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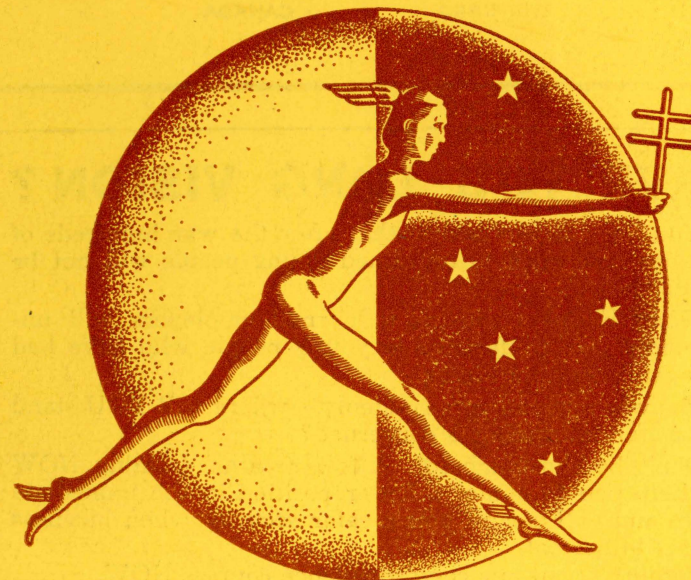
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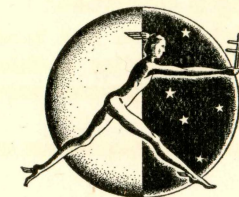
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Editorial

X-RAY HOSPITAL PATIENTS

For some time health authorities have been considering the advisability of X-raying the chests of all patients admitted to general hospitals in Manitoba. This would undoubtedly prove an important adjunct to present case-finding facilities. It is not uncommon for persons with early or moderately advanced tuberculosis to have no symptoms directly attributable to their chests; yet their lung condition lowers general resistance to illness and they are admitted to hospital for treatment of some secondary ailment.

Small, low-cost X-ray films bring the expense factor within bounds. The American Hospital Association, at its recent Buffalo meeting, specifically recommended that action along this line be taken. In the immediate future, equipment will not be available to undertake such a project, but it is a forward step we can anticipate in the not too distant future.

Tb. IN EX-SERVICE PERSONNEL

With a number of men and women being discharged from the Armed Services because of tuberculosis, the question is occasionally raised as to the desirability of providing special sanatorium facilities for these patients, dissociated from the presently established sanatoria.

In the United States the Veterans' Administration has operated tuberculosis hospitals for ex-service men ever since the last war. Their lack of success has caused much concern. Significant is the comment in a recent issue of the *Bulletin* of the National Tuberculosis Association: "Although there are excellent physical facilities provided for the treatment of tuberculosis by the Veterans' Administration, about 40% of young tuberculous veterans are leaving hospitals against medical

advice, or are absent without official leave."

It has been found that the patient's attitude towards treatment in the Veterans' Hospitals for Tuberculosis is wrong. Instead of accepting medical advice, co-operating in treatment, and making every effort to regain health as expeditiously as possible, there has been a constant tendency for patients to drift in and out of these hospitals almost at will. The damage to themselves through failure to take adequate treatment, and the loss to their families and the community, has been tremendous. Tuberculosis is a concern not only of the individual but of his social group and the community at large, and if control is to be realized it is essential that the regularly established system of reporting, follow-up and contact examination be used.

As Louis I. Dublin points out in the December, 1943, issue of the *American Public Health Journal*, "The chief difficulty was lack of appreciation on the part of legislators and others interested in veterans' welfare, of certain fundamental conditions necessary for treatment of tuberculosis patients . . . veterans are not subject to the usual type of hospital restrictions but may come and go almost at will, irrespective of condition and against medical advice."

It is plain that such an arrangement is harmful both to the veteran and to the community. That this is thoroughly realized by those who have studied the matter is indicated in the fact that the Tuberculous Veterans' Section of the Canadian Legion has always firmly opposed any move to establish separate tuberculosis hospitals for ex-service men. The most that they have approved in this regard is placement of patients from the services in one ward or pavilion in the sanatorium. The attitude they have taken is a sound one.

The Awakening

*I awakened one spring morning,
The sun above shone bright and clear,
Birds were singing in the treetops,
Nature whispered words of cheer.*

*But I did not share their gladness,
Bright skies made me sad and blue,
For I could only hear their laughter,
And from my bedside watch the view.*

*How I longed for the great outdoors,
How I envied those with health,
Oh the world seemed hard and cruel,
While I centred thoughts on self.*

*Then I read the morning paper,
In large letters there they stood,
Boys that I had known and chummed with,
Mother's sons who gave their blood.*

*Gave their blood that we at home
Might be free in years to come,
Free to live in peace and comfort,
Young lives offered as the sum.*

*Read of dreadful deeds of horror,
Little children cruelly slain,
While in contrite shame I whispered,
"God forgive me that I dared complain!"*

JEAN BROWN, S. B. S.

REST

By DR. K. C. JOHNSTON
St. Boniface Sanatorium

ONE of the greatest natural pleasures of mankind is the rest that comes to erase the weariness of the day. Just as labour makes rest more sweet, so rest will strengthen labour. Nature's 'checkerboard of nights and days' fashioned a flawless plan whereby each of her henchmen might seek the regenerating power of repose.

After a day of arduous labour, it is usual to notice fatigue. Rest is necessary to fulfil the fundamental rule of health. With each new day, the fatigue will have disappeared, and in its stead will come vigour and a joy of living. When the weight of activities overbalances the benefits of rest, there is a constant loss of strength which cannot long endure without disaster. If fatigue persists in spite of all efforts to restore the balance, it becomes a symptom of disease.

The natural tendency of disease in the human body is towards healing, but the foster-nurse is rest. In every case of serious illness, the first requirement is that body energy must be conserved to assemble all the forces against the invader. To withdraw any strength for other purposes is to prolong the illness or to jeopardize the final result. All too often an individual will attempt to "battle it out on his feet." The body reserves are drained and when it is no longer possible to carry on, he "takes to bed." The first half of the fight has been lost, and the second half will be at best a difficult struggle. That man is indeed wise who hearkens early to the persistent cry of a weary body.

Rest is the most important factor in the successful treatment of tuberculosis. It was formerly said that to cure the disease, one must have rest, good

food and fresh air. More recently it has been changed to rest, rest and more rest. It is of no avail to treat the disease area alone. The lesion may be in lung, kidney, joint or any organ of the body, but since tuberculosis is a general disease, it requires general treatment. To collapse the affected lung, or to remove the diseased kidney, or to obliterate the joint, may give a better chance for a cure, but the chief source of healing will come from adequate rest of the entire organism.

To most people the word rest means to cease activity, to sit down to tea in the afternoon, or to relax in an easy chair to read the evening edition. For those who have to deal with tuberculosis it means lying quietly in bed twenty-four hours a day. Activities like writing, knitting or sewing are considered forms of exercise. Few individuals, beginning "the cure" realize that the rest, which is prescribed, implies weeks and months of complete mental and physical relaxation.

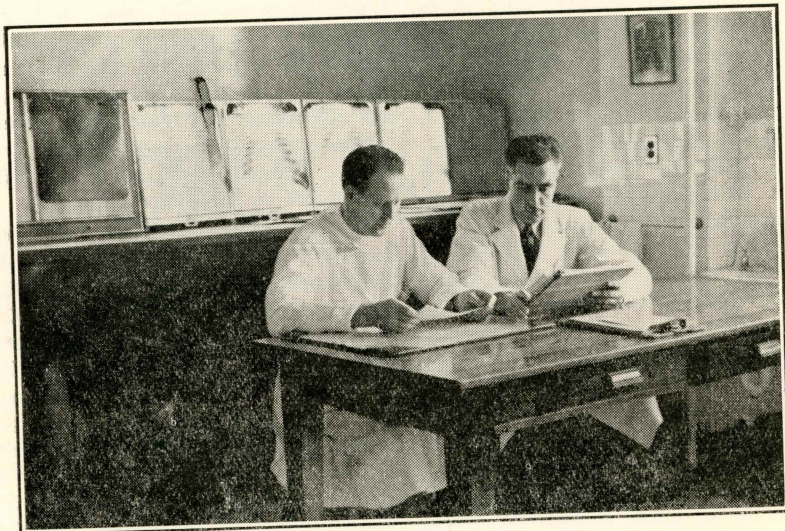
The healing benefit of rest lies in the conservation of body energy and the maintenance of metabolism at the lowest possible rate. It is a natural sequence that muscular weakness follows the long period of bed rest. The loss of physical strength has no parallel in the reaction of the body to tuberculous infection. When the disease has been controlled, the strength can be regained by a gradual increase in activity, carefully prescribed and under experienced observation.

The importance of complete rest is so often minimized or disregarded by the patient that future health is endangered or the period of treatment is prolonged. It may be felt that the strict limitation of freedom is a form of punishment.

For that reason, a certain enjoyment will be derived from occasional abuse of privileges. With a little thought it will be realized that the patient himself will be most affected by this form of "cheating."

When an individual enters a Sanatorium for treatment, he should resolve that he will follow the advice and instruction of the physicians, since through their assistance and guidance

The mental outlook of the patient is extremely important. It is an easy matter to begin a period of physical rest compared with the difficult task of developing a suitable psychology. An individual can take to bed easily, but financial worries, domestic problems, the question of his future, and a thousand other cares may immediately become his restless bed-fellows. How easy to say to him "Don't worry!" How



Dr. Sinclair and Dr. Johnston discuss a patient's progress in the examining room at St. Boniface Sanatorium.

he will obtain the best possible "cure." He will be given a definite exercise routine most suitable for the activity, extent and type of his disease. He should at all times adhere as closely as possible to the prescribed routine.

The Sanatorium is a school in which the patient learns the meaning and importance of relaxation. The lesson should provide an outline for a new way of living, which should be continued throughout the entire span of life. In this way the future good health of the individual is ensured. Anyone who has had tuberculosis in any form, must remember that fatigue is its best advance agent, and rest is the surest factor in blocking its progress.

difficult it is for him to take that advice! The duty of all concerned is clear. It involves the thoughtful co-operation of patient, doctors and nurses; friends, relatives and social workers. The patient has a full time job in the fight for his life and his future. All outside cares will tend to prolong the battle and to mar the chance of ultimate victory.

