

human anatomy, and a description of the functions of circulation, respiration, excretion, secretion.

Second lecture. Short account of the skeleton, with a brief description of the structure and variety of joints. Fractures, their varieties, causes, symptoms and dangers; their temporary treatment and the

the members will exercise themselves in performing artificial respiration, and in the arrest of hemorrhage from supposed cases of ruptured varicose veins, stabs, tears from machinery, and gunshot wounds.

Eighth lecture—Symptoms and first treatment of shocks and collapse. First aid in cases of those stunned by a fall or injury

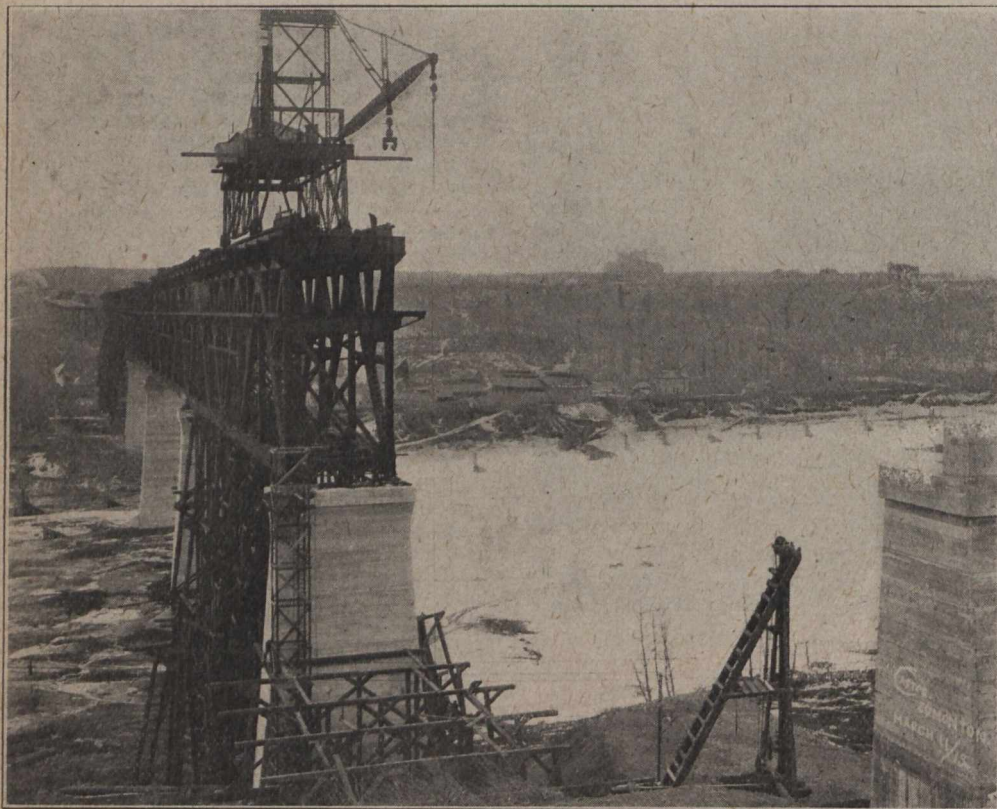
lecture a week. With the Fort Rouge shop section, all the instruction work is conducted by the C.N.R. surgeons, of whom there are three, Dr. C. A. MacKenzie giving the lectures, and the other two assisting in the work of demonstrating the methods followed.

A roll book of the attendance at the lectures and demonstrations is kept, and in order to be eligible to try the examination which follows the course of training, it is necessary to have an attendance at 8 out of the 9 lectures. The examination consists of a thorough questioning on the work covered in the course, and demonstrations on the part of those undergoing the examination on their ability to perform the various first aid methods previously taught. The examination is conducted by an outside surgeon and 50% is necessary to pass. The names of the successful candidates are forwarded to the head office in Glasgow, where they are entered in the the association's books, and certificates of qualification sent to the successful ones.

The member must remain the balance of the year in which he passes without further advancement, but on the expiration of that period he can take a similar course to that previously taken, going more deeply into the subject as the work progresses, and also studying such matter as nerves, digestion, etc. For this there is no prescribed course of training, it being left to the instructor to give more advanced knowledge along the lines already followed. This is followed by an examination as before, in which the candidate must obtain 70%, entitling the successful ones to a bronze medallion. This is as high as the association takes a man. The holder of the bronze medallion must submit himself yearly to an examination along the lines he has already passed in, in order to retain this qualification. Yearly vouchers are issued to the successful retainers of the qualification. A gold medal for long service is issued to all those possessors of a bronze medal who have been connected with a section for 15 years.

