

FALSE TEETH ARE A GREAT INVENTION BUT KEEP YOUR OWN AS LONG AS YOU CAN

Humanity has good reason to fear pyorrhea



MANY people are self-conscious and uncomfortable today with false teeth who might have been spared the loss of their own.

Pyorrhea, which comes to four people out of every five who pass the age of forty, can rob you of your teeth and break down your very health if permitted to go unchecked.

The first symptoms are tender gums that bleed easily when brushed. As it progresses, it makes gums soft and spongy until teeth often loosen in their sockets and either fall out or must be extracted.

But don't wait for these symptoms. Many people have the beginnings of pyorrhea in their mouths for ten years before outward signs appear. To be safe, see your dentist at least twice a year and brush your teeth twice daily with Forhan's.

The formula of a pyorrhea specialist

In your own home your teeth are your own responsibility. It is up to you to give them the finest care possible.

Forhan's was created by R. J. Forhan, D.D.S., who for 26 years specialized in the treatment of pyorrhea.

It is unique in that it contains the benefits of an ethical preparation developed by Dr. Forhan, which thousands of dentists use in the treatment of pyorrhea.

Don't gamble with pyorrhea

Start using Forhan's today. You can make no finer investment in the health of your mouth and the safety of your teeth.

False teeth are a great invention, but keep your own as long as you can. Forhan's Ltd., Montreal.

False teeth often follow pyorrhea, which comes to four people out of five past the age of 40



Forhan's

FOR THE GUMS

May The Twelfth British Empire Red Cross Day



RED CROSS DAY

May the twelfth will be celebrated in every part of the British Empire as "Red Cross Day." The date was chosen because it was the birthday of Florence Nightingale. Henri Dunant, through whose efforts the Red Cross was formed, fully acknowledged that his inspiration came from her, the most wonderful woman in the history of the English race. Florence Nightingale's Contribution.

The story of her life is full of interest. It is a revelation of what can be accomplished, almost single-handed, by an idealist equipped with a high degree of practical intelligence, an indomitable will and a courageous spirit. Not only did she inspire Dunant to found the Red Cross but she revolutionized the military medical service of the British Army and indirectly of the armies of all the European nations, and she initiated modern nursing in places of the adominations of the Betsy Prigs and Sairey Camps of her day.

Her Education

Florence Nightingale was born of English parents in Italy on May 12, 1820. Her father was a highly educated man who, contrary to the usual custom of the time, took a deep interest in the education of his daughter. The result of his training could be seen throughout her life. Not only did he equip her with a body of knowledge vastly greater than was usual among her contemporaries but she learnt from him that every problem must be thought through to its solution. No half measures were permitted.

A Born Nurse

Even as a child she showed an extraordinary interest in the sick. Her dolls' houses were infirmaries and her pets were animals whom she had nursed through injuries. As she grew older, she became the amateur nurse for all the ailing people in the district surrounding her father's estate. By caring for them she came to realize her need of professional training. Enthusiasm and devotion were not enough; expert knowledge was essential.

Search For Knowledge

There was no training schools for

nurses in England at that time, but she learnt that women were being educated as nurses at Kaiserswerth in Germany and in spite of the opposition of her family, she insisted upon taking the course. She then spent some time in Paris where also, some hospitals were teaching women the essentials of nursing practice. When she returned home she was almost the only trained nurse in England and certainly the only gentlewoman who had taken up nursing as a profession.

The Crimean War

Three years later, in 1854, the Crimean War broke out and a few months later all England was reading with horror and dismay the reports that were reaching home about the disgraceful mismanagement and utter breakdown of the hospital service for the sick and wounded. Public feeling began to run high and Mr. Herbert, Secretary of State for War, an old friend of her family's and a great admirer of her knowledge and capacity, wrote her to ask if she would take a group of competent nurses to the war zone. His letter crossed one from her offering her services to the Government along these lines.

A National Disgrace

When Miss Nightingale and her band of thirty-eight nurses arrived at Scutari they found a condition of affairs in the principal military hospital that was almost beyond belief. The nursing service was indescribably bad. There were no supplies—no soap, no pans, no clothes, no linen, no bandages, no dressings—in fact, none of the primary essentials for the care of the sick and wounded. Even the food was abominable. The conspicuous features were filth, inefficiency and red-tape. It is not to be wondered at that the death rate was over thirty per cent.

Order Out of Chaos

The senior officers did not greet her with any enthusiasm. Having reported that everything was quite satisfactory, it did not appeal to them that a band of "amateurs," and women at that should be fostered upon them by the authorities at home. But in spite of the difficulties they placed in her way, Florence Nightingale gradually succeeded in bringing some order out of the chaos. Her first task was to provide proper food for the patients. Her next was to organize a laundry. She purchased 10,000 shirts to clothe the nakedness of the shivering soldiers. She found supplies of linen and other hospital necessities buried among the masses of military stores and by persistence and importunity secured them for the patients.

The Lady With The Lamp

She and her nurses worked to the limit of their strength and beyond it. From dawn to dark and on into the night they bathed, fed and cared for the thousands of their soldier patients and after her exhausted

assistants had dragged themselves to bed, she would make her nightly round, illuminating her path with her little lamp. Hence the name by which she became famous. She was, however, more than a ministering angel. Though the rough soldiers adored her, though as one of them expressed it "before she came there was such cussin' and swearin', but after that it was 'oly as a church," and though another said, "she would speak to one and another and nod and smile to as many more but she couldn't do it all for we lay there by the hundreds, but we would kiss her shadow as it fell and lie back on our pillows content," those who obstructed her plans and used their authority to oppose the introduction of essential reforms, found her a woman with an iron determination. She had, in truth, a hand of steel under a velvet glove. The seniors at the War Office must have cursed the day that Sydney Herbert had invited her into their previously pleasant preserves.

