

MISS FRANCES M. BUNKER
DELIVERS THE VALEDICTORY
OF GRADUATE NURSES

At the graduating exercises of the student nurses of Victoria Public Hospital, held last evening Miss Frances Maud Bunker of Rusagons, delivered the Valedictory of the Class of 1937 reviewing the history of the class during the past three years.

Mr. Chairman, Ladies and Gentlemen:

We, as members of the graduating class, are assembled here tonight with a feeling of joy and sorrow. We are glad to have reached the mark we have been aiming for—that of a graduate nurse—and yet I believe each and everyone of us is more or less sorry to be leaving the training school tonight.

Well do we recall our beginning and never shall we forget this—our graduation day—and before we close tonight I should just like to take you with me on a brief journey through our past three years in training.

First, to our Superintendent Mrs. Woodcock who has led and directed us over many a rocky steep. To her we owe much, more perhaps than most of you can estimate. She has been with us our entire three years and I know that as time advances we shall realize more and more what she has meant to us and feel a very dear devotion toward her and we anticipate her holding a tender remembrance for us in her memory.

To Miss Brown our Assistant Superintendent, go many thanks. Many hours did she spend with us in the class room teaching us a million principles concerned with caring for the sick—how tightly the bottom sheet should be tucked in, not to have the top covers too tight over the patient's feet, how to put on a mustard paste without burning a patient, and countless other acts which we never would have dreamed of doing.

It was Mrs. Woodcock and Miss Brown who taught us the greater part of the practical work and now just a few words regarding our theoretical training. It is here where Miss Traffon played such an important part. She spent many an unselfish hour drilling into our heads, which at times were very dense, many different phases of the human body both in health and disease. From her we learned the importance of study and review. Three nights each week were set apart for this. It was not an easy task to keep away from slumber land till study period was over yet when examination time came along we were always grateful to her for having insisted on this.

During each year of our training we made acquaintance with lectures

from our various doctors. How pleasing it was to sit for an hour and listen to them. Their lectures have shown a great deal of thought and consideration for our minds and we do appreciate very much all they have done for us.

One of our doctors is not here with us tonight—not here in person but we know his interests are ever with us. This is Dr. G. C. Vanwart. It seemed almost as though a heavy mist had fallen between us and our training school when he met with his accident during the Christmas season. He has been sadly missed by all of the students. Our best wishes for a recovery that will enable him to be back with us again are extended to him.

At the end of four months when our probation period was over, we received our caps. To a nurse, a cap is one of her greatest assets. With it came more responsibility and our next step was a period of night duty. Never will we forget our night work with Miss McCain as Supervisor. There were, undoubtedly those nights when we thought morning would never appear. It was not difficult to keep awake as those ghastly noises everyone hears on night duty always kept us alert.

From our junior year we slipped into our intermediate year. This afforded us a trip to Saint John to the Tuberculosis Hospital for two months. Here we met affiliates from other hospitals, saw their methods and learned much about the tuberculous. We received lectures from Dr. Collins and his assistants and also from Miss Coleman the Superintendent of Nurses of that Hospital and appreciate very much the kindness shown to us while there from all of the Hospital staff.

It was during our intermediate year that we had our training in the Isolation Wing. Miss Wetmore was our Supervisor there and from her we learned to become good friends with Mr. Mop and Mrs. Creolin.

There are several other phases of our work which I have not yet mentioned. Two of these were our work with Miss Baker as Supervisor, namely our Maternity and Operating Room Departments. I believe these two departments were most interesting of all. We all loved those dear babies which the mothers entrusted in our care. Our Hospital is greatly in need of a more extensive maternity Department. How are we to obtain this? Do we have to continue keeping the mothers on other flats in the Hospital or are we to have a new one with greater facilities for this Department? It is up to us as a people to settle this question. May our thoughts turn to the latter.

We certainly did feel very dense the first few days in the Operating Room but Miss Baker was but a short while teaching us in detail the various procedures to be dealt with both in Operating Room Ethics and Technique. To a nurse in the Operating Room the most outstanding feature is when she scrubs for her first operation. We learned the names of the instruments from our head nurse and what a joy it was to stand beside a surgeon with our cap, mask and gown on watching him use them—eyeing every movement and having the needles and sutures ready for him. Surgery is loved by all—extremely interesting and fascinating. The powers of observation are made keener in surgery as even the slightest mistake may cost a life.

Let me not forget to mention our work in the Diet Kitchen. Here we spent two months. Our dietitian always taught us to sample all our cooking before serving. This we enjoyed for although we did prepare it ourselves it tasted delicious for under her watchful eye we seldom had a failure.

