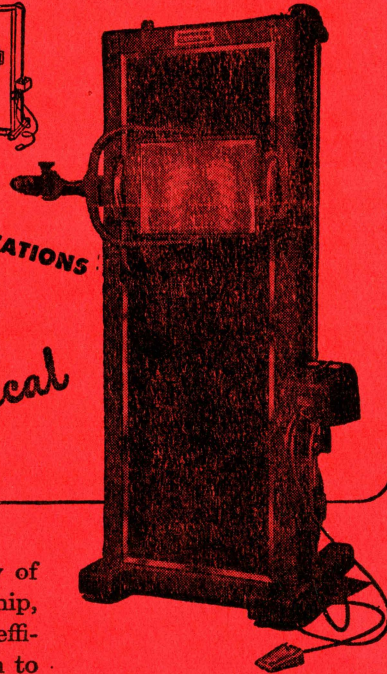
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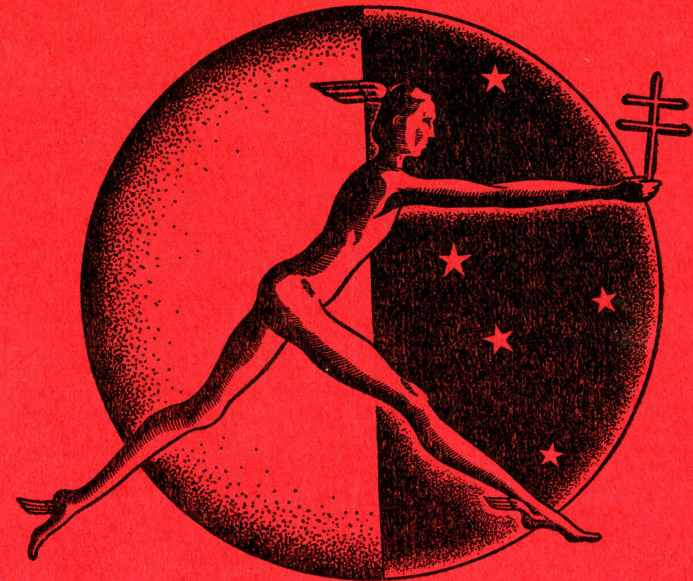
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THE

Messenger

OF HEALTH

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FEBRUARY - - 1948
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When vagrant wishes beckon me astray,

"This is my work; my blessing, not my doom;

Of all who live, I am the one by whom

This work can best be done in the right way."

Then shall I see it not too great, nor small,

To suit my spirit and to prove my powers;

Then shall I cheerful greet the laboring hours,

And cheerful turn, when the long shadows fall

At eventide, to play and love and rest

Because I know for me my work is best.

—HENRY VAN DYKE

THE *Messenger* OF HEALTH

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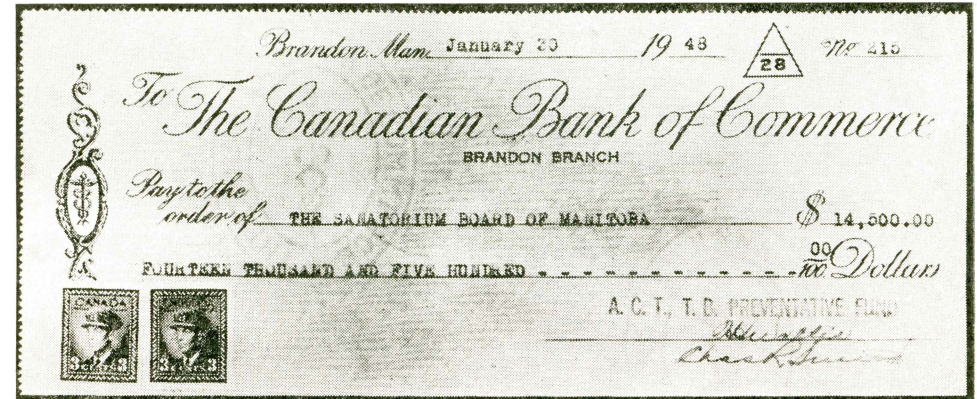
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Left to Right: Mr. Hughes, former Team Captain; Mr. J. Hamilton, former Team Captain; Dr. E. L. Ross, Medical Director of the Board; Mr. T. A. J. Cunnings, Sec.-Treas. of the Board; Mr. S. Hoskins, former Team Captain; Major G. W. Northwood, Chairman of the Board; Mr. C. Smith, former Sec.-Treas. of the Preventive Fund; Mr. H. Wallas, former Chairman of the Fund; Mr. R. Jensen, present Chairman of the Fund; Mr. H. Rungay, Past President; Mr. C. Leslie, Dominion President of A.C.T.

Heredity In Tuberculosis

By G. C. BELLINGER, M.D.

Many persons, particularly those who know of things as they were twenty or more years ago, have in mind families wherein tuberculosis caused serious damage generation after generation. And sometimes whole families seemed fated to be victims of this disease. It seems logical to attribute this state of things to heredity. Questions that come from those with a general interest in tuberculosis or from those whose special interest has been awakened by some experience near them plainly show that heredity is a factor of considerable importance in their minds. Yet the disease is definitely not inherited as a disease and we are clearly in the right if we check that point as established. Sir Robert Philip puts it this way, "The conception of tuberculosis as an inherited evil, that is to say, passed directly from parent to infant, long held sway. Even now, this conception, although largely negated by facts, continues its hold on the popular imagination, emerging more or less daily in the statement of the patient to his doctor, that tuberculosis is not in his family."

However, there are other things to be said on the subject of how one develops the disease, which are of interest in a broad and practical consideration of heredity in this problem.

The passage of the disease from either of the parents to the child before it is born seldom occurs, and when it does occur it is not through inheritance but rather the passage of disease through the placenta from the mother with active disease to the child.

The discovery that tuberculosis is caused by a germ and that the disease cannot develop except under conditions which permit that germ to gain entrance to and develop within the

body marked the beginning of a new era in the control of the disease. Plainly, a child will not develop tuberculosis from its parents, even though they both have active disease, if it is removed from contact so as not to be infected after it is born. The very, very few exceptions to this are explained by the statement in the previous paragraph. It is fair to state in the field of practical experience that it never occurs. Neither is it true to say that a child of tuberculous parents is necessarily weak from the standpoint of inheritance. Tuberculosis parents who have full control of their trouble will have healthy, vigorous children if other factors which may influence the off-spring were favorable in the first place. In fact, those who faced tuberculosis and whipped it are apt to be more thorough in their consideration of the problems of parenthood than many others are.

We must mention three other factors in development which, although entirely unrelated to heredity, may be drawn into a discussion of inherited tuberculosis. These are the virulence of the germs themselves; the adaptation of certain strains of germs so that they grow especially well though not necessarily with special virulence, in the persons of certain family groups, and the accident of location, whereby one especially unfortunate with tuberculosis may be thought to lack resistance and be rated seriously, although the real cause of their special problem is the location of tubercle, entirely by accident.

If we discuss all the factors that might be drawn into our subject, it would be complex, indeed. Members of the Pulse family well know the sound principles upon which our problem is based and will, therefore, clear the field for the

discussion of the things which might be inherited. Those are important in a full understanding of how we best reach our goal with great speed.

Certain animals react differently in certain well-controlled experiments, whereby tubercle bacilli are injected into the veins, whether the infecting dose be large or small. For instance, in rabbits the lungs are mostly involved; in guinea pigs the spleen, in dogs the liver, and in monkeys the lungs never escape, but other organs may average more than the lungs. Obviously certain people, certain families, and certain races have different reactions as to the development of disease. The experimental results just mentioned can probably be explained by certain tissue or organ characteristic in body chemistry, and these characteristics are inherent in each particular animal. Also, human individuals have, at different ages in their life span, various tissue conditions which determine for and against and perhaps the nature of disease if it develops.

