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DELAY IN SIDEWALK PROGRAM

We have received many communications lately from residents of this district urging that action be taken at once in the building of sidewalks south from Richmond Hill. Most of these communications are quite critical of local municipal councils regarding the delay, and while members of township councils must accept their share of responsibility, the present hold-up is due to the Ontario Department of Highways whose responsibility it is to supply the necessary land. The Highways Department is holding up the sidewalk program at present due to the uncertainty about Yonge Street widening. Once a definite policy regarding Yonge Street widening is agreed upon there will be no difficulty about securing the much desired sidewalks, as we have the assurance of Markham and Vaughan municipal councils that they are ready and anxious to proceed with the work. We sincerely hope that Department of Highways officials will speedily determine a Yonge Street widening policy so that the sidewalk program can be proceeded with. As we have so often pointed out delay in the construction of sidewalks is daily endangering the lives of all who use Yonge Street as pedestrians.

GIVING

With Christmas drawing nigh Christian people become givers and receivers. Giving cannot always be measured in terms of dollars. There are those with no money to give and yet some of them are the greatest benefactors. They dispense service, sympathy, kindness and goodwill.

We read of millionaires who give, until the figures are staggering and one is lured into speculation about what it feels like to have money to dispense on such a scale. We should not envy such great givers, for to them riches have already brought their own special cares and worries. Few rich people are really carefree, happy or contented. Remember the camel and the eye of the needle.

Apart from natural givers, who rejoice in their opportunities and never miss one, there are grudging givers who only hand it out through compulsion, or because if they don't give, they fear to be marked down as mean or stingy. They overlook the fact that the Lord loveth a cheerful giver.

In olden times, we do not think it so common now, good, conscientious people reckoned that a tenth of their income should be set aside for charitable purposes. The habit of giving, like the habit of withholding or hoarding, grows by what it is fed on. In our experience we have observed that when a special effort has been made to meet some demand for help, when to give means doing without something, that a special blessing seems to follow.

It is a good thing to teach children to play the game from the start, to be ready and generous in their giving and to be willing to stand back and let others have a chance. To some generous natures the lesson is easy, because the root of the matter is inherent, but it is good for all to learn that the business of living, at its fullest and best, is largely dependent on the great service of giving and taking.

DEER HUNTING

Deer hunting enthusiasts of the district have just returned from their annual hunt and tall tales are heard these days about the exciting times enjoyed in the northern woods. Not being an authority on deer hunting we hardly know how much credence to place in many of these tales or how to report them, but we reprint the following from the pen of Editor Curran, of Sault Ste. Marie, better known as an authority on timber wolves, but still one who claims to know something of deer hunting. He says: "Something like one in every 20,000 people in Ontario take out a deer hunting license. These are usually regarded as blood thirsty souls who go to the woods to indulge a desire to slaughter.

Here and there in every hunting party there is a man whose ability with a rifle requires him to make the effort to justify his reputation. But the great majority of hunters care little whether they "fill their license," or not. They go for the high jinks of the evenings in camp, for the freedom of the woods, for the good fellowship of the hunt, to argue about their dogs, about politics, about everything they can think of. They will sleep on uncomfortable camp beds, put up with less conveniences than their woodchops at home offer, eat stuff that the wife wouldn't dare offer them, and get up in a freezing dawn to cheerfully go out on "station." What makes them do it? They are convinced they are having a good time, but only the hardest repeat often.

This whole business of deer hunting has to be revised if it is to prosper. The dogs should not be allowed to occupy the same beds as the hunters. The cook should be required to take the pledge. Deer should be prohibited from parading up and down in front of the camp until it is light enough to see them. Hunts should start when the hunters want to get up,—not when the cook yells that the breakfast is ready. And the beds,—well, as a rule they are hardly worth while talking about.

When a man comes back from the hunt he needs a rest. His tired expression wasn't acquired following deer trails. Not at all. Only a tenderfoot falls for that. He has lost \$1.39 playing rummy with a ringer, stuffing himself with pork and beans (when he is limited to soda crackers and milk at home) and some lightsome companion has grabbed his best pair of socks in a very grey dawn.