To Miss Stockford our Laboratory Technician we extend a vote of thanks. How interesting it was to examine the various organisms with the aid of a microscope.

What could we have done without Mr. Kelly who was always ready day or night to answer any call. Although his work was allotted mainly to the X-Ray Department there was nothing to which Mr. Kelly could not lend a hand.

We also appreciate what Mr. Bird has done for us during our three years in the Training School. He as well as Mr. Kelly have been of indispensable service.

To the Students from whom we are soon to depart we extend the best of wishes. May you always keep the honor and standard of the school high. We have enjoyed working with you and trust that as you remember us, you will remember us with thoughts that are happy.

To the Citizens of Fredericton I say we appreciate the welcome you have given us into your homes, your churches and societies. I feel that as we go about to our various tasks we shall often have fond memories of the days spent here with you.

There comes to my mind a few verses written by Edgar A. Guest

which seem fitting to quote as a climax to a Nurse's Training.

UNINSTRUCTED

I'm going to send you down to earth, God said to me one day, I'm giving you what men call birth Tonight you'll start away. I want you there to live with men Until I call you back again.

I trembled as I heard him speak, Yet knew that I must go. I felt his hand upon my cheek And wished that I might know Just what on earth should be my task And timidly I dared to ask.

Tell me before I go away What Thou wouldst have me do, What message there would have me say,

When shall my work be through? God smiled at me and softly said Oh, you shall find your task I want you free life's way to tread So do not stop to ask, Remember if your best you do That I will ask no more of you.

How often as my work I do So commonplace and grim I sit and sigh and wish I knew If I am pleasing Him, And wonder if through every test I've truly tried to do my best.

And now:

With a sad, sad heart I say goodbye To everyone of you, To classmates, friends, one and all I bid a fond adieu.

17-YEAR LOCUST
IS A CICADA
Appears Periodically in
the United States

The correct name of the "17-year locust" is the "periodical Cicada," says the National Geographic Society. It is not even remotely related to the grasshopper, also sometimes called a locust, which does serious damage to grain and other crops not only in the United States but in other parts of the world. The plagues of "locusts" described in the Bible probably actually were caused by a type of grasshopper.

The grasshopper, with strong chewing jaws, breaks off the stems of the young grain on which it feeds, and soon devastates a field. The periodical Cicada is toothless, and sucks its food from plants, usually without seriously harming them.

Every year, somewhere in the United States, swarms of Cicadas come out of the ground after a 17-year "burial," but this is the year in which one of the largest broods is scheduled to stage its resurrection. The females cause what little damage is done to vegetation by the Cicadas. With a sawlike apparatus on the abdomen they carve rows of egg pockets in the bark of tree trunks, oak, hickory and apple trees being preferred. The eggs are laid in these pockets but do little damage except to young nursery or orchard trees.

When the eggs hatch the larvae drops to the ground, burrow several inches or more, attach their mouths to nourishing roots, and wait for another 17 years to pass. Gradually they grow and develop, and when the 17-year period nears an end each insect digs a tunnel from one to six inches long toward the surface.

Once out of the ground the Cicada's spree of freedom is brief. Soon after the eggs are laid the adults die, first the males early in June, and then the females. Their children begin another cycle of being "buried alive" for 17 years.

Early American settlers, coming from northern Europe, were not familiar with large visitations of locusts or grasshoppers such as occur in the Mediterranean region, but they knew the Bible. When the Cicadas appeared many believed them to be a plague sent by providence as punishment for sin.

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MANY WILD PLANTS OF GREAT
INTEREST IN NEW BRUNSWICK WOODS
Some of These Are Poisonous and Some Edible ---
Dominion Botanical Division Gives
Information

There are many wild plants in bloom of more than ordinary botanical interest, especially those that claim attention of being poisonous or edible.

Through Nova Scotia, New Brunswick, Quebec and Ontario, growing in low rich woods, is the jack-in-the-pulpit or Indian turnip (*Arisaema triphyllum*). Each leaf, which is attached to a long stalk, has three shining leaflets. What is termed the flower (the shape of which resembles that of its cultivated relation—the calla lily), is in reality a sheathing or protection (spathe) of the true flowers, which are very small and arranged around the club-shaped "jack" (spadix) which stands erect in the "pulpit" or spathe; this spathe is pale green and often striped or spotted with reddish-brown or purple. In the autumn this pulp and jack will have withered; but attached to the jack will be a cluster of most attractive and conspicuous bright-scarlet, shining berries which look very tempting, but must not, on any account, be eaten. In spite of the fact that this plant is listed as being poisonous, C. F. Saunders says in his "Useful Wild Plants", "the familiar Jack-in-the-pulpit... whose small, turnip-shaped corm (root) bitten into raw, stings the tongue like red hot needles, becomes thoroughly tamed when dried and cooked, and its starchy content was once a source of bread to the Seneca Indians."

