



On the left: S. A. Armstrong, Deputy Minister of Soldiers' Civil Re-Establishment and Director of Invalided Soldiers' Commission. In the center: F. G. Robinson, Director of Invalided Soldiers' Commission, Department of Soldiers' Civil Re-Establishment. On the right: F. B. McCurdy, Parliamentary Under-Secretary of Soldiers' Civil Re-Establishment and Chairman of Invalided Soldiers' Commission.

**T**HE system of dealing with the re-training of war cripples in Canada is controlled and administered by the Federal Government through the Department of Soldiers' Civil Re-Establishment, which has special authority conferred on it for the purpose of providing these returned soldiers with courses in industrial re-education.

The Head Office, which is necessarily in Ottawa, is charged with the general administration of the scheme, as adopted by the Government during the last session of Parliament, and in each military district throughout the Dominion there is a representative of the Department responsible for the carrying on of the work in that district. The work in each district is organized in much the same manner, and the description of the system employed will apply to each of these districts with such variation as may be necessary to meet local conditions.

In brief outline the main work of Industrial Re-Education in its various phases may be divided under six heads: (1) Interviewing. (2) Training. (3) Medical care. (4) Follow-up, or after-care. (5) Discipline, and (6) Social service.

The interviewing of the disabled men is conducted by a staff of officials who are highly trained in this work. They have been selected as much as possible from that class of returned soldiers who, before going to war, had had training in technical work in universities, and who, since graduation, have been through some practical experience in handling men in trade and industries. This necessarily gives them the best angle from which to review the various occupations a returned man would have to follow in order to earn a living. Their former close contact with men in industrial life puts them in direct touch with the ambitions, desires, and mental state of the men with whom they have to deal.

It is of the utmost importance that these officials should be close students of human nature, and it has been

## Canada's Machinery for Helping the Disabled Soldier to "Carry On"

Over 2500 Returned Men are Taking Courses in Industrial Re-Education; 3200 Courses have been Granted and 350 Men have Graduated

By WALTER E. SEGSWORTH, M.E.

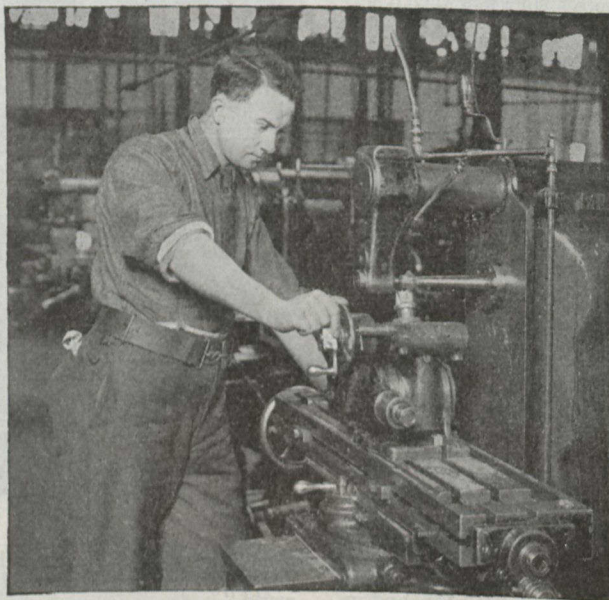
Director of Vocational Training for the New Canadian Federal Department of Soldiers' Civil Re-Establishment in an Interview with Owen E. McGillicuddy

found that there is no way in which they can be selected except by probationary trial. As they show fitness for their work they are advanced until they become principal interviewers. I wish to point out that there is a certain psychology in this problem which makes it practically imperative that these men should have seen service at the front themselves; otherwise it is almost impossible for them to gain the confidence of the men whom they are interviewing. If the interviewer has experienced the same dangers and hardships as the man whom he is guiding he is able at once to establish a bond of sympathy and confidence that none other can achieve.

**T**HE question has often been asked whether we allow the disabled soldier to select his own occupation? The answer to this is necessarily "Yes," because if the soldier is not satisfied with the occupation selected, he will not follow the course with interest. But while we allow the soldier to determine his own course, we do, to the utmost extent, use the power of suggestion in guiding him to select a course that would be best suited to him, from the standpoint of his previous occupation and his present disability. With successful interviewers it is found very easy to so lead the disabled man

**T**HIS is the second article dealing with the "new light of hope" which Canada is holding out to her maimed warriors enabling them to take up the threads of civilian life where they left off. The first article on this subject appeared in the October issue of Everywoman's World.

—THE EDITORS



As a result of training this returned soldier has become an expert toolmaker. His attitude of interest is general among his co-workers

first, in which the man is trained to an occupation in a factory or industry in which he is

by the power of suggestion that he will of his own volition choose that course which the interviewer thinks is best suited to his needs.

**I**N considering the subsequent training given point out certain conditions heretofore touched upon: That the men are of all ages, from immature youth to men of fifty years; that their previous education ranges from that of the illiterate to the university student; that their industrial experience ranges from that of the unskilled laborer to that of the most highly trained mechanic and professional man; that the average age is thirty years and over; that the majority of these men are married and have children; that they must enter the courses at any time; that their chief desire is to get back to civil life in the shortest possible time, and that we are repairing an already existing structure, rather than building a new one. These governing factors indicate that the system of training must be so elastic that it can be adapted to the needs of all these conditions.