The medical problems that arise to plague the mind should be discussed with the doctor at the earliest convenience. Each case of tuberculosis is a separate entity and must be so treated. Suitable treatment for one might be contra-indicated for another. No one should feel that there is discrimination because medicines or diets are different

or exercise privileges are withheld. If there is a logical complaint, it should be voiced as soon as possible. It is better that the matter should be discussed freely than to use it as a suppressed and secret self-torture.

Domestic problems are often a source of worry to the patient. Occasionally the relatives will unburden their hearts with stories of family troubles for which he is completely helpless to produce the remedy. The children may have measles or the "pox." The oldest son may take advantage of the absence of the "head of the family" and decide to leave school or to run around with a "fast crowd." The favorite horse may have an undiagnosed limp in the "off" front leg. These lesser troubles will correct themselves and should be considered as matters of interest rather than minor calamities.

Serious trouble, such as financial difficulties, severe illness or business problems may require outside aid. In the unorganized areas suitable assistance will be readily forthcoming through the social welfare division of the Department of Health, or the Public Health nurse. In organized territory, the municipal council will not stand idly by, when help is needed. The medical health officer will often prove a wise counsellor to those who care to seek his advice.

Practically every home problem whether it is serious or slight, can in some way be satisfactorily solved without the dangerous procedure of interrupting the cure of the patient. To leave the Sanatorium, even for a few days, or to suffer sleepless nights and hours of worry may have bitter consequences when the final results are considered.

If the treatment of all tuberculous patients could begin with the promise that there would be complete freedom from outside interference, anxiety and worry, the chance of future good health would be greatly increased. It is much easier to treat a perpetual optimist suc-

cessfully, than to worry through to a doubtful conclusion with his fretting counterpart.

There can be no compromise with tuberculosis. All the opportunities for recovery must be accepted and used to their fullest extent. Rest is absolutely necessary in the treatment of the disease and is available to all who would make use of it. Every individual should regard rest as a sacred right. It must seem a great privilege indeed to anyone who plans to follow its beckoning finger through the hazards of a serious illness towards a full life time of good health.

THE COST OF TUBERCULOSIS

During the last 10 years, approximately 60 per cent of all tuberculosis deaths occurred in the most productive age group, 20 to 49 years, and the average cost, (including loss of wage, clinic service and hospital care,) when a male wage earner is incapacitated because of tuberculosis has been estimated at \$5,400; and for a woman wage earner the estimated cost is \$5,000. These were some of the interesting facts cited by Dr. G. C. Brink, Director, Division of Tuberculosis Prevention, Department of Health of the Province of Ontario, at the annual meeting of the Royal Edward Laurentian Hospital in Montreal.

Dr. Brink pointed out that the cost to state or municipality, or both, for assistance to the dependents of those undergoing tuberculosis treatment, was about \$2,400. Less than 12 per cent of the people entering sanatoria are able to contribute anything toward their maintenance and less than one per cent, according to Ontario figures, can meet the entire cost of their maintenance, he asserted.

In Manitoba, tuberculosis treatment is entirely free to patients; they are not asked to contribute towards their maintenance while under treatment.

C.T.A. News Service.

Tuberculosis in Indians

By MURRAY CAMPBELL, M.D.

THE DOMINION CENSUS of 1939 gives the Indian population of Canada as 118,378 and that of Manitoba as 14,561. It should be realized that these figures refer only to treaty Indians, wards of the Department of Indian Affairs, a branch of the Department of Mines and Resources, and do not include a large undetermined number who have sold or relinquished their treaty rights and are citizens of the province in which they reside. The latter are popularly but incorrectly known as "half-breeds," whereas practically all Indians in this part of Canada, treaty or non-treaty, have intermarried with whites and are therefore half-breeds. It will be understood from the above that the entire responsibility for tuberculosis in Indians with its high rate of mortality does not lie at the door of the Department of Indian Affairs, but it is rather a problem which should be solved, and indeed is being solved, by the concerted efforts of provincial and federal organizations in conjunction with the Canadian Tuberculosis Association. A recent example of this cooperation was a mass survey carried out by the Department of Health among four thousand treaty Indians of the James Bay area at the request of the Department of Indian Affairs. In this province many of the reserves and almost all of the Indian Residential Schools are examined periodically by the travelling clinics of the Sanatorium Board. The only real distinction between treaty and non-treaty Indians with tuberculosis is that the former are treated in hospitals supported directly or indirectly by the Department of Indian Affairs and the latter are charges of the provincial government concerned.

There are usually sufficient beds in the provincial sanatoria in Manitoba to accommodate the known cases of tuber-

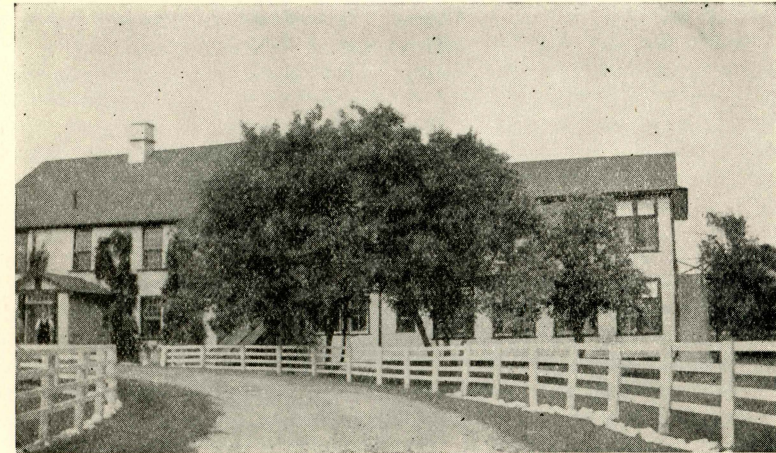
culosis among non-treaty Indians, but it has been realized for many years that the available beds (some fifty in number) for treaty Indians with tuberculosis were entirely inadequate. Several years ago, at the suggestion of the Sanatorium Board of Manitoba, the Department of Indian Affairs purchased Dynevor Hospital, a fifty-bed institution at Selkirk, for the treatment of treaty Indians with tuberculosis. Since November, 1939, this hospital has been operated by the Sanatorium Board for the Department of Indian Affairs and it is the only hospital in Manitoba devoted entirely to this work; other beds, numbering between fifty and sixty, are available in Fisher River Hospital at Hodgson, Norway House Hospital and Fort Alexander Hospital at Pine Falls. At Fort Qu'Appelle in Saskatchewan, Dr. A. E. Simes is in charge of a seventy-bed Indian Department hospital for tuberculosis. There are a number of beds for Indians in the Sanatorium at Fort William.

Approximately 65% of the patient population at Dynevor is derived from various reserves in all parts of Manitoba and Western Ontario, with an occasional admission from Saskatchewan and the North-West Territories. The remainder come from the Indian Residential Schools in Brandon, Portage la Prairie, Griswold, Elkhorn, Sioux Lookout, Kenora, etc. To date, we have admitted Indians of the Saulteaux, Cree, Ojibway, Sioux and Chippewyan tribes. A recent cross-section of the Dynevor patient population showed 48% Saulteaux, 29% Cree and 19% Ojibway. Roughly speaking, the Saulteaux come from Central and Southern Manitoba and North-western Ontario, the Cree from Northern Manitoba and the Ojibway from Ontario. While the Indians are referred to by their tribal names,

Saulteaux for example, no full-blood Indian has been admitted to this hospital in four and a half years of operation.

The resistance of the Canadian Indian to tuberculosis is lower than that of most other races, first because he has been in contact with the disease only since the white man brought it to this country two or three hundred years

about the same frequency as in other races. Non-tuberculous factors which affect the course of the disease and which are much more evident among Indians include chronic infections of the nose, often evidenced by severe and frequent nose bleeds, trachoma (an infectious disease of the eyelids) and lack of certain vitamins. The Department of Indian Affairs has been making serious



DYNEVOR INDIAN HOSPITAL—NEAR SELKIRK, MAN.

ago (an insufficient length of time to develop good immunity), and second, because of his comparatively poor living conditions, an important factor in resistance to infection of any kind. The lack of resistance not only means that a large number of Indians contract the disease, but it also results in considerable modification in its type and extent. In 1943, three out of every eleven Indians admitted to this hospital had tuberculosis in organs of the body other than the lungs, as compared with one in eleven for Canada as a whole. The majority of these non-pulmonary cases were children with tuberculosis of bones and joints. Tuberculosis of ears, eyes, glands, skin and kidneys, whether alone or in combination with the disease elsewhere, are also more common in Indians than white people. Tuberculosis of the throat and intestine, as complications of lung tuberculosis, occur with

efforts to correct this deficiency by dietary improvements and is at present carrying out experimental work in Norway House Indian Hospital. On the other hand, non-tuberculous affections of the stomach and intestines, often very bothersome in white patients, are almost unknown in Indians. In addition there are important psychological differences; it is usually more difficult to persuade an Indian to leave his home to come to hospital, but provided he is willing to remain in hospital, he is more philosophical about "chasing the cure."

Treatment is much the same as for white people with similar disease. Many children with the common type of childhood lung tuberculosis are discovered in the routine examinations in the Indian Residential Schools by the travelling clinics, and if, after discharge from hospital they are able to return to school where they can be under super-

vision, the chances of complete recovery are very good. In adults and older children with lung tuberculosis, pneumothorax and other forms of lung collapse are part of the treatment, though they cannot be performed as often because of the high proportion of patients with very advanced disease. Thoracoplasties are done either at Manitoba Sanatorium at Ninette or at St. Boniface Sanatorium, the patient returning to Dynevor for convalescence. Tuberculosis of the skin and glands can usually be cured with cod-liver oil, ultraviolet light and sun treatment, but the healing process is very slow. Children with bone and joint tuberculosis often need to be placed in casts for months or years. The treatment of these cases is under the supervision of Dr. A. Gibson, orthopedic surgeon of Winnipeg, and if an operation is required it is carried out in one of the Winnipeg hospitals. For those who recover, and excluding children who can be sent to Indian schools, the length of stay in hospital is considerably prolonged in an attempt to avoid, in so far as possible, recurrences of disease which result from poor home conditions.

