



"I put away my hard-earned money"

This young bank depositor recently wrote to his bank manager:

"I made a goal of \$1,000 for this year. It is two years since I opened the account with two dollars. I owe thanks to you that I put away my hard-earned money where it will benefit me... I do not wish to touch it for the time being."

Building up a bank account means work and sacrifice. But Canadians know the value of having savings handy in time of opportunity or need: they maintain 7 1/2 million savings accounts in the chartered banks—almost twice as many as ten years ago. At the same time bank staffs have almost doubled. That, and higher wages, have increased bank payrolls almost three times.

More people use the banks, more people work for the banks than ever before.

This advertisement, based on an actual letter, is presented here by

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GOOD YEAR MARATHON

If you're looking for real value at a rock-bottom price, we've got it!

It's the famous long-mileage Marathon—a guaranteed Goodyear built to deliver long trouble-free service on your car.

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The Occupational Therapy Department At Falconwood

The following article on occupational therapy was prepared by members of the Division of Mental Health at Falconwood Hospital. The staff is headed by Dr. A. J. Murchison, Director, Dr. John C. Theriault, Assistant Director, and Dr. A. A. MacVicar.

To many people the words Occupational Therapy are new and often misunderstood. The definition of Occupational Therapy is: the scientific adaptation of activity as treatment of specific physical and mental disability, or to put it simply, work and recreation as a form of treatment specially selected for the individual patient. It is the aim of Occupational Therapy to restore function, whether of the mind or body. The idea of Occupational Therapy is not new. As early as 2000 B. C. the Egyptians floated barges up the Nile encouraging their melancholic patients to sing. Even then they recognized the relationship between mind and body. In 172 A. D. Galen coined the slogan: Employment is nature's best physician and is essential to human happiness. In the 16th century, a Spanish hospital for both rich and poor, found that the poor progressed much better than the rich, the reason being that the poor were forced to work, while the rich could do as they pleased. In 1792 in France, Pinel introduced a revolutionary form of treatment

when he treated the mentally ill as human beings and gave them various occupations. Tuke in England went one step further than Pinel, and introduced recreation into the lives of the mentally ill. And so it goes on through the ages until 1918 in Canada the first Occupational Therapy centre was established in military hospitals. In most hospitals to-day only a ward or part of the main building is available for Occupational Therapy.

At Falconwood

Falconwood is fortunate in having a separate building for Occupational Therapy. A few of the rooms have recently been redecorated by the combined efforts of the patients and O. T. Staff. Two studios, each with its own bathroom, house the various craft activities. The recreation room with its library, pool table and games, give much enjoyment to the patients. The beauty salon and kitchen so modern and efficient, are the pride and delight of all the patients.

The Occupational Therapy Department is at present under staffed. Mrs. E. G. Nichols, director of the department, is a graduate in Occupational Therapy from the University of Toronto. Miss Lorraine MacCormac is the only full time assistant, however, a male assistant, Mr. Arthur Muttart, assists in the supervision of male patients while they are attending Occupational Therapy. Mrs. Gladys Fraught, a registered beautician, spends four afternoons a week in the beauty salon, where the patients may receive free permanents, shampoos, finger waves, facials and manicures.

The patients participate in many crafts eg rug making, toy making, leatherwork, woodworking, painting, sewing, knitting, shell work, weaving etc. The completed articles are then sold at cost price. Tea is served and prepared morning and afternoon by the patients. They also make the cookies and cakes served with the tea. Surprisingly enough, a few of the men enjoy kitchen activities equally as much as do the women. One patient at a time works with Mrs. Fraught in the beauty salon. Thus the patient learns hair dressing techniques and may be rehabilitated into a useful job on discharge from the hospital. There is the occasional party for the patients

where there is keen competition in games and wholesome fun.

Outdoor Activity

So far only indoor activities have been mentioned. Now that summer is approaching what about soft-ball, gardening, croquet, and carling for the hospital grounds? These activities are all therapeutic and essential. Only with increased staff can any Occupational Therapy Department include outside activities in its programme.

Occupational Therapy is also very important on the hospital wards. There are many patients who are not quite well enough to participate in the groups at the O. T. buildings, but who are capable of activities on the wards. Unfortunately this large group also has to wait for additional O. T. staff.

The question may arise, is Occupational Therapy really necessary at Falconwood? The answer to this question is to ask another question. Is it mentally healthy for a patient to spend countless hours on a ward with nothing to do? Occupational Therapy arouses interest in being active again, develops initiative, persuades the patient to participate once again in social groups, rehabilitates certain patients for specific jobs, and generally prepares the patient for undertaking responsibility in post hospital life. Briefly stated, work and play are necessary in the life of every human being.

