

The Girls' "Carry On" Column

By BETTY O'HARA.

All Boys From Twenty to Twenty-two are Drafted—
Our Girls Must Take Their Places.

THE MASSAGE COURSE.

In the north-east corner of the campus of the University of Toronto, stands a beautiful grey stone building, which was originally intended for one of the finest, most complete gymnasiums and club-house in the Dominion of Canada, destined for the use of the men and Faculty of the University.

The building itself is of Collegiate Gothic architecture, and a large amount of money for its construction was supplied by Hart Massey, after whom it was named.

The University, however, answering to the need of the military authorities, turned this building over to the A.M.C. for their use, and it is in these beautiful surroundings that the Massage girls have been located.

It is a long, difficult course, and unless a girl is content to give up all social activities and give her time unreservedly to her work, she should not for a moment consider taking it.

The tremendous amount of stick-to-it-iveness and the desire to give up everything to gain success, are proof that you are in the army, and that means that you live a day at a time and know nothing but implicit obedience.

For there are two places on earth where a mind of your own is never tolerated: one is the army, and the other a newspaper office. You must always obey your orders. "I forgot," or "I did not have time," is a sign of disobedience or incapability fatal to indulge in.

Massage is a six months' course, and at the end of that time a student is obliged to sign up for one year's service anywhere in Canada. She is paid a salary that enables her to keep herself comfortably, and if it is necessary that she live outside the hospital, she is allowed what is known as a subsistence, the army term for bed and board.

Hospital uniforms are provided by the army, but negotiations are now on the way to provide all the girls at Hart House with street uniforms, though the color and style has not yet been definitely determined.

THE STUDIES.

Now as to the course. The studies are divided into three classes: Anatomy, which is the study of muscles and bones; Physiology, which consists of the study of the organs of the body, and their functions, and the Theory of Massage, which is the massage movements, and the reason and effect of such. Then there is the practical side of the course, and for this the girls are supplied with subjects on which to try these movements. Sometimes a member of the class is taken, and sometimes a person who is hired for the purpose, but always someone who is physically fit and not a patient. After two or three months, however, the girls are given a soldier who is treated under the watchful care of demonstrators.

In Hart House at present there are about ten demonstrators. These are girls who have taken the course themselves, and are ex-pupils who have had practical experience in some military hospital. Consequently, they understand every movement perfectly and are quite capable of taking the responsibility of seven or eight girls. No partiality is shown in this matter, for a girl, instead of being allowed to go into class with her very best friend, or take instructions from her favorite demonstrator, is sent to her class by an alphabetical arrangement. The school hours are from nine o'clock until

twelve, and from two in the afternoon until four. Swedish drill is the first thing on the morning programme, for the girls, on account of their strenuous work, like soldiers, have to keep in condition. Then they are given lectures in Physiology and Anatomy by professors of the University, and altogether during the day they have on an average two hours of practical work and three hours of lectures.

After six months of study has been successfully completed the Masseuses are sent to any Canadian military hospital that the authorities have selected for them, where they give their treatments in a massage room fitted up for the purpose, but those patients who are unable to go there for their treatments are given treatment in the ward.

The majority of cases the girls have to deal with are the results of gunshot wounds received from shrapnel, rifle fire, or machine-gun bullets, and these are massaged to bring back life and encourage new growth of the nerves that have been shattered.

This form of treatment also prevents the wastage of muscle, improves paralysis and encourages circulation by increasing the flow of blood, either arterial or venous, also when an arm has been in splints for a time it is sometimes partially useless, but this is much improved by massage.

One soldier who was taking treatment in a Winnipeg hospital had entire paralysis of the radial nerve, causing a drop wrist, and the arm was also wasted away considerably. He had one year's massage treatment and all traces of the disability disappeared so completely that he was

able to play hockey last winter. Another interesting case was that of spinal meningitis. The patient had to be brought to the hospital in a wheel chair, but after he had been given

a reasonable amount of treatment he began to steadily improve until now he can run or do any amount of strenuous exercise. Cases of joint stiffening are also treated in this manner. A very remarkable case of facial paralysis, from a gunshot wound behind the ear, the bullet coming out the other side of the nose, almost destroying the facial nerve, was treated after a skin graft to massage, the result being such steady improvement that the only noticeable disfigurement was a slight scar which gave the appearance of a hare lip.

The length of treatments in most cases is half an hour. If, however, the patient's condition is more serious, forty minutes is given.

Now don't you think it is worth six months' hard plugging, and serious application to be able to help even one of those brave boys? I do. And a girl cannot help but be attractive in her white, uniform, especially if she has caught the army spirit, and has cultivated a cheerful happy smile.

Next month we will discuss still another course, which is another branch of military hospital work; just read it and tell me if you do not think the girls of Canada have a grand, glorious chance to help our boys. I am sure you did not think there were so many ways to serve, did you?

QUESTIONS AND ANSWERS.

DEAREST BETTY:

I am miles away from any place where I can help in war work. I keep house for my father, and we have a small farm. Can't you possibly think



Uniform worn by girls taking the Massage Course.

11C

MCK & R

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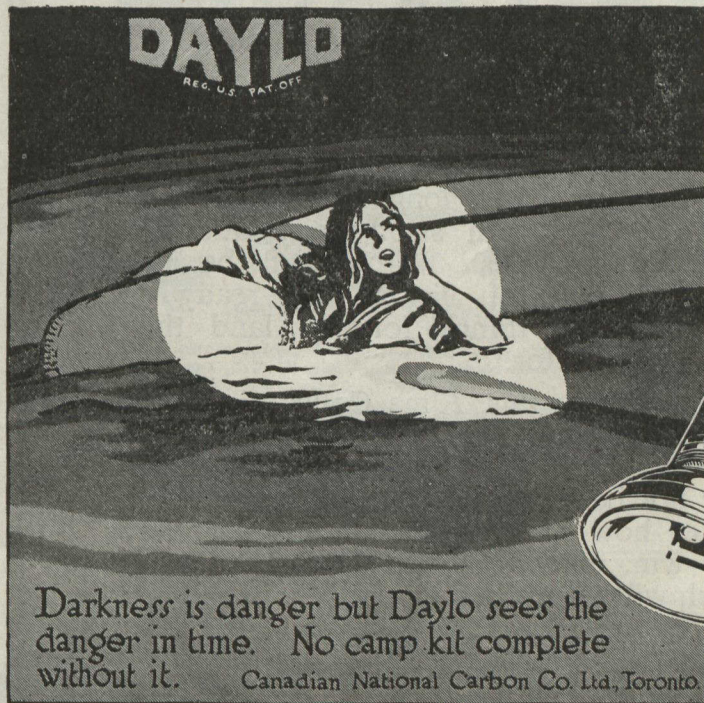
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