

FOOD FADS AND FALLACIES

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In this particular field, as in others, do not accept without question, or consult the person with something to sell. The food chemist or investigator in the field of nutrition who has years of technical training, and is accustomed to weighing evidence, is the one whose judgment can best be depended upon. Articles of a dependable nature are found in such magazines as that of the Home Economics Journal, the Journal of the American Dietetics Association, and the Medical Journal.

As a simple, workable plan for the homemaker who has the immediate problem of "three meals a day" on her hands, the following diet plan embodies all the essentials for good nutrition and expresses in terms of actual foods much that might be expressed in more technical terms.

Daily Meal Plan for a Family of Adults and Children of Six Years and Over

Milk—From a pint to a quart daily in some form for children under eighteen years.

From $\frac{1}{2}$ to 1 pint daily in some form for adults over eighteen years.

Vegetables—Two or more servings daily, one of which is potatoes, and a green or yellow or raw vegetable, four or more times weekly.

Fruit—Two or more servings daily, fresh, dried, or canned. Fresh fruit, or fresh or canned tomatoes, once daily, preferably.

Cereals—(including bread and porridge)—

One-half or more in the form of whole cereal.

Meat or Fish—Eggs—One serving of each of the above.

Water— $1\frac{1}{2}$ qts. or more liquid daily.

N.B.—Cod Liver Oil is necessary for children and advisable for adults during the winter months. An average serving of vegetables, fruits, or cereals is one-half cup. Servings will be smaller for children under ten.

ONTARIO DEPARTMENT OF AGRICULTURE Institutes Branch

THRIFT SUGGESTIONS

- Buy foods in bulk, not in cartons, and store in covered containers.
- Four pounds of potatoes may be used in place of one medium-sized loaf of bread.
- Day old bread is better for children than fresh bread and costs less.
- Cook vegetables as short a time as possible to preserve vitamins and minerals.
- Use water in which vegetables are cooked in soups, gravies, stews and sauces.
- To save fuel, cook two vegetables together or tie each in a sheet of canopar, a water proof paper, which may be dried and used many times; then cook in the same kettle of boiling water.
- Tomatoes are fruit. Fresh or canned, they may replace oranges and are a much cheaper source of vitamins and minerals.
- Eat some raw fruit or raw vegetable every day. Try chopped raw cabbage with grated raw carrots.
- In place of meat, use more cheese, fish or dried beans, peas or lentins. Soak these 12 hours so that they will cook more quickly.
- Have a good vegetable garden to provide vegetables for table use and a surplus to can.
- Whole wheat may be washed, soaked and cooked to use as porridge, dessert, or in making a hot supper dish.
- If the amount used by the family warrants it and the food can be used before it deteriorates, many products, such as baking powder and cocoa, are much cheaper if bought by the pound rather than in smaller quantities.
- Use plenty of milk. It is a cheap bone and muscle building food.
- Keep physically fit by taking an adequate diet, sufficient rest and relaxation.

A DESIGN FOR HOMEMAKING

By Lita Bane

To have an orderly house, but not so orderly that it is prim; to have work proceed with a pleasant rhythm, but not with factorylike precision; so to manage the family money that it is not a constant source of annoyance and petty bickering, and so to distribute household work that each family member has a share but not a burdensome share that interferes with other necessary activities; so to select and care for clothing, equipment and materials that there is little waste and reasonable satisfaction; to select and cook appetizing meals that are nutritionally sound, and to serve these meals simply but in good taste and in a pleasurable atmosphere; to maintain sanitary conditions throughout the house, to care for children and train them to be useful and happy, to create a place of rest, relaxation and enjoyment for all the family.

ONTARIO DEPARTMENT OF HEALTH

SUMMARY OF HEALTH ALMANAC FOR 1934

A copy of the 1934 Health Almanac has been sent to each branch President and Secretary so that we are merely drawing attention to some of the special features of outstanding interest and value to Institute members generally, with the expectation that the branch officers will familiarize themselves with the contents of the Almanac and also place these features before the members in the most effective way possible.

The Warning to Motorists is a timely one and the practical advice given regarding health protection and tourist camps as well as the caution with reference to motor accidents and the safeguarding of pedestrian and motorist to minimize the toll of injuries and loss of life.

Under the heading of Infections from food, and also food poisoning, much valuable information is given and clear, definite statements which point out sanitary control of foods as well as stating wherein some of the many dangers lie.

We would direct attention to the same, sound advice regarding mental health and the pressing need for personal mental hygiene, especially following the long period of economic insecurity. The article not only deals briefly with some of the causes of mental ill-health, but clearly and forcefully points the way to health recovery through definite principles, coupled with helpful means of following these principles.

Dental Services, Preventable Diseases, Maternal and Child Hygiene and Public Health Nursing are clearly outlined in various sections of the Almanac.

Water supply, private and municipal, are not forgotten, while considerable attention is devoted to Clean Milk Production, Pasteurization, and other important features of milk supply. The Food Requirements of the Body with other matters bearing upon foods and accompanying charts makes this a valuable piece of literature which may well be studied carefully by every homemaker and group of women interested in home and community welfare.