Special students have called our attention to the point that blood relatives tend to develop disease in the same lung and to develop the same type of disease.

Twenty years ago, our leading tuberculosis journal presented studies showing this tendency. One author stated that 78 per cent of twenty-eight families where family tuberculosis existed had children with the corresponding lung affected. "In one family the father and four children had the same lung first affected." Another author "studied 112 tuberculous families and found that in quite a large proportion of the victims, who were related to one another, the disease began at the same point in the lungs." He reckons that in about 72 per cent of the families, "the starting point of the disease is characteristic." I remember such things in my earlier

experience when the disease was much more common in Oregon than it is now. We must keep in mind that these studies bring out facts to demonstrate hereditary factors. They are a comparative small part of the whole picture of tuberculosis as we see it day by day.

In 1942, at our Philadelphia meeting of the National Tuberculosis Association, a very thorough study was reported, showing that identical twins show a very definite tendency to develop disease in relation to each other. They found brothers and sisters showing approximately the same tendency as opposite twins, but twins showed well over three times as much trouble as the brother and sister and opposite twin groups.

Another valuable contribution brought out at Philadelphia was the experimental work of Dr. Laurie, already known to Pulse readers through a previous article on his work with air sterilization with Ultra-Violet light. He has developed experimental animals into fixed strains showing a very pronounced difference in their resistance to tuberculosis. With all other factors the same, he can predict to a high degree of accuracy the amount of tuberculosis his different strains will develop. He also has three strains bred so far apart as to resistance that he can give the same dose of tubercle bacilli to two groups with one developing little or no disease while the entire number of the other group will become diseased.

Studies of human experience are backed by experimental work to indicate that a susceptibility to tuberculosis may be inherited, and that this resistance is established in tuberculous families. It is also true that certain families and groups in the human family have a certain natural vigor that protects them against disease of a certain type and this may include tuberculosis. Perhaps the exact reason, or

in other words, the machinery and condition of the body that carries out these three possibilities will be discovered and worked out on a practical basis as time goes on. In the meantime, we know that we must be on the alert to recognize any of these points as they may develop in our study of familiar cases.

One cannot consider the work that has been done on this and kindred subjects in our field without being anxious to have everyone who struggles with this

Accepting the Challenge of our Limitations

"The objective of every patient should be to find his limitations and how to live within them." (Dr. J. D. Riley in Sanatorium Outlook.)

This may sound like hard advice, yet it is not really. For the word "patient" might be inserted the word "person," and we would have what is, in fact, a universal truth. Everyone has limitations and the sooner they realize this and set themselves to do the best they can within these bounds the better will be their adjustment to life.

To some people knowledge of their limitations comes with tragic suddenness, as in the case of a person unexpectedly stricken with tuberculosis. For them the adjustment is, perhaps, most difficult of all.

Yet history is full of instances of people suffering from physical handicaps who achieved outstanding success and whose names will be remembered long after their healthier contemporaries are forgotten. It is said that the poet Pope was a hunchback, Byron had a club foot, Sir Walter Scott was lame, Nelson was blind in one eye and had only one arm, Wolfe (the hero of the Battle of the Plains of Abraham) was a very sickly man, probably suffering from tuberculosis, Beethoven was deaf, yet composed most of his famous sym-

phonies after his malady set in, Keats had tuberculosis, so did H. G. Wells, and there are hundreds more.

problem get the full benefit of every factor that will help him back to his normal place in life in the shortest possible time. Each of us should dedicate himself to an all out 100 per cent effort on every factor in the cure and control of disease.

Early diagnosis, adequate rest, highly protective nutrition, sincere devotion to cure and aggressive treatment will do far more than heredity in building resistance to cure disease.—Pulse.

Early diagnosis, adequate rest, highly protective nutrition, sincere devotion to cure and aggressive treatment will do far more than heredity in building resistance to cure disease.—Pulse.

In our own day and age the most dramatic figure to achieve success despite a physical handicap was the late President Roosevelt. The indomitable spirit of the man who had to be carried from his automobile and propped up while he made his public addresses caught the popular imagination and made him more human in their eyes. It may even be that his disability was a factor in his success.

The world loves a fighter and likes to see him win. When the present King delivered his first Christmas address to the Empire there were not a few expressions of regret at his speech impediment. As the years have passed, however, Britons have become attached to the shy, halting voice which comes to them over the radio, and perceive with pride that His Majesty, while not an outstanding orator, is gradually gaining in certainty and force. He is doing a competent job under handicap.

As it is with the great of the world, so it can be in lesser measure with those upon whom the spotlight does not shine. Limitations are a challenge to humanity, not an impassable obstacle.

—C.T.A. News

The Terminology of Tuberculosis

Active Tuberculosis—

This is tuberculosis which is not healed, or which is becoming worse; in which the sputum may contain tubercle bacilli and where the symptoms are either changed, or are growing worse.

Arrested Tuberculosis—

This is tuberculosis where no cavity exists; the lesions are stationary or healed; the sputum is negative; symptoms are absent, and where the patient has had the above conditions existing for a period of six months, the last two of which the patient has been taking one hour walking exercise twice daily.

B.C.G.—

This means Bacillus Calmette Guerin, and represents a special strain of tubercle bacilli which has been grown over many years, so that it has lost its virulence. It is used as a vaccine to protect against tuberculosis.

Bovine Tuberculosis—

This is tuberculosis of cattle. It can be transmitted to human beings through milk from infected cows. At one time it was responsible for many cases of joint and gland tuberculosis in children. This can be largely eliminated by tuberculin testing cows and destroying reactors.

Bronchi—

These are the air passages which lead from the trachea (Windpipe) into and within the lung.

Classical Symptoms of Tuberculosis—

This is a phrase applied to a set of symptoms which should lead one to consult a physician early. This includes loss of pep, loss of appetite, loss of weight, cough that hangs on, and pain in the chest.

Gastric Lavage—

Some patients with tuberculosis do

not raise any sputum, but instead swallow small amounts of sputum. In a gastric lavage, the stomach is pumped and the contents examined for tubercle bacilli. In this way a positive sputum may be established which might otherwise be missed.

Graduated Exercise—

This is a name applied to exercise used in patients who have been at complete bed rest. The exercise increase is graduated to meet the increasing strength of the patient. In this way patients who have been at complete bed rest gradually become stronger until they are finally able to do the ordinary things of life.

Guinea Pig Inoculation—

Not infrequently the sputum in a patient with tuberculosis will not contain enough tubercle bacilli so that they can be seen by the microscope. If this sputum is injected into guinea pig tuberculosis will develop, providing the sputum contains tubercle bacilli. If no sputum is available, the aspirated gastric contents may be used. This, if positive, will also produce tuberculosis in the guinea pig.

Hemoptysis—

This is also called a hemorrhage. It refers to the presence of blood in the sputum. This blood may be in small or large amounts. Any person who raises blood should immediately see a physician to rule out the possibility of tuberculosis. It may be the first signal that pulmonary tuberculosis is present.

Minimal Tuberculosis—

This is a term which is based on the x-ray examination of the chest and refers to the presence of a small amount of tuberculosis in one or both lungs. No cavities can be seen in this stage of tuberculosis.

Moderately Advance Tuberculosis—

This is more than minimal tuberculosis and less than far advanced tuberculosis. Tuberculosis of a moderately advanced degree may involve a considerable portion of the lungs. Cavitation may or may not be present. Bacilli are nearly always present.

Phrenic Operation—

The phrenic nerve controls the movement of the diaphragm. This nerve is sometimes crushed stopping the action of the diaphragm temporarily, thus giving the lung more rest.

Pleura—

The thin lining which covers the lung, and also the inner side of the chest wall. Inflammation of the lining leads to pleurisy.