Revolution of the Military Medical Service

Her work in the Crimea, her reputation her social position and above all her knowledge and courage, made it possible for her to bring about a revolutionary change in the military medical services of the day. From an understaffed branch of the army, chiefly notable for callousness and inefficiency, it became a well-equipped and reasonably efficient part of the military machine.

The founder of Red Cross

Henri Dunant, a young public spirited citizen of Geneva, was travelling a few years later in northern Italy. He had read the reports Florence Nightingale had made to the British Government, and, finding himself in the neighborhood of the French and Austrian armies, decided to see for himself how the sick and wounded were cared for. He reached the battle field of Solferino within twenty-four hours of one of the bloodiest battles of the war. He saw a field strewn with dead and dying men, tortured by thirst, bleeding from innumerable wounds, suffering indescribable agonies, with no one to bring them any help or relief. He recruited the peasants in the adjacent villages. He secured the assistance of civilian doctors. He organized an extemporized but effective voluntary medical service to which hundreds owed their lives and thousands the relief of their agonies.

The Birth of Red Cross

For the next three years he devoted himself to the task of awakening the conscience of the world to the intolerable and unnecessary suffering which resulted from the deficient medical arrangements of armies. As a result of his efforts the Geneva Convention was signed in 1864. The signatory nations agreed that civilian volunteers might be regularly organized in connection with armies. Their duties were to care for the sick and wounded. They were to be absolutely neutral and respected as such. The emblem by which they might be recognized was the Red Cross.

"The Great Englishwoman"

From this origin has grown the world-wide organization of the Red Cross as it is today. The incredible miseries of the sick and wounded soldiers of the Crimea and of other wars of the last century are things of the past. The magnificent service of the medical and nursing profession in the Great War was the inevitable development of the work of Florence Nightingale and Henri Dunant, who in his later years freely acknowledged his debt to the "great Englishwoman."

The Origins of Modern Nursing

Through her share in this work would have been enough to keep her memory forever green. Florence Nightingale made a further contribution to humanity of perhaps even greater value. Long before her experiences in the Crimean war she had realized the need for a revolution in the nursing practices of her day. Her interest in the sick and suffering had brought home to her the fact that an essential factor was wholly lacking namely, skillful and intelligent nursing.

The National Heroine

On her return from Scutari she found herself a national heroine. The people of England eagerly awaited her arrival that they might welcome her in their cheering thousands. She escaped the public demonstrations but thankfully accepted a gift of £44,000 which had been raised by popular subscription, and with this fund she established a training school for nurses in connection with St. Thomas' Hospital. From this school has come the modern trained, educated skillful nurse of modern days—the nurse to whose care thousands of people have owed relief of their sufferings, comfort in their darkest hours and in uncountable instances their very lives.

Prevention of Disease

Attention is called to a third most notable feature of Florence Nightingale's labors. Late in life she emphasized the need of preventing illness

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was chosen by Miss Anne Elizabeth Wilson co-operating in the recently completed Pattern Selection Contest



Dominion Inlaid Linoleum No. 7069 shown below is available in two different colour combinations.

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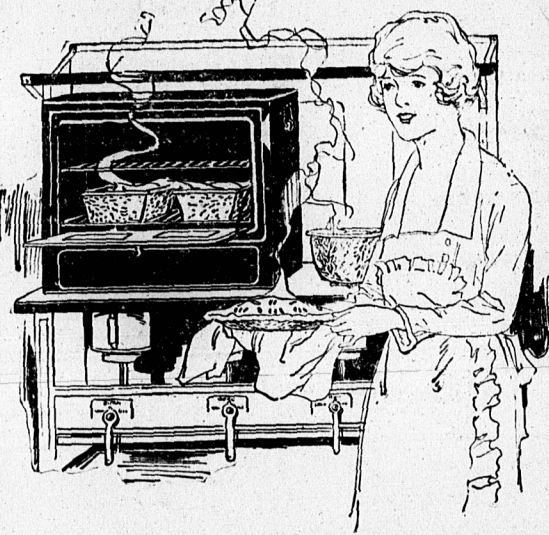
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By MARY KNIGHT

United Press Staff Correspondent

PARIS, May 11.—(U.P.)—Every now and then it is a good thing to back away from fashions, give them a careful once over and then make generalizations on what you see. It gives you an eye balance and keeps you from veering too close to land on either side and thereby becoming eccentric or bizarre.

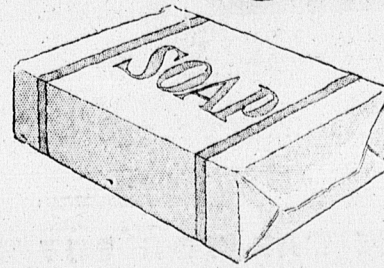
For summer then, sleeves for the most part are short, simple for morning dresses, formal coats and jackets and more elaborate for evening and fluffy afternoon affairs.

Tailored suits have a fondness for classic lines and rather sombre colors, because they then permit delightful splashes of blouses, hats and the necessary accessories.

Chain belts and metal ornaments trim tailored things, and sumptuousness is the keynote for evening wraps with fur, either of the long, or the short type. Lame and velvet are the choice materials where you may boast of only one, or a possible two. They go with everything and do not show as quickly as more perishable materials.

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