The Annual Report of Tuberculosis Institutions recently issued by the Dominion Bureau of Statistics states that

1,390 new beds are immediately required for treaty Indians with tuberculosis; of this number, one hundred and fifty are needed in Manitoba. The prevalence of tuberculosis in the Indian is serious, especially in Manitoba, Alberta, British Columbia and parts of Ontario and, as has been said elsewhere, eradication of tuberculosis in white people in Canada cannot be accomplished unless the challenge of the "White Plague" in Indians is met with similar determination and vigour.

The Department of Indian Affairs and all the other organizations concerned began a serious program of tuberculosis control some years ago and plans are being made for wide expansion of this vital work during the next few years. This project should have the active support of all Canadians interested in health. As it is stated in the Bulletin of the Canadian Tuberculosis Association for March, 1944, "Canadians generally have a lively interest in the problem of tuberculosis among the Indians. Most of them feel, quite properly, a peculiar responsibility for the havoc the disease causes, for it is something which our people unwittingly foisted on the Indian, an evil he never knew until our forefathers appeared."

Health Axioms

MENTAL HEALTH Do you know that the mind can so poison the body as to make it actually ill? Thoughts, as well as emotions, influence physical condition. Everyone knows they can become positively sick with fright, exhilarated and pepped-up by joy, and depressed by adversity. Everyone, then, should strive for mental serenity to keep well.

SELF-PITY Is it fair to inflict your suffering on your friends? Bad enough for one person to be sick without making many miserable. The inveterate grouch and complainer is a health-threat as serious as any microbe. And such a person shows a deplorable lack of courage and consideration for others.

Shut-Ins' Day

Shut-Ins' Day, which has now become one of the recognized "special" days on our Calendar, falling always on the first Sunday of June, will be observed this year on June 4th.

Although originating in Canada, in the mind of a young invalid, Ernest Barker, Shut-Ins' Day has become widely recognized through the United States, and received the hearty endorsement of Mrs. Roosevelt, as well as that of Kiwanis International and other organizations in the U.S.A. In Canada, those co-operating in helping to publicize Shut-Ins' Day last year include the Canadian Legion, the Happy Gang, the Canadian Broadcasting Corporation, the Boy Scouts Association, and many others, while the work of the Shut-Ins' Day Association has also been commended by the British Prime Minister himself, the Honorable Winston Churchill.

The purpose of Shut-Ins' Day is to encourage remembrance of the sick and the disabled, to visit them when possible, or to cheer them up by the sending of letters, cards, or gifts, anything that will tend to dispel that feeling of being useless and forgotten. A short car-ride would be a rare and greatly appreciated treat to many; and few there are whose coupons will not warrant this act of Christian kindness.

Long ago the Master said: "I was sick . . . and ye visited me; . . . inasmuch as ye have done it unto the least of these, ye have done it unto Me." There are many calls in these war days, but there is perhaps no way in which we can follow in His steps with less effort or with greater immediate reward of gratitude than in giving some time and thought to the great army of handicapped folk, some of whom are to be found in every community.

The Shut-Ins' Day Association, sponsoring the Day, is a non-profit organization dedicated to the betterment of the handicapped. The president is Rev. Arthur J. McKaye of Goderich, Ont., while the founder, Ernest Barker, is the Executive Secretary. No group is backing the Association financially, and all contributions are devoted to the publicizing of Shut-Ins' Day and the directing of public attention to the lot of the handicapped, both civilian and war veteran.

Remember the sick and the disabled, not only on Shut-Ins' Day, the first Sunday of June, but throughout the year. "Inasmuch . . .".—B.H.S.

To the Citizens of Brandon

Radio broadcast given during the closing week of the Brandon survey by
Dr. J. M. Sigvaldason

I AM SPEAKING to you tonight on behalf of the Sanatorium Board of Manitoba, the Health Unit Board of the City of Brandon, and the Young Men's Section of the Board of Trade of Brandon. My remarks are mainly directed to residents of the City of Brandon.

You all know, that since May 1st, we have been conducting a chest X-ray survey at the City Hall. To date, we have had an average attendance of 600 per day, and have taken over 9,000 chest X-rays.

The results are very encouraging and only a few will require further investigation. Completed reports will be in the hands of the individuals concerned and their medical doctor on or before June 5th, 1944. The City of Brandon is indeed to be congratulated on its comparative freedom from infectious tuberculosis.

Who pays for this free chest X-ray? I have been asked this question many times. The Government does not pay for it, and the cost *does not* come out of your taxes. In Manitoba, in the fall of each year, you receive Christmas Seal Stamps through the mail—and the money derived from the sale of Christmas Seal Stamps goes into a fund, which is administered by the Sanatorium Board of Manitoba, through its administrative offices at the Sanatorium at Ninette. This fund finances the travelling clinics conducted yearly throughout the province, and now has taken on the financing of chest X-ray surveys, such as the one we are now completing in Brandon. It is your continued purchases of these Christmas Seal Stamps that pays for this preventive tuberculosis work.

We have made available to every resident of Brandon the opportunity to

have a free chest X-ray. Eventually we hope to make the same opportunity available to every resident of the Province of Manitoba. This is our aim—and while it will take a period of years to accomplish this—we have embarked on this program. The Brandon chest X-ray survey has been a success from the point of view of the numbers attending, and from the results obtained to date. The educational value of such a survey in any community is great, and could hardly be over-estimated.

In closing, I would like to say thank you, personally, to everyone who helped in any way with the survey. To the Council of the City of Brandon, to the Health Unit Board and staff, to the many volunteer workers who have so ably assisted us. Extra special thanks are due to the members of the Young Men's Section of the Board of Trade for the thorough manner in which they canvassed the city and their whole-hearted co-operation throughout the survey.

The tuberculosis problem in Manitoba is being attacked with renewed vigor and new equipment. If we could take periodic X-rays of every resident of the province, from early childhood to adult life, then the solution of the tuberculosis problem in this province of ours would be at hand. Thank you!

Going Home ?

Congratulations !

But don't forget your subscription to *The Messenger*.

See your Sanatorium representative, or send one dollar direct to

THE MESSENGER OF HEALTH
668 Bannatyne Ave., Winnipeg

Health Condition in Europe

ANY TENDENCY which we might have towards smugness with regard to the present state of our national health is likely to receive a serious setback if we take time out to study some recent findings of the Metropolitan Life Insurance Company. While remarking the excellence of the health situation in Great Britain and the United States during 1943, the Bulletin sounds the warning that no country's hold on health can be anything but precarious during wartime.

Frightful conditions exist today among the hungry peoples of Occupied Europe—tuberculosis is taking many lives in all countries, and typhus, always a sign of lowered health standards, is creeping up through Rumania, Greece and Italy. No country is safe while such conditions exist. At any moment, says the Bulletin, a serious epidemic, originating in some corner of the Nazi stronghold, may spread beyond that continent and engulf the world.

Yet black and all as such a prediction may be, one cannot help feeling a certain measure of satisfaction that it is among the free nations of the world that the highest standards of health exist. Disease, it is true, recognizes no frontiers, it sweeps aside the strongest defences, but the democratic nations and Russia seem to have been able, despite the exigencies of the war, to take the best precautions to safeguard national health.

Great Britain during 1943 enjoyed one of the healthiest years of her history. Despite food rationing, air raids, hard work and irritating restrictions, the British people are thriving. During the first nine months of 1943 the death rate was the lowest in history, but this was somewhat marred by a serious epidemic of influenza in the last quarter. Even

at that, however, the rate for the whole year was only 5% above that of 1942 when England, like America, established an all-time health record. A rising birth rate and decline in infant mortality are other encouraging symptoms of the times. Air raid casualties among civilians were reduced to 2,235 in 1943.

Contrasted with this cheerful picture is the situation in Germany, best-fed of all the Nazi-dominated countries. Despite confiscations of food from their unfortunate neighbours, the diet in Germany is still below that necessary for maintenance of national health. A high mortality is reported from tuberculosis, digestive disorders and communicable diseases. Air raid casualties alone are set at 100,000 and 1,000 cases of typhus are reported. The birth rate in Germany is declining and infant mortality is climbing.

A marked increase in tuberculosis and a huge rise in diphtheria form the debit side of the ledger in the Netherlands, but a rising birth rate is an encouraging feature.

France and Belgium show a much darker picture. The death rate in both these countries is steadily rising and greatly exceeds the birth rate. A tremendous increase is noted in tuberculosis and pneumonia. Reports from Paris indicate that tuberculosis mortality in that city increased 40% between 1940 and 1942.

In south-eastern Europe it is idle to talk of health. There is a desperate struggle just to maintain life. The death rate in Athens last October was reported to be 30 per 1,000, double the pre-war rate. Frightful conditions exist in Greece and Poland. In the latter country the population has dropped from 18,000,000 before the war to 15,000,000.

Letter from Britain

Dear Friends: This has been rather a busy month for me. At this time I am spending two weeks at the South-end General Hospital, Southend-on-Sea and what a busy place! The first day I arrived, I was in the operating theatre from 2 p.m. until midnight.

This spot is in Essex on the Thames Estuary and is rather uninteresting country scenically, but seems to have lots of sunshine—at least while I have been here. The hospital is about two miles from the water-front but I haven't had the time to visit it. The hospital is quite new, nicely laid out and in peace time has four hundred beds but only half of them are open due to staff shortage, etc. In spite of the number of beds, it is the most active surgical service I have seen in a long time. We are operating almost daily and for many hours. I have seen more stomachs removed in the short time that I have been here than I have seen in my medical career; besides I have seen many interesting and major abdominal operations. The surgeons on the staff plus the resident surgeon are really first-class.

If I remained here much longer I would lose weight. My average bed-time hour is 1.30 a.m. and up at 8 a.m. I haven't been outside the hospital door for three whole days.

Before I came here we had played a few games of soft ball which were fun. Have had no time for tennis or other sports.

With the advent of warm, bright weather, the trees and flowers have taken on their beautiful rich green coloring and the flowers are brightening up the gardens very much.

The talk and work is all centred about the coming invasion; when and where of course few people know. We all do some guessing but as so often happens—the guesses are wrong.

The air offensive over Germany and occupied Europe is terrific. The air is filled with planes going back and forth. We thank our lucky stars they are friendly.

