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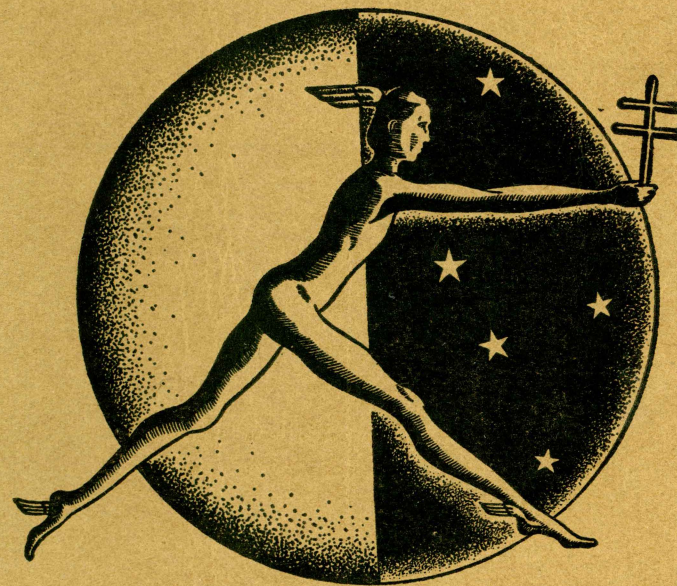
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Mr. J. Zayshley,
City Health Dept., X-ray,
Winnipeg, Man.

THE

Messenger

OF HEALTH



Vol. 9—No. 10 10 CENTS
 OCTOBER . . . 1946
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Portage La Prairie District

Oct. 15th—Tuesday— Sidney School (and rural schools) 9.00-10.30 a.m. Sidney Town 10.30-12.30 a.m. Sidney Town 1.30- 5.30 p.m. Sidney Town 7.30- 9.30 p.m.	Oct. 29th—Tuesday— St. Eustache School (and rural) 9.30-12.00 a.m. St. Eustache Town 1.30- 5.30 p.m. St. Eustache Town 7.30- 9.30 p.m.
Oct. 16th—Wednesday— Austin School (including rural) 9.00-10.30 a.m. Austin Town 10.30-12.00 a.m. Austin Town 1.30- 5.30 p.m. Austin Town 7.30- 9.30 p.m.	Oct. 30th—Wednesday— St. Eustache Town 1.30- 5.30 p.m. St. Eustache Town 7.30- 9.30 p.m.
Oct. 17th—Thursday— McGregor School (including rural) 9.00-10.30 a.m. McGregor Town 10.30-12.00 a.m. McGregor Town 1.30- 5.30 p.m. McGregor Town 7.30- 9.30 p.m.	Oct. 31st—Thursday— Oakville Schools 9.00-12.00 a.m. Oakville Town 1.30- 5.30 p.m. Oakville Town 7.30- 9.30 p.m.
Oct. 18th—Friday— Long Plains Reserve 9.00-12.00 a.m. Bagot School 1.30- 3.00 p.m. Bagot Town 3.00- 5.30 p.m. Bagot Town 7.30- 9.30 p.m.	Nov. 1st—Friday— Hutterites a.m. Oakville Town 1.30- 5.30 p.m. Oakville Town 7.30- 9.30 p.m.
Oct. 21st—Monday— Macdonald School 9.00-12.00 a.m. Macdonald Town 1.30- 5.30 p.m. Macdonald Town 7.30- 9.30 p.m.	Nov. 4th—Monday— Portage Schools 9.00-12.00 a.m. Portage Town 1.30- 5.30 p.m. Portage Town 7.30- 9.30 p.m.
Oct. 22nd—Tuesday— High Bluff School 9.00-11.00 a.m. High Bluff Town 11.00-12.00 a.m. High Bluff Town 1.30- 5.30 p.m. St. Ambrose Town 7.30- 9.30 p.m.	Nov. 5th—Tuesday— Portage Schools 9.00-12.00 a.m. Portage Town 1.30- 5.30 p.m. Portage Town 7.30- 9.30 p.m.
Oct. 23rd—Wednesday— Poplar Point School 9.00-12.00 a.m. Poplar Point Town 1.30- 5.30 p.m. Poplar Point Town 7.30- 9.30 p.m.	Nov. 6th—Wednesday— Portage Schools 9.00-12.00 a.m. Portage Town 1.30- 5.30 p.m. Portage Town 7.30- 9.30 p.m.
Oct. 24th—Thursday— St. Francois School 9.00-12.00 a.m. St. Francois Town 1.30- 5.30 p.m. St. Francois Town 7.30- 9.30 p.m.	Nov. 7th—Thursday— Portage School (and rural) 9.00-12.00 a.m. Portage Town 1.30- 5.30 p.m. Portage Town 7.30- 9.30 p.m.
Oct. 25th—Friday— Elie School 9.00-12.00 a.m. Elie Town 1.30- 5.30 p.m. Elie Town 7.30- 9.30 p.m.	Nov. 8th—Friday— Portage—Afternoon and evening.
Oct. 28th—Monday— Elie Town 1.30- 5.30 p.m. Elie Town 7.30- 9.30 p.m.	Nov. 11th—Monday— Portage—Afternoon and evening.
	Nov. 12th—Tuesday— Portage—Afternoon and evening.
	Nov. 13th—Wednesday— Portage—Afternoon and evening.
	Nov. 14th—Thursday— Portage—Afternoon and evening.
	Nov. 15th—Friday— Portage—Afternoon and evening.

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This space has been paid for by a public-spirited Winnipeg firm, interested in the improvement of health.

THE *Messenger* OF HEALTH

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

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 St. Boniface Sanatorium: J. S. ROLAND

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"Where there is no vision the people perish."—Proverbs.

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TRAVELLERS CONTINUE GOOD WORK

The Associated Canadian Travellers, Brandon Club, have resumed their Fall series of Amateur Concerts broadcast over radio station CKX. Very successful programs have already been staged at McAuley, Belmont and Miniota. Balance of the Fall schedule calls for broadcasts from the following towns: October 12th, Waskada; October 19th, Langruth; October 26th, Melita; November 2nd, Wawanesa; November 16th, Oak Lake; November 23rd, Deloraine; December 7th, Brandon.

The Ladies' Auxiliary of the Winnipeg Club staged a pleasant and successful tea in the Hudson's Bay Dining Room on September 28th, funds going towards the tuberculosis preventive fund being raised by the Winnipeg Associated Canadian Travellers. Convener of the tea was Mrs. H. T. Decatur, and President of the Auxiliary is Mrs. Kelly. In opening the tea, Alderman Hilda Hesson congratulated the ladies on their splendid undertaking to assist in education and fund-raising leading toward the eradication of an insidious and costly disease.

The Winnipeg Club's anti-tuberculosis committee is doing its share in the sale of Health Bonds, and under Chairman Ernie Conway, has turned over a substantial sum to assist in financing the free x-ray surveys that might be termed the commando action in our warfare against the tubercle bacillus.

Members of the Associated Canadian Travellers in Manitoba have demonstrated enthusiasm and initiative in carrying out a highly successful programme to assist the Sanatorium Board. They have worked hard and unselfishly

for the benefit of their fellow citizens. The community owes them a debt of gratitude for a generous service well performed.

NEW DEVELOPMENTS IN MANITOBA ORGANIZATION

Mr. G. W. Northwood, Chairman of the Sanatorium Board, recently announced changes in the Board's organization designed to improve efficiency and permit a more intensive drive than ever to reduce the toll of tuberculosis in Manitoba.

Dr. E. L. Ross, Medical Director of the Board, has been transferred from Ninette to Winnipeg in order that his knowledge and experience can be devoted fully to co-ordination and direction of the anti-tuberculosis campaign. As chief medical officer, he will be closely in touch with the affairs of all the hospitals operated by the Board, and, relieved of attending to detail in one institution, will be enabled to make a greater contribution in a wider field. In carrying out his heavy responsibilities he will have the wholehearted support of all who are devoted to the prevention of illness and the improvement of health.

Dr. A. L. Paine, who succeeds Dr. Ross as Medical Superintendent at Ninette, has taken over at one of the most difficult times in the history of hospital administration, due mainly to the shortage of graduate nurses. Under his guidance, the friendly, congenial spirit for which Manitoba Sanatorium is famous will not diminish. We voice a sentiment heard many times during a recent visit at Ninette when we say that staff and patients will confidently and loyally assist Dr. Paine in dealing with new problems and additional duties.

MY CREED

I would be true, for there are those who trust me;

I would be pure, for there are those who care;

I would be strong, for there is much to suffer;

I would be brave, for there is much to dare.

I would be friend of all—the foe, the friendless;

I would be giving and forget the gift;

I would be humble, for I know my weakness;

I would look up—and laugh—and love—and lift.

—HOWARD ARNOLD WALTER.

Physical Handicaps and Success

JOHN M. GIBSON, Director Division of Public Education, Montgomery, Ala.

SOME time ago a man who had been carrying an unusually heavy burden of responsibility returned to his home city from a long, tiresome trip. That trip would have left most men in a state of complete exhaustion. Yet he appeared as lighthearted and carefree as though he had been on his way back from a week-end holiday. His lightness of manner so amazed his traveling companions, that one of them asked him how in the world he managed to get so much accomplished without becoming utterly worn out.

The other man looked out of the car window in silence for a few minutes. Then he replied:

"You're looking at a man who spent two years trying to learn how to wiggle his big toe again."

That person was the late President F. D. Roosevelt. He was referring of course to his struggle with infantile paralysis, with which he was stricken after serving as Assistant Secretary of the Navy under Woodrow Wilson and running for the Vice-Presidency in the 1920 elections.

President Roosevelt's success in overcoming a grave physical handicap is of course remarkable. The average person's chances of rising to the occupancy of the highest honor within the gift of the American people are quite small indeed, even if he is blessed with perfect health and many other things are in his favor. When, to the normal difficulties that stand between the average person and the White House are added the terrific handicap of a crippling disease that has left its permanent mark, it would seem that such an ambition is all but impossible of

realization. Nevertheless, the evidence of history is that the thing can be, and has been done, not only once or twice, but three times.

