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Address Given by
Miss Southcott

At the Quarterly Meeting of The
Child Welfare Association Grenfell Hall, Monday, October, 24th. 1921.

By a fortunate coincidence, just as I had the honor of being made your President, I had the opportunity of attending a Convention, where Public Health and Child Welfare were two of the subjects for discussion, and where I was able to meet many nurses and others engaged in this work. There were two Conventions in Quebec; the Canadian Association of Nursing Education, of which I have been a member for many years, and the Canadian National Association of Trained Nurses. A section of the joint Convention—a whole day, in fact—was devoted to public health nursing, the various problems connected with it were fully discussed, and the weak points of the work freely criticized. The Public Health Nurses of Canada are becoming so numerous that the private duty nurses seem to think that very soon there will be no use for them in the community. One of the medical men who spoke at the Convention remarked—there were so many health nurses he wondered who was nursing the sick. We haven't reached that stage in Newfoundland yet. During the War it was very easy to be patriotic, and to work for one's country; that enthusiasm has waned now. But it was the war perhaps more than anything else that awakened us to the need of this work we are undertaking—Child Welfare. So many of the men who presented themselves as volunteers were found to be "physically unfit." These two words roused us. What could be done? Nothing in their case. But we can see that the children now growing up will not be "physically unfit." The marches forward on the feet of little children. It is the work of the Child Welfare Association to see that the path they have to tread is not too difficult for them, that there are no obstacles in their way.

"Is it smooth and clean and fit, say you, fit for a baby's feet?"

"We should be prepared," says Cardinal Vaughan, "to spend as much

money on babies as on armies." We want co-operation of the public now as we had it during the war, that we may procure for our children health of character, health of body and health of mind. Great stress is laid on publicity campaigns everywhere, and we must not let the public forget the baby.

NURSES MANAGE MILK CENTRES

I went one morning to the Foundling Hospital in Montreal, and saw the work of the baby clinic there. They prepare the milk for the mothers in the hospital and keep it in cold storage until called for; that is, if the mother cannot be relied upon to carry out the formula accurately herself, it is prepared for her there and she comes and gets it between 9 and 10 a.m. It seemed to me that it must be difficult for a busy mother to get away from home at that hour. The nurses manage the milk centres and do their visiting after the milk is disposed of, so that the cost of distribution is practically nil. The babies attend one morning a week to be weighed and see the doctor, if necessary. A card is kept for each child on which everything is noted, the nurses making her notes in red ink, the doctor his in black. What struck me most about these clinics was the professional way each mother came in and sat down and gave her report, there was no unnecessary talk, no shyness, no nervousness; and one felt that when the doctor said "Add another ½ oz. of milk to the feed" the baby was going to get that ½ oz. or no more, or less. It was the result of education. Another thing that struck me was that nearly all of these mothers were able to afford, and would get what was ordered—apple-juice, orange-juice, and farina seemed to be the favorite addition to the milk as the child got older, and I thought—how have more difficult problems to solve here than they have in Canada. The afternoon of that day I went with the district nurse to pay some visits. The people we visited seemed so much

better off than our people, from one point of view. They had large, well-furnished houses, too well-furnished most of them, but the houses were all so hot, of course it was summer, and the weather was fairly hot, but I thought in spite of the cooking stoves the babies here in St. John's did not suffer from the heat as those "poor babies" did. If we could house our babies as well and keep our streets as clean as Montreal streets, our infant death-rate would surely decrease. There as here, I noticed that the doctor often said "keep the baby cool," as never had to say "keep the baby warm."

