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GOVERNMENT HOUSE,
OTTAWA, February 15, 1897.

SIR:—At a public meeting held in Ottawa on Wednesday, February 10th, at the instance of the National Council of Women of Canada, under the presidency of His Excellency the Governor-General, the following resolution was unanimously passed, having been moved by the Hon. Wilfrid Laurier, Premier of the Dominion, and seconded by the Hon. Clifford Sifton, Minister of the Interior:—

"That this meeting heartily approves of the general character of the scheme described as the 'Victorian Order of Home Helpers' as a mode of commemoration by the Dominion of the Queen's Diamond Jubilee, and that a fund be opened for the carrying out thereof."

The need that exists in country and remote districts throughout the Dominion for the services of trained practical women as district nurses seems to be universally admitted, and there appears to be a very general consensus of opinion that a better national scheme could be devised for commemorating Her Majesty's Diamond Jubilee than the establishment on a permanent footing of a Victorian Order of public servants whose patriotic mission it would be to meet this want.

All candidates for this Order will have to undergo an examination and be practically tested as to their fitness for the work which they are to undertake.

The standard for this examination and the tests to be undergone will be prescribed by medical men and others who understand the need which has to be met. It is proposed that the co-operation of various hospitals and medical men in different parts of Canada be invited in carrying out this examination so that there may be convenient centres for all candidates.

Already such co-operation has been heartily promised in several centres.

The examination will especially bear on the three following points:—

- (1) A practical knowledge of midwifery, sufficient to attain a prescribed certificate.
- (2) A practical knowledge of first aid to the injured, and of simple nursing.
- (3) A general knowledge of home-keeping, simple home sanitation, with the ability of preparing suitable food for invalids.

It is proposed that no person under twenty-eight or thirty years of age should be admitted into the Order, and when admitted, an undertaking should be given to continue the work, providing health does not prevent it, for a period of at least three years. A uniform will be provided, and a badge which may take the form of the St. Andrew's Cross with the letters V. R.

Trained nurses who may desire to enter the Order will be made very welcome. They will have to pass the examination and be personally approved by the Committee.

Women who have already lived in these country districts, and who are respected and have the confidence of their neighbors, would be preferable to any others, in many instances, and it would be well to encourage parishes and townships to

choose some one whom they know and send her down to one of the centres where the necessary training could be given. Arrangements will be made whereby candidates can be enabled to obtain the necessary training.

Districts wanting to secure the services of a Home Helper will be required to raise a certain sum towards her maintenance, which they would undertake to give yearly to the Central Committee during her residence, or to provide suitable board and lodging for her and means of conveyance. On application to the Central Committee, a suitable Helper will be selected for the district applying, and a grant would be given towards her expenses to meet the sum raised by the district and her salary would be paid by the Central Committee.

It may be mentioned that the scheme has been most favorably received by the medical men to whom it has been mentioned, and their valuable co-operation in carrying on this work will be anxiously sought for in all districts affected by this plan.

All arrangements should be made so that it should be considered an honor to belong to this Order, and that the members of it should be regarded as public servants.

Her Excellency the Countess of Aberdeen having thought it but right to acquaint Her Majesty's Secretary with the project that was being planned by the National Council, has received the following telegram from Sir Arthur Bigge:—

OSBORNE.

"In reply to your telegram, the Queen has refrained from expressing approval of any particular scheme for commemorating the Diamond Jubilee, though of course any project for the relief of the sufferings of the sick in Canada will be assured of Her Majesty's sincere sympathy."

(Signed) BIGGE.

It is proposed therefore to open a fund for establishing such an Order of Home Helpers in Canada. Not less than a million dollars should be raised to make the scheme effective. This would mean but a contribution of \$1 from every family in the Dominion.

The Bank of Montreal has kindly undertaken to receive subscriptions for the Victorian Order of Home Helpers in Canada at any of its branches.

The Local Councils of Women will undertake the collection wherever they are formed, with the co-operation of others, and it is hoped that committees for the purpose will be organized in all districts, and Mrs. Edward Griffin, Russell House, Ottawa, has kindly consented to act as secretary-treasurer.

Allow me to express the hope that you will bring before your readers the institution of this fund as a means whereby a suitable national commemoration of Her Majesty's Diamond Jubilee may be carried out by the people of the whole Dominion unitedly and in a manner which will both be in accordance with the known wishes of the Queen and be of permanent benefit to all parts of the country.

It will of course be observed that the carrying out of this scheme need in no way interfere with any local forms of commemoration which may be contemplated.

I remain, yours faithfully,

IRBEL ABERDEEN.

WEAK LUNGS.

Emaciation, weakness, and that fatal disposition to take cold easily, thus adding little by little to the strain upon the already overburdened body. How many afflicted are trusting to cough mixtures, mustard and poultices for safety? Fatal error. Not by these, but by adding to the nutritive power of the body and the increased strength and vitality which increased nutrition affords, can you hope to obtain relief. Maltine with Cod Liver Oil and Hypophosphites combines the excellencies of a medicine, a food, and a digestive agency of unexampled power. The full remedial value of the cod liver oil, rendered palatable and of easy digestion, is combined with the nutritive values of wheat, oats and barley. This in itself would render Maltine and Cod Liver Oil of greater value than any emulsion. But it possesses a further quality of inestimable value in its property of increasing the solubility of fat-forming, heat-producing, starchy foods, just the elements required for the upbuilding of the emaciated. This you may easily demonstrate by a short trial of this unrivalled preparation.

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