The President of the United States is by no means the only example of outstanding success in spite of a serious physical handicap, although he is naturally the most shining one. The newspapers, magazines and radio frequently tell of the achievements of others who have been unwilling to accept their handicaps as an excuse for failure or a lack of effort.

There was, for instance, the little girl whose great ambition was to be a famous dancer and actress. She ran across the street one day in the pursuit of a playmate. An automobile happened to be passing, and the driver did not see her in time to stop. She was hit, her foot badly cut and her ankle was broken. One of her neighbors rushed to her, picked her up and took her to the doctor. The doctor examined her injuries carefully, shook his head sadly, and told the other man that the child would never walk again. She overheard the remark and determined to get well in spite of what the doctor had said. She did too. And that is not all. She has become one of the most popular moving picture actresses and one of the greatest box-office attractions the cinema industry has ever known. You undoubtedly have seen her many times at your favorite theatre. She is Joan Crawford.

The outstanding American hero of World War II looks like a perfect physical specimen as we see him in his snappy uniform in the newspapers and news reels. It is hard to think of General

Douglas MacArthur in terms of physical handicaps. Yet he is no stranger to them. He was suffering from a spinal ailment when he received his appointment to West Point and was rejected when he appeared for his physical examination. Fortunately for himself, his country and the United Nations, his ailment responded to treatment. He took another physical examination, passed and entered the Military Academy. The relatively obscure physician who helped him to qualify and thus had a hand in shaping world history was Dr. Franz Pfister. He died a few months ago in Milwaukee.

It is quite possible in this global war, which takes men and women to far distant battlefields of the land, air and sea, that one of General MacArthur's airmen will be Robert Kay Knowlton, eighteen-year-old West Virginia youth whose legs were withered by infantile paralysis while he was a young child. In spite of his handicap, he has been accepted as a flying cadet in the Royal Canadian Air Force.

The physically handicapped of several states received not only inspiration but also material assistance from Harold C. Brown, known far and wide as "Old Wayside." Badly crippled but unwilling to surrender to his handicap, he started a daily column in one of the South's leading papers, became the founder and editor of a monthly magazine for shut-ins and appeared several times a week on one of the nation's most powerful radio stations. He also carried on an extensive correspondence with both the sick and the well, spoke to civic clubs and made many trips in the interest of his life work. Nobody knows how many books, "smile packages", radio sets and other useful and helpful articles he was instrumental in furnishing to those who had become prisoners to their beds because of illness or injury. When he died a short time ago uncounted thousands who knew him personally and

other thousands who knew him only as a cheery voice from their loudspeakers and as a writer and editor were saddened as if by the passing of a close personal friend.

Mrs. Grace Thompson left her home, her husband and two children in Defiance, Ohio, some 23 years ago to regain her health in the great American southwest after a serious breakdown with tuberculosis. In 1923 she had recovered sufficiently to begin teaching music at the University of New Mexico and in time was made head of the department of music. She supervised the production of one of the greatest musical festivals ever held in the Southwest and on a trip East appeared before the Rotary Club of New York City, was featured in radio programs with Vincent Lopez' orchestra and received the nickname "The Little Director" from the late Graham McNamee. She was granted a year's leave of absence from her position at the University of New Mexico in 1941 in order that she might continue her studies.

But of course the vast majority of those who surmount serious physical handicaps are, and remain, relatively humble folks whose achievements rarely make headlines and seldom reach the attention of the general public. Yet their largely unpublicized and unapplauded accomplishments reflect a strength of character and a determination to succeed which should prove an inspiration to others who are handicapped. Let us consider some of them briefly.

Out in Pacific Grove, California, fourteen-year-old Warren Claunch has been a cripple since he was injured in a crash between his bicycle and an automobile in 1935. Nevertheless, he recently received his diploma from the Pacific Grove Grammar School. He was determined not to let his misfortune interfere with his education, and the local school board helped by having a teacher visit him every day and give him

instruction in his own home. As a result, he not only kept up his studies but also received honor grades . . . Joan Whisraut of Tulsa, Oklahoma, by using without arms. Nevertheless, by using her feet for work normally done by the hands, she does embroidery work, plays a guitar, writes, drives an automobile, rides horseback, dresses herself, feeds herself and washes dishes. She is studying English, music and history through a correspondence course. Another person who has found a measure of success in spite of having no arms is Vincent Hart. He lost his arms in a train accident about nine years ago. Being a World War veteran, he was entitled to hospitalization but found hospital life boring and returned to his home in Danville, Ga. Since then he has built a house, become a successful gardener and invented several tools which can be used without arms. He has carried reliance upon himself farther than even most unhandicapped persons, eating fruits and vegetables which he has raised and preserved and burning wood which he has sawed with the aid of one of his own inventions. He is also a great student and now has a reading and writing knowledge of Italian and French. He went to Puerto Rico to obtain a first-hand knowledge of Spanish and after five months there returned home able to speak it like a native. In overcoming his handicap, he said some time ago, he "discovered a new meaning and joy of life." And well he might.

Miss Mary Maley was born without hands or feet. Yet she has been doing Red Cross knitting for considerably more than a year at her home in Adrian, Michigan, often walking to her work . . . Jimmy Colton, Pittsburg's "boiler kid" was graduated from high school last summer, although he had been in an iron lung since September, 1939, when he was stricken with infantile paralysis and was obliged to give up his studies

and the football playing which had made him a gridiron star . . . When another Jimmy—Jimmy Webber, of Charlotte, N.C.—was called by his local board for possible military service, he showed up for his physical examination—crutches and all. He was crippled by an attack of rickets when he was just one year old, but that did not interfere with his desire to help his country in its hour of need. "We can't use Jimmy himself," the examining physician said, "but we can use plenty of his kind of spirit." The Selective Service Board found a place for him, though not in the army. Jimmy is now known as Draft Board Sergeant Jimmy Webber.

Others who have overcome serious physical handicaps are all around us. In important positions and humble ones, they are constantly demonstrating the power of a determined will even when housed in a frail or twisted body. They should be a constant inspiration both to their fellow-victims of life's misfortunes and to those of us who are more fortunate.—Radio talk delivered, October 27, 1942 over Station WSFA, Montgomery, Ala.

SEALS NO GOOD?

When anti-tuberculosis work was started in India and the first Tuberculosis Christmas Seals were sold to help finance it, one of the slogans used in connection with the seals was "For the prevention and cure of tuberculosis." One of the results, as reported in a letter from my friend, Mrs. Betty Smith, wife of a Presbyterian missionary in India, is this note of complaint received by those in charge of the work: "Your seals are no good. I applied to front of chest and to back but got no relief. I still have the fever and still have the pain. Please advise what I shall do next."

Ruth E. Warren, Birmingham, Ala., from
Your Life

COLDS

By DR. J. D. RILEY, Superintendent, Arkansas State Sanatorium

CATARRH or acute inflammatory infection of the upper air passages attended by a discharge from the nostrils, soreness of the throat, hoarseness and cough is often referred to as a bad cold.

I am attempting to discuss this subject, not, however, because I know much about it, for I do not. Nevertheless, colds are quite common; they affect the entire human race, and much valuable time is lost because of them. In addition to these, they cause much human suffering.

The nasal membrane performs three important functions. First, it serves as a filter to protect the lungs from dust particles which usually carry bacteria. Dust, inhaled, often lodges in the nose. The nasal passage is so constructed that it has a very large surface compared with the volume. Its irregular shape brings the air into contact with many times the amount of mucous membrane which would be necessary if passage of the air was its only objective. If it was not for this fact, the lungs would be subjected to a great deal more bacteria than they are.

Second, the mucous membrane of the nose serves as a humidifier; in other words, it supplies moisture to the air before it enters the lungs. The amount of moisture supplied—many ounces per day—varies with the humidity in the natural air. When the air is unusually dry, the mucous membrane of the nose may be taxed to its utmost to supply moisture. This results in drying of the air passage to such an extent that breaks may occur in the thin epithelium, which may thus become infected with bacteria.

With this function of the nose in mind, one can realize the importance of breathing air of about the right humidity. Many colds are due to dry air caused by artificial heat and many colds can be prevented by supplying the proper amount of moisture. One of the best and most practical ways to supply this in your room by using a blotter, one end of which is set in a water container and the upper part of which projects up out of the container. The blotter dries naturally by evaporation from the exposed surface and continuously draws more water from the container. Use of such a method will very quickly demonstrate the dryness of the air by the surprisingly large absorption of water. I would recommend this procedure to patients for their rooms, particularly to patients who are subject to bad colds.

Third, the mucous membrane serves in cold weather to warm the air to approximately body temperature before it reaches the lungs.

The common cold is the most frequent malady that afflicts people living in the temperate zone. It is known to be infectious; that is, the virus may be conveyed from one person to another. Our custom of occupying poorly ventilated offices, schools, theaters, living quarters, etc., provides ready means of infection.

Most of us fail to take the common cold as seriously as we should. We have perhaps recovered in a day or two from numerous colds. Consequently, we often consider it an admission of weakness to take a cold seriously, and feel as though we should continue our regular daily schedule. Physicians find

it very difficult to bring laymen to realize the seriousness of bad colds.

Rest in bed for a few days at the beginning of a cold often saves a great deal of time, for not infrequently one is ultimately forced to take such rest for a longer period than would have been necessary in the beginning.

A cold is not a disease in itself. It is a term which describes the combination of symptoms that may result from different causes. A cold may result from a lowered body resistance through becoming chilled, loss of sleep, irregular and improper meals, and by failure to observe well-known rules of hygiene. In such a situation the body may become an easy prey to infection which normally would be thrown off. Most of the bacteria inhaled into the nose do not grow because of the resisting power of the nasal membrane.

Colds that are not promptly overcome may lead to the development of deepseated infection in the sinuses, the air passages, the throat and the bronchi. Chronic sinus disease, and many of us know how distressing this condition is, had its origin at some time in an acute infection. Furthermore, the cold that hangs on is the best possible preparation for the onset of pneumonia.