THE WORK OF THE MIDWIFE

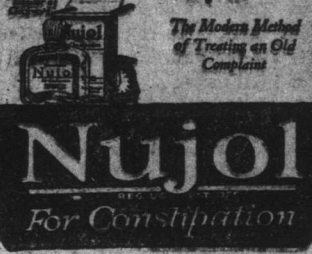
There was one thing at the Convention that pleased me very much. Perhaps some of you do not know that in connection with Child Welfare we have a Midwives' Club. Most of you know something of the work of midwives in Newfoundland among the poor. Now it is a very important matter for the child that it should be well born. About a year ago a Midwives' Act was passed in the Legislature making it necessary, after the lapse of a certain period, for every woman who wishes to act as midwife to pass an examination. The Club was started by Miss Haslam, who deserves great credit for succeeding so well. It is always difficult to begin things. Miss Benedict carried on the work most successfully last winter. This year the President, Mrs. Hiscok, is taking charge of it herself. They meet every Monday evening; last winter every other week Dr. Carnell gave them a lecture, and on the alternate Mondays Dr. Tait, or a nurse gave them some teaching. It would not be unreasonable to expect that a woman who had managed 1000 cases alone would think she knew all there was to know, but there was nothing left for her to learn, but that is not so. They are most anxious to learn and interested in everything, they are taught and the room is full every night. After the lecture they have a cup of tea, and if any of you like to send a cake to the Midwives' Club at the Community Nurses' rooms, on Monday night, or to the Mothers' Clinic on Thursday afternoon, I am sure it will be very acceptable. As you know, through the efforts of Lady Harris, we have now four or five qualified midwives working in the outposts, and anyone who knows the work of English midwives knows what an untold amount of good they can do, and what a boon they are. Still there has been some adverse criticism. People say that every mother should have the doctor, and should not put their lives in the hands of midwives; but where and how are we to get doctors for all these women in the outposts? Midwifery as such is not allowed in Canada, but a few years ago it was proposed to bring some English midwives to the Dominion. It was discussed or rather denounced at a Convention I attended in Halifax about six years ago. Miss McKenna, head of the Nursing Association spoke very strongly against it. "May the day be far distant, when our fair land decides she needs midwives." Rather than hold her position under these circumstances she resigned. I always felt that the prejudice was born of ignorance, and this year I had a great change.

EXPERIENCED OBSTETRICIENNES

Miss Jean Browne, Canadian representative at King's College, London, had just returned from England and France, where she had been studying the different methods of training and speaking very appreciatively of the work of midwives in England. She said her views were completely changed since she had seen their work. She also spoke of the low death-rate among mothers, 3 in a 1000. Of course, as she said, they are very strictly supervised, they have very definite laws laid down as to what they may and may not do, and if necessary they may have their certificates taken away. In England a doctor is always at hand, not so in Newfoundland; but I feel sure that these midwives will be a power for untold good, and a great blessing to outport mothers, when the nearest doctor may be miles away. I see that in England another rule has been added lately—that is, that if a mother leaves off nursing her baby during the time the nurse is visiting her, she has to report it to the health authorities. Not only must the Child Welfare bring to the mind the right to be well-born, it must go back even further. As the unweaving of the statute is as nothing to the sculpturing of it, so the birth of the child is a small matter compared with its development before birth; that will bring us later to pre-natal work. In Boston they have been giving the doctored about everywhere, but only two milk centres in all that big city. I inquired how it was they said the mothers had learnt the value of good milk for their babies, and there was no need for them. I said "what about the poor people who can't afford to buy milk?" There were not many, except in the Jewish districts, and they were supplied by private people, of the local charity organization. The nurse showed me a list of names, not more than twenty, yet there are six million men, out of work in the United States. I found that all through the United States where there were many milk centres there are far fewer at present. It has been found better to advise mothers to get milk

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from the regular milk companies. This is another point where our health problem is a more difficult one to manage. There the milk has to measure up to a certain standard, and it is not difficult for each mother to get what she wants from one of the big milk companies. But they do not get us fresh milk as we get it in, as a rule, twenty-four hours old before it reaches the consumer. And while there is always the required amount of cream in it there is never any more, because the cream is all separated and the necessary amount replaced. Our mothers buy from the little shops, second hand, and the opportunities for contamination are many and varied. Our milk centres cost a great deal, and I think that once the mothers appreciate the importance of pure milk, and can be sure of getting a pure supply we ought to be able to do without them as they are doing elsewhere. As a result of the milk campaign in Ottawa this year to teach the importance of milk as a food for growing children, there was an increase of 32,000 quarts in the daily sale of milk.

ALL HELPING THE BABIES

I went to a baby clinic at Medford. There even the babies seemed well up in health matters. A tired-looking mother came in with one baby in arms, another aged 4, walking. She said, "Doctor, I don't know what to do with my babies. I can't get either of them to sleep in the daytime." He said to the eldest, "Don't you ever lie down?" Oh, I lie down every day. Don't you get a nap at all? I don't sleep, but I relax." The Massachusetts Health Centre in Halifax managed by Dr. Royer, is a wonderful place, and it costs the people of Halifax very little. As soon as the disaster caused by the terrible explosion in Halifax Harbour became known, this friends in Massachusetts rushed forward with train-loads of supplies and large sums of money—nearly three-quarters of a million dollars—and personal services of volunteers. When the immediate strain was over and the Halifax Government was able to grapple with the relief work, there remained a balance of a quarter of a million dollars. This money could not be returned and Dr. Victor Heger, of the International Health Board was asked to make a special study of the needs of Halifax and Dartmouth. It was found that the death rate from communicable diseases was much higher than on other parts of Canada and British countries, and were highest from diseases spread by bad housing and over-crowding. The strain and privation caused by the explosion would be likely to cause a rise in the death rate, and it was decided to spend the money on health education with the idea of making a permanent reduction in the disease rates. It was decided to form a new organization and to apportion the money at the rate of \$50,000 a year. The Halifax Relief Commission entered on its work.

