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S. MILLEY



The St. John Ambulance Association

The Newfoundland centre of the St. John Ambulance Association has now received a supply of the materials needed for use by classes in First Aid to the Injured. All who wish to join these classes will do well to communicate with the Honorary Secretary, Dr. Macpherson, from whom information on the subject may be obtained.

A few words regarding the Association will interest our readers. The St. John Ambulance Association is the Ambulance Department of the Grand Priory of the Order of the Hospital of St. John of Jerusalem in England; it is one of several foundations or charities of this Order.

At the head of the Order as its Sovereign Head and Patron stands the King. If you look at any of the larger pictures of the late King taken in uniform, the badge of the Order, you will observe, is one of the most prominent of the decorations on his breast. You will see the eight-pointed Maltese Cross with the lions and unicorns in alternate angles, just as depicted above only without the scroll, hanging in the middle line or joining of the collar; it is surmounted by a crown.

If you look at a picture of the present King, taken in uniform before his accession, you will find, in the same place, the Cross of the Order,

he being, as Prince of Wales, the Grand Prior of the Order.

The Order of St. John of Jerusalem took its origin at the close of the 11th century, when hospitals were established for the relief of the Christian Pilgrims visiting Jerusalem. It was then a voluntary confraternity, the members of which were associated for a charitable object.

The confraternity was introduced into England about the year 1100, and then grew rapidly in power and influence, its headquarters being in Clerkenwell, where they still are to this day. The Order was incorporated in Jerusalem by charter of the Kings of Jerusalem.

About the year 1827 we find the Order becoming very active. The representatives of the various branches from all over Europe decreed its revival in England, making the English branch the headquarters of the Order.

On the 14th May, 1888, in recognition of the excellent work performed by the members of the Order during the past half century—especially the establishment of the St. John Ambulance Association, which has done, and is doing, such widespread and admirable work in the interest of humanity, and the foundation and support of the British Ophthalmic Hospital at Jerusalem—Her late Most Gracious Majesty Queen Victoria granted to them a new Royal Charter of Incorporation by the old name and style of "The Grand Priory of the Order of the Hospital of St. John of Jerusalem in England," and Her Majesty was graciously pleased to become the Sovereign Head and Patron of the Order, the Charter enacting that this office should be held in succession by future Sovereigns.

Selection for admission into the Order or enrolment as Honorary Associate is made by the Chapter-General with the approval of the Grand Prior, but no person selected can be so admitted or enrolled without the approval and sanction of the Sovereign, after his or her name has been duly submitted by the Grand Prior.

St. John's Gate, Clerkenwell, London, E.C., where are the office and headquarters, has become even more interesting by the fact that it now possesses a memorial of the late Duke of Clarence and Avondale, the first sub-Priory of the Order since its reincorporation under the Royal Charter granted by Queen Victoria.

The Gateway, with the Crypt of St. John's Church, is now all that remains of the ancient Priory. It was rebuilt in the year 1504 by Sir Thomas Dowers, then Prior of the Order, who thus completed the work of restoration which had been continued since the time of the great destruction of the Priory by fire in the year 1381.

On a vacant piece of land adjoining the eastern tower of St. John's Gate has been erected a Chapter Hall, drill hall, show room and stores depot, which were formally opened by H. R. H. the Prince of Wales, Grand Prior, on the 9th of July, 1903. The Chapter Hall is decorated with pictures from Malta, bequeathed by the late Victor Houlton, and presented by other members of the Order.

In addition to the British Ophthalmic Hospital, and the St. John Ambulance Association, foundations of the Order, the following movements have been supported or established by the Chapter during the past century: The relief, through its Almoner's Department, of poor convalescents, recommended by hospitals and infirmaries, by the issue of diet and nourishing food; the maintenance of a parish nurse in Clerkenwell; the promotion of cottage hospitals in country districts; a system of transport for the injured, by means of ambulance stations, where suitable litters are distributed; the initiation of what became known as "The National Society for Aid to Sick and Wounded in War" for the relief of both combatants during the Franco-German campaign; the Eastern War Sick and Wounded Relief Fund for the same purpose during the Russo-Serbian War; the award of medals and diplomas for deeds of gallantry in saving life on land. The Order has also taken part in the promotion of other useful institutions, such as the Metropolitan and National Society for training and supplying nurses for the sick poor, and the Victoria Hospital, Cairo, and has afforded relief to the sick and wounded in the Empire's armies, in some of their recent campaigns.