Much can be done in the prevention of colds. One of the most important things to do to prevent them is avoid public gatherings during an epidemic of colds. Some persons are more susceptible to colds than others. One who is quite susceptible should avoid extreme changes of temperature and drafts, particularly cold drafts just after leaving a warm room. Everyone should wear light clothing indoors and good warm wraps or coats outdoors during cold weather.

A thing which contributes much to the transmission of colds and which can hardly be avoided is hand shaking. A person who has a bad cold transmits it to numerous individuals by the usual

hand shaking while doing his regular routine. But one who is quite susceptible to colds may sometimes avoid actually contracting them by washing his hands frequently, by keeping his hands and fingers out of his mouth, and by always washing them just before eating.

It has been my observation that when there is an epidemic of colds it is more severe in the first cases that appear and that it gradually becomes milder as more cases develop; consequently the longer you can avoid catching the cold, the milder it is apt to be. I have further observed that a cold contracted from another seems to be of proportionate severity. In other words, if a cold is contracted from one who has a mild cold, it is apt to be mild; or if contracted from one with quite a severe cold, it is apt to be severe, and that certain epidemics of colds are much more apt to cause serious complications.

I suppose it is generally considered very disastrous for tuberculous patients to have colds, but this has not been my observation. I think, however, the above impression prevails more because of acute exacerbation of tuberculosis being mistaken for colds than because of the effects of colds on tuberculosis. I have had occasion to observe large numbers of tuberculous patients with colds and to study the effects of the colds on their tuberculosis, and I rarely have seen any serious harm from them. Nevertheless, no one would dare say that cold would do tuberculosis good, for anything which throws a strain on the human body subjects the tuberculous patient to some extent to the dangers of reactivating or increasing the activity of his tuberculosis. Furthermore, the treatment of tuberculosis is quite in line with the treatment of cold as regarding rest and building up the body as we attempt to do in the treatment of tuberculosis and undoubt-

edly increases the resistance to colds.

The treatment of colds is directed toward a single objective, merely the restoration of the resistance of the body to normal. Many suggestions could be made as to the treatment of colds. A few that have been helpful follow:

Take a hot bath, wrap up in a cotton blanket, and go to bed.

Drink hot lemonade freely.

Keep warm with plenty of fresh air in the room.

Take your temperature, and if it is over 10 degrees notify your physician and follow his advice.

Do not take patent medicine for a cold, nor for anything else.

Alkalis are also known to help considerably in colds, and if you don't take lemonade to supply them, you may do so by taking one-half teaspoonful of baking soda two or three times daily.

Surveys have shown that it is much wiser to treat colds early than by the so-called wearing-down process. Cold vaccines have now and then shown real protective power.

A large percentage of people who ultimately find out that they have tuberculosis pass through periods of activity and quiescence, and mistake the periods of activity for colds.

Any person who has frequent colds should have his chest examined, including an X-ray picture of it, to determine whether or not he has tuberculosis. This most particularly applies when there is any tuberculosis in the family. Not that I would suggest that if there is no tuberculosis in the family, frequent colds be disregarded as a suggestion of tuberculosis, but just because people who have been exposed intimately to those with the disease are more apt to develop tuberculosis than those who do not know such exposure. However, it is wise for all who have frequent colds to determine whether or not they have tuberculosis.

Ex-patients should not mistake periods of activity in their lungs due to their tuberculosis for colds. When they have colds an investigation should be made to determine whether it actually is due to ordinary cold or to renew activity in their lungs.—*Sanatorium Outlook.*

JOTTINGS

Miss Elizabeth Alexander, who has been a member of the Central Tuberculosis Registry staff for the past year, has taken up a new position with the Paramount Film Service. She was presented with a plastic purse on behalf of the staff members of the Central Tuberculosis Clinic. The best wishes of her friends go with her.

Congratulations to Mr. and Mrs. Fred Dawson on the birth of their first daughter, Nancy Elizabeth, on August 16th.

The City Health Department reports three successful surveys at the Workers Benevolent Association, Isaac Newton High School, and the Great West Life Insurance Company. A total of two thousand people were x-rayed in these three surveys. The T. Eaton Company employees are now being surveyed. The survey is expected to last for a month.

Marriage congratulations to Mr. Les Williamson and Hazel Clarke, married in Winnipeg on Sept. 27th.

Marriage congratulations to Shuli Freeman and Joey Snusher, married in Winnipeg.

I would like to express my thanks and appreciation to the nurses and doctors of the King Edward Hospital for their kind care while I was a patient there.

To my many friends and former room-mates, I'd like to say good luck and get well soon.

Sincerely,
Crane River, Man. MRS. FLEURY.

The Canadian Legion of the British Empire Service League

No. 105
MANITOBA BRANCH
TUBERCULOUS VETERANS SECTION

Com. A. E. Christensen
Pres.
Com. F. E. Ross
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. H. Johnston
2nd Vice-Pres.
Com. V. E. Garner
Secretary

Com. W. J. Purcell, Treas.

WERE back again after a three month absence, during which time many of our readers have left the sanatorium. Congratulations, comrades, and we hope that you will make a complete recovery and be successfully rehabilitated in your new life. To you who weren't so fortunate, just keep on plugging and you'll get that break one of these days.

It was gratifying to see, at the meeting last Tuesday, quite a few new faces. We may yet fill that meeting room. There were seats for 20 or 30 more members, so don't feel that you will be doing someone out of his seat. Incidentally the monthly meeting is held on the first Tuesday of each month in the C.C.L. room in the Home Investment Building, 468 Main St.; that's about three blocks north of Portage Avenue.

At the last meeting it was decided to arrange to have printed a number of cards to be mailed by the comrades when they leave sanatoria. On the back of these cards will be a space for the ex-patient's mailing address, and the cards will be self-addressed to the Provincial Command Office. It is intended to supply each Sanatorium representative with a number of these cards. He will keep track of when patients are ready to leave, and see that they receive a card before they go. All the individual patient is asked to do is write his forwarding address in the space provided, place a one cent

stamp on the card, and mail it. We would like to impress on you the fact that this will greatly assist your branch secretary and treasurer, because without an up to date mailing list it is impossible for them to do their work properly. So try to remember this when the time comes to leave the Sanatorium. You will be doing a service to yourself and to your branch.

Our Provincial representative gave a report on the recent Provincial Command meeting he attended. He outlined the main points of the proposed Manitoba Command Building. Plans are going ahead well but it will be some time before actual construction can begin, for obvious reasons.

A smoker, sponsored by this branch is scheduled for Friday, Oct. 18th, at 8 p.m., in the Majestic Hotel. Admission is 25c, and anyone may attend. All members at the recent meeting were given tickets, so if you wish to attend contact one of our members, or our Hospital committee.

The Hospital Visiting Committee reported on their usual full round of activities. They're still giving out with the movies, the number of which is increasing by the month. One of the various problems they solved was that of a comrade who was forced to give up his business because of his disability. He had recently purchased a substantial amount of valuable equipment, and

(Continued on page 16)

Kindly address comments and enquiries to: F. Hutton, 539 Newman Street, Winnipeg.

Rehabilitation Notes

ABOUT JOBS

Choosing your post-sanatorium vocation is a tremendously important problem. At least one-third of our lives is spent at our work and if we are not keen about it, challenged by its opportunities, fascinated by its detail, then we miss a very real pleasure that might have been ours. The purpose of this series "About Jobs" is to give you a few facts about jobs and food for thought and discussion with those who are interested in your welfare.

LIFE INSURANCE SELLING

QUALIFICATIONS:

1. **Initiative**—the ability to be your own boss and to work without supervision.
2. **Faculty for Working Hard**—at least 7-8 hours per day and considerable evening work. Except for managerial and executive positions Insurance Selling has no fixed office hours.
3. **Perseverance**—ability to meet disappointments cheerfully. Turn-downs in your approaches for interviews are frequent. Pleasant manner in face of annoyance and disappointment is essential. If you are easily discouraged Insurance Selling is not for you.
4. **High School Education**—at least is desirable. Study and continuous reading is necessary.
5. **To be well and favorably known**—in your district is a valuable asset. The wider your connections the greater are your chances of success.
6. **To be genuinely interested in people**—to be able to meet and talk to people.

ADVANTAGES:

1. Permanent employment in a career offering a good future.
2. Payment of renewal commissions stabilizes agent's income.
3. Selling Life Insurance is best paid "hard work" in the world.
4. Age is no barrier to continued success. Experience and knowledge make the agent more valuable to policyholder and company.
5. There is considerable satisfaction in performing a valuable guidance service for the public, pointing out ways for a man to protect his family and insure the future education of his children.
6. Offers opportunity to meet new people every day.
7. Opportunity for advancement. Managerial and executive positions are constantly opening up.

DISADVANTAGES:

1. The job demands an unusual faculty for working without close supervision. For one who cannot "boss" himself the possibility of success is poor.
2. Financial rewards are poor unless the agent is willing to work hard.
3. Financial returns during first year or two do not run very high. Many agents earn less than \$150 per year to start.
4. The work demands a type of personality not easily discouraged. Although the public usually believe in insurance they do not usually expect to buy it today.
5. The hours are long. Evening work is necessary and will interfere with social and family life.
6. Insurance is not "bought" it must be "sold". The agent must go to the customer.

The Adolescent and Tuberculosis

By WILLIAM C. WENKLE, M.D.

WE read with horror of an airplane crash killing eighteen persons or of twenty-five school children dying in a bus wreck, but we give scant attention to the fact that during 1943, there were 6,094 Canadians died from this disease.

Tuberculosis strikes hardest at the adolescent. According to medical statistics, the greatest incidence of the disease occurs between fifteen and twenty-five years of age. Naturally, we are led to wonder why persons in this age group, embracing high school and college students, are predisposed to the disease.