PAINS SO BAD STAYED IN BED

Young Mrs. Becroft Had Miserable Time Until She Took Lydia E. Pinkham's Vegetable Compound.

Hamilton, Ont.—"I have suffered for three years from a female trouble and consequent weakness, pain and irregularity which kept me in bed four or five days each month. I nearly went crazy with pains in my back, and for about a week at a time I could not do my work. I saw Lydia E. Pinkham's Vegetable Compound advertised in the Hamilton Spectator and I took it. Now I have no pain and am quite regular unless I overwork or stay on my feet from early morning until late at night. I keep house and do all my own work without any trouble. I have recommended the Compound to several friends."—Mrs. Emily Becroft, 280 Victoria Ave. N., Hamilton, Ontario.

For forty years women have been telling how Lydia E. Pinkham's Vegetable Compound has relieved their health when suffering with female trouble. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It is made from the roots and leaves of the most reliable and healthful plants, and contains no narcotics or harmful drugs. For special advice women are asked to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

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Knockers.

(By BRUD)

As some poor mortals daily walk their own-made Vale of Tears, how wretched, if they could not talk of skeletons that with them stalk, would be their span of years! They greet us early in the morn with tales of grief and woe, and as they lose their teeth, like lions they show us faces drawn and worn—a ghastly gruesome show. They neither seek the brighter side nor show one ray of hope for better things, but open wide their graveyard mouths and slip aside a coffin full of hope. We meet them morning, noon and night, this offspring of Despair; they stop our happy course, and fight with gaseous winds of Death, they fright what hopeful looks we wear. They tell us of their life and aches that they themselves create, and with their creble-fetched, rakes they gather in some poisoned cakes and hang them on our ears. Their cloaked brains are never free from fears of darker days; their bloodshot eyes can always see

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I THANK YOU

the blackest cloud for you and me who seek the sunny rays. In every city, village, town, where ere we go we find those lantern jaws that hand us down a tragic tale, a festering crown or something of the kind. The Gloomy Outlook is their Sun, the Trials of Life their Stars; they trail some mother's

Conclusion of a Scientist

An Australian scientist has concluded that Australia was once a big island covered by glaciers. Some 10,000 years ago, he says, the ice was so thick that it covered the whole of the continent and a monster glacier occupied the center of the continent where the center of the continent was. The scientist says that the ice was so thick that it covered the whole of the continent and a monster glacier occupied the center of the continent where the center of the continent was. The scientist says that the ice was so thick that it covered the whole of the continent and a monster glacier occupied the center of the continent where the center of the continent was.



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(Continued from 4th page) used the programme, and provide \$15,000 a year for the Provincial Government. Halifax each agreed to contribute \$75,000 to their health work. The city house was given to the province as a health centre in full working order. DENTISTRY FOR INFANTS There is a dental clinic of the very proud. The dental chair, no one has seen of the months to six years of age. The dental men remarked to us that, "If they find children with bad teeth, pre-natal care with the view before the new. There is also a under-nourished child, to tuberculosis. The parents to the clinics and trace the history as far as possible. There is a large twenty-five families of their own. With ordinary vegetables, they are encouraged to eat potatoes. Another child has been opened with two nurses, twelve nurses and four doctors in charge, and there are in the books two more. The parents have been given \$5,000 a year for the health work of the south end of Halifax. The Massachusetts Health Provincial Health Officer, of the Board of Health, and the Dartmouth Health members of the Committee health work was in Scotland last year. The health nurses at the course was established at university in March, 1920, and have graduated and demand. PROPORTION OF BIRTH DEATHS. There are 100 deaths in every 1000 births. Last year it was 80. In 1919, it was 62.1. In Newfoundland it was 142. It is one of the most serious problems in Canada. In conference on Child Welfare was attended by 200 delegates from all over the Dominion. The Provincial Health Centre is paying the expenses of eight nurses for one year. The municipalities would

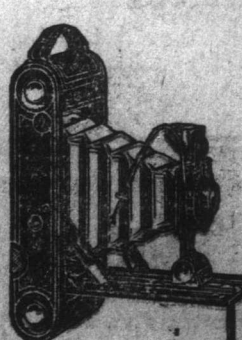
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