Pleural Effusion—

A pleural effusion is a collection of fluid in the pleural space.

Pleurisy—

This is an inflammation of the pleural membranes covering the lung, and is a condition characterized by pain in the chest, particularly when the patient breathes. It is frequently due to tuberculosis.

Pneumonolysis—

Lysis means to dissolve; pneumonolysis refers to the lung. A procedure whereby adhesions, between the pleural linings, preventing a good collapse in pneumothorax, are cut.

Pneumothorax—

The introduction of air into the pleural space, allowing the lung to collapse, is called pneumothorax. This procedure is employed in the treatment of pulmonary tuberculosis and requires refills of air at regular intervals to maintain the collapse. Pneumothorax may be used on one side or on both sides. When it is used on both sides at the same time, it is called bilateral pneumothorax.

Positive Sputum—

Sputum which contains tubercle bacilli is called positive sputum. It is by means of the positive sputum that tuberculosis

is transmitted from one person to another.

Quiescent Tuberculosis—

The term "quiescent" is applied to tuberculosis which, over a period of a month or longer, is regressing or getting better, or is not advancing. The sputum may or may not be positive, and cavities may or may not be present.

Rest Cure—

This term is frequently applied to the sanatorium treatment of tuberculosis. All treatment is based on rest. Rest is the single most important factor in the treatment of tuberculosis.

Selective Collapse—

A term used in conjunction with pneumothorax. When the diseased portion of the lung collapses most, it is referred to as a "selective collapse."

Thoracoplasty—

This is an operation involving the partial, or complete, removal of the ribs from the chest wall. This, in turn, allows a diseased lung to collapse, and places it in a better position to heal.

Trachea—

This is also called windpipe, and is the tube leading from the mouth to the lungs. The trachea divides into the bronchi which go to either lung.

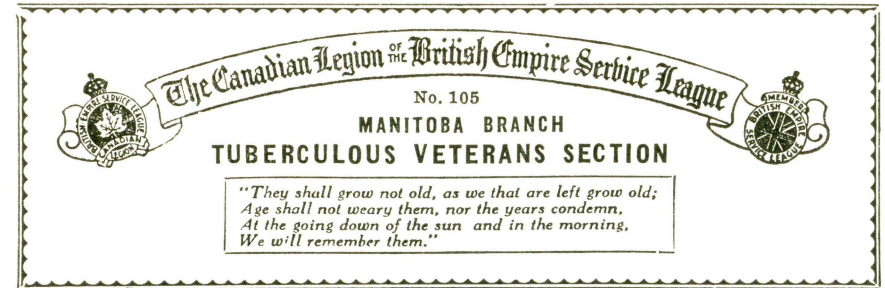
Tuberculin Skin Test—

This is a test performed by injecting a small amount of tuberculin into the skin and is usually done to tell whether or not a person is infected with tuberculosis. If positive, it does not necessarily mean that a person has the disease, tuberculosis. Positive tuberculin reactors should always be x-rayed to see if the infection has gone on to disease.

Vital Capacity—

Vital capacity is the amount of air which can be forcibly exhaled after a deep inspiration. It is a very rough index of the amount of good functioning lung tissue.

—Revised from the original by E. R. Danniels, M.D., in the Wisconsin Sanatorium Beacon.—via Valley Echo.



The regular monthly meeting was held in Room 3, Home Investment Bldg., on February 3rd, and was called to order at 8.30 p.m., with Com. F. Ross presiding.

In the absence of the Secretary, the Assistant Secretary read the minutes of the previous meeting, which were accepted.

The Hospital Committee report was read by Com. Rosko. The Committee is organizing for visiting, and arrangements have been made with the St. Boniface San. and King Edward Hospital for regular visiting days. The Committee is meeting with Dr. Scott in the near future in regards to visiting days at the T.B. Clinic.

We are glad to report that Com. O'Halloran, who underwent an operation at Deer Lodge Hospital recently, is reported to be progressing favorably.

Com. McDonald reported on Provincial Command. The principal subject was the increase in basic pension. Whilst only 10 per cent has been promised as yet, this was felt by Command to be a lever whereby an increase more commensurate to the cost of living might be obtained.

As regards housing, there will be no more wartime houses, but houses of a more permanent type were to be made available. However, only 250 were slated for Winnipeg, and efforts were being made to have this increased.

General Business

A letter was read, re Dominion Convention, to be held in Saskatoon in May.

Notification is to be sent that we will have two (2) members present at the Convention.

Any member who has any resolutions they would like presented at the Convention are asked to forward same immediately.

The annual dance was brought up by Com. Berard, chairman of the Entertainment Committee, who reported he had contacted the St. Regis Hotel, and the only Saturday night open was May 22nd. The committee was granted permission to go ahead with plans for the dance, to be held on May 22nd.

We are sorry to announce that Com. Berard, chairman of the Entertainment Committee, is leaving the city in the near future. Com. Pielow was elected to replace him as chairman.

It was also moved that instead of a banquet and dance, as in previous years, we would have a buffet supper and dance, and that it is to be strictly informal.

The Chest X-ray Campaign was again brought up at the meeting, and members of the T.V.S. No. 105 are again asked to give it your full co-operation.

The meeting was adjourned at 9.45.

COM. J. BOOTH,

Publicity Chairman.

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Number Three News

After the world has screamed and hooted in the newborn year, it is customary to make what are known as "resolutions." Thousands of us the country over try to seize the opportunity to revise our lives for the better. We sincerely don't want the chubby, innocent New Year to know us as wolf-eyed characters so familiar to Old Man '47, whose last recollections of us made his face turn red. Many of us drew up a list of our bad habits in order of horribleness.

Up goes your right hand and you swear "Never again." Most of us then lose the list as quickly as possible, preferably out of doors, so that we won't come across it again. A few people of course manage to avoid breaking their resolutions, some by actually reforming, others by getting married. But the majority pick up a couple of disgusting new ways en route. I know that is true of me.

Each year I prepare a declaration of independence from my vices. Personally I think resolutions are made to be broken anyhow, but it is a great test

of will power to see how far in the year you can go before you do break them.

Now a few things about the citizens of our building. Right after New Year's Johnny Melnychuk left our house of "Joes" to spend the first portion of '48 in the Gordon Cottage. Hank Henry was with us for a week, then decided that home was the place for him. Wishes for the best of health go with you, Hank.

To get something on the respectable people here in Number Three is about as hard as pulling teeth. So until next month, my best to you.

Number One News

The New Year has brought us hope. With perseverance and courage we shall prevail and by the time the bells ring the year out, many of us will have forgotten much that we have suffered, remembering only the pleasant and happy hours.

Buddha, once brooding deeply over life, came to this conclusion: "Existence and suffering are one." This is undeni-

able truth. If we want to exist, we must be prepared to suffer. We have "desires," which are motivating factors in our daily life, the driving forces to character development. Life is like a stream meeting obstacles, but these obstacles do not prevent the stream from reaching the greater expanse of water. It doesn't stop because of a boulder or two. We desire to exist; we must suffer and reach our goal. Let us meet our suffering with a stoical attitude. Accept the suffering and inwardly steel ourselves against it. An Indian tribe in South America begins early to instill this attitude into its young; for as soon as the child is born the father greets it with these words, "You are born into a world of trouble. Shut your mouth, be quiet and bear it." So must we harden ourselves inwardly against the knocks of life.

St. Valentine's Day will soon be here; To top it all off, it is also Leap Year. So, fellows, please take heed, These words of warning carefully read.

When she cuddles close and asks you for a kiss,
And hints you hold the key to all her happiness,
Brother, beware!
That means you, Keith Walker.

When she holds your hand, and looks into your eyes,
And whispers oodles and oodles of little white lies,
Brother, beware!
That means you, Sam Taylor.