Follies Outlined

Youth, generally speaking, is possessed of a surging desire to forge ahead to accomplishment. Often, however, these ambitious young people do endow them with sufficient physical strength to realize their ambitions without endangering their health.

Today a surprising number of students work after school hours to finance their education. These same students usually carry a full course of study and engage in extracurricular activities. This type of individual is to be admired for his ambition and zeal, but he may be jeopardizing his opportunity for learning as well as his future success.

Late hours and dissipation are probably the most serious offenders in lowering the body's resistance to disease. One night of heavy drinking, carousing, and the exposure that often goes with them, can tear down more tissues than can be built up in a month's time.

Proper emphasis must be placed upon

the inadequate diet of so many students, though few people of today are really ignorant of what food elements the body needs. Many students have insufficient funds to buy proper food. Others spend part of their food allowance for cigarettes and the movies.

Girls are especially guilty of improper selection of foods. This is doubtless due to the universal desire among women to be thin and shapely. Recently I dropped into a local drug store during noon rush hour. The majority of customers, mostly high school girls, had "cokes", with a roll or a thin sandwich, instead of wholesome meals.

The Insidious Invader

Because his life is filled with various school activities, the adolescent student fails to observe that his body may be suffering from mal-nutrition, over-exertion, fatigue, and similar ills. He may fail to notice a failing appetite, loss of weight, tiredness, or a cough that hangs on. Besides tuberculosis is such an insidious invader, it is well established in the body and is carrying out a campaign of destruction long before these mild symptoms develop. The victim may be seriously ill before he realizes that his condition warrants a physician's care.

Many a promising career has been nipped in the bud by tuberculosis because the overly ambitious student has failed to take care of himself during a very critical phase of his life. I know whereof I speak, for I acquired the disease during my last year in medical school as a result of my own failure to recognize my physical limitations. *Mountain Air.*

Last Will and Testament

I, CHARLES LOUNSBERRY, being of sound and disposing mind and memory, do hereby make and publish this my last will and testament, in order, as justly as may be, to distribute my interests in the world among succeeding men.

That part of my interests which is known in law and recognized in the sheep-bound volumes as my property, being inconsiderable and of none account, I make no disposition of in this will. My right to live, being but a life estate, is not at my disposal, but these things excepted, all else in the world I now proceed to devise and bequeath.

ITEM: I give to fathers and mothers, in trust for their children, all good little words of praise and encouragement, and all quaint pet names and endearments; and I charge said parents to use them justly, but generously, as the needs of their children shall require.

ITEM: I leave to children exclusively, but only for the term of their childhood, all and every of the flowers of the fields and the blossoms of the woods, with the right to play among them freely according to the customs of the children, warning them at the same time against thistles and thorns. And I devise to children the banks of the brooks and the golden sands beneath the waters thereof, and the odours of the willows that dip therein, and the white clouds that float high over the giant trees.

And I leave to the children the long, long days to be merry in, in a thousand ways, and the night and the train of Milky Way to wonder at, but subject, nevertheless, to the right hereinafter given to lovers.

ITEM: I devise the boys jointly, all the useful, idle fields and commons where ball may be played, all pleasant waters where one may swim, all snowclad hills



In the pocket of an old, ragged coat belonging to one of the insane patients of the Chicago poorhouse there was found, after the patient's death the above will. The man had been a lawyer, and the will was written in a firm, clear hand on a

where one may coast, and all streams and ponds were one may fish, and where, when grim winter comes, one may skate, to hold the same for the period of their boyhood. And all meadows, with the clover blossoms and butterflies thereof; the woods with their appurtenances; the squirrels and the birds and echoes and strange noises, and all distant places which may be visited, together with the adventures there found. And I give to said boys each his own place at the fireside each night, with all pictures that may be seen in the burning wood, to enjoy without let or hindrance or without any incumbrance or care.

ITEM: To lovers I devise their imaginary world, with whatever they may need, as the stars of the sky, the red roses by the wall, the bloom of the hawthorne, the sweet strains of music and aught else they may desire to figure to each other the lastingness and beauty of their love.

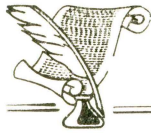
ITEM: To young men, jointly, I devise and bequeath all boisterous, inspiring sports of rivalry, and I give to them the disdain of weakness and undaunted confidence in their own strength. Though they are rude, I leave them the power to make lasting friendships and of possessing companions, and to them exclusively I give all merry songs and grave choruses to sing with lusty voices.

ITEM: And to those who are no longer children or youths or lovers I leave memory and bequeath to them the volumes of the poems of Burns and Shakespeare and of other poets, if there be others, to the end that they may live the old days over again, freely and fully, without tithe or diminution.

ITEM: To our loved ones with snowy crowns I bequeath the happiness of old age, the love and gratitude of their children, until they fall asleep.

few scraps of paper. So unusual was it that it was sent to a lawyer; and he read it before the Chicago Bar Association, and a resolution was passed ordering it probated. And now it is on the records of Cook County, Ill.

A. T. A. Magazine, via Manitoba School Journal.



LETTERS

Dear Sir:

I am enclosing \$1.00 for the renewal of my subscription to *The Messenger*. It is a fine publication and I enjoy reading it from cover to cover to keep up with developments in the field of "cure-chasing" and to see who's who in the San. news. Unfortunately the various ward writers have a tendency to leave out names, which is the only way those of us who are not in the San. have of following the progress of our friends.

From the September issue I note that a plan is being considered to hold a reunion of ex-patients next June. It sounds like a grand idea and if it materializes I for one would certainly like to be there is I can make it.

I have completed two years of Engineering and have just registered for the fourth and final year here at McGill. The studying I did while at the San. was of immeasurable value and was a big step leading to two successful years at University. This last summer I took a job in Vancouver as a draftsman in a manufacturing plant. I also managed to get in some good salmon fishing, which I enjoyed very much.

This time of the year is very beautiful up in the Laurentians. Last Sunday I had the good fortune to go for a drive up to Ste. Agathe, some forty miles north of here. The autumn coloring was marvellous, with every hill and valley painted in patches of red, yellow, brown and green in a picturesque way that only nature can fashion.

I shall be looking forward to my copy of *The Messenger* soon.

Yours sincerely,

JACK ABEL.

Beatty Hall,
3506 University St.,
Montreal 2, Que.

To the Editor:

We would like to take this opportunity of expressing our thanks and appreciation to the doctors, nurses, and attendants for their kindness and care to our daughter and sister, the late Florence Gadway, during her stay at the Manitoba Sanatorium, Ninette.

It will always be remembered.

Sincerely,

MR. AND MRS. LEON GADWAY
AND FAMILY.

Oakville, Man.

MISS SADIE ROSS LEAVES C.T.C.

On September 28th the staff of the C.T.C. gathered together in honor of Miss Sadie Ross. Miss Ross has been a member of the nursing staff of the Central Tuberculosis Clinic since its beginning in 1930. For the past six years she has been Matron of this institution. During her years of service Miss Ross gave unstintingly of her time and effort to maintain the standard of service of the C.T.C. For the past five years she has performed a service made extremely difficult by the scarcity of personnel for staff. She deserves high credit for her long years of efficient nursing care and administration.

In presenting her with a gift of silver on behalf of the Clinic staff, Dr. D.L. Scott spoke the words of farewell. The best wishes of all her friends accompany her.

VETERANS SECTION

(Continued from page 11)

was worried as to how he could dispose of it. Through the efforts of the Committee he was able to sell it and receive in return an amount equalling the cost price.

Well, comrades, that completes the report for this month, so we'll be seeing you in November. The meeting next month will be held on November 5th. Hope we see some of you there.

Dr. and E. L. Ross Presentation

On the evening of September 14th, patients and staff of the Manitoba Sanatorium, gathered together in honor of Dr. and Mrs. E. L. Ross.

Dr. Ross has been transferred to Winnipeg where he will act as Medical Director and co-ordinator of the institu-

The social evening was made up of games, contests, and dancing. At lunch-time the townspeople arrived at the Assembly Hall in a group to add their kind wishes. Donald MacDonald said farewell for the townspeople, and presentation of a mantle radio was made by



tions under the administration of the Sanatorium Board of Manitoba.

Dr. A. L. Paine, who succeeds Dr. Ross as Medical Superintendent of the Manitoba Sanatorium, gave the farewell address. The presentation of a beautiful bouquet of red roses to Mrs. Ross and a silver tea service to the couple was made by Miss Leslie on behalf of the staff, and Wendall Bradford on behalf of the patients.

Mr. O. S. Wood. Both Dr. and Mrs. Ross replied to the presentations with sincere words of thanks.

The popular couple, who have done much to foster the community spirit around the Sanatorium and the town of Ninette, will be greatly missed. The kind wishes of their multitude of friends accompany them into their new home in Winnipeg.

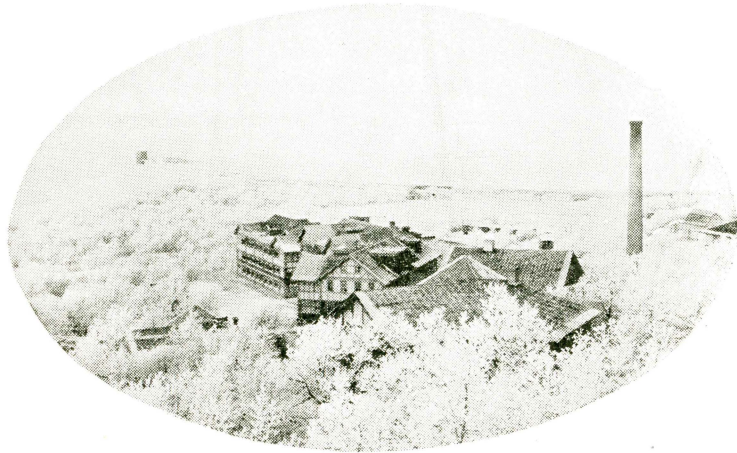
MR. D. M. COX HONORED

Congratulations are extended to Mr. D. M. Cox, Manager and Secretary of the Winnipeg Municipal Hospitals, who was elected President of the 14th Annual Institute of the American Society of Hospital Administrators.

