

They say in the country—Rain before seven, it will clear before eleven.' Many a misty, rainy, depressing morning breaks into a glorious noon. If we have got to have our fit of the blues, let us get it over early and have done with it. Some of us have muddled away long enough in our early years; it is time to taste the summer and the sun.'

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course of instruction into a period of from 6 to 10 days. At the end of that time each man is presented with a Red Cross button, to wear constantly as a badge, and a First Aid army packet, to be carried about the person regularly during working hours, and a promise is exacted that he will always respond to a call for assistance at any time. Those showing special aptitude for the work, are given every facility to act as instructors to others, being furnished with all the literature necessary to carry on their studies, and make their district a centre for the dissemination of First Aid knowledge. When the services of Doctors are available, they are enlisted to give the course of instruction on the lines outlined by the Mother Society, which always prefers this method, to that of instruction through lay men.

At the Demonstration in Forbes Field Pittsburgh, Pa., before President Taft, and about 20,000 of the public, largely composed of miners, some 300 men gave a splendid exhibition on First Aid work, the result of the work outlined above.

Looking on at the work being performed, and criticising it from the experience gained after some twenty years of First Aid work, I must admit I have rarely seen anything better. Some glaring mistakes were made, but it would be invidious to remark too severely on them in view of the general excellence and enthusiasm shown. I could not help but contrast this with the indifference shown in our own district to this most important work, and feel certain that if a determined effort be made, starting from the top downwards, that we shall soon be able to shew in our mines and steel works, as good, or better results than those attained in the anthracite district round Scranton, Wilkesbarre, and the Lehigh Valley, where they boast that one in fifty of the miners, is a trained First Aid man.

Contrasting the First Aid cabinets used by the Red Cross Society which are put up by Bawer & Black of Chicago, with those in use around our own mines put up by Johnson & Johnson, I found several additions that are worthy and desirable of adoption. These consist of a bottle of aromatic spirits of Ammonia, to replace brandy, a paper drinking cup, packets of pueric acid gauze, for burns and scalds (a most valuable addition) and above all the splendid First Aid packet, which is the best I have ever come across. It is a metallic case about the size and shape of a sardine tin and opens somewhat similarly. It contains two Es-march bandages, six safety pins and a ribbon compress of gauze. This is so folded that the user has no need to touch any part that will come in contact with a wound. The variety of uses that such a packet as the above can be put to, in the hands of a good First Aid man, make it the most valuable of any on the market. I met the agent of Johnson & Johnson at Pittsburgh, and advised him of these differences in their cabinets, and asked him to write as to their ability and readiness to make a change in the composition of contents of those supplied our mines, and thus enable us to keep in line with the most up-to-date methods.

Whilst on this subject of First Aid, I inspected at the Marianna mine of the Pittsburgh Buffalo Coal Co., a very decently equipped temporary hospital for injured miners. It consists of a room about 50 ft. by 11 ft., steam heated and well lighted. The furniture and appointments consist of lavatory and bath (slipper and shower), two well appointed beds with rubber covered cushion covers; bottles of oxygen and pulmotor. Store cabinet with full kit of surgical supplies, an instrument cabinet and operating chair, two wash basins and stretchers for transport. This room is kept locked but is in the charge of the bath attendant day and night. At this particular mine there is a village built on model lines under the control of a Board of Health which over looks the sanitary conditions of the houses and surroundings. They try to do most of this work by moral suasion, failing this sterner measures are quickly taken. I obtained a circular card which the Board distributes amongst the villagers and append it to this, as I consider this a most important branch of First Aid work, viz: hygiene, and it will probably offer some suggestions as to hygienic conditions round our own villages.

As I mentioned in the part of the paper dealing with Rescue work, the U. S. A. Bureau insists on all rescue men being trained in First Aid. It is intended to make this a regular part of training at our own Rescue Stations in the future, and we shall thus have from 150 to 200 men who will be in some measure able to do their share.

WHAT YOU CAN DO —

—TO HELP MAKE MARIANNA A CLEAN CITY.

Leaflet distributed by the Pittsburgh Buffalo Co. in Marianna:—

1. Take away all the ashes and dirt from your back yard immediately. Send your rubbish to the dumping ground.
2. Clean out your cellars, stables and sheds. Whitewash your cellar walls, fences and hen houses.
3. Burn all rubbish that will burn. Clean your vacant lots and alleyways.
4. Avoid mixing ashes and garbage. This is against the law. You may be fined five dollars.
5. Refrain from throwing old paper, banana or orange skins into the streets.
6. Plant some grass or flower seeds to make your home beautiful. Every house should have a little green grass and a few trees.
7. Keep your yard clean all the time. Dirty yards cause flies, sickness, death. Old tin cans hold water; water breeds mosquitoes. Rotten garbage makes bad air, bad air makes weak bodies, weak bodies make big doctor's bills.

Sickness costs money, suffering and sorrow.

Pure Air and Sunshine prevent sickness.

Put up your windows at night and do not sleep in rooms without fresh air coming in. Night air is not harmful. Persons who live out of doors do not have colds. Frequent colds invite disease. Persons who do not ventilate their homes have colds. Do not have lamps turned down in sleeping-rooms, and never have a pit lamp burning in a bed-room. Gas stoves should always have flue connection as the fumes from the gas are poisonous and cause sickness and death. When you have members of your family sick with contagious diseases, such as typhoid fever, measles, whooping-cough, scarlet fever or any disease for which a card is put on your house, observe the rules of the Board of Health and advice of Health Officer, that you may