When she says, "Oh, darling", life with you would just be grand,
And then very coyly starts to hold your hand,
Brother, beware!
That means you, Herb Jackson.

And when she tells you all the things that she can do,
And confesses she loves you with a love that's true,
Brother, beware!
That means you, Bill Pfeifer.

If you still think two can live as cheap as one,
We know darn well it just can't be done,
Brother, beware!
That means you, Elgin Metcalfe.

This warning is issued by No. One's Bachelor Club.

I now give you the moves of the month. Sam Taylor, supervisor of the nursery, informed me that he has a new charge, namely, Eddie Krul, of East Two fame. Eddie is a replacement for Jim Sewell, who recently left for warmer quarters. Jack Fleming and John Dankesreiter, who was becoming an institution around here, decided to

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take the long route home—via the Infirmary. Johnny Fiddler, who should be home in a couple of weeks, recently took up residence in the E.P. George McKnight and his automatic moved upstairs the other day. Wally Propokow just arrived in time to get a bunk in the kitchen ward.

Au revoir.

West Three

Helpfulness is a wonderful thing they say, but perhaps Mary Friesen and Jean Traquair were carrying it a little too far when they went to the broom closet for dirt for this column. Some people have such literal minds! But at that, their brain wave made up a paragraph, and what more can a reporter ask of two people?

However, we could ask that on the rare occasions Phyllis Laird allows us to use her name that she would do something wild and exciting instead of

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being her usual pleasant self. The least she could do for "The Messenger" would be to bite everyone who came within reach, though that might be a bit hard on her two room-mates, Jennie Lefebvre and Mrs. Gorenstein—but we'd let her bite easy.

After seeing a few people with bright lipstick on their faces on leaving R 3, where Margaret Crate and Caroline Charlotte reside, we've decided there can be light moments at the San, even if we do have to wait for another Christmas to get in on them. How many months do we have to put in? Better we should go home! Incidentally, we all had a marvellous Christmas: more presents, more visitors, more fun!

Then came the concert and we who were able to attend thought Olga Galer, Helen Hayden, Marian Dickenson, Mrs. Johnson, Mrs. Hayward and the other stay-at-homes were unfortunate indeed. We laughed till we ached at Sag Willy and the No. 2 skit, were delighted with the carols sung by our Ukrainian and Polish newcomers, and clapped and howled with mirth as the orchestra played. Our thanks to all of you for a most enjoyable evening.

During the month Mrs. Ferguson came to us from Goodlands, and Helen Braun from Altona, while Alvira Schroeder went to West I and Mrs. Hooper to the Clinic. May all their days both here and away be pleasant ones.

Thoraco Themes

Our pet reporter decided to take a holiday—via the O.R., so it has been left for us to do this month's write-up. What a chance to get even for last month! But being the noble type, we shall refrain. (Best of luck, Maria, and keep up the good work.)

First of all, we would like to thank all those responsible for making our Christmas and New Year's so enjoyable.

We liked the carol singing, the gifts from the tree and the turkey dinners. We are still laughing at the concert, which was held later in the week. There is certainly no lack of talent around here.

On the incoming list we have Mrs. Babs Wilson from Napinka, Jenny Moyer and Rosemary Wagner from C.T.C. Greetings, gals! We hope you don't have to stay long—not that we don't like you.

On the out-going list was Aime Baron, who departed for the east, taking "That" Calendar with him.

Peggy Le Blanc and Helen Daly also receive our good luck wishes, both of them having gone down that long, long trail to the O.R. Too bad you were gypped out of the "Johnston's Glo-coat", Duchess!

Seems that Vi ("L.L.") Starynchuk has some very interesting correspondents—ask her about the one who starts his letters "Dear Friend." . . . Mona Hayden offered us a bribe not to write anything about her. Too bad, we could write a whole page on that little gal! . . . Wonder why Boom had a stiff neck. Could be we know the answer anyway, eh, Boomie? . . . Helen Smithard was our birthday gal this month. See you in Brandon, Helen, when you decide to make use of that particular present you showed us. . . . These gals in the singles are lucky; nobody is around to catch them at anything. But just you wait, Pat and Fee; we'll get something on you some day.

Reward Offered — For information leading to the apprehension of the snide character who left a chicken bone on our hyacinth bulb—they could at least have burried it.

Only one short item to add to Bev's report—she, the lucky girl moved out to the Obs. last week. Did you find anything under the bed, Bev?

Mrs. Ruth Murphy occupies Room 6, now she has one of Dr. Paine's fancy hemstitching jobs.

East Three Clippings

Hello again. Chilly?—agreed. Despite this fact all are feeling well but are beginning to wonder about this Leap Year business. What about it, gals? Line forms to the right.

Have welcomed in a few more boys to our humble—drafty—abode. They are Wm. Jeffrey, Knutson, Geo. Lampard and Mr. Nankivell. May your visit be short and pleasant.

On the out-going list we sent Shand to the Gordon, P. Konowalchuk to Winnipeg, and H. Watson to "I". Good going, boys. The Gordon must be near full of E III by now.

There is a considerable amount of news and dirt, but some one may object or sue if I squeal, so-o-o-o-o—wonder how many people are wondering if they

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are the someone? More fun! The gang all had a wonderful time at Christmas and saw—slept no less—the New Year in with satisfaction and a bit of homesickness. Couple of them even managed to get fluid—hurrah for me.

So things are now returning to normal. We hear the West-end boys greeting the so-called weaker sex again with whistles and Hi-ya, gorgeous! The Proff is back to his French with the help of his friend. The crowd is looking for bigger and better bridge players to fill up the vacancies and I'm still unable to win a pool. Paul F. has had a little party lately, but it was more or less a flop—no girls. Then J. Kozier and K. Atkins still cuss each other across the hallway. How about boxing gloves, boys—at about 50 feet. Then, of course, you knew Molotov said "No".

That's about it for this time, gang. Will wish all a Happy New Year and caution all careless people about those Red unmentionables. So long, gang.

The mind, unmastered by passions, is a very citadel, for a man has no fortress more impregnable wherein to find refuge and be un-taken forever.—MARCUS AURELIUS.

CITY HYDRO

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Gordon Cottage News

Hi there, "Chicks" and "Chucks". Bend an eye to type and read all about "Willoughby's Warblers".

Since we ushered in 1948, we bid farewell to Heber Henry, who, after a short stay in Number 3, left our fair San. It is whispered that W. L. M. King is about to retire, so why not make a try in Ottawa, Hank? Vic Pauls took his fruit cake (four trips) to the E.P. How is the Kubasa, old top? Don't feel bad, boys, we got good replacements—Johnnie Melnychuk (Drummer Boy) from Number 3, Harold (Boots) Watson and Lorne (Do you know) Shand from East Three, Hjalti (Shorty) Davidson from East Two, have all taken up abode.

None of the boys look or feel any ill effects from the holiday season. The only complaint was from "Perpetual Motion" Johnston, who only wished he could eat more. Tut, tut. But all in all, it was one grand time.

Miss Willoughby is much concerned over the disappearing mouth organ. How about a Super Sleuth?

Just a word of warning to the present San Orchestra. Watch out for our Gordon Cottage Blasters with "Boots" Watson on the podium.

West One News

The usual rule is to start the New Year "right" with a number of half-hearted resolutions. Most of these pertain to Correspondence as the many "thank you" letters, which, after a reasonable length of time we dismiss from our minds with a casual "Even if we don't write we'll hear from them anyway". Or the exercise which we vehemently insist we adhere to, were we doubted for one minute—but which we solemnly resolve to keep better.

Examples of these are Ila, who resolves to stay put, claims it keeps her

temp down. But what about those books you've been reading lately?

