

Report of St. John Ambulance Association

THE RESULTS of the six First Aid Posts established in the Laurentian Mountains and on Mount Royal, Montreal, during the skiing season of 1935-36 justified the experiment proposed by the C.A.S.A., and operated by the Quebec Provincial Council, St. John Ambulance Association in co-operation with the St. John Ambulance Brigade.

The many thousands who skied last winter acknowledged with gratefulness this new service, and so First Aid took its place as a definite part in Canada's most popular outdoor winter sport. To what extent this service may be developed in the future largely rests with the various ski clubs and individuals as the carrying on of these First Aid stations requires a considerable expenditure which should not entirely fall upon the shoulders of the St. John Ambulance Association.

The generous and hearty co-operation of the Canadian Pacific Railway Company, Canadian National Railways and local hotels made it possible to establish and operate the First Aid Posts, as without them the service could not have been started or maintained. Their assistance is gratefully acknowledged.

According to statistics the First Aiders treated in all 164 cases of injury of one type or another divided among the various districts as follows:—Ste. Marguerite, 25; Val Morin, 20; St. Jovite, 2; Shawbridge, 21; St. Sauveur, 37; Montreal (Mount Royal), 59.

The types of cases treated were exceedingly diversified and included apart from minor injuries the following:—sprains, fractures of the humerus, ribs, ankles, clavicle, legs, sternum and wrists, lacerated cheeks, knees, over eyes and fingers, twisted right leg, grazed knuckles, bruised hips, insensibility, wrenched back, split nose, broken ankle, broken collar bones, torn thumbs, serious eye injuries, general abrasions, dislocations and frozen hands and limbs.

As a result of the attention given by the St. John Ambulance Brigade men to the injured many letters of praise and thanks have been received at the headquarters of the St. John Ambulance Association with the request that this service be resumed during future skiing seasons. Thanks have also been expressed where in cases of serious injury the First Aid treatment given was such as to make the jour-



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ney from the Laurentians more comfortable until the patients reached the hospital.

The experience gained from last year has clearly shown the need for a greater number of first aiders in order to cover more thoroughly the different skiing districts and to provide a service that will take care of all forms of first aid work in outlying points. Such a service, however, is entirely dependent upon the extent of the co-operation that should be given by skiers and ski organizations.

The Norwegian word SLALOM is, according to I. Brynildsen, *Norwegian-English Dictionary*, derived from *slad* (dialectic)—sloping, and *lom* or *laam*—tracks; really, ski tracks made down a hillside or slope; skiing in zigzags between pine trees or upright sticks, but with no built jumps.