By my next letter many things will likely have happened. Until then, with best wishes to all.

Sincerely,

HERBERT MELTZER

Captain Herbert Meltzer,
No. 9 C.G.H.
Canadian Army Overseas.

TRAVELLING CLINIC PROGRAM JUNE, 1944

Selkirk—

Wednesday, June 7th.

Dauphin—

Wednesday, June 7th,
Thursday a.m., June 8th.

Brandon—

Friday, June 9th.

Portage la Prairie—

Wednesday, June 21st.

Steinbach—

Thursday, June 22nd.

Beausejour—

Friday, June 23rd.

TAKING THOUGHT FOR OTHERS

An 81-year-old Regina lady showed the right spirit when she asked that a wheel chair be sent to her house so that she might attend one of the tuberculosis clinics and have her chest X-rayed.

Admittedly, she was not much concerned about the effects of the *tubercle bacillus* upon herself, but there was always the possibility of being a source of infection to others. "I owe it to the young people," she remarked, when officials commended her for having undergone such inconvenience to attend the clinic.

Rehabilitation Notes

MORE AND MORE IS BEING ACCOMPLISHED through the vocational training courses being taken by patients in sanatorium, and those sanatorium graduates who are continuing their studies at home. Not counting Canadian Legion or academic courses, 595 examinations were submitted for correction during the first four months of the year. Congratulations to the following who have completed courses in recent months:

Peter Bass, Introductory Mathematics; Laverne Baxter, Unit II, Typing; Wilburt Baxter, Unit I, Typing; Ina Caners, Unit I, Typing; Irene Carruthers, Unit I, Typing; Arthur Christenson, Unit I, Typing (course being continued at Business College); John Dankesreiter, Unit I, Bookkeeping; Beulah Dickinson, Unit I, Shorthand; Allan Drummond, Unit II, Bookkeeping; Olga Dubowski, Unit II, Typing; Henry Enns, Unit II, Bookkeeping; David Gair, Unit III, Bookkeeping; Myrtle Howatt, Unit II, Typing; Garth Johnston, Electrical Appliances, Batteries, Meters; Norman Kier, Algebra; Gladys Motheral, Unit III, Typing; Jennie Rushton, Unit I, Interior Decorating; Michael Simans, Mechanical Drawing; Inga Sigvaldason, Unit II, Typing; Helen Smithard, Unit I, Typing; Harper Taylor, Batteries and Electrical Appliances; Rosemary Taylor, Unit II, Typing; Rosaline Watkins, Unit I, Interior Decorating; Jos. Welsh, How to Estimate for the Building Trades; Fred Whittaker, Unit II, Radio; Helen Yakushavich, Unit II, Interior Decorating.

* * * * *

THE PLASTICS INDUSTRY has been developing by leaps and bounds during the war, and it will probably offer considerable opportunity for employment in the post-war period. What development in this field will take place in Manitoba, it is difficult to foretell. But we know of a number of firms that have been investigating the possibilities of plastics production, and no doubt there will be some production of plastic goods with consequent opportunity for employment of those with special knowledge of the field.

Plastics are new, yet they are old. Celluloid which appeared in the 1870's is a plastic. Shellac products which appeared about 1910, Bakelite products (1910), Cellophane (1924), are all plastics. But the big development in the field came about 1930.

The Rehabilitation Division now is prepared to offer courses of instruction in Plastics Engineering to those who may have the background of education or experience, and the interest, to utilize them.

The following units of study are included (number of examinations in parenthesis): Practical Mathematics (13); Mechanical Drawing (14); Plastics-Materials, Appliances and Processes (6); First Year Algebra (10); Machine Drawing (4); Blueprint Reading, Machine Trade (3); Plastics, Fundamentals of Manufacture (4); Measuring Tools (1); Tool Making (4); Plane Geometry (1); Plane Trigonometry (5); New Elementary Physics (7); Metallurgy (4); Strength of Materials (2); Freehand Drawing for Mechanical Draughtsmen (3); Plastics, Mold Design (6).

The Canadian Legion of the British Empire Service League

No. 105
MANITOBA BRANCH

TUBERCULOUS VETERANS SECTION

Com. Jas. Hudson
Pres.

Com. D. W. Galagher
1st Vice-Pres.

*"They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn,
At the going down of the sun and in the morning,
We will remember them."*

Com. T. Dixon
2nd Vice-Pres.

Com. V. E. Garner
Sec-Treas.

Great strides have been made during the past few years in the prevention and control of tuberculosis in this province. Allied with provincial measures are the Dominion Government's provisions for veterans disabled by tuberculosis. It is natural then that the T. V. Section of the Canadian Legion, which has devoted its efforts for over two decades to the needs of tuberculous, chest disabled, and diseased veterans and their dependents, should align itself with anti-tuberculosis organizations, wherever possible, for the common good. To the editor of *The Messenger of Health* we extend our grateful thanks for this space and for the generous gift of his time and advice.

On these pages we shall strive to bring to ex-servicemen and women, in and out of sanatoria, interesting and informative articles of Legion activities, particularly of No. 105 Branch, and especially to keep them informed of all new legislation and amendments.

With many new members present at the last meeting of the Branch, May 2nd, attendance was unusually large, and interest in the proceedings was lively. Predominant among the subjects discussed, was that of the Dominion Convention, which opens in Vancouver on June 3rd. Comrade Pringle, in view of

the fact that he expects to be there at that time, consented to act as our delegate. Two members were elected as representatives to the Winnipeg District Command of the Legion. Reports were read from the Hospital Committee, and from Com. J. Abel, our representative at the Manitoba Sanatorium. The latter report contributed an encouraging highlight to the meeting, and the many applications for membership in the T. V. S. confirm the favorable impression gained by our President during his recent visit to Ninette.

The past few months have produced further advancements in the rehabilitation of disabled servicemen. Notable among these has been the increase of dependent parents' pensions to Thirty Dollars; a substantial increase over the mere pittance formerly allowed. To encourage the continuation of academic studies and vocational training educational grants have been increased. This along with smaller increases in allowances to those awaiting returns from private enterprise, should be a great encouragement to men returning to civilian life.

"A man who is good enough to shed his blood for the country is good enough to be given a square deal afterwards. More than that, no man is entitled to, and less than that no man shall have."

—Theodore Roosevelt.

Kindly address comments and enquiries to:
Publicity Committee, c/o F. Hutton, 52 Ruby St., Winnipeg, Manitoba.

**FOR SERVICE
PERSONNEL**



**UNIVERSITY
TRAINING**

Provision is made under the Canadian Government Post Discharge Re-establishment Order to assist discharged personnel from the armed services, who have had their University training interrupted due to enlistment. The purpose of maintenance grants and fees payable to those who are eligible, is intended not only to promote the service and influence of those highly trained in the humane studies; but to assist the man and woman who has the desire and ability to obtain the training essential for the occupation he or she might have entered had they not enlisted.

Any discharged person who, at the time of his discharge is qualified to assume or commence full time undergraduate training in a University or College of educational standards approved by the Minister, for the purpose of proceeding to a degree or diploma, or a course leading to his establishment; or a discharged person who can qualify for such admission within fifteen months of his discharge, is eligible for assistance, maintenance grants and fees for **exactly as many months as he served.**

The "prima facie" criterion is the applicant's ability to meet the University educational admission requirements. Training grants may be continued for exactly as many months as the applicant served, provided he makes satisfactory progress in his course. If he has demonstrated high scholarship in his course within his period of entitlement, he may, on recommendation of the University Committee on Scholarship, apply for an extension of benefits to permit him to continue his course beyond the period of entitlement. This extension will not apply to candidates whose period of service was less than

the time required to complete a full academic year; provided, however, that special consideration may be given to a disability pensioner. Progress and attainment is determined by final examination held at the end of each academic year.

The applicant is not required to establish that his formal education was interrupted by enlistment.

Undergraduate University Training shall be resumed or commenced within fifteen months after discharge. For good reason shown to the satisfaction of the Minister, commencement of such training may be deferred beyond fifteen months.

Fees: Tuition, athletic, caution and student fees shall be paid on the applicant's behalf for his exact period of entitlement.

Text books, student material and instruments are not provided.

A candidate may be allowed transportation expenses to appear for rehabilitation consultations.

RATES

Non-Pensioners

Single no dependents	\$60.00 per mth.
Man and wife	80.00 per mth.
First child	12.00 per mth.
Second child	12.00 per mth.
Third child	10.00 per mth.
Each of the next three		up to a maximum of six 8.00 per mth.

Pensioners—Full pension with a gradual increase scale for every 5% increase of pensionable disability with additional allowance for dependents.

Additional allowance for person in lieu of wife \$20.00.

Additional amount for dependent parent \$15.00 per month.

JOHN T. MACPHERSON,
Personal Services Welfare Officer
May 30, 1944 Deer Lodge Hospital

Manitoba Sanatorium

King Edward Korn

Another month with nothing of great significance to report. The weather is still weather and May is very nearly off the calendar for another year; it has been a lovely month though, hasn't it?

We had visits from two ex-cure-chasers, Edna Rays and Marj. Dodd. They are looking grand and both received wonderful reports. Congratulations!

Stanley Deardon and Morley Davidson moved over from Number One and just before going to press (yes, I'm late again this month) we have Captain Jack Abel moving in bag and baggage. Welcome to the "korn planters diggin's."

Sam Taylor spent a week in the city visiting his family and friends. If you want any up-to-the-minute style tips on what to include in a holiday wardrobe, ask Sam, he knows! Jean Bigelow spent two days at Holland visiting her family and Gunnie Torgarson spent a couple of days in Brandon.

Evelyn Neufeld left us to spend a short while in the Obs. We hope it won't be long before you are out with us again Evelyn.

I wish I had been born under a lucky star and then, perhaps, I would have won one of the lovely crotched sets Olga Orobko raffled off awhile ago. The lucky ones were: Thelma Syms (2 sets), Mrs. Briscoe (Belmont), Isabel Duncan, Verna Gadway, Mary Moore and Mrs. Marj. Dodd.

With our hand over our heart and a deep bow of gratitude, we thank the members of the staff for their fine portrayal of "The Mummy and the Mumps"; everyone enjoyed it. Also thanks to the person or persons responsible for our weekly shows; they have been very much appreciated.