Mr. Cox has very ably served the city of Winnipeg for many years in the

conduct of business affairs of the King George and King Edward Hospitals. It is a tribute to his experience and knowledge of hospital operation that he should be so honoured by his fellow workers in this specialized field. He is the first Canadian to have been elected to the presidency.

Manitoba Sanatorium



Number One News

This, good people, is a summary of what the grapevine has been humming with for the past month. I will not endeavour to repeat some of the remarks. Those boys from Number One, the things they do—m-e-r-c-y, m-e-r-c-y. I really don't know how they ever expect to make much of themselves, dear me, I don't know. I mean r-e-a-l-l-y.

There has been considerable speculation in the papers lately about Canada preparing to defend her northland. This all builds up to the fact that Miss Cassidy's Angels are now forming a squad known as "The Little Black Devils," according to the rumors reaching headquarters here.

"Tootsie" is back again. If you are wondering who that is, ask Helen Kerr. Who is that nice white short for, huh? Size 16 too, he must be a big manly fellow, eh?

The discharges for the last month include: Wilmont, Moir, Chipping and Macfadden. Please no comments or dirty cracks; we aren't ashamed to ad-

mit they are our friends. The place seems sort of lonely without you guys. The holidays might as well go under this paragraph. They were: none other than our own "Curly" Bartlett, Johnnie Melynychuk, Eddie Stapleton and Willie (O'Smith) Achtymichuk. I believe that completes the list. This is not an afterthought, although it appears that way. "Scotty" (Miss Scott that is) has left on her holidays; no more night duty or we'll ask "Curly" how he likes doing without his tea.

We have a high-pressure salesman in our midst; he gets his goods for less than wholesale and sells them at one hundred per cent profit. A nice business if you can make it go. Ice cream is a hard product to look after on a warm day though.

Have you seen this one?

But I despite expert advice

Keep doing things I think are nice,

And though to good I never come,

Inseparable my nose and thumb!

You have had it for this month, bub!

I guess that goes for all ex-G.I.'s too, eh gang?

Number Two News

Well, I'm back at the job again after a nice holiday. Thank you, Faye, for taking over last month.

Our only newcomer this last month is Mrs. Bender from West One. Welcome, Shirley.

Miss Anderson!!! the only check-up this month and she just came in last night and believe it or not she comes from Dauphin.

Bernice Payne, Mrs. Jenkins and Bea Hoskins were in for pneumo.

Mrs. Hanisch from Teulon was in for several days. Her stay was short.

Stewy, our champion jig-saw puzzler; which way, wasn't stated you notice.

Faye Allen and Olga Potoroko have started to work in the dining-room. How goes every little thing, girls?

Joe Lewis was a friend (?) of one of the more fortunate listeners of the west ward upstairs. After the big pool

she got last night, says she can get another pair of pyjamas.

Talking of pyjamas, the other day when a certain party was mending hers, she said, "I wonder where the material goes to when it wears out?" Have you found the answer yet, Elsa, or would you like some help?

Paul left on Sunday for his holidays; the J.B. is the lucky guy to take over the job of pulling beds; some beds, unfortunately, were on the wrong side.

Think I'd better stop for this time, so cheerio.

West One

Having written no news last month, your reporter hopes that the following are the most noteworthy events.


There were more birthdays than we can count. However, the birthday cakes were delicious and we enjoyed every one.

A few moves scattered our population hither and yon, and now we find Shirley Binder in Number Two, Caroline Chalotte and Alice Morriseau on West Three, and Julie Flett in the Women's Obs.

On September 7 we had the San's annual picnic. The program was thoroughly enjoyed by us all. Certainly this would be an incomplete item if we failed to mention the "skit" produced by the medical staff. We all concluded that we preferred our every-day method of getting "Pneumo" to the "specialized" version we saw on the lawn.

We cannot complete this column without speaking of the contrariness of human behaviour in a given situation. We always understood, and were told, that when Eros' darts struck, our appetites would fail noticeably. However, there is a young girl in West One who certainly does not react as she should. She who never cared about eating any meal has acquired an enormous appetite. The lunches at bedtime are noteworthy. We

Healthful



SINCE 1877

CANADA'S FINEST

Drewry's Dry

thought we could remember how many cookies she ate, but we must ask one of the onlookers. Do you remember, Phyllis?

Cheerio.

WEST TWO NEWS

We are all happy to see Miss Hamilton and Dr. Paine back again after their well-deserved holiday. Miss Rathwell has left to spend her holidays in Alberta.

This month we welcomed Mae Cousins from Tilston, Man., who stayed only a few days, then moved to the Obs.

The lucky people who had birthdays were Mrs. Baldock and Mary Thomas.

We have changed Edith Hanish's name from "Joke Pot" to "Jack Pot" since she has won so many horse races.

Things we would like to know:

Who are the lucky guys who are going to get the diamond socks that Jeanie and Dollie are making?

Who took the bottom of Mrs. Ficek's pyjamas?

Who in the middle of the night brings Dippy sandwiches?

Why does Miss Hamilton always sing "Waitin' for the Trains to Come In"?

West Three

The days may come and the days may go but the San goes on forever, and so does this column or so we've been told. Do you really want to hear some of the doings of the angels on West Three?

As is usual at this time of the year, thoughts of Christmas are beginning to fill our mind (and that's not rushing the season either!). As a means of helping the uninitiated to prepare, a crocheting and knitting class has been started under the capable direction of Professors Ghidoni and Davis. One of their promising—and we do mean promising—pupils is Mrs. Lovegrove.

Angie has been further marked for

your notice by her remark that she had visits from her "families" this month. Have we a bigamist in our midst?

Which brings up the question, did you read the lawyers' talks on easier divorce laws? As Margaret Lobb has had trouble on retaining her final decree on the basis of insufficient grounds, she says she's quite in favor of the idea. You who are also married to the cure will see her point.

Our heartiest birthday greetings go to Francis Voaski. May all your days be sunny!

We threw out the welcome mat for Lorna Blackbird, who came to us from the Obs. Good luck to you, Lorna.

Though we did our best to get something on Mrs. Otto and Mrs. Berke, as well as a few of our more notorious characters, the former were too good and the latter too bad to provide fit news for your eyes.

And now with the puzzling thought of how anyone could ever THINK of being wicked up here, we shall close.

'Bye till next month.

East Three Laments

In reference to the picnic, we of East Three extend a very hearty vote of thanks to the members of the staff and those patients whose efforts made the

John Yellowlees & Sons
 NINETTE, MAN.
 The Friendly UNITED Store

MEN'S WEAR

A complete assortment of
 COSMETICS & TOILET ARTICLES
 ORIENT HOSIERY IN SILK,
 AND SILK AND WOOL

GROCERIES — HARDWARE

We invite the patronage of
 Sanatorium residents.

day a thoroughly enjoyable one.

We say farewell this month to Walter Olenik and Boyd Caldwell. Good luck, fellows. Drop us a note sometime.

Bob Crane is with us once more after his stay at Neepawa. He reports a very pleasant holiday and a gain in weight of six pounds.

Would anyone bearing information regarding the strange disappearance of Dr. Carey's black cat please report immediately to Mr. C. Gates, as the discovery of numerous small vertebrae in the stew is causing us some concern.

We welcome to our midst Ross McLeod and Bill Pidlacki.

Among those who received visitors this month are C. Gates, J. Hudson, R. McLeod, W. Farrion, A. Trudel, B. Arthurson and G. Labor.

Thought for the month:

A pint in the future

Is worth two in the San.

East Two Notes

There is very little to report from the cure-chasing flat this month.

We have three newcomers who have joined our promised circle, they are: Dave Smith, who has been here before. We hope that your stay will be short and pleasant, Mr. Smith. Next is Joe Wisnewski, who did a stretch in the navy. Here's wishing you the best, Joe. Last but far from least is our little Jimmy Hayden, who moved down from East Three.

Jimmy was telling me very confidentially in the washroom yesterday, "Boy, have I ever got a hay day in this flat. Everybody gives me chocolate and then twists my arms when I won't tell the local gossip." But that's O.K., fellows, I've got that boy under my guiding wing.

Our hearts go out to Dave Gair who is now chasing the cure under a severe handicap, as the result of the chubby little cherub they've moved in beside him. But as far as we know, Dave, he's harmless.

Anybody wanting to secure a good wife can visit room eleven. Boy, can that old girl ever kit.

We have our dear "Florrie Nightingale" with us again (in the person of Miss Duncan). Guess we were lucky she didn't decide to take a splash in the sea of matrimony while she was at San Francisco. What was wrong, Miss Duncan, the luck out?

Our own Danny Spence has been very glum these last few days. I think it was the departure of some one. That's O.K., Danny, it's time the 'canaries' were going south. Getting cold, you know.

Anybody finding a ten-foot piece of rope, please return same to Frank Mitchell and Johnnie Kyrzyk. A very small reward offered.

Your reporter is going on leave so he may have a real scoop for next month. So until then, "Cheerio, everybody."

SEND FOR OUR CATALOGUE

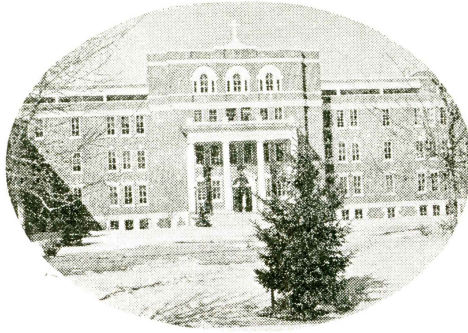
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Use Block Letters

St. Boniface Sanatorium



Annex

From the Annex comes the usual beefs and squawks. This month Jimmy Oulette left for home; the best of luck to you. Ann Ferland seems to be getting all the attention from the orderly these days. "What's she got that I haven't got." Jean Ross has taken pencil and paper in hand and is off to school. She keeps wondering why there ever was such a subject as arithmetic. Clara Lavalle has also her old books out again. Then we have Mary Guiboche who expects to be up on exercise in a few months. Florence Oulette had her mother to visit her recently. Mrs. Skunk in 303 seems to be doing all right for herself. Mrs. Shorting now occupies 312, but we hear and see very little of her. Ida Chartrand is another school girl, but Beatrice Schmidt has other ideas than school—she believes in doing what comes "naturally". Mable Chartrand had her operation. Mable says the best part of an operation is the doctor—hmmm—tell us more, old bean.

