

"THE LIBERAL"

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PEDESTRIANS ON THE HIGHWAYS

Recently a pedestrian on a highway near Winnipeg was fined for walking upon the right side of the pavement, thus going with motor traffic, instead of on the left hand side, facing on-coming cars. His was a common mistake that many people so far as their safety is concerned fall into. In Ontario the highway department has advised that the safe way is to face traffic when walking, but so far as we are aware no change in the law to that effect has been made as yet.

Keeping to the right is the rule of the road, and it applies alike to pedestrians and all kinds of vehicular traffic. As in numerous other cases the law ought to be made simple and emphatic and people should be made thoroughly familiar with it. Actually, however, neither side of a travelled highway is a safe place today for a person on foot.

Complaint is not unfrequently made that pedestrians are themselves often to blame for accidents that occur. This is undoubtedly true in numerous instances, and particularly in the night-time when many persons who walk on the road are as careless of their own safety as of the ease of mind of those operating cars. Under present conditions people ought to avoid so far as is possible walking on the road in the night and if they are obliged so to do to either carry a light or wear something that will plainly identify their presence.

Little children, however, cannot be held accountable for their actions; they cannot be expected to take care of themselves in traffic. Drivers must think of them and protect them. Elderly persons are at an equal disadvantage. The mind may be clear but the footsteps falter and the necessary nimbleness has left their limbs. Drivers must look out for them, too, if needless highway fatalities are to be prevented.

BOYCOTTING BUTTER

Toronto Housewives' Association of Toronto want to go on the air to continue their fight to bring the price of butter down to 30 cents per pound or less. It will cost good money to rent time from a broadcasting station, but the campaign is under way and expenses must be faced. A copy of the proposed address will have to be submitted to the manager of the broadcasting station so he can see whether or not he approves of what is to be said.

The proposal is that for a week the housewives should boycott butter, and that sounds tough. Especially for the individual who likes the stuff spread fairly thick and who is fond of putting a block of butter inside a baked potato.

Fact is butter is scarce just at this time, and we are not catching up rapidly nor approaching with speed the point where it will once more be declared we have a large surplus on hand. When the surplus period arrives prices will not remain high. They will drop as they have dropped before, and they may even go to the point where it is known and admitted to be utterly unprofitable to produce butter because of the low price, and when that time arrives we are certain the Toronto Housewives' Association will have no further interest in the matter.

The Toronto people have selected the wrong time to demonstrate the power of the boycott. If there is a slight dropping off in butter sales during the week it will make no appreciable difference and the amount which causes a surplus will not be increased. The amount of time and energy and the expenditure of money they are making would compensate fully for any increase they might have to pay for their butter. It is not possible apparently for them to see that the farmer is getting one of his much-needed breaks in securing a profitable rate for his butter fat, and that as the income of the farmer—the primary producer—increases, the prospects of some more money being spent in Toronto will also increase. If they could look far enough ahead the women in Toronto should be able to see that they are actually proposing to boycott themselves.—Peterboro Examiner.

WHAT THE WAR HAS COST CANADA

The cost to Canada of participation in the war of 1914-18 has been officially placed at one billion, six hundred thousand dollars.

That means, roughly, an average yearly expenditure of 400 million dollars while the war was on. That is not far short of five times the annual expenditure of the Dominion Government, for all purposes, eight years before the war began.

Nor is this the end of the story. War expenditures while the war was in progress merely marked the beginning of the cost to Canada of participation in an old world conflict. Pensions paid to Canadian war veterans amount, to the close of the last fiscal year, not far short of a billion dollars and are now running at close to fifty millions a year. The taking over of what is now the Canadian National, in reality a war measure, has resulted in piling up of a National Railway debt of one billion dollars; and bonds represented by that debt are guaranteed by the Dominion Government. The direct national debt of Canada amounts to over three billion dollars; and at least three-fourths of that sum is directly or indirectly due to Canada's participation in a war waged nearly three thousand miles from our shores.

It is not necessary to point out what the effect on this country would be of engaging in another like conflict.

DEFENSE AGAINST FEAR

Austria annexed! Czechs Get French Pledge! London Talks Conspiration! Spain Collapsing! Navies Ready! War Feared—was ever human thought so bombarded with the world's woes? What mental defenses are being raised against the constant impact of fear-spreading headlines and radio reports?

The remedy, of course, is not retreat from news, except in some cases where an appetite for excitement is fed by hourly doses of radio flashes. The remedy is better handling of the news by newspapers and broadcasters, and rational defense by listeners and readers. Those who purvey the news have an abiding obligation not to exploit a reasonable and right desire of the human mind for information and interest. But the best of newspapers and radio commentators cannot protect the ultimate consumer unless he keeps up his own guard and refuses to draw fearful or hateful conclusions from essential reports of major events.

The first step in defense is to recognize the need for

it. Few of us realize how quick and how constant is the assault upon our thinking.