The St. John Ambulance Association was founded in 1877, having for its objects:—

- The instruction of persons in rendering First Aid in cases of accidents or sudden illness, and in the transport of the sick and injured.
- The instruction of persons in elementary principles and practice of nursing, and also of hygiene and sanitation, especially of a sick room.
- The manufacture and distribution by sale or presentation of ambulance material, and the formation of ambulance depots in mines, factories,

and other centres of industry and traffic.

(d) The organization of Ambulance Corps, Invalid Transport Corps and Nursing Corps.

(e) And generally the promotion of instruction and carrying out works for the relief of suffering of the sick and injured in peace and in war, independently of class, nationality or denomination.

It must be clearly understood that the objects of the Association is not to rival, but to aid the medical men, and the subject matter of instruction given at the classes has been defined by the Medical Committee of the Ambulance Department with the object of qualifying the pupil to adopt such measures as may be advantageous pending the doctor's arrival, or during the intervals between his visits.

We append a copy of the Syllabus of Instruction, a perusal of which will show our readers that here is something that everyone would be the better for a knowledge of.

SYLLABUS OF INSTRUCTION. FIRST AID TO THE INJURED.

First Lecture.

- Principles of First Aid.
- A brief description of the human skeleton and of the muscles.
- Fractures—Causes, varieties, signs and symptoms.
- Treatment of Fractures—General rules.
- The triangular bandage and its application.

Second Lecture.

- Treatment of Fractures (continued)—Details of treatment.
- Dislocations, Sprains, Strains—Signs, symptoms and treatment.
- The Heart and Blood Vessels—The circulation of the blood.
- Hemorrhage and Wounds—General rules for treatment.
- The Triangular Bandage and its application.

Third Lecture.

- Hemorrhage and Wounds (continued)—Details of treatment.
- Internal Hemorrhage—Signs, symptoms and arrest.
- Hemorrhage from Special Regions—Signs, symptoms and arrest.
- Bruises, Burns and Scalds, Bites and Stings, Frost Bites.
- Foreign Bodies in the Eye, Nose and Ear.
- The Triangular Bandage and its application.

Fourth Lecture.

- Nervous System.
- The Organs and Mechanism of Respiration—Artificial respiration.
- Insensibility.
- Poisoning.
- Fifth Lecture (for males only).
 - Improved methods of lifting and carrying the sick or injured.
 - Methods of lifting and carrying the sick or injured on stretchers.
 - The conveyance of such by rail or in country carts.

Fifth Lecture (for females only).

- Preparation for reception of accident cases.
- Means of lifting and carrying.
- Preparation of Bed.
- Removing the clothes.
- Preparation for surgeon.

This is the adult course. There is another for pupils under 16 years of age.

There is also a like comprehensive syllabus for each of the following subjects: Home Nursing, Home Hygiene and Sanitation. These lectures must be given by duly qualified and registered medical men. Each lecture and practical work in connection with it occupies about two hours, and at least a week must elapse, except in the case of candidates from the Mercantile Marine, for whom 24 hours interval is necessary, between one lecture and another.

The cost per candidate, where the class consists of over twenty and under thirty (more than thirty in a class are not allowed) is something under \$1.00, this covering everything. Mixed classes of males and females are on no account permitted, except for the Home Hygiene course.

No lecturer may examine his own class for certificates.

Great Need for Instruction.

The needless suffering so frequently caused by the ignorance of unskilled persons is as undoubted as it is deplorable.

By rough handling, or even the mere want of the slightest knowledge of how to support an injured limb, a

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THE NEW REMEDY FOR Nervous Exhaustion

The depression experienced by women during convalescence from childbirth is never forgotten. The sense of utter nerve fatigue blots out interest in everything. "ASA-YA-NEURALL" is invaluable at such times. It feeds the nerves, induces sleep, quickens the appetite, aids digestion, and soon buoyancy of spirits and the sense of nervous vitality returns. \$1.50 a bottle. Obtain from the local agent.

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simple fracture has been made compound, or even complicated. The method of arresting bleeding from an artery is quite easy, yet thousands of lives have been lost, the very life blood ebbing away in the presence of sorrowing spectators perfectly helpless because none among them had seen taught one of the first rudiments of instruction of an ambulance pupil—the application of an extemporized tourniquet. Here is a clipping from the Evening Chronicle:

Man Bleeds to Death.

