

### The Ottawa Spotlight

By Wilfrid Eggleston

Ottawa, January 26th. — The session started out like a house afire, with a minimum of oratory and a maximum of results. By Monday night of the first week-end the debate on the speech from the Throne was over, and without a recorded vote. This is in such sharp contrast to the days when the address was good for two or three weeks of eulogy, criticism, campaign eloquence, economics, philosophy and just plain garden variety of talk. The aim, apparently, is to get finished in time to go to the Coronation, which means the end of the session on May 1st. If as little time is devoted to speechifying during the rest of the session as in the first two or three days, the objective may well be reached. Perhaps it is significant that Mr. Bennett has been invited to join the government representatives at London. The official Opposition, which usually decides when sessions end, will not want to drag things into midsummer either.

The abrupt collapse of the debate on the address gave the government time to table its main estimates, which showed a stiff increase over the figures for last year. The upward trend can be traced to two main factors: first, is that an additional \$14,000,000 or so is to be spent in improving Canada's defences; the other is that old age pensions will cost the treasury more now that Quebec has adopted this social legislation. The current year's appropriation for old age pensions was \$17,500,000; this coming year it will be \$10,000,000 more.

#### Stress on Coastal Defence

The spending of larger sums on defence measures had been forecast at some length by commentators, and, as expected, the stress was laid upon aircraft, coastal defence batteries, anti-aircraft guns, harbor equipment against submarines. Canada has

no thought of an aggressive war, she is only disposed to put her own neutrality" to employ Mr. Bennett's phrase. About a hundred modern aeroplanes will be purchased and added to the latter largely obsolete and little use except for training—now possessed by the R.C.A.F.

Four modern minesweepers are to be added to Canada's modest navy. Aside from some new equipment, no increase in the land forces is provided for. Several hundred additional officers and men will be taken on the force and the naval force. Stores of ammunition, torpedoes and other military munitions will be laid up against an evil—and let us hope, purely hypothetical—day.

During the first four weeks of the session the private members have their fling, and government business on set days of the week takes second place. This gives opportunity for discussion of matters which are not yet, perhaps, ripe for legislation but which private members feel should be aired in the interest of the community which they serve or Canada as a whole. Debates these days seem to run to economics, provision of greater purchasing power, provision of new social security legislation, slum clearance and similar matters. Last week saw the first of these debates on money and purchasing power. It was launched by John Blackmore, leader of the 17 Social Credit members in the House, and called upon the state to begin to issue purchasing power "and to use that purchasing power for the improvement of the economic condition of the Canadian people."

#### Money is Needed

Mr. Blackmore, who represents Lethbridge in the House, advanced the argument that money was needed for a hundred and

things, but that no money was available. Consequently he argued that the state should issue money, based on the resources of the country.

This is a controversial subject these days, and it is difficult even to report such debates without being regarded as partisan on the Social Credit side or on the other. Besides the skeptics, and the informed critics, of monetary theory, there are a great many people who do not feel that they understand the mystery of money and in the meantime are inclined not to say very much.

Last year the Social Credit members were not answered to any extent, either because members were too indifferent or because they were incapable, of answering. There are signs that this year it will be different. In the very first debate, R. J. Deachman, Liberal economist threw down the gauntlet by observing that while Houdini could draw rabbits out of hats, he has never been able to make a living selling the rabbits.

#### GOOD POINTS

If you know some feller's failin's, just forget 'em, because you know That same feller's got some good points— Them's the ones you want to show. "Cast your loaves out on the waters, They come back," is a saying true Maybe they will come back "but-tered" When some feller boosts for you.

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## HEALTH

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#### PROTECTIVE FOODS

Why do we eat food? To appease our hunger, of course, but the real reason is that food when properly digested furnishes us with the various substances needed to keep the body working at the highest efficiency. The body is very much like a machine, it needs fuel, or energy, to keep it going, and it also needs other material to repair and replace the wear and tear on it.

In order to supply all the various substances necessary to keep the human engine going and to replace the natural wear and tear we should build up our meals around certain easily obtainable foods. Everyone should take a pint to a pint and a half of milk a day (children at least one and one-half pints) including the amount used in the cooking, one egg, two vegetables besides potatoes, and some fresh fruit. Although this sounds simple, the reader may be surprised to find when looking back on what was eaten today how far he came from reaching this goal.

Why has the reader not reached this goal? The most frequent fault is the eating of too much sugar. This does not necessarily mean sugar in its straight form, but as used in cooking, jams, marmalades, preserved fruits and other foods which contain a lot of sugar. Sugar is of value as a source of energy or heat, but it does not supply any proteins, minerals, vitamins or fats. All these food substances are necessary for good health. See therefore that you do not take too much sugar and thus crowd out some of the essential foods.

A second most common fault is the consumption of too much starch in a purified form, such as is found in white bread, cake, pastry and highly purified breakfast cereals. Again, one of the main values of these highly purified flours is to supply energy or heat, and these foods have a place in our dietary, but a careful survey has shown that we must

guard against eating them to excess.

Excess consumption of either purified flours or sugars can be avoided if you build up your meal around one to one and half pints of milk, one egg, two vegetables,

besides potato, and raw fruits daily, and then after you have eaten these protective foods, eat what you like.

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★ But no one person can be an expert on steel, brass, wood, leather, foodstuffs, fabrics, and all of the materials that make up a list of personal purchases. And even experts are fooled, sometimes by concealed flaws and imperfections.

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