

### Inspectors Give Monthly Report of Rural Schools

Attendance Returns in Two of Northern Inspectorates for November

The following reports on school attendance throughout the districts have been compiled by the inspectors, Messrs. R. A. A. McConnell and H. E. Elborn, and handed in for publication:

Inspectorate of S. Temiskaming

A. Schools of not over 15 Pupils:

1 Barber—Miss Ross	100%
2 Coleman—Miss Cookson	100
3 Casey—Mrs. Smylie	99.4
2 Bucke—Miss Hughes	97.6
2 Firsirot—Miss Hedley	94.4
1 Lorrain—Miss Heeley	91.4
2 Beauchamp—Miss McFarlane	88.7

B. Schools of not over 25 Pupils:

2 Harris—Miss Doherty	100%
3 Coleman—Miss Wright	99.5
4 Harley—Mrs. Greer	97.9
2 Dymond—Miss Alexander	97.8
5 Bucke—Miss Tiffin	96.7
1 Thornloe—Miss Caswell	95.6
3 Dymond—Mr. Bowman	94.7
1 Montreal River—Mr. MacLeod	88.9
2 Lorrain—Miss McCracken	87.

C. Schools of more than 25 Pupils:

1b Kerns—Miss Hutchinson	100%
4 Dymond—Miss Gordon	98.2
1 Harley—Miss Pace	98.7
1 Harris—Miss Edwards	98.5
3 Kerns—Mrs. Knowles	95.2
5 Harley—Miss McMillan	91.2
1a Kerns—Mrs. Beach	91.1

D. Graded Schools:

Bestel	99.6%
Mr. Hardick	99.3
Mrs. Jackson	98.4
Elk Lake	98.8%
Mr. Zettler	99.7
Miss Porter	97.9
Miss Mills	98.7
Miss Honeywell	98.8
Latchford	97.9%
Mr. Anderson	97.6
Miss Willoughby	98.2
Silver Centre	96.7%
Mr. Eastman	96.2
Miss Eastman	97.3
Hudson Consolidated	94.2%
Mr. Hallett	93.
Miss Chester	95.4
North Cobalt	91.1%
Mr. Wilton	92.7
Miss Jordan	93.9
Miss Creighton	87.2

R. A. A. McCONNELL, Inspector

Inspectorate of N. Temiskaming and Cochrane (in part)

The banners for attendance during November have been won by 4 Hislop, 3 Chamberlain and Ansonville Public School

Schools with an enrolment of not more than 12 Pupils:

4 Hislop—Mr. Stephens	99.5%
1 Hislop—Mrs. C. Green	98.5
1 Playfair—Miss Ortwein	98.5
1 Bryce—Miss Kay	95.8



## Health Service

OF THE Canadian Medical Association

Edited by GRANT FLEMING, M.D., ASSOCIATE SECRETARY

### MINERAL SALTS

A properly balanced diet will provide the required proteins, carbohydrates, fats, vitamins, water and minerals. In order to make sure of having such a balanced diet, it is necessary that we use a wide variety of foods.

The most common error in selecting a diet is in not using a sufficient quantity or variety of vegetables and fruits. Green leafy vegetables and fresh fruits should be used daily. They are rich in vitamins which are required for the regulation of the body processes, and they also supply, in large measure, the minerals which the body requires.

The minerals enter into the composition of all the tissues, forming about six per cent. of the

body weight. They are necessary for the proper nutrition of all the tissues and for the building up of strong bones and teeth.

Calcium is the mineral used most extensively by the body; it is the chief constituent of bones and teeth. It is present in abundance in cabbage, lettuce, watercress, Brussels sprouts and onions.

Sodium is abundant in apples, strawberries and spinach. A good supply of iron is found in spinach, lettuce and strawberries.

Minerals are present in varying amounts in a wide variety of foods, but, as we have shown, an adequate supply of minerals is secured by those who include fruits and vegetables in their diet each day.

The mineral present in fruits and vegetables are in what is called the organic form, which is the form best suited for their ingestion into the body for its use. The best way to obtain the minerals we need is through the proper selection of foods, not by the use of drugs.

It is not to be denied that many persons apparently thrive on diets to which they give no attention. In many such cases, however, a wide variety of food is used, and so a balanced diet is secured. The point is, however, that most individuals would enjoy a greater measure of health if they were to give some thought to what they eat.

It is not suggested that we become food faddists, but simply that it is worth while to use milk, green leafy vegetables and fresh fruits daily. Such a diet will not cure all the ills of mankind, but it will result in better health for more people and will, at the same time, increase rather than diminish the pleasure of the meals.

Questions concerning Health, addressed to the Canadian Medical Association, 184 Collier Street, Toronto, will be answered personally by letter.

## Beatty Makes Important Proposals Aimed to Assist Western Farmers

C.P.R. President Calls on United Canada to Rally to Help of Courageous and Loyal Pioneers—Such Action Just and Wise and In Interest of Entire Country.