A few days ago a young man Grandy met his death at Burn in very sad circumstances. He was getting ready his gun to use at the celebration of his brother's wedding, which was to take place the next day, when suddenly it exploded, blowing one of his hands completely off. The wound was bandaged by friends as well as possible under the circumstances, but the flow of blood could not be checked, and before the services of a physician could be procured the man had bled to death. His untimely end has cast a gloom over the place, as he was a general favorite with all that knew him.

How many occasions of general rejoicing have been turned into times of mourning all around our Island Home by such events as the one here recorded?

By recent exchanges we see that in the crushes incident upon the burial of our late revered King there were reported over 6,000 cases of sudden illness and accidents treated by pupils of the Association. This is probably only a percentage of the number actually attended.

How can the general public help in this work?

How Help can Be Given.

(a) By medical men in giving gratuitous lectures. Those who have given four complete courses are entitled to be made honorary life members of the Association.

(b) By all in organizing and attending classes, lending rooms for their use and by pecuniary support.

All funds raised locally are devoted to the working of the Newfoundland centre.

An annual subscription of \$1.25 and upwards constitutes membership of The St. John Ambulance Association. A donation of twenty-five dollars and upwards constitutes life membership. In the case of business firms contributing that sum and upwards, with a view to defraying the expenses of classes connected with their places of business, an individual member of such firm shall be appointed a life member of the Newfoundland centre. In a case where the firm is desirous that its own trading or business name or designation should so appear, the period of such nominal life membership for one such payment is limited to ten years.

The Committee therefore appeals for increased substantial pecuniary support which may take the form of annual subscriptions, donations or legacies, and in so doing desires only

Late King's Funeral.

At People's Theatre, T. A. Hall.

The funeral procession of the late King Edward VII. from Windsor to London, as it took place on May 20th past, is now given to the world in motion picture form. This great film will be shown at the matinee this afternoon and evening at the People's Theatre. The picture shows the Royal mourners, including many of the crowned heads of Europe. The long procession of carriages containing the Royal heads and distinguished personages, the route of the procession from Westminster Hall to Paddington. This is a genuine picture, displaying the actual occurrences and ought to attract large sittings this afternoon and night.

Contributions will be thankfully received and acknowledged by the Local Honorary Secretary, Dr. Macpherson, 26 Queen's Road, St. John's, or by the Local Honorary Treasurer, Mr. John Fenelon, Board of Trade Building, St. John's.

You Tire Easily—There's a Reason.

Look in the glass, your color is not good,—restless one minute, oppressed the next, you are soon tired and fretful, and it may be the world looks like indigo,—so blue, depressed and full of fears have you grown. Your world is out of joint, you are out of joint with it. Not temper, nor feeling, but weakness ails you. Neglect it, you are sure to grow worse, for nerve exhaustion and bloodlessness do not right themselves. Take Ferrozone (blood food). It will strengthen your nerves, give you a supply of rich red blood that will start nerve, muscle and brain tingling with renewed strength. Take Ferrozone (blood food). How it sharpens the appetite, aids digestion, supplies the nerves with strength, fortifies every function of the body. Strength, buoyancy of spirit, vim, enduring color and physical well-being may all be yours if you take Ferrozone. Ferrozone (blood food), price 50c.

Tennis Club Meeting.

The Nfld. Lawn Tennis Club held its annual meeting in the offices of Messrs. A. J. Harvey & Co. last night. There was a large attendance of members and the reports of the Secretary and Treasurer which were submitted were very satisfactory. The election of officers was then held and resulted as follows: President: Mr. A. J. Harvey; Secretary, Mr. J. Fenelon; Treasurer, Mr. R. J. Winter. The following were appointed as a Committee: Messrs. C. McK. Harvey, J. S. Munn, John Harvey, W. S. Monroe, Gerald Harvey, N. A. Outerbridge and W. H. Rennie.

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- 40 inches wide . . . Collins' Price, 15c. per yard.
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- 46 inches wide . . . Collins' Price, 18c. per yard.
- 48 inches wide . . . Collins' Price, 19c. per yard.

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Medicine, but a reliable harmless combination that Medical Gentlemen feel confident in recommending.

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