I'm awfully sorry Mrs. Chaboyer, but there is no mail for you today. By the way, where's this place called Cumberland? I never did see it on the map. Our canteen girl this month is Eva

Lucier—keep up the good work. Agnes Lucier is busy reading as usual. Across the hall we find Yvonne Bercier and Jeannette Lamoureux; the wild screams probably means there is a cockroach running loose in their room. Mrs. Olson and Mrs. Costick are having a quiet chat together, so we won't bother them this time. It seems this is where I am to sign off. 'Bye now.

St. Lucs

Here we are again with news from St. Luc's. Starting with the balcony, what goes on? I wonder if Walter Romas has started his bicycle shop yet. If so, what is he doing with a pair of pliers in one hand and a watch in the other hand? Next we have Mr. Colliou—what are your wages as interpreter for Lambert? Harry Genaille, who is all that fan mail coming from and what is her name?

Jean Lambert — "Colliou, how you make the capital B on the typewriter?"

Frank Chartrand—How are you getting along with the Red River Jig on your violin; practice makes perfect, you know?

Mr. Weidman, the jig-saw puzzle man, has very little to say.

Mr. Webb—What is the feature attrac-

tion in town; could you object to matrimony?

Nicholas Markusa has one special saying, "Turn me loose, man. Turn me loose."

Jake Unra—5.15 p.m. cowboy Jake is on the air.

Solly Solomon—Miss Finch, any news from the doctor yet? I expect to leave soon you know.

Carl Smith—How do like the bath you get from Miss Robertson every morning?

Stan Van Koughnett (playing hearts) —"Why do I always have to get the queen of spades?"

Tommy Bjarnason—Nurse, please sew these two buttons on my pyjamas.

Mr. Buote, Mr. Calvez, Mr. Delaronde—All quiet on the western front.

Mr. Warenko—How's the toe getting along?

Walter Britsky—If I had better tools I could do a better job.

Walter Park—Don't say much, but busy as a bee.

Archie Sanderson—Who's the nurse you proposed to after your review?

Peter Yakasavich—Are you still having trouble with the tape on your chest?

Gin York (the best patient on the flat)—"Thank you very much, nurse."

John Maksymk—Better go on a diet or you'll split your cast.

Joe White, Charlie Harper, Allan Spence, Dannie Bruce—Where's your partners, boys, for the square dance?

Elliott Lander—How do you like your private room? Hope to see you up and around soon.

Mr. Kuz keeps going up and down in the absence of Alex Vermette.

Mr. Cymboluk—We don't see much of you since Wasyl Chic has been promoted to his new living quarters.

Charlie Kiesman—What entertainment are you getting since Frank Jenkins left?

Wasyl Chic—Not doing much visiting

lately. Is it because you forgot where you left your clothes?

John Ptasynski and Mike Ferman appear quite contented, although their main object is going home.

Peter Glacken became the proud father of a daughter on September 15. Congratulations and keep up the good work.

Charlie Simpson—Who's the little dark girl so often seen by your bedside.

In the big ward there has been no changes at present. Daily at 11 a.m. Alex Moskow and John Kushma don their hats for a half hour of outdoor exercise. Alex Skolowski manages to spend a week-end at home every once in a while. Harry Mulyk is back on routine 3; although he doesn't enjoy it, he doesn't say much. Alex Ducharme put everyone in the shade last weigh day by tipping the scales at a measley 201 pounds. Zucewich is still the centre attraction among women.

Our present nursing staff consists of head nurse Miss Finch, Miss Robertson, Miss Hespler, Miss Sicotte, and as two newcomers to our staff, Miss Cuss and Miss Peat. Our two kitchen girls are doing a fine job, namely Misses Marie and Aurise Ducharme. Our star orderly, Fred Schlesinger, spends eight hours daily with us and the rest of his time is spent with his rabbits.

The lucky boys this month who received discharges were: Jack White, Sid Meilleur, John Palmer, Paul Rekrut. We wish them the best.

Well, I guess this winds up our broadcast for this month. Cheerio.



Youville Yodellings

A friendly hello to all our pals,
 Here's gossip from the Youville gals.
 Mrs. Van Sickle, new from St. James,
 Lives with the beautiful balcony dames.
 Right from the start she got routine
 eight,
 So she should be well at that rare rate.
 Mistresses Hassock and Wesney make
 sure
 That they do their share of chasing the
 cure.
 Helen Sabovitch is chic and charming,
 To say any more would be quite alarm-
 ing.
 Blonde Mrs. Knowles when three weeks
 are due
 Makes certain not to miss a shampoo.
 While Strutt is busy with mitts and
 socks,
 She's going to fill that Christmas box.
 Pastels and oils in 266,
 Ah, Rose Buckle is back to her tricks.
 Nothing will beat Johnnie's personality,

Keen humor, pep, and originality.
 Your pretty blue dress, we all adore it,
 But where was the date when you first
 wore it?
 These days Mrs. Rose has unusual pluck,
 Cod liver oil capsules must bring her
 luck.
 In 216, without any endeavor,
 Hansley and Ledger smile more than
 ever.
 How come Mrs. Devlin wants "Five
 Minutes More,"
 We wonder as we hear her down the
 hall.
 Jennie Hubar is quite a gal,
 Taking it easy is my morale.
 Dyck, you chuckle as you stitch that
 glove,
 No doubt they're for the one you love.
 Early each morning Bennett will say,
 "I wonder if he will bring candy to-
 day?"
 'Tis a new boyfriend we soon will sur-
 mise,



Front, left to right—Julia Senick, Mary Nicholson. Back—Mary Dirckz, Yolande Gratton. These patients have all been discharged from Sanatorium recently.

'Cause a certain love-light is in her eyes.
 There are four new girls in 258,
 Introductions I fear are too late.
 From Transcona comes Salemchuk's
 Pretty Pearl,
 She's sheezy and weeny and a very nice
 girl.
 Mrs. Elliston types to the third degree
 And Miss Danlyk is faithful to routine
 three.

Betty Loewen is very jolly,
 Cracking jokes is up her alley.
 The mirrors stopped flashing across the
 line

Since Frenchie's departure from 209.
 And it seems that someone else has
 stepped in,

A St. John's orderly visits our Min.
 Another freshman in the room of fame,
 Miss Luba Plaskow is her name.
 Much can be said, but little we'll say,
 She is the Cleopatra of our day.
 Sue Chimuk is a perfect host
 When it comes to parties with coffee and
 toast.

Quoting little Helen on routine three,
 Will you come waltzing tonight with
 me?

Elliott still has lots of vigor and vim,
 That one meal a day just won't make her
 slim.

And Millie Hrankowski will never fail
 To bring the daily welcome mail.
 Mildred Morrow, with ease and grace,
 Takes to the slow Sanatorium pace.
 Ann Donaldchuk has routine six
 And she's the gal for playing tricks.
 Early to bed and early to rise—
 Does 41 still believe in those lies?
 New members in there are very good,
 They're Mrs. Makowski and Madame
 Houde.

Peggy and Carriere in 239
 As usual smile and are doing fine.
 We think our new nurses are really
 swell,
 Clemens and Dickie and Mrs. Bramwell.
 Although some are only starting from
 scratch

On Youville we think they're quite a
 match.
 Soltiss and Spencer and good old Green,
 The busiest nurses you've ever seen.
 Miss Jenkins is away for a pleasant
 vacation,
 Soon back to the San be your destina-
 tion.
 That's all for now it's time to close,
 Yours truly bids you *adios*.

Ste. Therese Tattlings

Alice turned the corridor and saw be-
 fore her a long dim hall with countless
 doors open on either side. There were a
 half dozen little ants scurrying to and
 fro, but as she looked more closely, she
 saw they weren't ants at all but people
 in white dresses and wearing white
 caps. Alice looked into the rooms and
 saw the people lying in little brown
 beds. It was all very strange. Then
 it dawned on her this was Slumber
 Land! There she was, Alice in Won-
 derland!

Suddenly she heard a loud rumble
 accompanied by a low growling noise.
 The floor shook and the halls threw
 back echo upon echo. The little people
 in the beds came to life with a start.
 Those sitting up lay down and those ly-
 ing down sat up. As Alice wondered
 what the commotion was about she
 heard a long whisper, "The doctors are
 making rounds." So that was the rea-
 son for all the commotion, thought Alice.
 Perhaps it was like the white Queen
 with the doctor crying, "Off with his
 head" or "Off with her head." Alice
 watched and turned the corner. "Why,
 they are almost as big as me," she said
 half aloud. A moment later she heard
 a familiar voice muttering, "Oh dear,
 oh dear, I fear I shall be late." She saw
 her old friend the white rabbit hurry-
 ing to join the party, but he had doffed
 his dress suit and donned a white gown.
 "Wait a minute," Alice cried. "Take me
 with you." The rabbit looked up, start-

led at the huge figure. Alice had nibbled a piece of the cake in her pocket and was rapidly shrinking. When they were equal in height, Alice explained; I would love to visit the rooms with you, it's so strange. To which the rabbit replied gruffly, "Oh, all right, come along then." When they entered the first room the WR said, "This is Kay Ingram and Myrtle King; they have routine 4 now." On Myrtle's bed Alice saw her old friend that marked turtle who likes to warble, "I belong to Myrtle." "This, continued WR, "is Gwen Gora." "Oh, yes," said Alice absently, "I know her sister Anne." She wondered why he gave her such a frigid look; in fact, ice formed on his spectacles. "And this is Blanche Brousseau; she is still pale from the day when she washed her hair, then learned it was pneumo day."