And Mary, who received about 15 boxes of candy and 7 boxes of stationery and can't remember who gave her what. One way to overcome this difficulty is "Thank you for the lovely gift(?)"—guaranteed to do away with preliminaries.

A good way to start the morning "off tune" is to turn on Alice's radio, Alice's temperamental radio that is. She tells us that it acts up only when it's first hooked up, but if this persists (this, being a series of roars, rumbles and incoherent noises) she says to "beat it up a couple of times and its sure to do something." What, we haven't discovered yet.

Then there's a temperamental hyacinth bulb which refuses to be coaxed into bloom. At the time of writing it is now taking ultra violet ray treatment—it's had everything else.

They say looking through a catalogue is a favorite pastime on the farm, and this applies also to a san. For one rest hour, the following intelligent conversation took place. Before going on, here are a few details.

Simpson's catalogue was propped up in front of her. She was looking over the hosiery ads, the shades, to be exact. Looking around to see if anyone was awake (a rare phenomenon) she espied Professor Partial Pressure Paulinsky deeply absorbed in an experiment:

Beebee—"What is Black Beauty Til?"

Professor (absent-minded as usual)—"The story of a horse, of course."

It's time to mention changes. To Roblin and Brandon respectively went Gertie Watson and Wynn Bromley. Our best wishes to both of them! New arrivals are Marjorie Niely, C.T.C., and Dorothy Canty from Brandon, and Ellie Shroeder from West 2.

Before signing off, it may be wise to mention that Marg White is taking

a post-graduate course in "How to Make Love," with the able assistance of My Love, better known as "My love for you should have faded long ago, Blair".

The Obs. Observer

Let's start this month's news with a "Lost" announcement. Lost in the Assembly Hall at Christmas, a green-eyed rubber dog. He squeaks when squeezed. Finder please return to Edith Hanisch, east side up.

Newcomers this month were Beverley Kingston from West 2, Mrs. Patrician from Dauphin, Henrietta Shipley and Mrs. Armstrong from Dunrea. Welcome, gals, and good luck. Kae Downs has returned to us minus a few adhesions. 'Tis nice to have you back, Kae.

Those to leave us this month were Ruth Murphy to West 2 and Grace Vinie to Winnipeg. Good luck, girls. We miss you.

Those to receive a meal over were Mary Pernak (it wasn't so bad after all, eh, Mary?) and Jean Scharien. Congratulations, Jean, on your engagement and best wishes for happiness in the future. Love sure is WONDERFUL.

Main event of the month was the christening of Flo Hayden's baby (a Teddy Bear). God-parents were Mitzi Newmark and Dot Armstrong.

We in the Obs would like to take this opportunity to thank the Doctors, staff and our fellow cure-chaser for helping us have a wonderful Christmas and New Year's. Bye.

GOING HOME?

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

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Number Two News

Hi, kids, here we are again, with a little news and a few of the catastrophes that have happened since we last reported.

Everyone seems to be bearing up very well since the Christmas and New Year festivities. Evelyn Pantel was one of the luckier ones—being able to spend a week with her people; and then to top it off she got her first meal over. Those having visitors were Mrs. MacCallum and Etta “Bangs” Knox.

We wish to congratulate the boys in the Gordon Cottage for their inspiration. (Edith Hopkins had two helpings of Shepherds Pie.) Where did the King Edward girls get their brain-storm?

Has anyone heard about the practical joke played on Mrs. Fecik? (You don't know what you missed!)

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The new look in Number 2 is the bang given birth by Etta Knox, with Edith Hopkins and Bernice Krul immediately following suit—(who's next??).

We hope Emily Prout didn't miss her toe-nail after our little escapade.

Ina Orobko made a quick exit to Winnipeg after her “Gardenia” left. Good luck, Ina!

The girls here hope that Toy Lan can use her better influence on that salesman of hers and replenish her stock of jelly beans!!

Has anyone seen the new sweater girl in No. 2? (Hilma Johnson). Can anyone tell us what kind of a cradle Evelyn Livicker robs?

Why?

1. Did Ada Davidson catch that diller of a cold—or should I say HOW?
2. Does Lou Harrell come home with that twinkle in her eye after visiting her brother in the East?
3. Does Edith look so radiant when Mrs. Migel brings letters?
4. Do Ann Harder and Laura McShane wish to make rounds with Mrs. Migel?

We wonder if Elgin Metcalfe knows his fate!

I think with that remark I'd best close, so bye now.

King Edward Korn

Getting back into the groove after the Holiday Season is pretty hard but, however, here we are all settled for awhile.

First of all, we want to thank all who made the Holiday Season such a pleasant one.

We've had a few check-up gals in our abode, namely, Marg Bishop, Mrs. Pritchard, and Dorothy Armstrong. We also had a nice visit from Nancy Collinson, although she didn't live with us. Darn it all, what am I saying?

Things happen so fast around here, you just don't know what to expect next. For instance, the ring on Mary Kennedy's left hand, third finger, stirred up a lot of excitement. We wish you

both, Claude and Mary, all the best in the world.

What do you know? “Goog” is now Mrs. Milton Brown and has left for Killarney. So we says to ourselves we must give the “bride” a shower, and that we did in the sitting-room upstairs corner of Portage and Main (Ruth's and Mildred's dwelling-place, that is). You have never seen old K.E. so busy. First it was Stewie shouting, “Hey, downstairs”, then Jackie, “Hey, upstairs”. Then into a huddle in this room and then another in that room. Next out went our “shoppers”. Faye, Lorna and Jackie, and what shoppers! They came back with everything from salt and pepper shakers to whistling kettles and hot plates. Then rustle, rustle, talk about gift-wrapping counters, they had nothing on this—in a few minutes there was a big table laden with beautifully-wrapped parcels tied in pink and blue.

Next, “Hey, downstairs, tell Goog to come and see Mary's beautiful gift for her hope chest”? So up she came and walked right into her surprise. After opening and admiring the gifts, Goog then thanked the girls. A dainty lunch was served and on Brownie's arrival we all joined hands and sang, “For they are jolly good fellows”, which brought the evening to a close.

One morning, not long ago, we were all startled by a terrific blast. Later we discovered that Lorna Halvarson, “The Swede,” set her new alarm clock and awoke to find table, clock, chairs and other furniture in her room jumping around. Powerful clock you have. Lorna. How much did you say it was?

Steph was one of our lucky girls who went home for ten days before Christmas. Her return was welcomed with open arms. Once again she was a “popular” kid.

Things we would like to know:

1. Why does Freda not like cold weather?

2. Why do Steph and June get up so early in the morning?

3. Why is Alma talking more than usual?

4. Has anybody seen Mert in pig-tails lately?

5. Why Louella wakes up in the night saying over and over, “Sil vous plait, Monsieur”?

6. Why Helen keeps her second name so quiet?

7. Why Mildred likes the aroma of pipe tobacco. Does it entrance her or does she like when smoke gets in her eyes?

8. Why Faye was so trusting at Christmas?

9. Why Jean sleeps all night and wakes up at the crack of “Dawn”.

10. Why Stewie sleeps sitting up? Is it because of the letters stacked under her pillow?

After all this, you never know what might happen to me. But I hope to see you next month. Cheerio!

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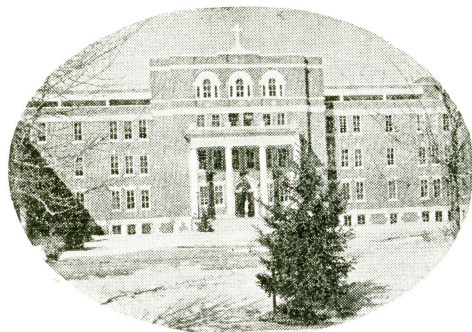
Successful Broadcast Series

Returns from the Fall series of Saturday night amateur concerts and broadcasts over CKX were as follows:

Belmont	\$ 600.00
Rosburn	635.00
Crystal City	438.00
Tilston	498.00
Virden	637.00
Kenton	1,224.00
Strathclair	1,077.00
Crandall	1,186.00
Goodlands	1,724.00
Ste. Rose	2,386.00
Erickson	613.00
Souris Final	2,400.00

\$13,418.00

St. Boniface Sanatorium



Youville Yodellings

Since last we went meandering we have put down the Youville welcome mat for Terry Godin, Anne Koch, Helen Halster and Helen Fehr. Hope you don't find us too hard on you, kids, and that we'll be saying goodbye to you soon.

