

CANADA LAGS IN FISH CONSUMPTION

Compared to the people of England, Canadians are poor fish eaters, in the opinion of Alfred H. Brittain, head of one of Canada's largest fish producing companies and former president of the Canadian Fisheries Association. Over in the Old Country the consumption of fish amounts to about 43 pounds per person. Here in the Dominion it is only about 21 pounds per capita. Yet, according to reports presented to the fishing industry, Canadian fish is noted the world over for its flavour and quality.

Mr. Brittain has continuously advocated an educational and advertising campaign by the government to help increase markets within the Dominion for Canadian fish. If the national consumption of fish were to be increased by only ten pounds per capita it would mean approximately another 100,000,000 pounds of fish.

With the present crusade for the increased consumption of fish now appearing in the newspapers and magazines of the Dominion that goal seems to be drawing nearer. According to Mr. Brittain such an increase would add materially to the general welfare; it would benefit the transportation companies and affiliated industries; it would increase the revenue of the primary producer; and it would provide a real stimulus for the entire fishing industry.

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News and Information for the Busy Farmer

Where Crops Fit In
There are some crops which are not well suited to very fertile soils. Buckwheat, for example, often produces too much straw and too little grain on rich soils, especially those soils which are very high in nitrogen. Oats are likely to lodge badly on soils too rich in nitrogen. On the other hand, a fertile soil is essential for profitable yields of wheat and barley. Rye will grow well on rich soils but it is also a particularly good crop for light infertile soils. Turnips require a fairly fertile soil, but, if the soil is unbalanced in its fertility by having an over-abundance of nitrogen in comparison with other elements of fertility, there will be luxuriant tops but small roots.

Current Crop Report
The October crop report gives a review of conditions in Ontario as compiled by a large staff of regular correspondents, as follows: Weather conditions since the end of August have been particularly favourable for growth and late crops made remarkable gains, offsetting to a considerable extent the slow development earlier in Central and Western Ontario due to intense drought. Potatoes, root crops and sugar beets are now expected to have a larger yield per acre than last year, while the yield of corn for husking, corn for fodder and total cuttings of alfalfa will be less. Pastures, which were reported to be in the lowest condition in years at the commencement of August and again at the first of September, have improved tremendously and are now in normal to above normal condition throughout most of the province. Farmers increased their acreage of fall wheat this season and fields have an excellent appearance. A large acreage of new seedings of hay and clover was so badly injured by the drought in Central and Western Ontario that it was ploughed up, and the remaining acreage in this section, although greatly benefited by recent rains, is very spotty and considerably below average in appearance. In Eastern Ontario the acreage of new seedings is about normal and with plenty of rainfall all season stands are in good shape. Fall ploughing has been done under favourable conditions there.

Soil Testing Service Given at Guelph Winter Fair

Through the courtesy of the Ontario Agricultural College, farmers may bring samples of their soils to the Guelph Winter Fair this year, and have them tested free of charge. A knowledge of the lime, phosphorous and potash requirements of their soil will enable the farmers to purchase their fertilizer requirements on a more sensible and economical basis.

This is only one of several features of the seed department at the Provincial Winter Fair which will make it of unusual interest to farmer visitors. The College will also have an attractive educational exhibit which will include a display of some of the newer and more promising varieties of grain, such as the Erban Oat and the Nobarb Barley. With the co-operation of the Ontario Corn Growers' Association a special display of commercial and seed grades of corn will be featured, as well as information as to varieties, culture and uses of this important crop.

APPRECIATION

Life's a bully good game with its kicks and cuffs,
Some smile, some laugh, some bluff;
Some 'carry a load too heavy to bear
While others push on with never a care,
But the load will seldom heavy be
When I appreciate you and you appreciate me.
He who lives by the side of the road
And helps bear his brother's load
May seem to travel lone and long
While the world goes by with a merry song,
But the heart grows warm and sorrows flee
When I appreciate you and you appreciate me.
It's the greatest thought in heaven or earth—
It helps us know our fellow's worth;
There'd be no wars or bitterness,
No fear, no hate, no grasping; yes,
It makes work play, and the care-worn free
When I appreciate you and you appreciate me.
William Judson Kibby.

Prospective Employer—Are you a clock watcher?
Applicant—No, sir! I like outdoor work; I guess you would call me a whistle listener.