In order to bring this about, two distinct systems of training have been put into force: The

(Continued on page 42)



## Let Us Solve Your Health Problems

A Department Wherein Our Readers May Ask For and Receive Professional Advice on Matters of Health

Conducted by OSWALD C. J. WITHROW

**Q**UESTION.—I am a girl of twenty-three years. I am five feet two inches tall, and although I am not ill, I weigh only eighty-seven pounds. Could you send me a list of foods to eat, or any such suggestions so that I may get a little stouter?—Miss M., Port Hope, Ont.

**Answer.**—I should like to know something more about your general health. If you are feeling fit and your appetite is good, it is probable that your weight is normal, as far as you are concerned. You say that you are taking raw eggs and milk. Very good indeed. And with the ordinary articles of diet which the food controller allows us these days, you should do very well. I am afraid you are worrying unduly because you are not the same size and figure as other girls you know and admire. Therefore you are possibly suffering from over-worry and not from under-weight. Be thankful you do not weigh 187 pounds instead of 87. Take plenty of sleep and as much physical exercise as your work will permit, and you need have no worry about your avoirdupois.

**Question.**—Warnings are constantly being issued about the infectious nature of syphilis and its being a treacherous disease, which may remain unsuspected in the system—statements which mean little more to the lay mind than a cause for anxiety. Four years ago I was in a home where I danced frequently with a young man with a reputation for fast living—a common fact but one which made me uneasy. During that time, my finger became slightly poisoned from an unknown cause. Two or three others in the house had a similar trouble at the same time. I have been worried ever since, thinking I might have syphilis. What do you think?—Miss M. I. S., Sask.

**Answer.**—I feel very sorry that you should have spent the last four years obsessed with the idea that you had contracted syphilis from this young man, and that it might show some of its horrible manifestations at any time. You are quite right when you suggest that there is too much scare and not enough real education along the line of venereal disease. I do not think for one moment that you contracted syphilis four years ago. You probably had a simple case of blood poisoning, and the rest of your letter would bear this out. However, if you cannot stop worrying about it, have a blood test

made, which will forever set your mind at rest. I am hoping that the time may soon come when people will be given the truth about venereal disease and about sex problems generally.

**Miss E. P. Chalsworth, Ont.**—Your letter with its various questions has been answered through the mail. Your questions were so intimate and your confidences so

**T**HESE are the days when we find numbers of people suffering from influenza and bronchitis, with here and there cases of pleurisy and pneumonia. Pleurisy is an inflammatory disease of that delicate membrane which lines the inside of the chest wall and also acts as a covering for the lungs. Pneumonia is an inflammation of the lung tissue itself. Each is due to germs entering either the pleura or the lungs, and finding conditions there ripe for action, set up the disease. Both diseases are serious, pneumonia because it often proves rapidly fatal, and pleurisy because of its resulting troubles, fluid or pus in the pleural cavity with a long, tedious convalescence occasionally followed by tuberculosis. These diseases creep in when the resistance of the body is much lowered. It is well to watch every "common" cold or slight attack of bronchitis. See that this is cured speedily. Dress properly during these winter months. Ball-rooms, dance halls and skating rinks are responsible for many cases of pneumonia and pleurisy simply because young people will not take ordinary precautions when they are overheated after exercise.

Questions concerning sanitation, health, and sex will be answered by Dr. Withrow only if a stamped addressed envelope accompanies the request. Address Dr. Oswald C. J. Withrow, Everywoman's World, Toronto, Canada.

sacred that I felt I ought not to have them printed in cold type. I hope that I have helped you, and I trust that you may be able to follow my advice.

**Question.**—I am 49 years of age, 5 foot 8 inches high, chest 38 inches, weight 145 lbs., widower 9 years. I now desire to marry a woman twelve years my junior. Would

it be safe for a spinster to bear children at that age?—G. J. Mc., British Columbia.

**Answer.**—I think I may say that it will be safe for a woman of 37 to bear a child, although the difficulties attending childbirth are much enhanced at such an age. Special care and oversight will be necessary, both during the nine months of pregnancy and at the lying-in period. What you tell me in your letter about your past and your deep sorrow over the worse than useless years spent in the company of vice makes me feel more strongly than ever that it is well worth while putting every ounce of energy possible into preventive work among young men—and young women too. You say, "Alas, that there were no guide stars published when I was a boy, such as you are giving the world." There is certainly a large field for education these days along sex lines.

**Question.**—In June of this year I had adenoids and tonsils removed. For a long time I suffered from severe nose-bleeding and it was only after this operation was performed that I got any relief. I still have some slight bloody discharge from my nose at times. Do you suppose that there are still some adenoids in my nose causing this?—Miss N. O'D., New Brunswick.

**Answer.**—If the condition was as bad as before the operation, as you state, I should say that the discharge from the nose will now gradually cease, and presently you will be entirely free from nose bleeding. It was a pity you had to wait so long before having the operation. Delay in treating diseased tonsils and enlarged adenoids is always dangerous.

**Question.**—I am 39 years old and have two children, 11 and 7 years. I have not felt well for the last three years. My heart bothered me, and acting on advice, I had a small goitre removed. Three months later I had an operation for appendicitis. My heart still keeps beating too fast. I get tired so quickly and I am very nervous. Do you think through time I will regain strength, or what treatment is best? Is Viavi a good treatment?—Mrs. J. R. M., Manitoba.

**Answer.**—I do not think Viavi will be of any value to you or to any one else. From your letter I am not so sure that you may not be suffering from Graves' Disease. It is very important that you should know positively whether you are or are not. Have some competent physician go over your symptoms and your physical condition very carefully. Rely on his judgment.