Going round to 241 one day, we were surprised to see Mrs. C. actually beaming at her "little ray of sunshine"; Mary and Helen are fine, they say.

Everyone in 257, especially Phyl, know of a new use for their scissors, ouch! The girls in 256 want to know what happened to Miss 1948.

There seems to be something new about 258, or maybe its because everything in there has that Oxydol sparkle now; the Christmas rush may be a thing of the past for most people, but in 259 everyone is still as busy as ever with leather work and knitting, etc., etc.

Mary June and Gladys in 261 are always very well, thank you, and we couldn't believe our eyes the other day when we saw Mildred Morrow sitting on a chair. Congratulations, Mildred, but watch out everyone, especially former Mildred teasers. Ma Erickson

was going around with stars in her eyes the other day and we found out the reason, an anniversary visit from her Special One. Congratulations, Ma; we all hope that you have many, many more.

Lisa in 264 is looking and feeling wonderful after her second visit to the O.R.; she thinks the results were well worth while. Her new room-mate, Terry, hails from The Pas, and is a very lively addition to the flat.

Well, well, what's this we hear on nearing the sy-co-pathick ward! "Oh, if I had the wings of an angel, I would fly far away from the San." It's O.K., kids; its only Mary; she's been that way ever since Christmas. Giggling Gertie has R. 5 now, and is also busy crocheting and knitting; the darling kid is chasing the cure very well; as is also our Nibbles. La-La is still la-laing, and our Glamour Gall has moved into 258.

We said good-bye to Jennie Hubar and Elizabeth Costyk. Good luck and keep up the good work, kids.

Cheerio, everyone, until next month. Maybe by that time we will have found out what makes Lee drool so much whenever she gets mail from a certain city.

Ici St. Jean

Hello, folks; as it draws near to Press time we shall have to start the ball rolling. During these sub-zero days, reposing in bed is not such a hard task. Outside it is so cold b-r-r-r, and inside so nice and comfy. Let's look around.

Bill Hrehoruk left us this month as he had anticipated. Good luck to you, Bill; we are pulling for you.

Brother Anselme and Father Roy moved up to St. Luc's. New-comers on the flat are Bill Clark, residing in 109; Damas Richard, in 11; and George Sinclair, who moved into 105, having Mr. Guicoche for a room-mate. We tend our heartiest greetings to you fellows. May your stay be brief and happy.

Down on the balcony we have the same boys—no changes. Everything there seems very rosy. The boys are all happy and lively for various reasons. Len Johnson and Joe Chartrand are waiting for warmer weather and their discharge. Happy day. Dave Budge earned routine 4, Mike Yawrenko, Ray Kolly and Jimmy Hay complete the picture.

What has Father Corkery got for us today? I guessed it—another puzzle to figure out. Don't make them too hard for us, Father!

Kennedy has good news any day now and those cast days are over. Lee Allard claims to be a potential candidate for the O.R., being billed for a thoracoplasty in the very near future.

In 108 we have Allistair Budge and Pat Perrin. What's cooking, Pat? Anything new or startling?

Nelson paid a visit to the O.R. and had his knee fixed. Stephen, his room-mate, also expects an Op.

Congratulations on your routine 5, Wally Medwechuk; won't be long now.

Over in 111 Joe Wisniewski is the busy boy, always occupied. Sobering has acquired Routine 4. Don McLaren is also reaching the goal—Routine 6 now.

St. Jean's is well represented at the picture shows now, there being so many more having the required routine.

The nursing staff has undergone a complete change. Miss Bailey still has top place. New nurses are Miss Large, Miss Seddon and Miss Meilleur. Mrs. Welch took over the night duties from Miss Knellman.

Till next month—Farewell.

Ste. Therese Tattlings

As the patients of Ste. Therese flat peer out through their windows on a cold and snow-bound world, and think of those people who have to rise early on these frosty mornings and shiver at wind-swept bus stops or drive through swirling snow, they snuggle down deeper under their blankets and don't in the least mind getting chummy with Mr. T. Bacillus. Your wandering reporter mentally projects her new nose along the corridor to see what changes have taken place since the last issue of The Messenger.

Let us begin with Room 156. Mrs. Deschenes and our Scotch lassie, Mrs. Feher, had a semi-private ward for a while when Nora Johnson was discharged and left to stay with her aunt in the city, but now have two new room-mates—Eva Mabb from Fisher Branch and Siggia Einerson from Hnausa. Welcome to our flat, girls. We hope your stay here will be a short and happy one.

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As we look into Room 157 we are greeted by a cheery smile from Mrs. Hallstead, another newcomer. This tiny and charming lady is recently from the U.S. In the next bed is her cheery partner, Mrs. Kitchen. Their third room-mate, Mary Norman, who has been on part-time duty for a while, has been discharged, and her corner looked dreadfully empty till Ann Oatrowka from Harrowby took her place. Joey Price, in the fourth bed, is looking forward to going home in the spring.

Nearing Room 158 we can hear Chris Feduik's gay laughter. Wonder if she is reading a letter from that man again. From the next bed, Angela Wickdahl, our lively blonde, looks on and just smiles knowingly, while Anne Drebit from her corner shakes her head in mock disapproval. Greetings to our fourth newcomer, Nora Christensen, who came here a week ago. Incidentally, congrats to Chris on her Routine 6.

Now across to 159. As we look in, we can see all the girls busy with hand-work. Laura Magnusson is looking very happy since she's been on Routine 5. Gives her a feeling of independence, she says. Now she and Chris can go to the movies. Bed 4 is occupied by Mrs. Koss, with the smooth braids and the serene brow. She is crocheting an

intricate lace doily. Bed 1 is occupied by yours truly, who at present is feverishly working to get this done before the deadline.

In Room 160, Mrs. Hammond and Mrs. Wilson are still holding their own and spreading their share of cheer at that end of the corridor. It's always a pleasure to drop in on them.

As we enter Room 161, we can see Mary Giesbrecht working on a little dress for her wee daughter. She was home on leave recently. We are sorry to hear that your mother is ill, Mary. Next to Mary is Rhoda Sutherland, our "glamour girl," who has just finished another lacy ensemble. M-m-m, nice!

Room 163, 164, 165 and 166 are occupied by the Sisters. Welcome back, Sister Marguerite Marie and Sister Trotter.

Now the balcony. On our right is petite Clotilde Ritchot busily knitting, while next to her is Tillie Klassen, who is looking much brighter after that bit of illness. In the third corner, with the sparkling brown eyes. How is the correspondence coming along, Lucille? Joan Magnusson's bed is the first on the left side of the balcony. Who sent you all the bouquets of flowers, Joap? They're lovely, and we have to squint around them to see Annette Slonecki, who greets us with a smile and invites us to stay a while. And last but not least is Kay Radford, whose rosy complexion makes us wonder what she's doing in that bed.

Good-bye till next issue.—M. K.

St. Lucs

Hello, once again! News on this flat is at a premium again this month! Everyone is holding his own pretty well. Those able to do a little work are busy on wallets and leather work. The plastic department will soon be working full time, so I'm told; and the latest fancy now is wood turning.

