

## SALVAGING WAR'S WASTE

Ordinary berths are replaced by regular beds, and everything is done to make the journey as pleasant as possible, the speed being limited to about twenty-five miles an hour. On arrival at the hospital, every man whose condition does not forbid is given two weeks' leave, to be spent at his home; and a considerable number remain there as out-patients.

### THE TREATMENT

The treatment in a convalescent hospital naturally varies in character and duration. But the Commission's settled policy is to discover and apply to every individual man whatever methods are likely to prove most effective in his case.

At the foundation of the treatment is an appropriate and varied diet—which has been most carefully and elaborately worked out—with plenty of good air.

Massage plays a large part in the treatment of many cases; and the Commission trains its own masseuses and masseurs—these latter being themselves invalided soldiers—at Toronto.

Baths, an astonishing variety of baths, are also much used, especially in cases of nerve trouble and rheumatism. There are baths for single limbs as well as baths for the body.

Free exercises, akin to the physical drill used in the training of able-bodied soldiers, are found of great benefit to the disabled—being regulated most carefully by medical advice and supervision in every case. Special instructors are trained by the Commission for this branch of treatment.

There is a medical officer in charge of every institution. Specialists are called in whenever required; or the men are sent to centres where the best specialists are always available.

Even a small home will have at any rate one trained nurse; and many of the nurses belonging to the "Voluntary Aid Detachment" have acquired training which practically lifts them to the professional level.

One of the most valuable lessons learned in the early stages of the work was that occupation is not only beneficial but necessary to invalided men. The old idea of a convalescent home, as merely a place of rest, is quite out of date. Occupation is the best of tonics, for body and mind. Idleness is an obstacle rather than a help to recovery.

There is a great variety of occupations; and often a considerable number will be found in the same institution. Some of them may be considered trifling, such as making toys, and fancy articles—for example, buttonhooks, paper knives, and so forth, their handles consisting of empty cartridge cases picked up at the front. Such petty trades, however, promise little help for the men's future. The occupations encouraged and seriously organized by the Commission are those which increase skill and capacity for trades which are most likely to afford steady work at good wages.

These include carpentry; motor engineering, and other kinds of metal work; harness making and other branches of the leather industry; mechanical drawing, useful in many trades; telegraphy; with gardening and poultry raising for out-of-doors. Classes in elementary school subjects also are held, enabling men to improve their general educational standing; while typewriting, bookkeeping, and so on, prepare them for the civil service and commercial offices. The sanatoria, also, are being equipped with workshops for useful as well as interesting occupations. Patients confined to bed even embroider and perform other light tasks. These tend to prevent the unrest of mind which would counteract the good effect of bodily rest. Many of the convalescents attend classes in regular technical institutions near the hospitals, special arrangements having been made for the instruction of invalided soldiers there.

### THE PRIVILEGE OF "REËDUCATION"

Any man prevented by his disability from returning to his former work is entitled, and encouraged, to undertake a course of re-education for a new occupation—preferably one akin to that which formerly engaged his attention. His choice of a new trade has to be confirmed by the Commission, on the recommendation of a Soldiers' Training Board, consisting of a medical officer, a vocational officer, and generally a member of the Employment Commission of his Province.

Such a man's training is continued after discharge, generally at a technical or agricultural college. Not only is this training given him free, but during his education, and for a month longer, the Federal Government pays