Letters From The People

RELIGIOUS PROGRESS

Editor, The Liberal
Sir:—
Those who maintain that the Bible must be accepted as literally true from cover to cover ignore the fact that Christ himself refused to be bound by the antiquated ethical conception elaborated in the old testament which demanded an eye for an eye and a tooth for a tooth but substituted the new idea that evil should not be resisted but overcome by good.

Thus in our religious growth we will never reach a static condition where we know it all but should be forever modifying our ideas to harmonize with new knowledge. This does not mean that truth is different to-day that it was thousands of years ago but merely that our finite conception of infinite reality takes in more scope though it can never give a completely satisfying explanation of the latter. The more a man knows and the wider the circle of his knowledge the wider will become the horizon where his knowledge ends and thus he becomes more humble and realises how little he knows in comparison to the sum total of knowledge. As knowledge grows we become more tolerant and realise that the basic truths behind all religions and on which all agree are much more important than the points on which they differ. The lawyer tried to trap Jesus on the technicalities of religion when he asked, "Which is the first and greatest commandment?" but Jesus just went to the core of the matter and said that the first commandment was to love the Lord thy God with all thy heart and with all thy soul and with all thy mind" and the second "Thou shalt love thy neighbor as thyself." Then we are told that all the law and prophets hang on these.

If we believe the above then we must agree that fanatical religious beliefs which have brought torture and persecution to millions were never really religious and all the vain discussions over creeds and theological abstractions have been wasted to say the least.

J. R. HARRISON,
Aurora, Ontario.

AUCTION SALE OF FARM STOCK

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1 Boring Machine
1 Brooder Stove
1 Horse Clipper
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1 Fanning Mill 1 Grindstone
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1 Small Book Case
1 Canada Pride Stove
1 Dining Room Table
1 Single Bed 1 Double Bed
2 Kitchen Tables 1 Writing Desk
Half Dozen Chairs
1 Perfection Oil Stove
1 Electric Plate with Oven
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HEALTH

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MILK, THE LIFE-GIVER

The best of all foods. Of all foods the most dangerous.

Of the sextette of essential foods, milk, meat, fish, eggs, vegetables and fruit, milk is the best and most universally useful. It is the grass of the land elaborated by the cow or other mammalian, just as cod liver oil is the grass of the sea, elaborated in the liver of the sea-fish. It is the best of all infant foods and in a hundred ways enters into the diet of the adult.

But milk is encumbered by dangers along all the extensive route from cow to the consumer. From the dirty flanks of the animals, the unclean and dusty stables, from dirty utensils, dirty fingers, fingers laden with disease, come danger. The heat, the dust of transportation, inferior dairy methods and finally exposure to the sun on the back steps of the tenement, contribute to render this product dangerous to the user. There is another dangerous factor attending milk. It is one of the best mediums for the growth of germs of disease. A combination of heat and a few bacteria produces millions of germs in short order.

Every sixth day in Canada and the United States, someone dies from the effect of dirty milk; every eighth day there is an epidemic of sickness from the same cause.

What are some of the milk illnesses? They are seen in the experience of us all: tuberculosis, both bovine and human, undulant fever, typhoid fever, the devastating summer complaint of babies, all the infectious diseases, cholera and dysentery may be spread through the medium of infected milk. The City of Montreal, less than ten years ago, had within the space of a few months 5000 cases of typhoid and 500 deaths, the cause of which was unerringly traced to the milk supply of the city. Many a mother mourns the loss of her infant through a diarrhoea inspired by the same cause. The majority of our cripples—youth persons with hunchback, hip-disease, joint disease—are produced by tuberculosis in one form or another. Much of this is due to infected milk.

How may these dangers and their disastrous results be prevented? Is it possible to secure a safe milk supply? Undoubtedly. The means are simple and within reach of everyone whether he be a dweller in the large city or of the remotest part of the country. The remedy for the dangers incident to dairy milk is pasteurization. In well-managed cities all the milk and cream offered for sale are pasteurized. That is why, for example, there has not been a case of bovine tuberculosis in any child of Toronto for the last 20 years.

But someone says, the milk in my town is not pasteurized; moreover, what about children on farms where pasteurized milk will never be available?

The remedy is at hand. Every household has a double boiler. A milk thermometer costs but a few cents. The careful mother will pasteurize the baby's milk. She will heat it to 145 degrees F. hold it at this temperature for half an hour and then cool it to 50 degrees F. and so keep the milk until it is used. Her method of pasteurising is as good as the best. The milk supply so treated destroys germs of all kinds. The housewife who follows this plan is able to defy one and all of the diseases carried by milk.