We have been having a lot of room changing lately. Father Roy and Brother Anselme have occupied 203 once again. Mr. Abramson and Mr. Beaulieu are in 204, take over for Mr. Paquette and Mr. Girardin, who were discharged last month.

Mr. Stevenson has his second stage Thoracoplasty. Mr. Orvis and Mr. Dumas joined the Pneumo Club and are enjoying the free air.

New routines: Mr. Dahlin, R6; Mr. Desaulniers, R5; Mr. Knight, R5. We welcome Mr. St. Jacques to our happy family. Hope your stay is short and pleasant.

The entire flat send their regards to Nurses Paquin and Hildebrand up at The Pas.

So until next month, so long.

Annex Echoes

First Floor Chatter

Brucey McLeod is all smiles these days and for a very good reason, too. His wish finally came true: to be with his pal, Donald Hucall, as a room-mate. Peter Chartier, who is this lucky lady to get that "Hello, Beautiful" greeting from you? George Knight and Tony Durand are the lads that do not miss anyone coming and going up the stair. Someone tells me that Jimmy Oulette, Gordon and Lawrence are really chasing the cure. A little tour did the trick. I hear that Guy Gagne is spoiled by everyone.

Looking after these children we have our ever-loving Sister Latreille, ably assisted by her devoted and charming Sr. Marty. Misses Simonds, Wiebe and Dupius complete the staff, with Lorette Marshall right there pinch-hitting from one flat to another. And our orderly, Raymond, is always there with bells on, no matter what.

Till next month, smile and keep happy.

Second Floor

Now that we are on the second floor, let's start by saying "Hello" to Anna Monias, who has a sweet smile for everyone. Next we have Helen Delorme, putting up her hair as usual (such ambition). With her there is Margaret Graff, who faithfully mothers her numerous dolls. This Margaret is a very shy little girl and those big blue eyes seem to attract everyone! Irene Lucier and Jeanette Lamoureux are as usual: into some argument! Now, girls, try to get along!

Welcome and a speedy recovery to our new members, Edith Keeper and Thelma Lapense. To them, cure-chasing is not what some people think! Ann Marie Archer, those funny faces you make when I come in scare the wits out of me! Marie Hoepfner tells me that she has routine once more. Here's hoping that you stay up this time, kiddo! Irene Houle thinks she is a big girl now that she can read the comics.

Stella Chartier never fails to remind me to print her name in The Messenger, but she is so mischievous that I never know what to write about her. Hope this will make you happy, Stella. Betty Sutherland completes the big ward, and can she eat!!! No wonder she is so fat. And then we have Helen Kushmeryk, who doesn't like needles, and we don't blame her.

Miss (Petite) Tremblay does her best to make these little girls happy. She has a new helper now, Miss Rose Hermit. Then there is Miss Peat, fussing around her dressing-room and wondering who gets the dressing next.

This will be all until next month.

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Third Floor

Knock, knock! This is your reporter again. May I peek in?

Grace Marian seems to be enjoying her routine 5, and would like to know if anyone has a recipe for reducing. Florence Oulette doesn't like the idea of not being mentioned in the monthly report to The Messenger. She must like publicity! We can always tell when Lydia Thomas is up and around, with her new greetings, "bonjour and bonsoir". Now where did you learn your French? And a big "Hello" to Letitia Anderson, a recent newcomer; may your cure-chasing days be short and enjoyable.

Mrs. Morrissette can sure show her skill and knowledge when it comes to any kind of needle work. Hello, Mary Guiboche; we hope you are feeling a lot better now. Ida Chartrand has a gentleman visiting her every now and then. Her cousin, she says. In 303 we have another newcomer, Mrs. Garneau, who would be delighted to have a roommate. Mabel Chartrand, that is quite a haircut you have; don't you know there is an expert hairdresser in your

room? Mrs. McLeod can hardly be lonesome with Mrs. Wood as a roommate, for this lady can do a lot of tricks!

Well, well! What do I see next? A little man, namely, Gilbert Clark. He seems unusually quiet. What is the matter, Gilbert? Too many women? And here we are in 317, with Esther Chartier's cheerful "hellos" and "good-byes". Melvina Flett made a quick but unexpected trip to the O.R. and lost her appendix. Henriette Renville tells me that she is embroidering those things for her "Hopeless Chest", but remember, Henriette, this is Leap year. Adele Trout, what do you do for pastime? Julia Kennedy seems rather lonely these days. What is the matter, Julie? Our last call is on Mrs. Pelettier, and her New Year's resolution of getting her voice back so that she can remove that "Silence" sign.

Looking after us, we have our dependable Mrs. Freeman and that sentimental songstress, Miss Leska. On nights we have our gentle little Miss Hanishewski.

Well, folks, that is all for now. See you next month.

A. K.

Brandon Sanatorium**"A" Ward**

There are rumours going around that there are going to be some changes, so each of us is wondering what our destinies will be.

The teacher came in one morning looking high and low for her girl pupils and asked where they had moved to. They hadn't moved anywhere, but she didn't recognize them with their boyish bobs.

The stork flew over the Hospital and dropped a tiny bundle for Mrs. Lydia Thomas. Congratulations, Lydia!

Little Johnny Thomas on our Ward is only 20 months old, and he was one of the lucky ones to have his mother visiting him this month.

Our latest arrivals are Sarah Jane Wood from Island Lake, Sarah Jane Catcheway from Camperville, Arthur Roulette from Sandy Bay, and Sarah Moose from South Indian Lake. Welcome, kids, hope your stay will be short and pleasant.

That is all the news we have for this month. Keep smiling!

Women's Ward "K"

Here is some more gossip from the Women's Ward. Firstly, I must tell you about our newcomer, the smallest patient in the Brandon Sanatorium. He is a little boy named Johnny, born a few weeks ago. Johnny will be a man some day and is going to be a Doctor.

We all hope that the stork will be in time before the end of this month, as we are expecting yet another papoose!

Mrs. Charlotte Mason, our oldest patient, was down for her x-ray and is now on Routine 2. We are all very happy to see her on her feet again, as she has been several months in bed. Charlotte still remembers how she used to dance a Red River jig.

Mrs. Harty says hello to her friends at Fisher River and to her daughter at Clearwater Lake Sanatorium. Our diamond sock knitters are Mrs. Sarah Munro, Miss Verna Ross, and Miss Bertha Chartrand. They had their difficulties at first, but they are now happily knitting their second pair. Mrs. Renie Cochrane, Miss Christy Sinclair, and Miss Mary Packo go in more for embroidery.

Miss Ida Pemican is the champion. I don't know how she can work with cotton thread so beautifully. You should see her work; it is almost as fine as a spider's.

Mrs. Solomon and Mrs. Folster are working hard making fancy mocassins and they say that they don't even notice the days go by.

I won't forget this time to mention those good cure chaser, Mrs. Fiddler, Mrs. Harper, and Mrs. Kakeway. They are always in dreamland and we hope that their stay will be short and pleasant.

We are glad to see Vicky looking well again. She is doing fine now. All the girls from "J" Ward and children from "A" Ward come to see the picture show

every week and we are happy to see each other. Remember that all of us down here are anxious to hear from our different Sanatorium friends. Good-bye for this month.

F. B.

Polish Ward

Since I am an optimist, I have a premonition that in the year 1948 the greater majority of us will finally leave the Brandon Sanatorium. Twelve months in bed should be rewarded in this manner. Some of us, including Mr. Bialecki, have a different philosophy about this, but we shall not go into that.

A few days ago, I received a letter from Mr. Bialecki, who is now at St. Boniface Sanatorium for surgery. He tells me that he is amongst French-speaking patients, which pleases him, as his knowledge of French is better than his knowledge of English. In spite of this fact, he is vigorously pursuing his study of English.