Your "korny" reporter is leaving on

the bus to spend three and a half weeks on the farm—so until next month when she returns, with hayseed in her hair and good old Mother Earth under her finger-nails,

Cheerio.

The "Obs. Observer"

Coming and going has been the routine around here.

We put out the "Welcome Mat" for Emily Miller, Eva Bozyk and Alma MacDonald from West Three. Evelyn Neufeld moved back from the King Edward, Bernice McGregor and Mary Ann Neufeld came to us from the C.T.C.

Mrs. Rose Thompson, Isabella La-Fontaine, Beatrice Hall and Janet Townsend have now settled in Number Two.

Madeline Malontuk was home for two weeks and reports a wonderful visit. Congratulations to those who received increased exercise among them Emily Miller—two meals up, Bernice McGregor, Mary Ann Neufeld, Mrs. Gladys Ward and Ina Watson—one meal up.

Those lucky enough to have their husbands as visitors were: Mrs. Ward, Mrs. Eykelboom, Mrs. Snusher, Mrs. Archer and Mrs. Bailey. Lillian Lee was a lucky girl too having a visitor.

This is all for now,
Cheerio.

East Two Notes

George Lampard and Dan. Spence have come back from the West looking none the worse for wear, although both of them had their second-stage thoracos. Both have their fingers crossed in hopes that there will be no more of that stuff.

Our friend Doug. Rankin has returned to us and can be heard anytime, anywhere, aruing about anything, with anybody. A very difficult character in-

deed to argue with is Rankin. I know.

Herby Herbachuk skipped home to Winnipeg for a week's visit with his folks.

There was remarkably little moving done this month. Eddie Dubinsky moved over to Number One after having his adhesions clipped and was followed by that ace-bridge player Duke Westbury. Bud (want to learn to knit?) Kuryk took an empty bed in the Gordon Cottage.

Joe Mahovich also had his adhesions cut and is laying low. No more balancing acts to amuse the boys, but he'll be back to normal soon. Harry Storozuk and Mal. Malinoski had their respective phrenic nerves crushed. Harry's was a retouch job.

Our sincere thanks go to the gals and guys who play the weird and wonderful game of baseball on the lawn. They certainly provide us with plenty of entertainment. To those responsible for the shows every Saturday night, our sincere thanks and appreciation.

Number Two's Hallucinations

This is Number Two Pavillion reporting on a frequency of every once a month. Last month we didn't send forth, as our reporter landed a permanent posting at her home in Winnipeg. Reporting for the first time in two months will be a task but here goes.

For a while we thought we were in a large hot-house but its just beautiful spring with real green surroundings. Spring brings forth lots of budding with a bit of romance???—thrown in.

Some of the girls have really done a nice job on the Number Two grounds. They call it the "Victory Garden" so why shouldn't it be a success?

And now for reports on departures, marriages and newcomers:

Those leaving for home were Gladys

McCombe, Mary Moore, Babs Natchuk, Lola McDowell, Marg. Druce, Jean Kutcher, Marg. Cochrane, Mrs. Kerr, Mrs. Dobson and Mrs. Lewis. Happy wishes from all the girls.

When we bid Stella Zwarych farewell, we didn't expect wedding bells. However, that is what happened; Stella and Allan Drummond were married in Brandon and our heartiest congratulations go to both.

Spring always brings a number of ex-patients back for check-ups. Here they are: Mrs. McCombe, Rita Latimer, Connie Brazier, Mrs. Adolf, Olive Torrence, Mrs. Verholf and Harriet McLean. Good reports were received by all.

Things we'd like to know:

How did Mrs. Dobson manage her frequent week-ends home?

How Mrs. Jantz managed to crawl under the bathroom partition?

What Mildred Rushton is going to do with the extra fat on her face?

Why Janet Townsend is a "Mother" to the girls in the Obs?

The girls here are stitching away like fury—results—dirndl skirts. Don't be surprised to see a fashion parade soon.

Those visiting the O.R. were: Mildred Rushton, Olga Potoroko for phrenics; Ruth McLarty and Gwen Strong for re-crushes; Mrs. Haidy and Inga Sigvaldason for adhesions.

Anne Potoroka has been seasick and no wonder. Her sailor dropped in on her for a visit from the west coast and took her home to Belmont for the day.

Lucky ones to have their hubbies visit them were: Mrs. Jantz, Mrs. Jenkins, Mrs. Thompson and Mrs. Haidy. To Mr. Pantell's surprise, he found the

LALLEMAND'S
Yeast

"petite femme" with a new and becoming hair-do.

With the typewriters clicking and the birds chirping, I can't think of much else to write about except that on behalf of the girls and myself, we wish to thank the staff for the wonderful play they put on.

Turn your dial to Station Number Two Pavilion next month for more news.

Gordon Cottage Calling

The time has come again for us to go to press but we find that very little has happened to disturb the peace and tranquillity of "Hobo Haven."

Bud Kuryk decided that he had spent enough time on East Two so moved over to the Gordon Cottage with all his baggage. He has now been accepted as an accredited member of the gang.

Miss Margaret Cober who served us so faithfully for the past six months, departed for her home at Swan River much to the sorrow of the Gordon clan. She left with her autograph full of best wishes.

Mrs. Hodgins herewith places an ad. with us for a kitchen-maid. Come on girls, do apply and relieve Mr. Dubray who has taken over for the time being. He would gladly retire if some fair maiden applied.

John Yellowlees & Sons

NINETTE, MAN.

The Friendly UNITED Store

MEN'S WEAR

A Complete Assortment of Cosmetics and Toilet articles

ORIENT HOSIERY IN SILK, AND SILK and WOOL

GROCERIES — HARDWARE

We invite the patronage of Sanatorium residents.

West Three News

Did you ever listen to a cat and crow duet? No?—well, we wouldn't either if we could help it but that is what struck our ears in a hideous cacophony this morning. Even our most rabid Nature and Animal lovers sympathized with Ralph Morgan's efforts to decrease the feathered population. If he only hit about two crows out of 25, his heart was in the right place. We look with more favor on the gold finches and orioles that are brightening our trees.

All is harmony too on West Three, even if we are still having a little trouble in placing each person. In case that problem is holding you back from visiting, here is where you will find us—at the moment:

First, in Room One with Helen Setter and her crocheted doileys; Edith Vincent with her pigtailed and Lorna Blackbird with her thoraco brace; Edie and Lorna returned to us from West Two and it is nice having you back kids.

Room Two holds Francis Vaski, our Millinery Artiste; Freda Knaus with her biography of Chateaubriand and Mrs. McCargar, who admits she is almost growing accustomed to the place.

Room Three is home for Mrs. Stewart and Nabu Sato. Nabu is our fresh-air child; she and her bed are out in all kinds of weather.

The Singles come next: In Room Four is your reporter who is busy wrinkling her brow and wracking her brain over this scree. Room Five was vacant when we went to bed last night but much to our surprise, it held an occupant this morning. We still don't know when, how and why, but we'll find out. Mitzi Newmark and her "Lifes" come next and then we walk in on Anne Sandul. If it's in the morning, she's sleepy and so are we—something should be done about longer nights. Mrs. McIvor is in Room Eight—she's the lady with the Air Force husband; we like the Air Force too.

The Big Ward is home for Mrs. Davis and her "Father's Day Knitting"; Mrs. Olinkin and her knitted doileys; Doreen White and her doll-making (even the boys on the East liked the newest addition to her family; we hear they know how to hold baby dolls too); Mrs. Smith and her paintings of the San., Isabel Nabis and her sewing and Doris Rozech and Jean Frederickson who recently arrived from the Clinic. Good luck to you both!

Our heartfelt thanks go to the Girl Guides who brought us some lovely marsh-marigolds, to the Air Force band who played for us and to Mrs. Kenner for her home-made bread. All were events in our lives.

The occupant of Room Five is Alda Saedl from the Clinic; some of you may remember her. We hope your stay will be both short and pleasant Alda.

Thoraco Themes

On behalf of us all on this flat, I would like to say "thanks loads" to those who have made the shows possible. They were certainly grand and we hate to see them coming to an end.

All of us got a piece of wedding cake the other night and proceeded to put it under our pillows to see if we could dream of "The Man." Now, Marjorie Bland figured it just wasn't right to leave such a perfectly good piece of cake lying around and proceeded to eat hers saying "I can dream just as well on it now." But it must have been too much for her—she had a night-mare; which all goes to prove you can't eat your cake and dream on it too!

"Flash, flash, flash" and it is not just a news flash either. It's coming from the diamond that Donald Parker, our fair-haired Englishman slipped on Sylvia Larsen's finger not many days ago. If you see someone floating by on a pink cloud you'll know who it is.

Celebrating birthdays this month

were Inez Hathaway and S. Larsen. They were both fortunate enough to have some visitors.

Believe it or not we have a potential Authoress in our midst. Mrs. Hannah says she is going to write a book entitled "The Big End." I'm sure I don't know what it could possibly be about. However, it does sound interesting. Congratulations to Mary Thomas on her negative gastric. When are you going home Mary?

Visiting Dr. Paine in the O.R. this month were Laura Delamater and Florence Hayden for first and second-stage Thoracos; George Lampard second-stage and Danny Spence third-stage Thoraco.

East Three Flashes

June, beautiful June, with it comes memories of bygone Junes spent in different surroundings. But how pleasant it is to wake up at 6 a.m. and view the beautiful scenery from the balcony and listen to the songsters! I mean feathered ones of course, as if anyone had enough ambition to sing at 6 a.m.

Only three new signatures in our membership book and these are Mr. Bodz and Alex MacDonald from the C.T.C. and Mr. Trudel who moved up from East Two. May your stay be short and pleasant.

Bill Kowalchuk who had his cast removed, decided that he liked Number One and finally, after two starts, got away. Rik Ellison after gaining six pounds in two weeks decided he had better move out to the Gordon Cottage so as to have more room for expansion.

The C.G.I.T. girls visited Roy Barber and left many beautiful bouquets of flowers. Thanks girls, call again.

Keith Clark and Rusty Newman are up again after their major operations; good to see you up and around too. While Rusty was in bed, he celebrated a birthday and so did Andy McLeod.

What lovely flowers they received, along with many congratulations. Long may they live.

Ed Menzies, secretary of the Tall Tale Club would appreciate Tall Stories from anyone only they must be printable.