Western conditions and what should be done about them formed the subject of a notable speech made by E. W. Beatty, chairman and president of the Canadian Pacific Railway at London, Ont., last week.



In direct and simple style Mr. Beatty briefly analysed the western situation and put forward a series of suggestions for immediate and effective action designed to carry western farmers over the present period of adverse conditions. He stated that his suggestions were those of a private citizen made without the knowledge of any government authority in this country. He put them forward as the representative of a corporation which extended throughout all parts of Canada and was vitally concerned in the economic situation in any section thereof. There was in this important utterance no suggestion of anything in the nature of intended charity towards the West. The whole project, he said, should be directed with warm sympathy for a community of courageous pioneers threatened with distress and by a desire to provide just assistance when it is badly needed. There should be full appreciation of the fact that the prosperity of East and West, of farmer and city are inextricably linked together. He believed that the country as a whole would come to the assistance of a great section suffering from a temporary but severe depression from causes beyond its control, not only because it is just to do so, but as a wise measure of national policy. Mr. Beatty said in part:

"Western Canada is suffering from the effects of unusual world conditions in the marketing of grain and in its low price, and hardship is being experienced on the prairies in consequence. I do not need to elaborate on the courage and the resourcefulness of the people of Western Canada, nor the confidence many of them feel in their ability to come through this depression as they have others. I do not require to do more than mention what we in the East owe to that part of the country, both in a material way and in the national strength contributed by the loyal

people of that part of Canada. Neither do I need to stress the importance of a knowledge of the conditions prevailing in those sections and of the necessity of co-operation in meeting unusual situations in the interest of the whole country. The former Government of Canada and the present Government have, at different times, adopted policies designed to strengthen the economic position of different sections of this Dominion. Through such policies, the position of our Maritimes has been improved, and through more recent changes in fiscal policies the position of the manufacturers of Canada is intended to be improved and the unemployment situation is likewise alleviated by direct contribution by the Federal authorities to public works. If these policies be planned to accomplish betterment in certain parts and activities in Canada, then the same attitude may properly be adopted in relation to the peculiar problems of our western provinces. None of these suggestions which I propose have any relation to the question of marketing wheat, price fixation or otherwise, since these problems depend so much on world conditions. I am directing my observations to the problem of meeting emergent conditions of great hardship which may arise during the next four or five months.

"Obviously, our Western producers should not fear the loss of their equity in their homesteads in view of the frank unwillingness of mortgage companies and other holders of liens to press for immediate liquidation of maturing obligations or for arrears of interest beyond the ability of the farmer to meet his payments, so far, at least, as this is due to the present depression in the wheat market. Two problems, however, do remain: the fear of want during the coming winter—confined largely to the smaller and financially weaker farmers—and the fear of inability to finance another year's farm operations.

"To me, an unprejudiced and unofficial, but not disinterested, observer, it seems indisputable the Dominion Government should not hesitate to intervene with an offer of assistance, as a national public duty. The governments of the three prairie provinces, owing to their intimate knowledge of local conditions, are best adapted to provide relief, but owing to their pledging of their credit as security for bank loans to the Wheat Pool, they may

need Federal assistance in the matter. If the Dominion Government were to agree to assume a portion of the obligations regarding the 1929 crop, and the provinces were to use this release of their credit to permit them to assume the full burden of relief to their citizens, the aid of the Dominion Government would be given in a useful direction, and the operation of relief measures by those best equipped for the task would be assured. These obligations should be assumed by the Dominion Government only to an amount equivalent to actual relief expenditures by the Provinces in aid of farmers. Since it is inevitable that some critics will assert that this is specific aid to members of the Wheat Pool, it may be well to point out that the reverse is the case. The guarantee of the Pool loans by the Provinces might be so regarded, although even in that case the Provinces were unquestionably moved by a desire to save a collapse of the wheat market that would hurt Pool and non-Pool farmers alike. The suggestion that the Dominion Government now assume those guarantees is made solely to enable the Provinces to direct their best efforts to the relief of all their farmers, Pool members or not.

"I would suggest, too, that as a further aid to the restoration of confidence and as an evidence of complete faith by important business interests in the future of agriculture in the West, an agriculture credit corporation should be formed to provide livestock for farmers who wish to diversify their operations. The Company should be a private corporation, organized in somewhat the same form as that organized in the United States, with the support of the banks, Mortgage Trust and Loan Companies, insurance companies and the railways, and, if thought advisable, perhaps of the Federal Government itself. The moneys should be repayable on easy terms, the risk would be small, and the administration costs would be reduced to a minimum through the voluntary nature of the undertaking. I would suggest that five million dollars be raised in this manner and that the project should at all times be treated as one of sound investment. This method of aid would be specially valuable, since many Western farmers would find their domestic economic problems greatly simplified by the addition of livestock to their farms, and since every head of livestock placed on a western farm aids in the marketing of surplus grain."

The Publishers and Staff of The Haileyburian extend to one and all their best wishes for a Happy and Prosperous New Year