

Women

The Guardian, Charlottetown, Fri. June 14, 1963. 9

ELLEN'S DIARY

Beginner Attends First Class In Schoolhouse

Alex went with Mack this morning to his first period in the little school down by the River Road. It is the same building though now much improved in its furnishings, that James in his little lady likeness in a quilt gilt frame hangs on the parlor wall once taught in that same seat of learning as did a granddunc - James' sister - a clever brown-eyed lass now also deceased.

Alex carried with him a textbook, a scribbler and pencil - and an expression which showed some doubt as to the happy outcome of this initial venture there. . . . Time was, we recalled, when a beginner's equipment for a first class was made up of a small wood-framed slate and accompanying pencil, and an abacus and number card. Or, if this had been already mastered, a primer - which at the outset indicated that "Cat" was either the most important word in the language, or else the most easily learned! It was at any rate that which led one by degrees along that sometimes "lonesome road" which winds by various turns up to learning's misty heights.

We find that according to habit, we commence the teaching

of a small one with the same warm furry word. The mere mention of it to Peter opens up a fascinating subject. We must then "spell" all sorts of felines. And when wearing of this we would draw the line at including that strange one we sometimes see slip like a shadow about, "Well, isn't he a C-A-T too?" Peter will reason.

Granddaughter with Peter on her right hand drove the pair to school. We lingered in the yard while the machine picked up its passengers. Jeanie's "So long and good luck!" had been said. For her, it was another fledgling going from the nest, out into the world of humans to more or less battle for himself. Granddaughter had been the first to go. Then Mack. Now it was Alex. Of her four, only Peter remained. His turn would come. How desired indeed her day would be then!

Granddaughter smiled her encouragement to Alex. "You have Mack for company. And besides you already know most of the children there. I had to meet my first day alone. Just think of that!" "You'll enjoy the

Dramatic Drop Is Reported In Polio Cases This Year

By JACK BEST

OTTAWA (CP) - A dramatic plunge in the number of cases thus far recorded has federal health authorities hoping that this year will be the best on record for incidence of paralytic polio.

From the beginning of 1963 until May 25, there was only one case in all of Canada. This compares with 48 cases in the same period last year. For all of last year, the total was 28 - lowest number on record for a full calendar year.

Health department officials are cautious about making optimistic forecasts on the basis of this year's experience to date, especially since the months normally considered most dangerous for polio have still to come. "There could still be a moon-recess, that's for sure!" Mack said.

The surroundings felt his absence. No quiet little lad came by to play with the kittens or to beg us "Let's come outdoors and see what's new today" in barns or in yards. . . . And despite signs of some concern at the outset his first spell of schooling proved to be interesting and he looks forward happily to enjoying three other days of this term. . . . And what did the speckled bantam's rather lonely crow of the morning state? "The lad that is Alex, is awa'!"

"This is all very nice, Ellen," James remarks putting down at day's end his reading, and looking at the clock. "But I'm thinking it won't be the tune in the morning, now will it?"

Phone 4-9752 - 257 Grafton St. - Diary-Good-night.

agency issued Sabin programs this year. In Newfoundland, a province-wide program began April 15 and will continue through this week.

Sabin is also being used in Alberta and Saskatchewan. It is reported under consideration in other provinces, some of which have formulated plans for its further distribution.

Nevertheless, all indications point to a favorable year, they say, and barring a flavus among non-immunized groups the caseload should be lower than in 1962. Beyond that, officials here will not go in predicting how 1963 will turn out.

Their extreme caution is partly conditioned by the experience of 1962, which in the period to May 25 had but 38 cases but which ended up an epidemic year with 1,567 cases.

CREDIT VACCINES Federal authorities credit the Sabin oral vaccine introduced in Canada last year with powerfully assisting, along with Salk vaccine in the polio eradication program.

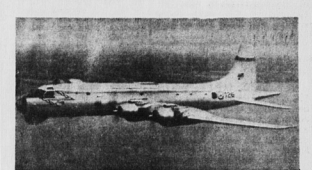
Four million Canadians were given the live-virus Sabin vaccine in its first year. It was withdrawn from use for about two months starting in September, after four Canadians who had taken it developed severe paralysis.

A careful investigation by a committee of the Dominion Council of Health resulted in a renewed vote of confidence for Sabin.

A number of provinces, acting on the recommendation, have

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BEAVERBROOK, LADY DUNN MARRIED
Lord Beaverbrook and Lady Dunn were married in October 1961, but the marriage was not made public until Thursday, Lord Beaverbrook (right) and Lady Dunn are shown here during a visit to Halifax in 1962. (CP Wirephoto)

Lavish Eating Is Described As Tough On Canadians

TORONTO (CP) - Canadians generally get too much of a bad thing in their diets and the result is a bad thing, the Canadian Medical Association says.

Final Meeting Votes Donations
Mrs. C. St. Clair Trainor presided at the June meeting of the Holy Redeemer CWL held at the Community Centre.

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lution permitting the addition of vitamin C to evaporated milk because the product often is used as infant food and in areas where natural vitamin C in fresh fruit is scarce.

The average Canadian gets 20 per cent more calories than he needs, 90 per cent more protein and 150 per cent more thiamine.

Dr. Cochrane said some European research suggests excessive intake of vitamins can be dangerous. Too much vitamin D is suspected of causing excess calcium, which can result in loss of appetite and kidney trouble.

Children require about 400 international units of vitamin D daily to prevent rickets but with all the vitamins served up today in tonics and food supplements a child in Canada commonly gets from 2,000 to 3,000 units daily, Dr. Cochrane said.

IGNORANCE A FACT
Ignorance of diet needs also can cause scurvy in children because they don't get enough vitamin C, supplied in citrus fruits.

Pointing to the need for continuing dietary education, Dr. Cochrane said that in the Halifax area a campaign reduced the incidence of scurvy from 45 cases in 17 months to four in the following year. However, as the effects of food education campaign wore of scurvy cases increased, amounting to 12 since the beginning of this year.

Dr. Cochrane estimated Nova Scotia and New Brunswick have about 100 cases of scurvy a year each and Newfoundland has about 500 cases annually.

As a result, Dr. Cochrane said he would like to see legis-



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