We once knew a man who bought a \$65 rifle, a lot of expensive ammunition, a bush outfit fit for an Eskimo, a pair of \$18 high boots, a set of truck driver's mitts, a compass, a safety match box, and a fur cap with earlaps. He spent his time helping the cook to cut the wood and carrying the water, and had a splendid time. At home they worried all the time about Steve.

A deer hunt is like the war in China. It sounds good before you get into it to discover the liabilities at least equal the assets. This is first hand information."

Frequently stern critics are heard to say the town is "going to the dogs". If true no-one is to blame but the people, as all the good things we enjoy as a community are the result of somebody's effort. Talk is cheap, but a little extra effort in community work could accomplish a great deal.

BOOKS THAT MATTER

AFRICA AND WORLD PEACE
By Claris Edwin Silcox

Africa and World Peace: By George Padmore: Foreword by Sir Stafford Cripps: (Toronto: S. J. Reginald Saunders). Price, \$2.50.
Italy Against the World: By George Martelli: (Toronto: The Macmillan Co.). Price, \$5.00.

The enunciation of the Monroe Doctrine may have had much to do with the exploitation of Africa. Had European powers felt able to maintain their grip on North and South America, they might have been less drawn to Africa where they could compete for colonial empires and for access to raw material. But blocked in the control of the New World, they turned readily to the conquest of the "dark continent" and began to paint the map of Africa a dozen hues. Today, railroads and highways pierce territories where, a few years ago, big game roamed while the aeroplane has brought near that which formerly was inaccessible.

What we fail to remember, however, is that Africa has for many years been one of the continual menaces, to the peace of Europe, due to the demand for colonies rich in raw materials. Perhaps, Mr. George Padmore exaggerates somewhat when he claims that "Africa holds the key to the peace of Europe", but the names of Fashoda, Tangiers and Addis Ababa remind us that he may not be far from the truth. With the annexation of Ethiopia, only Liberia among African states remains free from direct political control by Europe.

Mr. Padmore is apparently a Negro, born in Trinidad and educated there and also at Howard and Fisk Universities. He is now the European correspondent for a number of Negro newspapers, and has marked sympathies with Russia and equally marked antagonism to all fascist and imperialist countries. In short, he feels bitterly about the betrayal of Ethiopia and quotes with approval Lenin's words to the effect that the League of Nations was a "thieves' Kitchen". He says: "Those great champions and fighters for the rights of colonial peoples and subject races did not provide one gas mask, one ambulance outfit, much less financial assistance, to help these Abyssinians fight the battle, which was not only theirs, but of vital importance to the European workers, as events in Spain have shown. It is to the everlasting shame and disgrace of the organized labour movements of Europe and America that bourgeois humanitarians like the Archbishop of Canterbury, Lord Lugard and others, did more in a practical way to help the Abyssinians than any of the national sections of both Internationals". Even "The Soviet Union sat by and never lifted one finger to aid the victim. Instead, she supplied oats, coal and petroleum to the aggressor throughout the war". It is only too true that Ethiopia would have offered better resistance to Italy had she never belonged to the League at all, nor trusted in the terms of the covenant. Much of Mr. Padmore's polemic must therefore be granted.

But we can hardly expect a member of the coloured race to admit that conditions in Ethiopia were more or less hopeless, that the Emperor was unable to exert the necessary authority over the various clans, that the country as a whole was illiterate, and that the efforts to eradicate slavery had been ineffective. Civilization today moves with speed, and no country, whatever its past, can hold back the flood for long. If it does not move in time, it will be inundated. There remains also the other question: was the saving of Ethiopia as an independent nation worth the risk of another world war? The formulation of the question may seem callous, but the question nevertheless must be answered: "yes" or "no".