Speaker

Continued from page 5

India has 186,000,000 (million) voters and 70 per cent of them voted. He told an interesting story of how they had to print symbols on the ballots for the illiterate people. In one case it did not work. There were three parties and the symbols were an elephant, a tiger, and a monkey. Most people wanted the party represented by the elephant symbol to win but in one district the ballots with the monkey had most of the votes. The reason was that the people of that district had never seen either an elephant or a tiger but they had seen lots of monkeys and so voted accordingly.

At this point Rotarian Dr. W. J. P. MacMillan interjected to say that sometimes people here did the same thing on all sides of politics which brought a laugh from the speaker and the audience.

The speaker closed his address with a story of how the Communists are trying to infiltrate and gain control. He said there was no time to be lost by the Democrats who must supply food and educational facilities. Prime Minister Nehru has banned the Com-

P.W.C. Special Matriculation Students



11 E—SPECIAL MATRICULATION

Sitting (left to right): Elaine Smith; Mary MacNutt; Mary Cheverle; Richardena Quinn. Standing: Allan MacKay; Randolph Buchanan; Blair Brown; Karl Sorensen; Norman Caruthers.

MENTAL HEALTH WEEK

"LET'S FACE IT AND FIGHT IT"

WHAT YOU CAN DO THIS WEEK TO UNDERSTAND THE PROBLEM:

READ: Local Papers for Mental Health Series.

LISTEN: To your local station for broadcasts.

VISIT: Occupational Therapy Building, Falconwood, Tuesday, Wednesday, Thursday, Friday afternoons 2 to 4

SEE: Display of patients' work.

VISIT Mental Health Clinic, 101 Queen St. (Wed. 2 - 4; Thurs. 9 - 12)

Home Hints By Pentox

All Eyes Are On YOUR DOOR

Preserve its beauty!

We can't all afford 'extra-special' front doors but we can keep a door looking its best—painted in the colour to show to best advantage. The fit is important too against drafts.

Every exterior door should be "Pentox" primed after fitting—especially the bottom edge. Doors are exposed to the weather and therefore require "Pentox" protection—against swelling, sticking, peeling and blistering.

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Prime with the proven time-tested all-Canadian penetrating, toxic primer, sealer and wood preserver—"PENTOX". Know the satisfaction of having a proper foundation for your paint job.

QUART \$1.15 GALLON \$3.75

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Balance of Evening and Party Dresses to 39.50 now priced for rapid sell-out at \$8.00—some beautiful white nets in this lot 8.00

SUITS to 29.50 18.50 SUITS to 39.50 22.50

Ladies' LONG COATS to 39.50 \$10 and 18.50

ALL OTHER SUITS, COATS, DRESSES 20% OFF

WE'RE HANDING 'EM OUT MEN'S SUITS to 62.50 19.50 AND 29.50

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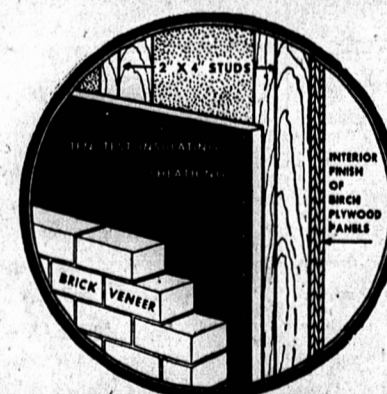
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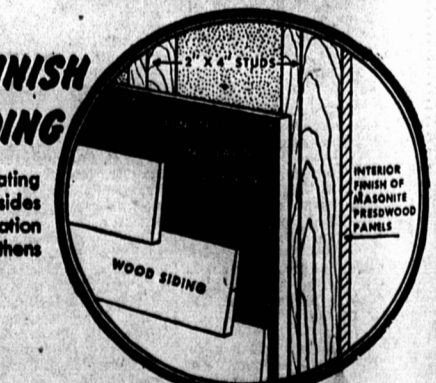
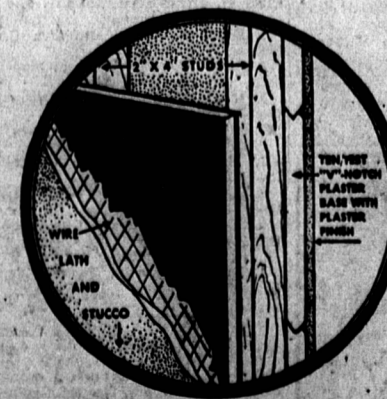
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It's good sense to use TEN-TEST Insulating Sheathing—Asphalt Coated both sides and edges to prevent moisture penetration—insulates efficiently and strengthens the walls in one application.



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