The first year men, as they qualify, become members of the local section. These sections are divided up into teams in the different shops and parts of the shop, and the leaders of the teams are as a rule the bronze medallists, who captain the work. Four usually comprise a team.

In the Fort Rouge shops the work is well



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apparatus necessary for it. Dislocations, how they differ from fractures, and the first aid in such cases. Illustrations of the temporary treatment of fractures, collar bone, upper arm, forearm, hand, thigh, leg, foot, lower jaw, pelvis, spine.

Third lecture—Practical work, when the members will exercise themselves on the use of the triangular bandage, and the temporary treatment of the different fractures mentioned in the previous lecture.

Fourth lecture—General description of the circulation of the blood and the mechanism by which it is carried on. Distinction between arterial, venous and capillary hemorrhage. Names of the arteries of the body, with their situations. Points where arterial circulation may be arrested by pressure. Dangers of hemorrhage. General treatment of hemorrhage, internal or external. Three kinds of tourniquets for arresting hemorrhage. Showing method of applying tourniquets and making improvised ones, giving illustrations of the arrest of hemorrhage from any part of the body.

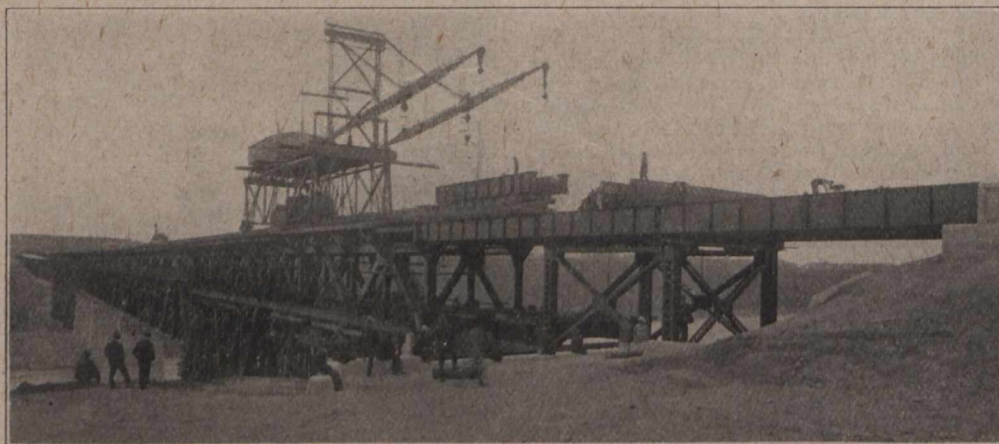
Fifth lecture—Practical work, when the members of the class will exercise themselves in the arrest of hemorrhage in various situations, and in the temporary treatment of compound fractures.

Sixth lecture—Respiration, its objects and mechanisms. Fainting, its causes, symptoms, and treatment; treatment of those apparently drowned, or suffocated by hanging, poisonous gases or choking. First aid in cases of burns and scalds, bites by animals possibly rabid, tears from machinery, crushed and bruised parts, stabs. Show modes of performing artificial respiration (five methods), and also the temporary treatment of fractured ribs.

Seventh lecture—Practical work when

to the head, convulsions, epilepsy, sunstroke, persons found insensible, suspected poisoning, frost bite, lime in the eye, supposed death.

Ninth lecture—Devoted to transport work, special attention being directed to the proper carrying of the stretcher, manner of placing it, the loading and unloading of it, the position of the patient in it, suggestions as to overcoming difficulties in the road, hints as to conveyance of stretchers by rail and



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other means of conveyance. General account of the improvised methods of removing injured persons when no stretchers or regular conveyances are available.

The above gives a brief survey of the scope of the work touched upon in the first year. There is one such class each year, the lectures extending over nine weeks, a

planned. In the stores department there is kept a large stock of first aid appliances and drugs from which are supplied local first aid kits in the different shops. These local kits contain the following equipment: 9 triangular bandages; 2 each of 1, 1½, 2 and 3 in. roller bandages; packet of gauze; ¼ lb. cotton wool; packet of styptic wool;