John Kozier got all ready for hot weather with a brush hair cut. It really brings out your features John, as though they needed bringing out.

Well, so long, see you all next month.

THE MUMMY AND THE MUMPS

What became of "Duly"? That is the mystery we all tried to solve on the Saturday evening of April 29th when we attended the premiere performance of "The Mummy and the Mumps," a three-act play put on by the Sanatorium Amateur Dramatic Society.

We could use all the adjectives coined by Hollywood to describe this super-colossal production, but our vocabulary would still fall short in doing it justice. "The Mummy and the Mumps" is a fast-moving comedy, and Mr. Tom Chapman, who directed the play, is to be commended for its success. The cast was excellent; it included Mrs. Michie, Tom Chapman, Miss Seyes, Fred Dawson, Miss A. Manning, Harold Dyck, Tony Samoleski, Miss McBride, Steve Sparling, and Miss V. Wilson.

The very appreciative audience are still raving about "Mummy and the Mumps." To all who took part, we would like to say thank you and bravo.

Number One News

April showers bring May flowers is a saying that has pretty well come true. The only difference is that instead of flowers, we have had nothing but showers.

During the past month there has been a considerable amount of activity and excitement in our pavilion. First of all Dan Zegarac has gone home to Flin Flon. We were happy to see him

leave but now that he has actually left us, we miss him and his superb crib playing. Let's hope you never have to come back. Morley Davidson and Stan Deardon have moved to the K.E. and we doubt whether their stay there will be as pleasant as it was in Number One. Two more of Miss Cassidy's bad boys, namely, Lloyd Green and Joe Welsh moved into Number Three Pavilion. Here's hoping their next stop will be home.

Has. Houssian and Bobbie Drain were out for check-ups and stayed long enough to have their phrenics re-crushed. All is well with them and they left us for greener pastures. Another person to have a phrenic re-crush was Jack Abel. He seems to be doing all right, exercise and all.

Among the new arrivals are Martin Fable from Number Three via C.T.C., Ernie "Duke" Westbury, Bill Kowalchuk, Rikki Ellison from East Three and Charley Malcome from Ebb and Flow Reserve, Manitoba. We hope your stay is short and pleasant.

Bill Chisholm, a strict believer in Chiropractors, believes they can cure almost any malady on earth. Good for you Bill! Ed. Dubinsky after a short stay in the Infirmary has come back to the fold. We are sorry to say that he has come back a little ill—nothing serious as his illness only pertains to his mental state. All day long he keeps repeating "Good for you kid," "Hooray," and "Tch, Tch." We hope that it is just a nervous break-down. Art Motz our happy go-lucky ex-serviceman has become a very ambitious young man. You can see him working on his rings almost every spare moment. Although Duke Westbury has been with us only a few days, he has tried to run the whole building. If he doesn't quieten down a little, I am afraid drastic measures will have to be taken. One of our Sonny Boys has complained to yours truly that he has been getting too much publicity and

so after paying a considerable sum, his name has been deleted from this month's gossip.

We have among us not only bridge fiends but some wonderful "archers;" Dominic Demchuk and Daniel "Boone" Sinclair are two of our foremost marksmen. Our dashing Airmen, Don Parker, R.A.F. and Riki Ellison, R.N.Z.A.F., have become a pair of astounding bridge players. They can take on anyone that cares for a game; if they promise not to beat them.

Goodbye, good luck and good cure-chasing.

Nurses' Home

Seys Says:

Once again the time has rolled around to give a blow by blow description of the doings in the "house on the hill." Sorry, but this month there have been no gruesome details to report.

Miss Calverley departed for her well-earned holidays leaving her able assistant the job of keeping the vista green.

Mrs. Hodgins entertained recently at a farewell tea for her helper in the Gordon Cottage.

We had Miss Johnson from Vancouver and Miss Donaldson from Winnipeg visiting us for a short time.

Lately some of us have been tearing up the grass in front of the Infirmary and calling it softball. Anyway, it is fun even if we are not professionals in the sport. We even went down to Ninette and played against the young boys, sixteen and under, but came home humiliated. Guess we aren't as young as we usta was.

The first of this month we had a three-act play "The Mummy and the Mumps" put on in the Assembly Hall with an "All Star" cast which played to capacity crowds for two nights. We must admit that Mr. Chapman and Fred Dawson made two beautiful looking girls; especially beautiful to behold were the gorgeous white shoulders of the latter.

We heard from many sources how much it was enjoyed and great credit goes to Mr. Chapman for his fine directing.

Dynevov Echoes

Hello Everyone:

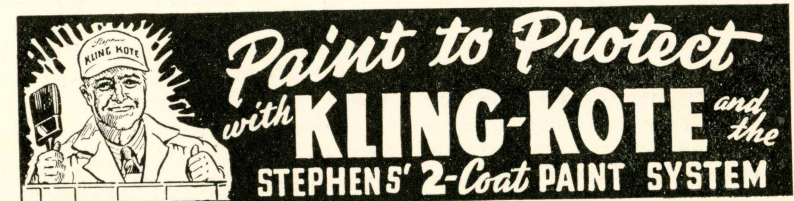
Here we are again from Dynevov Sanatorium. We are trying our best to keep up the good work of the last reporter who left for her home—so if the work is not up to standard this time, remember this is our first attempt.

We would first like to extend greetings to all our fellow patients in other Sanatoriums. We wish them all a speedy recovery.

Since our last meeting with you, through the magazine, I mean, we wish to welcome some new arrivals, namely: Florence Mason, Laura Bruyere, Mrs. Charlotte Thompson, Mrs. Angeline Drake, Billy Raven, Abel¹ Clarke, Wallace Beardy and Peter Attlookan.

Besides Marie Louise McLeod (who, incidentally, was our last reporter) to return home, there were Katherine Land, John Ichigane, Mrs. Stella Brueyere and Edwin Beauchamp.

The visitors welcomed this month were: Louise Sinclair, Josephine Sin-



clair, Elsie Bear, Sarah Redski, Geraldine Redski, Mr. and Mrs. A. Redski, Mr. and Mrs. T. Greene, Leslie Lightning, Hanzie Lightning, Bemus Kopiness, George Bushie, Norman Brueyere, Alex Akead, John Robert Letander, Eugene Seymour, Rev. Sades, Mr. Hamilton and Shorty Kopiness.

We are very glad to note that there are a great many blossoms on the trees just now and everything does look very beautiful and green. The weather has

been pleasant, so you see we have very little to kick about.

We noticed the first boat of the season passing on the old Red River. This will be something to look forward to in the weeks to come, since some of our friends here will be going home via steam boat; you can well imagine what a welcome sight it was for them.

Until next month, we wish you all the best of everything.

Cheerio.

St. Boniface Sanatorium

Ici St. Jean

Temporarily under new management. Miss Olafson having retired to the country for a month's vacation, Miss Fisher has come to take over with Miss Reid and Mrs. Walberg, who is also a newcomer. Miss Knelman is still doing good work on night duty—"All worky, no sleepy," seems to be her motto.

Cushions! Cushions! Everyone making cushions. There's Anderson, Dunsford, Fridfinnson and yes! there's Ray too, but he can't make very rapid progress. He and Stonoga don't seem to be able to come to a settlement in a dispute over their respective pulchritudinal attributes. In town the other day, Ray had his proofed in black and white (though technicolor is more fashionable), knowing the camera doesn't lie, but Johnny just preens himself. That comb of his! If reincarnation is a reality I'm sure in his new state he will be a rooster! Medal acts the silent partner, but we'll have to send him to the farrier soon to have his heel plates fixed. Looked in on Fleming and there he is writing letters again. Funny, when a young man writes letters people immediately think they are going to some young lady. Amazing, isn't it! Now, had it been Dunsford—well! The other

day, someone mentioned it would be a struggle if Bill Budd's wife's name was Rose. Well, it isn't, but her name is almost synonymous with that.

"Supah, mah-h-vellous day, old boy, what!" "Smeshing!" Sounds like something that could be heard in the old Varsity cloisters but only happens to be Les. Fidler airing his Oxford accent and trying to give Nichols an attack of nostalgia. Now where is that dear lad? By jove! That was him—I just passed a pair of pyjamas walking along the passage—no head, no feet, no hands, no tail! Could have been Ann Boleyn's Ghost or The Invisible Man, but wasn't. Only Nick in his new pyjamas! There's only one size for him—"Too Big"—but they'll soon take a few inches off these in the laundry! Rumour has it that he and Talboys (the long and short of it) are "pixylated," whatever that may be. Sounds as if they could be, according to the girls in the office. Mr. Lovell is still taking it easy, as is Brother Denis. We think he should acquire a theme song and suggest "In My Solitude." That would do for Father Adams too, though we see he takes a little exercise now—in the wheelchair.

Bobby O'Halloran will be suffering from eyestrain if things don't change. One eye on his kit all the time and the

other on Kropelnicki. Phil has an ambition—he's just waiting for the sun to shine (we all are!) so that he can go out and lasso a gopher. He intends to let it loose in the office amongst the girls. He figures that if they're scared of mice, there's no telling what might happen if they see a gopher! A man of ideas! The other morning after he and Bill Tindall had finished up in the small bathroom (only two who use that one) water was observed trickling out underneath the door. Of course neither would admit anything, but we knew! One of them had forgotten to turn off the tap, that was all! We hear the same thing happened on Ste. Therese, so there seems to be an epidemic of leaks.

Here's a bit of real good news. At last Captain Boulton has come out of his shell. We hope that it's for good this time and no more of these tortoise acts of crawling back into it again! Good luck, Captain! Gold and Milnes are living quietly on the balcony. They say nothing ever happens out there but they did have one visitor the other day—a zoot-suiter! It turned out to be Maxwell out to show that by hook or by crook, he did own some clothes of his own! To finish up, I should just like to mention the two good little boys on the flat—I mean, of course, George McKnight and Orval Riggs (that will make some people raise their eyebrows, eh George!).

Well, 'nuff said. Good luck all.

Ste. Therese Tattlers

"Bizness is bizness," says our good Sister Roberts and my business at the moment is to set down the comings and goings on our flat for this month. So here it is for what it's worth.