Mr. Martelli's book professes to be "the first complete and impartial account of Italy's repudiation of the League and her conquest of Abyssinia by an Englishman writing with intimate knowledge of the facts". In dealing with the controversial questions, he states both sides, interpreting the conflicting viewpoints and leaving us to draw our own conclusions. Many secret documents may not be published for fifty years and final judgment must of necessity be reserved for a long time, but Mr. Martelli has sought to give us such basic facts as are available in order that we may understand what the main questions are. In all this he has performed a great service. There is some quiet humour in the book, thus:

"It used to be said of Gladstone that if an ace had been placed in his sleeve, he would have solemnly declared that God had put it

there". (Page 76).

"To borrow the phrase used by an English journalist on another occasion, there was no chance of the British lion's tail being twisted because it was safely tucked between its legs". (Page 134).

"It was a game of poker in which, holding the worst cards, the Italian won because he was the bolder player and the better psychologist". (Page 200).

The book gives us some interesting information concerning the military operations. It must be remembered that practically all military officials were agreed that it would take three years to conquer Ethiopia. But the military officials were wrong. They had not considered how mechanized warfare and aeroplanes had completely changed the order. For instance, Italian troops were provided with food which was dropped from aeroplanes over their line of march; even live stock was dropped from aeroplanes with parachutes attached. So, too, little bands of Ethiopians ensconced in the hills were attacked by aeroplanes which poured machine-gun fire into them, and even poison gas was used to force them from their positions. The guerilla warfare, which we had been led to expect, never materialized until after Addis Ababa was taken. There was too much treachery shown by local chiefs in those defiles where such tactics might have been most successful, the Ethiopians were conspicuously absent. It was "a military promenade". Only four Italians were captured as prisoners of war, two of whom were drivers of tanks.

The careful discussion of the proceedings of the League are also carefully noted, but for the British, the most significant part of the book is Mr. Martelli's criticism of British policy. He is realistic but he does not hesitate to say: "They encouraged Abyssinia and let her down, as they encouraged the British electors and then let them down.... What cannot be defended on any grounds, either of principle or of expediency, is their pretending to do one thing while all the time performing the other". But the clearest lesson from all this is stated in his closing paragraph:

"If the democracy is to control foreign policy, it must go to school as those did who controlled it in the past. It must learn to forego excessive emotionalism, it must study history more closely, and try to understand something of the problems which it is called upon to solve".

Unless this happens, we shall continue to have pacifists refusing to

vote for armaments and then demanding war, while military leaders devise tortuous means of compromise and peace.

HEALTH

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OBSESITY

Obesity is a polite way of saying 'too fat' or 'too stout.' Some persons have a hereditary tendency to stoutness and in some families a single member may become unusually stout even from childhood. But stoutness is more often the result of excessive eating and not enough exercise. It is a well recognized fact that people who have passed middle life have a tendency to become stout, despite the fact that they may eat moderately and play plenty of golf. The fact remains that they are consuming carbohydrates beyond their daily needs and the excess amount is converted into fat and stored in the tissues.

Obesity is undesirable on several counts. In the first place it tends to slow one up and make all exercise burdensome. Fat people suffer more than thin people when a fever hits them and they are poorer risks when they have to take a general anaesthetic. Why is this? Let us explain.

Our foods are divided into three classes, carbohydrates, fats and proteins. All are essential for normal

nutrition, but as used for body energy they are converted into sugar (or carbohydrates). If we are taking into the body more food than is daily required the excess amount is stored in the tissues as fat. But the fat doesn't pick out just those parts of the body one can see in which to lay down layer upon layer of new weight. All body tissues are used in this storing up business and so the heart and the kidneys and other organs all get their share. This means that an organ like the heart has more bulk to keep working than the heart which normally does not carry a lot of extra fatty tissue. More work means more effort and that is why a very fat person gets short of breath and may experience air hunger and is a poorer risk for an anaesthetic.

Body weight in most persons can be controlled. It is largely a matter of eating within reason and having a well balanced diet. If you are overweight consult your doctor. He will prescribe a diet to suit you. Above all avoid food faddists and the kind friend who took some pills which he is sure is exactly what you need. That is dangerous. An outstanding consultant told the writer not long ago, that some of the most serious cases with which he had to deal were persons who followed somebody's cure-all for control of weight.

Eat wisely, exercise properly and remember that it is easier, as a rule, to put on weight than it is to take it off.

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

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