They entered the room just as Mrs. Geisbrecht was giving a lesson in Dutch to Mrs. Reimer. "I can't say much in here," WR whispered. "Mrs. Polton's husband is a reporter for the Tribune and everything gets into the papers you know." Then he turned to Mrs. Kitchen and said sincerely, "I have a message for you from the Ste. Therese girls I would like to extend deepest sympathy on your recent bereavement." In the next room Alice met four lovely girls. Frankie Horning was doing a good job of cure-chasing, Marg Krupa was busy preparing for leave for a few hours to

spend with her dad and sister. Beside Ina Blake and Nora Christensen was a menagerie of queer figures, the like of which even Alice had not seen before. However, she recognized the baby the cook had held; it was scarcely a pig after all, more like an alcoholic dream; there was the ghost of Canterbury and a horse called Jimmy, and a lamb; even her friend the Jabberwocky was there, only now they call it Rosie the Walky Talky. Now, entering the next room, Alice heard a voice say, "Pancakes yesterday, pancakes today." It must be the white Queen again, she thought, but it was Mrs. McDermott on a favorite topic. Next was Doreen Hoepner and beside her a picture frame with the motto, "Thinking of you." "The picture can be changed quickly if necessary," said WR. Another bed bore the sign, "Helen Yakas—Finest Christmas Cards—Samples Upon Request." The fourth bed was occupied by Ruth Linde, who was fortunate to be discharged; now Anne Drebit has it.

In the next two rooms they peeked in on some of the quieter patients. Mrs. Sasnells and Mrs. Olson were listening to the radio; Mrs. Saeticki, Mrs. Lewici were talking some language that Alice did not understand. Across the way they saw Rhoda back in her old bed which Mrs. Challons had borrowed till she went home; Rhoda torn between her work and making faces at Mrs. McDermott. Charming Helen Ratner is busy chasing the cure and being very friendly when you drop in to chat with her. Then they heard a banging and a chatter as someone came down the hall. Amid the noise of falling plaster, the WR called out, "Here comes Holm." "How odd," Alice said, "that they should call it 'Holms, Holms, sweet Holms.'" "Yes," said WR, "she was there on lease." After that Alice said it was getting late and time to go, so they just glanced into the balcony and saw Doris and Mesdames Ellis, Rosencranes, Wilson and Hammond just ready to retire,

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and the less said about that the better, so they slipped out quietly and that's the end of Alice's visit to Slumber Land. Happy dreaming!

St. Joseph

According to Spike Roland there's nothing to this reporting business—so here goes nothing.

Come along with us and we'll introduce each one to you. First for the balcony and those handsome males, namely Messrs. Coswin, Shepit, Hrehoruk, Neva, Wickdahl and Doctor Wiseman. Welcome to Hrehoruk who hails from the C.T.C. and is on R. 6 already. We wonder how it's done. Dr. Wiseman is on R. 10 now and his daily comment is "Oh for R. 8 and no bed-making."

Next comes 301 and the sole occupant is Dr. Johnston sporting R. 8, no less. We hear the cribbage games with Mr. Neva are really good. Mrs. Leopky and Mrs. Magnusson hold down the fort in 302. Why all the glamorizing on pnx. days, Jackie? Mrs. Magnusson has joined the oh so exclusive "pneumo" club now to keep her pal company. In 303 we find Miss Panisco all alone and doing nicely, thank you. Mary June Mazyn and Bernice Krentz have moved to 304 and are still the "eager beavers" of the flat. Their handicraft is really beautiful.

Occupying room 305 is Don Madon. Tell us, Don, "How do you survive those color schemes Annie works into her socks?" Mrs. Lenhard, a good cure-chaser if we ever saw one, lives alone in 307. In 308 we welcome Mrs. Laycock from Rosebank and her room-mate Mrs. Devlin from Youville. Mrs. Laycock is on R. 6. Mrs. Wilgosh and Mrs. Sharp are the gals in 309. We hear they like potatoes. Now for 310 and in here we find Mrs. MacKenzie and Miss Hargreaves. Both these ladies pass away the hours knitting cute booties for a cute little girl. Welcome to Miss De-

montigny and Miss Staples. Hope your stay is short and sweet. These two occupy 311. Across the hall Mrs. Houde goes in for some good cure-chasing. How's the reading material, Ethel? We see Mr. Sigvaldason has moved from the balcony and now keeps Bill Weidner company. Just who has the craving for ice cream cones in that room? Well, that's one way of broadening the hips, they say.

We welcome Mrs. Desjarlais and Hedy Nierodka, fellow cure-chasers in 315. Keep up the good work there. Well, hello, Mr. Robideaux, and isn't it nice to have a room-mate?? Mr. Rusnak comes to us from Deer Lodge Hospital. An extra big welcome, Mr. Rusnak.

We're up to 320 and everything is *very, very* quiet there. (Mrs. Russell and Mrs. Johnson are really not kidding anyone, are they? They are never that quiet. But on our last visit they both looked well. Nice going, gals.) Now let's mosey down the blue side. My, my, four nice girls are residing in 327 now, though it's only temporary we hear. Hope you enjoy your stay on St. Jos. Mrs. Chaboyer, Miss Flett, Miss Chart-rand and Miss McGuiness. Mrs. Kuzina, Mrs. Stempnick and Mrs. Masyk keep things humming in 332. Mrs. Kuzina breezes around on R. 8.

Room 334 is the last room and in here we find Miss Campbell, Miss Ferlund,

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Miss Cote and Miss Schmidt. Now just who sent those beautiful red roses, Miss Schmidt, and it isn't even spring?

Dr. Povah had himself a nice holiday and is back with us again. Lucky people we are. Our nursing staff, headed by Mrs. Nichols and ably assisted by the Misses Lasco, Lemieux, Paquin and Gosselin, are ever on the job. Julien, our orderly, keeps busy. Isn't it something what cycling can do, Julien? On nights Miss Reti and Miss Mowat spoil us; we love it but definitely. Looking after us all we have Sister Normandine, who sees to all our wants, big and small. A special welcome to Sister Blaise, who is taking Sister Cyprien's place. Her very able assistant is Mrs. Johnston, who has a smile for everyone.

Well, reporting is not such a bad job after all. So long till next month.

Ici St. Jean

How time flies—another month gone! So here we are to give you the latest dope. Recent newcomers to our flat are Mr. Wilson in 110, Messrs. Webber and McLaren in 111, and Mr. Kutchera in 103. We hope your stay will be as pleasant as possible, boys.

Two lucky men to leave us for home during the month were George Lemay and Tom Copping, both from the balcony. Good luck, fellows! Holding down the balcony now are Messrs. Porter and Masionier. They are busy sharpening up on their cribbage game these days. Some of the boys say they need to sharpen up. We wonder.

Mr. Carson is holding down 101 as usual. Mr. Berg in 103 has a new partner now, Mr. Fred Kutchera. In 104 Johnny Pubinski is enjoying R. 5 along with his partner, Tom Borrer, who is tipping the scales pretty high these days. Johnny is the champion house builder

on the flat. In 105 Bob O'Halloran is singing as loud as ever. In 108, Anderson is settling down to normal since the fall racing season is over. Rolick is enjoying some outdoor exercise and keeping in shape.

Jim Boddis and Len Johnson from 109 are both doing fine after recent operations. Ted Elliott is happy these days. He has a brand new yo-yo and gives demonstrations before breakfast. "Sac" Sacouman is trying his hand at fancy cushions now and doing real smart. The 110 gang has increased to four with the arrival of Mr. Wilson. Jim MacKay is busy turning out classy leather jobs. Roland is busy taking subscriptions to *The Messenger*, and Turner is still chugging along on his two cycles.

In 111, besides the newcomers Webber and McLaren, we find Heath and Cochrane busy chasing the cure. Cochrane turns out some neat cushion jobs too. Room 112 is still being held down by Andy Einarson and Mike Demchuk. We're glad to see Mike doing so well after his operation. Andy is taking on all comers at cribbage these days. That seems to cover our gang. Now for the staff. Head nurse Bailey is being assisted by Miss Carberry, Miss Korzinsky, Mrs. Cranston and Miss Smith. Trainer Swainson, of course, is still company sergeant-major. See you next month.

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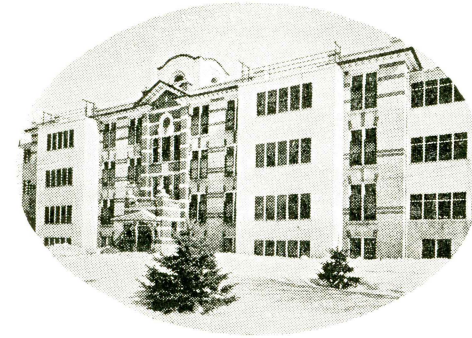
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King Edward Memorial Hospital



This is station KEMH broadcasting from the beautiful banks of the Red, in the heart of Fort Rouge. We are sending you the highlights of the day, from early dawn, till the purple shadows of the night.

Here we are again, Cy Stewart and Cliff Collins welcoming you to our broadcast, and asking you to lend an ear to our programs of spicy news and romantic rhythms.

At the sound of the chimes it will be exactly 5.30 a.m., and for your early morning pleasure we present: The Rise and Shine Harmony Trio, featuring Mrs. Digby and Mrs. Colburn.

Their first number will be "Basin Blues", a tune that is sure to wash your early morning cares. Fan mail leads us to believe that this program is favored more by our second floor listeners.

Time marches on and our next feature is a snappy program that tends to pep up your day. Here we are with "Breakfast Sunshine", starring Miss Ashton with the Maids in Blue. This is definitely one show you cannot afford to miss. For those who intend to spend the day in bed—who doesn't—a special feature follows this program, which entitles all our listeners to be snugly tucked in bed.