Mrs. Haverluck and Rev. Sr. Isaie for routines with discharges. Best of luck to them. Then come Mrs. Tkach and Mrs. Armstrong with R. 10; Mrs. Owens and Jerry Jarrett with R. 8; Mrs. Ridley R. 6, and Bjorg Bjornson with R. 5.

We are happy to welcome Mrs. Zaleski back on the nursing staff and to have Mrs. Shaw with us on shift. We also have the little girl whose shoes keep giving her away and the one who says, "Hurry up there, you guys; do you think I've got all day to wait?" (Know who I mean?)

The girls in 158 aren't quite sure who was the smart one when it comes to routines. Did you see Rhoda's spring bouquet? I think I heard somewhere that it is showers that bring forth flowers, but I could be wrong.

I ventured into 158 and found Mrs. Hildebrande having an argument with her thermometer. She says, "I'm sick." The thermometer says, "You're not." I didn't stay long so I haven't heard who won out.

Miss Jacobson was cuddled away down under the blankets like a model cure-chaser, so I left her in peace. In the next room I met with a puzzle and I don't mean the jig-saw that Miss Hebert was working. What routine has Miss Mondore got? The nurses say 10 and I seem to see her in the halls quite often, but yet on concert nights she's in bed. How about it?

I was surprised in 159 to see the ladies are back to playing with dolls again. Mrs. Cavanaugh was in possession at the moment of my arrival, be it I think I detected a gleam in Mrs. Marcus' eyes. Room 157 were eager to

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display their Mother's Day spoils and they made a very good showing too—oh these proud mamas!

And that's about all the gossip for this month excepting the gals who were out on leave. They were Mrs. Ridley, Armstrong and Tkach and all reported a good time.

Now, at the end of our concert season, I would like to express our thanks to all those who have helped to give us such an enjoyable time. To Sister Superior for her regular shows, to the boys on St. Jean's for inviting us to share their concerts and to all the nurses and staff who have helped with our beds. We have truly appreciated your work.

So for another month, thumbs up! Cheerio.

"JERRY."

Youville Yodellings

Hi, everyone! Woke up this morning with a start and realized that another month had sneaked up on us, and so had better get the old pen scratching.

Room 257 seems to be the room smiled upon by Lady Luck. Marion Vassar followed. Therese out the door and Clara DeMeulles yelled, "Wait for me, girls!" and away she went to her home at The Pas. We miss you all, girls, and wish you the best of everything. Among the rest of us, the theme song seems to be—

"Have all my dreams gone wrong,

Or have I stayed too long?"

and the general opinion is that we definitely have.

Ann Doerksen has given us the secret of having nice teeth. It seems before

she became an inmate of this institution, she used to take a bone under her table and chew. We can almost hear her growl, too, if anyone tried to take it away from her, but it had the desired results.

Mary Donnelly is the kid we can't keep track of at all. One moment she's here—look around again—no Donnelly. Glad to see you get your discharge, Mary, and hope the cure is permanent this time.

Our staff changes have been numerous during this past month. Miss Hudon is being very capably replaced by Miss Hudon. The one and only Miss Ryan left us for the Annex and Miss Mokolky is filling the empty spot in our hearts and lives. Mrs. Ewaschuk has left us to join her dear Peter, and we have a newcomer, Miss Olyniuk, and Miss Dragsett on days, while on nights Miss Spanière is replaced by Mrs. Emerson (Vicki Charnecki's little sister). Someone, not knowing what they were letting themselves in for, passed the remark that she was a "nice little thing." The reply was, "of course, she's a Charnecki and the Charneckis are nice kids, good kids, smart kids, etc."—but time and space do not permit us to tell you in full what the Charneckis are, much as we would hate to let them know. We have to admit they are rather nice kids but politeness doesn't let us say what we think of the other statements.

The fortunate person to win the lovely sweater, knit by Therèse Fontaine, was Colette Bourgeois. We have lost confidence in you, Therèse. You promised each of us that we held the lucky ticket. Congratulations, Colette! If you haven't got a male friend to give it to, I have a husband!

Again we have a number of routine changes. Best first—Peggy Cumming and Eddie Charbonneau are getting around on R. 8; Ann Doerksen, Vickie Zdan and Helen Smith were given R. 5, but Smitty after having that nasty little adhesion cut, went back to bed for a

little while. Doris Martinuk and Mary Fedun started pneumo, so you see we never have a dull moment on Youville. Then Vicki Charnecki had a 36-hour leave and has been gloating or moping (we're not sure which) ever since.

This month we've had Rev. Sr. Marie Victoire from Ste. Therèse, Rev. Sr. Casimir and Mrs. Helen Slawuta from Carman join our ranks. We hope your stay will be short and pleasant.

To anyone who saw a girl carrying a bouquet of red roses down the corridor and wondered if it were a bride in our midst, we just want to say that Carrie McIvor wasn't getting married again. It was her birthday. They were lovely, Carrie. But, speaking of brides, oh boy! watch for the seventeenth of June.

Cheerio.

St. Luc's

Late again! If this keeps up, we'll have the Mounted Police after us, won't we, Milnes? (You sure will—G. E. M.)

During the past month, the grass turned green, your correspondent turned brown, ye head-nurse turned a fiery red by spilling lysol over herself and Ann Walbaum turned up on the flat for three minutes.

Very happy to see Sister O'Hara back with us after spending a short time in the hospital.

We were only too glad to welcome Mrs. Nichols, the aforementioned head-nurse, to our staff—she tells us. As she's the boss and we're very timid, we heartily agreed. We also welcomed a new nurse, Miss Giesbrecht. Hope she likes us.

The one and only Andy Rentz and Mr. Cary received their discharges recently. All good fortune to them. Mr. Bidinost transferred to Shawinigan Falls, Quebec. We hope he's happy in his new residence.

Michael Mlynarowich had leave of absence, along with Mr. Stoyka, who also took his discharge. Mr. Zukewich

left us for St. Joseph's, while Messrs. Mason, Bodnarchuk and Carlstrom left St. Jos. for our flat. Welcome, gentlemen, and happy curing. To Mr. Kirvchuk, our new patient, a very speedy recovery.

Routines: Taylor, R. 4; W. Britsky, R. 5; C. Smith, R. 8, and Johnny Dolanuk, R.10, which is good progress, fellows.

Those two younger men, Damas Moréau and Damas Richard, are now being given the air (pneumo). We welcome a new orderly, Mr. R. Sanderson, who is already proving himself to be a good man to have around.

Spare a thought! Better still, some toys—for Bill Pushka, who has reverted to playing with 'is toes. His excuse—"Well, I have nothing else to play with!"

Tout fini.

The Annex

Since good old spring has come, our happy home has been shifted around a bit, bringing us lots of various changes. Recently we have seen many cheerful faces coming to bid us farewell. Among them are: Mrs. McLeod, Anne Podaima, Doris Roberts, Gilbert Chartrand, little Jerry and Charlie Sinclair.

Those hoping for a discharge are Francis Codette and Helen Jules. May luck always be with them. We welcome Master Fleming to our home. May your stay be short and pleasant. Our congratulations go to Betty McGuinnis who recently advanced to routine 5.

Our head nurse, Miss Peary, has gone on her well-earned leave. Hope she will be back with us soon. Now about our other nurses: On the first floor we have the Misses Robertson and Walsh and Mrs. Black; on second, Miss Pirianien and Miss Friend; on third, Miss Butler and Miss Wiebe with Mrs. Kinneson. On nights, Miss Ryan and Miss Schentag tug us to bed, while our shift nurse is Miss Kirzanski.

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Mrs. Fleury was away on a few hours' leave. Lucky!

Our sincere thanks to Sister Superior and Sister Patry for the lovely show they put on for us and which we thoroughly enjoyed.

Say, does anyone know a tall blonde named "Cuddles"? Well, her favorite color is pink—she is also a very close friend of Albert's. He says that he's losing weight. Could it be that he's pining away?

One quiet afternoon, something queer

crept through the Annex and with it went piles and piles of hair. On looking around, we saw that Jimmy Oulette, Ovide Lavalle, Jacob Richard, Gilbert Clarke, Edward Robertson, Peter Surgess and many others had hair-cuts. Only one left was Slim. He says that hair must be rationed. But he's not patriotic.

News around the Annex, to and from the patients, really gets around. I wonder! Is it because they like to go to church?

King Edward Memorial Hospital

As I write, the Assiniboine Chapter I.O.D.E. is guesting the patients in the spacious auditorium on the second floor. Consequently, there is nothing much stirring in my vicinity, least of all in the area between the curl of my nose and the parting of my hair. Indeed, there has been very little stirring anywhere since the day Peloris Bob McCarrill, with contumelious nostril strutted out for home and beauty. The best we can wish you Bob is that you never again be hospitalized.

Others fluffing their feathers preparatory to homing are Sena Peterson, Lee Spring, and Francis Norgang. Sena's flitting will leave nothing but sadness in the lives of her intimates Lil Lord, Ina Caners, Anne Prokopow, Mabel Watt and especially my lord Buttercup—that man is in everything. When Lee Spring bounces out, who do you think will miss her most? Well, there is Phil McGowan, Cathy Potts, Dorothy Watson and my lord Buttercup (how did he get in here?). But we think there is one who Kiers more for her than the whole shebang, and he has our sympathy (and Lee our congrats because she is really a nice girl.) When Francis Norgang hi-tails it for the grain fields, he too will leave behind him an attractive heartbreaker, but

never mind. Ina will rustle up a few Western magazines for you.

According to Reuters, Anne Prokopow walks in her sleep. So far she has not been sleepy enough to walk out of "No Man's Land" for which Miss Hemming is duly grateful and Buttercup most ungrateful. At last Stan has met his affinity. "He's to'able, just to'able," confided Anna Hawryluk after the minutes of the meeting were read. We commend Marge Cole upon the way she arranged the affair. Marge is not at all bad at arranging an affair d'amour. We seem to have a faint recollection of once seeing her pussy-footing homeward past the "Edward" on the lee side of a handsome swain. Yes, it was dark but not too dark. Miss Cooney still stoutly maintains Marge was not out that night—"and you are nothing but a bunch of old blather-skites, and that is what you are" she concluded. Even quiet Mrs. Thorne was quite vocal in Marge's defence.