Space has also been devoted to the school, the pre-school child and the school child, each phase being presented in a manner which cannot fail to carry to the reader the desired message and information, which if put into practice will enable her to make a definite and worthwhile contribution to a higher standard of national Health.

The Institutes could not do better than take these various health features as a basis for their monthly study of this all important subject.

CIVICS OR HOW WE ARE GOVERNED

From a Publication of the Department of Education

A Canadian to be a good citizen must know and understand the government under which he lives.

Citizenship, like a profession, must be studied, and learned, not a passive obedience to law, but an active and intelligent participation in government. One must realize their civic responsibilities and duties and have a knowledge of the means whereby these responsibilities and duties are discharged.

There are three reasons why this intelligent understanding of government is essential. The first one, Historical Men, have always lived under government of some kind. Second, A Practical Reason, based on the historical one, and the fact that our own lives are shaped from the form this government assumes. Everything one does,—vote, taxes, banking, marriage, even buying a postage stamp, is controlled by governmental regulations made for man's guidance and protection.

Then there is the personal reason for definitely understanding government, the fact that the people of Canada are self-governing. The Canadian citizen says, directly or through representation, what laws shall be made, who shall make them, what taxes shall be levied, and how the revenues shall be spent. Government in Canada is what the people make it. On the goodness or badness, wisdom or foolishness of the general body of Canadian citizens depends the goodness and wisdom of the government of Canada, or the reverse. The study of government is, for the purpose of pro-

moting intelligent and responsible citizenship, appreciating thereby how much the quality of the government depends upon the individual.

The function of government is that it may be possible for men to live peacefully together in large groups. Civilization depends on the maintenance of law and order, and this is made possible by the government maintaining law and order, by establishing peace and order, and by making and enforcing laws which will guide and control the conduct of citizens.

Government also provides services of importance and benefit to the whole body of citizens, which private individuals cannot so effectively render as building roads, establishing postal service, public schools and similar services.

Thus we should give constructive thought and consideration to this subject of government and how it functions. Means are provided, by certain branches of government, whereby we may know how to conduct ourselves in accord with the laws of peace and order.

The legislature, the executive, the civil service and the courts. The legislature makes or enacts laws, behind which is expressed an idea or principle. The executive enforces the law; the law is applied by the civil service and interpreted by the courts for the benefit of all people in the country.

The intelligence of the government depends on the general intelligence of the voters; if the legislature and the government are to enact wise and proper laws, the people must not only vote, but must vote intelligently, they must be informed on public problems.

When a person has a vote in an election, it is necessary that he inform himself of the questions at issue, make up his mind what is the wise course for the government to follow, and vote accordingly. Voters should not only vote, but should investigate and decide for themselves and to the best of their ability the questions at issue in an election.

Good government, wise laws, are the consequence of an intelligent electorate; resulting from informed, intelligent voting by the individual entitled to vote.

In Canada, we are, for convenience, divided into Provinces, or local government areas. In Ontario, local government areas are cities, towns, villages, townships, counties and districts. Each of these is a local government area, and the matters over which each has power to make laws are carefully specified by the Provincial Government, and provides local services and seeks to maintain local peace and order.

A town in Ontario is a community of from 2 to 15 thousand people. The local government or executive branch consists of the mayor and council, both elected annually. Qualifications required are that voters must be British subjects, residents, 21 years of age or over, and must own or rent property of a certain value or receive a certain amount of income. Candidates are nominated in writing by two citizens, and must be qualified voters. If the Council is elected by wards, a nomination meeting is held in each ward, prior to the election; if by general vote, then there is only one nomination meeting for the town. Council (town) usually consists of 6 or 12 members—depending on the number of wards and the size of the population. If the town contributes toward the support of the County in which it is situated, it elects reeves who represent it in the County Council.

The civil service branch of town government consists usually of a town clerk, a treasurer, an assessor, a tax collector, an auditor and a solicitor. Services are performed either by a committee of the Council, or Relief Committee, or by an independent commission elected by the people, as a Board of Education. The Court system consists of a Division Court and a Police Court.

A village and a township in Ontario have the same form of local government. A village may have from 750 to 2,000 inhabitants, and is classed as an urban area. Counties are made up of townships, towns, villages, and cities may form a part of a township.

A voter of village or township requires same qualifications as town or city, but property qualifications are lower. The legislative body consists of 5 members, of whom one is reeve; if over 1,000 in population, there may be a deputy reeve, usually three councillors. Reeve and deputy reeve represent the village in the County Council. The duties of the Reeve, who is elected annually by general vote, are similar to the mayor of a town only on a smaller scale. The electorate which controls the legislative body consists of all persons entitled to vote. Voters in Ontario elections must meet the following qualifications: They must be British subjects, 21 years of age or over, have resided in Ontario for a year and in the electoral district for 2 months preceding the election.