The news of the day is as follows:

Mr. Rolewicz left the Sanatorium after two weeks. He was very fortunate as the Doctors did not find active TB in him. Mr. Runkowski underwent a similar examination and at present is working 12 hours a day on a farm. Mr. Umbras arrived here a few days ago and, being an optimist like myself, he expects to remain in hospital for only

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two weeks. I am positive that he would love to remain longer in order to catch up with his sleep! Mr. Szarkiel has trouble with his stomach since his arrival at Brandon Sanatorium. He has gained 20 lbs. and at the present moment is unable to purchase a belt long enough. Mr. Olencewicz is a chess champion, which does not surprise me one bit, since his head measurements are so large that he is unable to buy a hat to fit him.

We are all very happy and contented that the lighting in our Ward has improved. This brightness seems to emerge from two bald heads freshly shaven. The owners of these two heads are M. R. and Mr. J.

I must conclude my script now or else my two friends will force a pair of dark spectacles on me.

(Signed)

Z. K.

"H" Ward News

This is the roving carefree reporter, reporting for the month.

Firstly, I would like to make a small correction in respect to our last issue. It is that our news came from "H" Ward and not from "G".

Our news this time takes us back to Christmas and, although we're late now, we feel we should tell you more about it. It will be two months behind by the time this reaches press. We are glad to say that we had a swell

Christmas. We received our presents on the Eve, and then on Christmas Day we had a concert in the morning at 10 o'clock. We had to use two wards one-quarter of a mile apart! Nevertheless, we found it fun running back and forth in order to reach the other ward to play our part.

The patients taking part in the concert were Johnny Roulette and Pete Mousseau on the violins and on the guitars were yours truly and Lazarus Bee. The girls, Miss Wesley, Miss Moar, Miss Chartrand, and Miss Contois, sang some songs, with yours truly and Johnny Roulette on the guitars. Our Polish friends were right there, with Mr. Lakus accordian, Mr. Tomczak violin and mandolin, and Mr. Podgorski mandolin. The concert was enjoyed by all.

It was followed by the dinner. Boy! what a dinner! Turkey and all sorts of other good stuff that my stomach likes. Then we were permitted to visit from Ward to Ward. We all retired after the big day, feeling quite happy for my part anyway.

The lucky ones to have visitors this month were Bert Green and Collin Spence and Pete Mousseau. Jimmy Mintuck is trying hard to be champion at Cribbage, but will he make it? I doubt it! We all call him the Crib Joker.

Newcomers are Mr. Alex. Tanner, Mr. Ernest Wood, Mr. Lazarus Beardy. Welcome, fellows, and good luck!

We are sorry to lose Mrs. Peggy Kinaird, who is now a patient at the Manitoba Sanatorium. All the patients in "H" Ward wish you a speedy recovery and the very best of luck.

So long for this month, folks. Cheerio.
S. C.

Ward "J" and "G"

Our correspondents failed to report this month. We will see if they can do a little better for the next issue.

Clearwater Lake Indian Hospital

After enjoying the Season's celebrations and continued fine weather, we are inclined to think we are sitting on top of the world. What a pretty white world at that!

Christmas activities began on the morning of Dec. 14th, when the local Base Sunday School held its Sacred Concert. The program was carried out on a semi-pageant order. Mrs. Ridge accompanied the children at the beautiful new piano. The presentation of contributions to Missionary work and awards of merit to the children were features of the program.

Dec. 21st was "Elks Day" at the Base and with them came Santa Claus. Words cannot fully describe the merriment and joy, brought by these Brothers-to-Humanity. As usual, Armand Kolit, our tiny Eskimo, was the main attraction for the visitors. Benny Frank also attracted considerable attention. He was seated in his cot surrounded by toys and goodies, piled up to his eyebrows. His reaction resembled that of a hungry little porker, in a choice garden.

The Base Dwellers and Hospital Employees' Choir made their visitation on Christmas Eve to sing Christmas Carols. Many patients shyly joined in the singing. Some of the little girls performed the motions to "Away in a Manger". Edith Hall was inclined to be stage-struck when the singers struck up "Jingle Bells". She jingled the little golden bell—but it was done under her bed table. Mary Patterson alone braved the ordeal and heroically played her part throughout. The five-piece orchestra was truly appreciated by the patients.

Our lovely Baby Vivian Kematch was another centre of attraction. Santa

Claus benevolently smiled on her—her first Christmas.

Many generous donations were received from distant and local churches and fraternities, e.g., Knox Presbyterian Church, Portage la Prairie; Anglican Church at The Pas, and from Devon Mission, the R.C. Church at The Pas, the United Church at The Pas, from Kinnasotta, Onanole, West Kildonan, the King's Daughters, Elma, Ont., Veterans' Co-operative, The Pas, and last but not least the Boy Scouts.

An apparent popular patient at Ninette, Miss Mary Davis, generously shared her scrumptious goodies with our patients. Thank you, very much, dear, kind, young lady!

One of the highlights of the patients' delights, which will ever remain deeply imprinted in their memories, was when Dr. Ridge girded himself with a towel-apron and carried their dinner trays to them. He also kept watch on the wards to allow the nursing staff to attend their Christmas banquet.

Another highlight to this community was the Base Christmas Tree Concert. Little Johnny Bruce Smythe had been a spectator at the Sunday School concert but now firmly persisted, in spite of vigorous maternal protests, on taking part in this program. He got his cues by watching the other performers, even if he did have to step out of line. It took a few seconds to toddle in front of the others and then resume his former position. What did it matter if he was a few paces behind! Johnny B. was still pointing to the "Stars in the bright sky" while the others were humming "Asleep on the hay". Assuredly, in all innocence he stole the show and copped the bouquets.

During the holiday season, Misses

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Grace Harper and M. Mitchell were in Winnipeg spending a few days with relatives.

Mrs. M. E. Smith also visited her daughter in Winnipeg. But Mr. and Mrs. Richards and daughter of Island Falls can boast a more varied trip. They travelled approximately two days by Snow Plane to Flin Flon, by train to The Pas and by taxi to this San. Their only son, Philip, is a chicker-monk patient on Ward II. Needless to say, his cup of bliss was running over.

A rousing cheer went up from the hearts of the old-timers here on staff when Miss L. Roy returned from holidaying at Toronto to her former position in the O.R. Dept.

Discharges for December and early January—Charles Harper, Ward III, to Island Lake; Jimmy Osborne, Ward III, school boy, to Norway House; Harry Fidler (chickermonk) to Flin Flon; Rose McLeod, Ward I, transferred to Winnipeg (a letter please, Miss Rose).

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Admissions—Hazel McCready, Moose Lake; Tommy McGinnis, from Wanless; Mrs. Jean Bourassa, Cedar Lake; Mrs. Elizabeth Morin, Cross Lake; Marion Napekesikuk, transferred; Geo. Lathlin, The Pas Reserve; and Alex. Dumas, from Paketawagon.

Noo, gude foulks, dinna ye forget tae dae juist honours tae the memory o Robbie Burns.

Clearwater Lake signing off.

CHURCHILL CHOSE BOOKS

(Continued from page 8)

need be barred from what they mean.

It was the late Martin Burrell, who long contributed The Journal's "Life and Literature", who wrote of books: "They will help you in victory, console you in defeat, and be your truest friends and companions when you yield to the conquering years."

Winston Churchill, with his gift of books to Elizabeth, may have helped to teach many a lesson they need to learn.—The Canadian Doctor.

Sit There, Please

James McNeill Whistler

Whistler's conceit was superb. No one enjoyed his boundless immodesty more than Whistler himself. On one occasion a duchess, wishing to be polite, remarked, "I believe you know King Edward, Mr. Whistler."

"No, madame," said Whistler curtly.

"That's odd," she murmured. "I met the king at a dinner party a few weeks ago, and he said he knew you."

"Oh," said Whistler, "he was just boasting."

* * *

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