It certainly does our heart good to see Archie and Marushka taking up again the even tenor of their way after such a prolonged tiff. Again it does our heart good to hear that Sheila McNeilly has a sweetheart named "Stinky." He sent her a beautiful bouquet of spring flowers on her nineteenth

birthday. Nice fellow Stinky. Art Fletcher got a great big cake and a \$2.50 bottle of coca-cola for his birthday. The cake was a present from a lovely lady; the bottle was right out of this world. Mr. Herbert had a birthday also—his seventy-first. Unlike many of us, he gets wiser as he grows older. Buttercup also had a birthday. As his name signifies, he was a Spring baby and what a baby! Moose Akerbee seems to think so.

Today I visited the aeroplane works of William the Ozohan and found the famous draftsman busily engaged putting the finishing touches to a Spitfire which he hopes will soar prettily in some lady's parlor; a thing of beauty and a bearer of light.

Some like Blanket Street, others suffer it. Take Stan Safneck, the young brick on third, nothing but a block and tackle can get him out of his virtuous couch once he gets into it; Sergeant Major Johnson is the same and Mike Sawchuk is not much better. Hailie Selassie, alias Kenny Robinson, could be classified as a good cure-chaser but of late I see developing in his eye, a wild gleam that is out of this world. The sweet and hot stuff that is coming over the radio may have something to do with his uneasiness? Again, it may be Spring and a feeling of well-being but I incline to the "Sweet and Hot" because I have seen H. Selassie buck-and-wing, tap dance and soft-shoe in big time and let me tell you folks, that cat is all music and rhythm and nothing else but.

When little Florence Gundrum went home, Tibby O'Reagan, Stina Olafson and Elsie Grundberg were much exercised over who would occupy the empty bed when one day the door opened and in came Mrs. Viola Hagemier, blonde and pretty and easy to get along with; which is paradise enow.

Johnny Melnychuk is keeping awfully busy these days receiving girls, writing

to girls, and hearing from girls. I'll bet Stan the Safneck is mad, not to mention my lord Buttercup. Speaking of maidens fair and intelligent, we saw one—a visitor—and actually spoke to her. Who was she? Lorna Olson of course. Who was with her? Gordon Boyd Barr, darn him. John Melnychuk, the Greek God, saw her and so did Art Fletcher; the-the-thell wi' both of 'em, the gay deceivers. But ye need nae fash yersels John and Art, just wait till Amorous Archie and Stan the Safneck, the mechanic, gets up and shows you a thing or two about bushing.

'Tis sorry I am to report that Mairzy Doats Dobbie and Isabel Middleton are leaving us. Mairzy is going Thursday to Flin Flon to have her fling before resuming her nursing course at St. Boniface; Isabel is going to the Beach for a good long holiday. Mrs. Smith, ex-Nursing Sister, is settling down for a long stay. Mrs. Wildgoose, R.N., is back with us; Mrs. Macleod Mackay, R.N., too. Saw Miss Ellis sniffing the wind—holidays?

New patients are Miss Lavina Maybe, Mrs. Viola Hagemier, W. Hawkins, Wasyl Hluschak and Norman Irving (from overseas.) Will tell you all about them next time. Must be off now to play crib with M. Edouard.

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Who writes for his bread and his butta
His sarcasm and satire
Make us pray and perspire
That he won't write of things which
we utta.

But now with a grin we have found
A way to get ahead of the hound
With his news and his views
He shall shake in his shoes
When he finds that this poem's got
around.

Now while one morning in bed
Calmly wearing his ear-phones, 'tis
said,
With some queer desire
He touched a live wire
Nearly blowing the top off his head.

This man of Herpes Zoster complains;
It seems if from dice he abstains,
His nerves go to heck
And leave him a wreck
So from indulging he never refrains.

We must not avoid pleasures but we
must select them.—*Epicurus*.

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"PREVENTIVE REST" IN CHILE

A system of "preventive rest" has been introduced in Chile as a means of saving the lives of workers suffering from tuberculosis and certain other diseases. The system is provided for by Chile's Preventive Medicine Act which calls for free periodic medical examinations for salaried employees in Chile. Since the act was passed some years ago, 60,000 men and women have been examined and allowances for preventive rest have been paid to 20,000. Tuberculosis is a particularly serious health problem in Chile. Together with Cardio-vascular conditions and venereal disease, it is responsible for 60 per cent of all deaths occurring during working life.

JOTTINGS ON A DESK PAD

A welcome visitor was Mollie Timms (formerly Mollie Finney) who spent a short holiday in Winnipeg not so long ago. She looks exceedingly well and seems to be enjoying life.

Mrs. Grisdale (the former Florence Sharpe) also took time to call around recently and say "hello". After much travelling about with her husband who is in the R.C.A.F., she is back where she started.

We hear that Betty Pilgrim, R.N., is in North Vancouver, B.C., working.

Dr. Paine from Manitoba Sanatorium and Dr. Sinclair from St. Boniface Sanatorium were in Chicago attending the American Association of Thoracic Surgeons and report a most interesting session.

Dr. and Mrs. Scott are away attending the Medical Convention in Toronto.

During Dr. Scott's absence, Dr. Mollie Hendin Markowits, who will be well remembered, has been giving pneumo.

Sister Superior Brodeur has recently returned from a journey to Eastern Canada and the United States. While away she visited institutions in Montreal, New York, Newark, N.J., and other points.

INES TO A SANATORIUM PATIENT

"Take it or leave it. Make up your mind." This is the advice of Dr. J. D. Riley, superintendent of Arkansas Tuberculosis Sanatorium, to people in general and sanatorium patients in particular.

Accepting the facts and then doing something about them, that is Dr. Riley's dictum. All great men, in his opinion, have this ability. They make up their minds quickly and get on with the job. Sometimes, admittedly, they make mistakes, but that is better than living in a perpetual state of indecision.

"I would like to see every patient," Dr. Riley states, "who has this disease (tuberculosis) accept it as a fact and set up certain definite plans and methods to take the cure until his physician discharges him; and who will also plan to live within his limitations even after his physician discharges him."

This business of facing facts and living in the present has many advocates. Years ago the famous writer, Thomas Carlyle, wrote, "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand."

Similar advice was given by Dr. Osler, professor of medicine at Oxford University, in a lay sermon to university students some thirty years ago. Living for the day only and doing whatever that particular day had to offer was the underlying philosophy of his life. The workers in Christ's vineyard, he pointed out, were hired by the day; only for the day are we to ask for our daily bread, and we are expressly bidden to take no thought for the morrow.

"The load of tomorrow added to that of yesterday carried today, makes the strongest falter. Shut off the future as tightly as the past. The future is today—there is no tomorrow! The day of man's salvation is now—the life of the present, of today, lived earnestly, in-

tently, without a forward-looking thought, is the only insurance for the future."

Sound advice for university students and not, perhaps, without application to the sanatorium patient whose hours of enforced idleness make him a prey to many vague fears about the future.

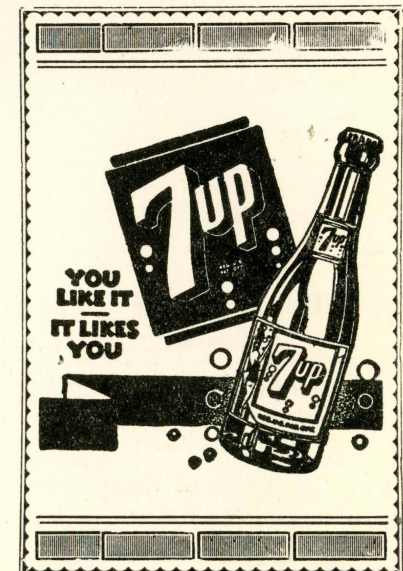
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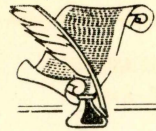
SACKVILLE LEADS CANADA

The total sales for the 1943 Christmas Seals in Sackville amounted to \$830.67 and again placed Sackville first in Canada on the basis of per capita purchase. Sackville citizens contributed on an average 33 cents per person.

SWEDEN X-RAYS EVERY CITIZEN

Every citizen of Sweden is to be X-rayed as the result of arrangements made by the Swedish National Association for Combatting Tuberculosis. The purpose is to obtain a complete picture of the spread of tuberculosis in the nation. Travelling laboratories are capable of taking 100 photographs an hour.





LETTERS

To the Editor:

I wish to extend my thanks and appreciation to the doctors, Sisters and nurses for the care and kindness shown me during my stay at the St. Boniface Sanatorium.

To all my friends, I wish them a very speedy recovery.—Sincerely,

ANNE PODAIMA.

Broad Valley, Man.

To the Editor:

As an ex-patient of Ninette Sanatorium I am intensely interested in *The Messenger* and everything pertaining to the cure and treatment of tuberculosis. As my cure-chasing days date back to 1923-26 and my most recent examination reveals that I may now be classified as a "cured case", I am glad of this opportunity of keeping in touch with the wonderful work being done in the Sanatoria of Manitoba. Through this magazine I can continue to watch the newest developments in treatment etc., so am enclosing one dollar for my subscription and will look forward monthly to its coming.

Thank you.

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To the Editor:

May I take this opportunity through the medium of *The Messenger* to express my sincere thanks and appreciation to the doctors, nurses, attendants and staff of Manitoba Sanatorium for their kindness and care during my stay there.

To my fellow cure-chasers, the best of luck and a speedy recovery.

Sincerely,

GEORGE BOYD

1196 Dominion Street,
Winnipeg, Man.

To the Editor:

I wish to express my sincere thanks to the Doctors, Nurses and Staff of the Manitoba Sanatorium for their kindness and care during my stay there.

To my fellow cure-chasers I wish a speedy recovery.

230 Sherburn St.,
Winnipeg, Man.

Sincerely,

CARL ROPER

To the Editor:

We kindly express our appreciation for the care and attention that we received during our brief stay in your hospital.

To all our friends, we wish a speedy recovery, and lasting health.

Yours,

R. PRINGLE,

J. KING,

G. BARR.

The company's clumsiest recruit was experiencing his usual difficulty in executing the command, "Present Arms." The drill sergeant studied him with disgust. "Where is the balance of your rifle?" he inquired.

"Honest, sergeant, I don't know," stammered the recruit. "This is all they giv' me."

* * *

When a little boy was told by his mother that she was born in Rhode Island, his father in Vermont, his sister in New York, and he in Ohio, he said: "Gee, Ma, how'd we all get together?"

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