In swamps and other wet places, the golden cups of the marsh marigold (*Caltha palustris*) will be gathered in large quantities for garnishing the home, and they really are worth wet feet. Mrs. Traill in her "Studies of Plant Life in Canada" says that the leaves were used as a pot-herb by the early settlers, before gardens were planted. Those people

CANADIAN TOBACCO USERS SMOKE
NEARLY 70 MILLION DOLLARS
Over Five Million Cigarettes Consumed---Valued
At Four and a Half Million Dollars

Tobacco users in Canada support an industry of major importance. According to a report issued by the Dominion Bureau of Statistics the output of the Canadian tobacco manufacturing industry in 1935, including excise duties, was valued at \$69,829,522, which represents an increase of \$3,429,029, or 5 per cent, above that of the previous year. Cigarettes formed the main item of production with an output of 5,324,935 thousand valued at \$41,526,276. Smoking tobacco was next in importance with an output of 19,803,023 pounds valued at \$19,662,431. This was followed by cigars with a production of 120,508,000 valued at \$5,158,629; chewing tobacco, 2,896,111 pounds valued at \$2,426,966; and snuff, 773,692 pounds valued at \$1,045,862.

Tobacco has been grown in Canada since the early French colonial days. At that time tobacco smoking was general among the natives, but the white people did not acquire the habit quickly as the use of tobacco was frowned upon in the best circles. Due to public sentiment and governmental opposition some time passed before the farmers began to grow the plant. It was not until 1735 that the government gave any encouragement to tobacco growing. Times have changed since then and today the tobacco industry contributes materially to the agricultural economy of the Dominion. Material used in the industry in 1935 had a value of \$19,701,385, of which \$15,186,320 was for raw leaf tobacco. All told, the tobacco industry consumed 33,929,237 pounds of raw leaf tobacco, of which 31,348,922 pounds with a cost value of \$9,305,867 was of domestic origin.

Here is an item taken from Customs statistics. The importation of cigarette paper in February was valued at \$39,754 compared with \$35,783 a year ago. The largest supply at \$28,110 came from France, with the United Kingdom following at \$10,111.

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and Shellfish Finds
Favor With Visitors to
the Dominion.

Canada dining tables catering to the tourist trade serve Canadian fish foods often, if they're alert to please.

Tourists coming to Canada are looking for a change. They may look, too, for scenic charms or for angling or for hunting but the change that is as good as a rest is their main objective, whether they put it that way or not. They don't want their stay to be just an equal length of time spent near the old home town.

The tourists don't even want the same kind of meals they get at home. They expect good meals, yes, good meals by all means, but they appreciate dishes that are a bit different from those to which they are accustomed day by day in their own homes.

And that's where Canadian fish and shellfish come in so opportunely for the Canadian catering to tourists.

Many of the visitors come from communities where various kinds of Canadian fish and shellfish are not known or where, at all events, they are not obtainable only a few hours after they have been caught or processed. Good in themselves, these Canadian fish foods taste even better to the tourists because they are a change from the travellers' everyday fare. Experience during the past few years, when the Dominion's tourist trade has been growing fast, has shown that these visitors are delighted when they are served with Canadian fish dishes.

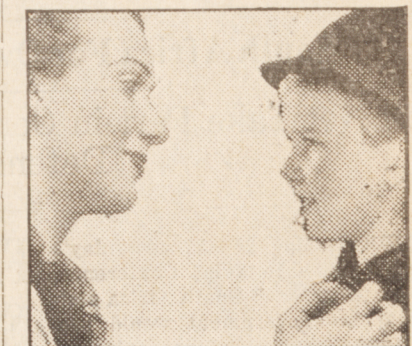
For instance, to take only a few examples from a number which might be cited, they like fresh lobsters or lobster salads, or a piece of the fine salmon from either Atlantic or Pacific waters, or a Canadian kipper, or a slice of black cod, or a portion of lake trout or whitefish, or fried scallops, or perhaps a clam chowder, or some oysters, a nice bit of haddock or cod, or a serving of finnan haddock or a fresh herring, or a baked stuffed fish. That doesn't begin to exhaust

the possibilities as to Canadian fish dishes, of course, for Canada's fishing industry markets more than sixty different kinds of food fish and shellfish and all over the country during the tourist season, and at other seasons too, for that matter, they may be obtained in prime condition.

It's a great mistake not to make continued use of fish foods in seeing to it that the tourists who are looking for a change get what they are after.

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a Child

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