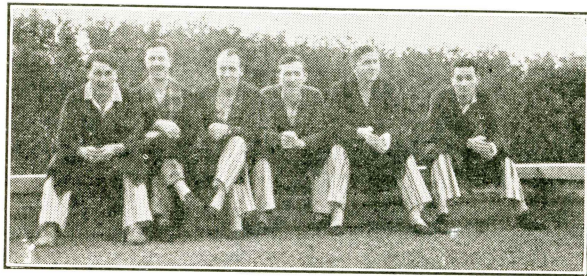
Again we hear the chimes and it is

now 9 a.m. Hold it: Don't turn your radio off, we are now presenting the "Pneumo Hour". Here we have a show in which our "fans of the air" play a prominent part. At the moment we are observing a flee of hospital taxis conveying the happy participants to the gathering of the clan. Of course on arrival at the studio, there is always the question of who is going in to be screened with who. Before proceeding, we would like to introduce the Masters of Ceremony, Dr. Downey and Dr. Quong. We are now approaching the important feature of our hour, it may puzzle some of us at first, but if you don't get the point, you soon will. For those of you who were unable to take part in our "Pneumo Hour" today, we urge your attendance tomorrow same time, same station.

Cure Chasers Incorporated, the sponsors of our next program, "Slumber Time" invite you to relax midst their sweet lullabys from now till noon.

Station KEMH now brings you the noon broadcast of news: In the field of music a recent discovery unearthed the crooning talents of Norbert Andrest. . . We are informed that Bill Wainright has adorned the left hand of his true love with a diamond. . . A lovely little lady rode on Cupid's arrow from Kenora

to visit Bob Ronnebeck. . . . Manitoba High Schools welcomed back Joyce Maxwell last month. . . . Tony Woloshen, the local business man and stock promoter, is attempting to locate a carload of apples he purchased in a recent venture. . . . George Ebert, business agent for Moore and St. Onge is pleased to announce that they are producing some new creations in ladies' purses. . . . Eulie Floran recently attempted to gang together the north ward jive hounds, who are orchestra minded, but due to lack of instruments in the local music shop, nothing materialized . . .



Left to right—John Stratton, Alf Mayer, George Ebert, Stan Hallock, Steve Morozowski, Stan Stawarski. These patients have been discharged recently with the exception of George.

what a break for the second floor.

All the eligible young bachelors are urging the attendance of Jacqueline Lott and Ruth Ellison on movie nights—how about it girls?—Dorothy Allen has been having some mysterious dreams lately, what is it this time Dorothy? Final news brings us this item of interest, Celeste has been acting very mysteriously lately, what makes Business College so interesting Celeste?

We now send out a call to our love-lorn friends, and ask you to listen carefully to the advice of the heart throbbing girl of station KEMH, none other than Margaret Zawadke. . . . For those of you who wish to make a new approach to your problem, Marg offers to in-

struct you in her dark room technique. . . . Success in the field of romance demands an experienced tutor, such as we have here, so be sure to write and let her in on your troubles. All information held in strictest confidence.

Four o'clock brings the social news of the day. . . . We have the following items of interest. . . . Andrew Weibe, Lawrence James, Cecil Bonner and Cliff Collins became proud fathers during the month of September. . . . Paul Stuart reached the quarter century mark last month when he celebrated his birthday. . . . Bill Gilmore and Bill

Grimbel have at last attained manhood. . . . Others who celebrated birthdays were Elsie Moore and Stan Stawarski. . . . Among recent happy events was the marriage of friend Ricky. . . . We also wish to announce that Gertie has been flashing a diamond in the second floor neighborhood. . . . Miss Ellis and Miss Mrack recently returned from a well earned vacation.

The pulsating rhythm of "Blue McDougall" and his orchestra will now charm your supper hour. The enchanting voices of Maxie and Smiling Jackie Booth add that sparkle of romance to this entertaining hour.

Once again from our make-believe newsroom we bring you the latest flashes. . . . The Miss King Edward contest

is progressing nicely, but we are still encouraging the entry of more contestants. . . . Up to date, the judges have received an unspecified number of photographs. The glamour girls of Ward 215, Sheila and Lois are still thrilling the male movie-goers with their presence on Wednesday nights. . . . Dorothy Watson and Mrs. Maxwell welcomed two newcomers to their haven of rest, in the persons of Jean Hunter and Olive Hartwig. . . . Norm Kier and Johnny Shepherd have a newly created partnership in the Christmas Card business. . . . Doris, popularly known as Nip, recently mistook the elevator for a sideward. What were you thinking of Doris? . . . Peggy's choice of current literature is terrific. How about lend your radio sponsors a copy or two? . . . Young "Doc" Ritchie has traded his garden tools for a stethoscope and is back with us again. . . . Slim Raaen spent an enjoyable weekend at home during the latter part of September. . . . Agnes, Beryl, Helen and Ann are maintaining an atmosphere of

lively chatter. What is the topic this time girls? . . . Leather workers note: Eddie Draho has created something new in billfolds.

Last minute flashes bring us the recent entries and discharges. We hope the following will have a short stay, John Webster, Elvin Caldwell, Jacob Schroder. Leot Hanson, Glenn Stanford, Steven Kowalchuk, Mrs. Leila Cooper and James Moir who hailed from Ninette.

The lucky people for this month are: Mrs. Valerie Birch, Maurice Goldberg, Mrs. Jean Grocholski, Alexander Robb, John St. Onge, John Stratton, Johnness Sigurdson, William Nastiuq, Stanley Stawarski, Stephen Morozowski, Mrs. Freda Pollick, Mrs. Isabel O'Reagan and Ernest Roberts.

Before signing off again we would like to thank the T.V.S. branch of the Canadian Legion for our Wednesday evening entertainment.

This is station KEMH closing our broadcast for this month, be sure to tune in for our next broadcast.

Clearwater Lake Indian Hospital

Thanks a lot for your invitation to join your great company of cure-chasers. In the next few issues we shall introduce the patients in our hospital, commencing with Ward I.

The personnel of this thirty-bed dormitory is made up of fifteen or sixteen little girls, eight young teen-age maidens and half-a-dozen young matrons. Over this way are two little sisters, Margaret and Lena Sanderson. They have a brother, Ben, on Ward III. Margaret and Ben have been attending the day school at Big Eddy Reserve, about four miles from The Pas. Also meet Jeanette Thomas, Emma McGilvary, Lillian Nechaway, Lucy Caribou, Eva Rosa and Sara Jane Neepin. Sara is a twin, comes from a family of proud pos-

sessors of two sets of twins. The Dionne quintts have nothing on the Neepins for hilarity. The ages of these little girls range from three to six years. Their favorite pastime is looking at colored journals and comic sections. Please don't look under their beds nor in the bedside tables for torn paper, mutilated soap bars, broken knobs, strings, the odd bit of cutlery, and pieces of bread, etc., for you will certainly find plenty. These youngsters are proud mammas of lovely dolls brought in by their parents or donated by interested people. Often they exchange dolls and toys with each other, of their own free will.

The Junior Group comprises Jessie Nechaway, Marie Adele Sinclair, Angelique Morin, Bertha Mushego, Evelyn

Merasidy, Adelaide Tathlen, Dora Miller and Edith May Hall. Ninety-nine times out of ninety-nine you will find them engaged in something they should not be doing. But this time we can stop to watch the fun. Each one has made a bubble pipe out of newspaper. Real bowls are not required. They pour a little water (regardless of paint destruction) on top of Adelaide's table

are wrought by their own mastery of the art. The hobbies vary from bead-work on leather, embroidery, paper beads and jig-saw puzzles. Ida and Flora Jean have undertaken to piece a quilt top which is only, so far, in the marking stage. Maybe the most delightful pastime is spent at the windows. What's all the attraction here? Why the broken screens? Noboy's telling! (Besides, the whole world loves a lover.)

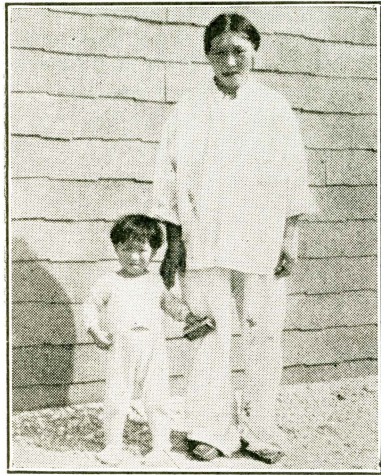
The girls who have attended boarding schools can write and read English. Recently Mrs. Moule presented them with a number of good books. Mr. Moule is our night-watchman. The Moule family once lived at Ninette and later moved to The Pas, continuing the bakery business. Now they are living at this airport base.

Many donations have been made by the Anglican, Salvation Army, United and Presbyterian denominations, and the Elks.

The adults in Ward I are as follows: Ellen Ross, an ex-patient, now a ward aid. Ellen comes from Gods Lake and attended the school at Norway House. Her sister, Mrs. Louisa Grieves, has been a patient here since last fall. On the ambulant list is Doris Flett, and Mrs. Margaret Flett. The two in the balcony are Mrs. Flora Ogema and Mrs. Charlotte Ballantyne—newcomers—and a very congenial pair. Oh what would we do without these three ambulant matrons at night, to settle down this live-wire ward! When they swing those neat little flat sticks and utter a few meaningful words of Cree, believe it or not, it works like magic (most of the time).

In closing this month's column we would like to say hello to Dr. McRae, Miss Norrie, and Jim Menzies at Winnipeg, and Luella Ferris and Margaret Crate at Manitoba Sanatorium.

'Bye for now. You'll be hearing from us next month.



Mrs. Kolit and her son Armand come from the far northland. They are Eskimoes.

and gather around. The toilet soap is wet and slippery. The technique is to dip one end of the paper tube into the water and then swish it across the soap—gently blow—and a large, beautiful, radiant bubble emerges.

Some of these girls have attended the boarding schools at Cross Lake and Sturgeon Landing where they joined the Brownie and Girl Guide organizations.

Introducing the next group of bonnie lassies, we meet Flora Jean Michel, Ida Thomas, Lucy Merasidy, Mary Anne Hart, Maggie Jane Harper, Evelina Moose, and Cecelia Peters. Most of those rose-bud lips and shining curls

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