Another says: pasteurisation destroys something in the milk. Possibly pasteurisation may destroy some of the anti-scurvy vitamin. It is not a serious matter. A little orange juice, the juice of tomato or of prune, good for the child in any case, makes up for any loss in milk sustained through pasteurisation. The objector to this measure of protection is out of court. He has no case.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

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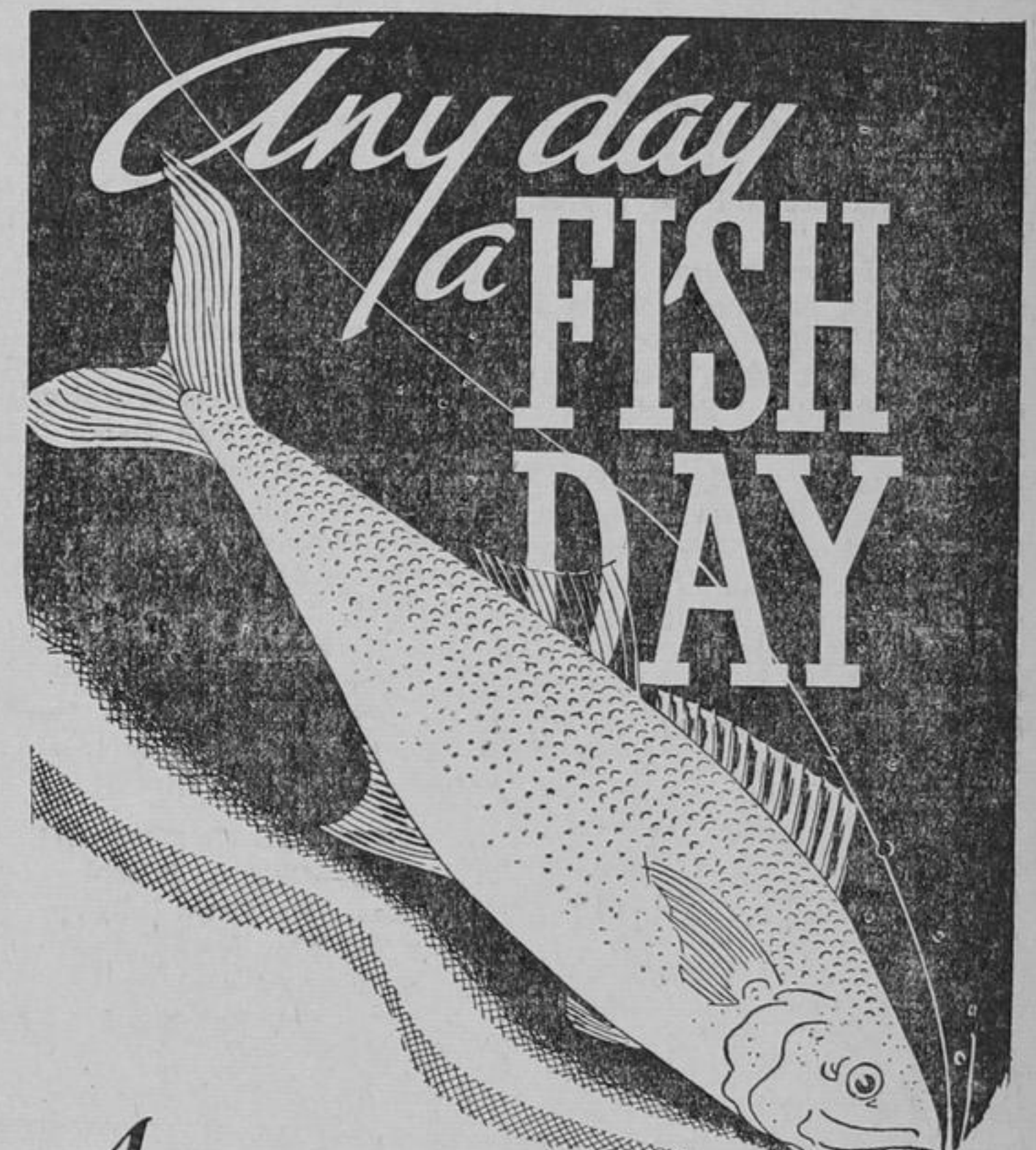
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