Defense of course is active resistance. Efforts to ignore or dodge events are not defense. Behind the present wave of war fears, for instance, there are actual dangers. Dangers may be exaggerated by those who build their business on exciting reports. Defense may well begin with more than a grain of salt. It may well include a healthy skepticism which goes behind headlines and demands facts, not rumors or "it is said." It should be equipped with the "long view of history" which often shows the superficiality of momentary alarms.

But real defense against fear must be based on positive confidence. And for many that is found ultimately only by turning to something greater than themselves. Nothing combats fear like the calm of religious contemplation. Most fear arises from belief in material injury or loss. Most hatred derives from material concepts of race or nationality. When thought is turned to spiritual realities peace is achieved by the individual. And such peaceful thinking is not only a defense against the assaults of fear but a positive instrument for the destruction of the cause of fear. — (From the Christian Science Monitor).

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA



WHAT TO EAT TO BE HEALTHY
Number One

Great advances have been made in the science of nutrition during the last few years, and no doubt further advances will be made in the future. However a number of fundamental principles essential for your good health have been established and are now universally recognized. In this series of articles entitled "What to Eat to be Healthy" we propose to tell you how our present knowledge can be applied in your life and the life of your family.

Follow this series closely and you will be in possession of absolutely reliable information on what foods you should eat and the importance they play in maintaining normal health.

Many persons today, and you may be one of them, do not eat an adequate amount of all the food elements necessary for the highest possible level of health. As a consequence, malnutrition may result. But malnutrition is not a spectacular condition. For example, everyone knows that a lack of iron will result in the development of anaemia. The mildly anaemic person usually does not realize he is anaemic. His weight may be quite normal, and he may be able to carry on with his every-day life, but he lacks energy and vigor. A deficiency of calcium in the diet may take years before it obviously affects your health, but eventually it will. These are only two examples but many others might be given. Therefore, it behooves us to watch carefully that our diet does contain all the necessary food elements in adequate amounts.

What food elements are necessary for life and health? You may be surprised to know that there are no less than 30 — iron, calcium, iodine, fat, carbohydrate, proteins, vitamins, and others. They may be arranged into five groups of food substances, the vitamins, the minerals, the proteins, the fats, and the carbohydrates. A deficiency of any one of these essential food elements endangers your health.

To get these five groups of foods and enjoy the highest possible level of health, take each day one-half to one pint of pasteurized milk (children one and one-half pints), one egg, some meat, two vegetables besides potato, and some raw fruit. Vitamin D is also necessary in the winter months.

The next article will deal with the dangers associated with deficient intake of a number of these 30 food elements.

Watch this paper for the next in the series — "What to Eat to be Healthy."

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

16 FISH ON ONE HOOK
(Orillia Packet and Times)

This is a real fish story and is vouched for. A young fisherman from Orillia the other day pulled up sixteen fish through the ice on one hook. That is something unique and worth of record. He caught a dogfish on his line and when he opened it there were fifteen herring inside the dogfish. That is concentrated fishing.

An inspector was examining a class in geography, and, addressing a small boy, he asked:

Inspector—"Now, sonny, would it be possible for your father to walk around the earth?"

Small Boy—"No, sir!"

Inspector—"Why not?"

Small Boy—"Because he fell down and hurt his leg yesterday."

IS THIS YOUR TROUBLE?

Many writers are passing along Andy's advice these days, telling us to "unlax".

People are living under such strain and tension that according to Alvin F. Harlow writing in Physical Culture for February the clenched or claw-like fist is the symbol of our times. Even our international raspings are due to jittery nerves.

We have ridden nature roughshod and she is getting back at us by up-setting us with jumpy dispositions.

Harlow tells of watching a human fly climbing a building a few years ago. Presently he noticed his own fingers were clenched, his palms sweating.

We are warned of the need of finding a few minutes each day to stretch out in a big chair or on the floor, permitting legs to straighten out limply. Palms of hands should be down, fingers nearly straight. We should let the body go limp.

Another untangler of knotty nerves is slow walking, tarrying to look at whatever appeals for the moment.

Harlow says, "With the same care of my nerves, I do not go to see dare-devils risk a ghastly death by way of public entertainment. I can find all the thrill I want in seeing a good baseball game, a sunrise in the country, a rare bird not often seen in my region and many other things which a more jaded palate might find tasteless."

Restless nights can become more restful by recalling a good play or movie or going over a happy evening listening to a good orchestra, an outing, a merry party, an automobile trip, a reunion with old friends or kinsmen, any happy experience.

"What we need most of all to do is to loosen the strings a bit and tune to a somewhat lower tone; get off the raw whiskey-and-pepper sauce diet, find our thrills and our interests in less exciting things—things of the mind rather than the nerves; stop trying to travel two hundred miles an hour to some place where we don't need to go; try to loosen the grip of the machine on our souls and recapture a little of the contentment, the placidity of years not long past which many of us can still remember. And as a step in that direction, we must first cultivate the art of relaxation."

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ARE A GUIDE
TO VALUE**

Experts can roughly estimate the value of a product by looking at it. More accurately, by handling and examining it. Its appearance, its texture, the "feel" and the balance of it all mean something to their trained eyes and fingers.

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.

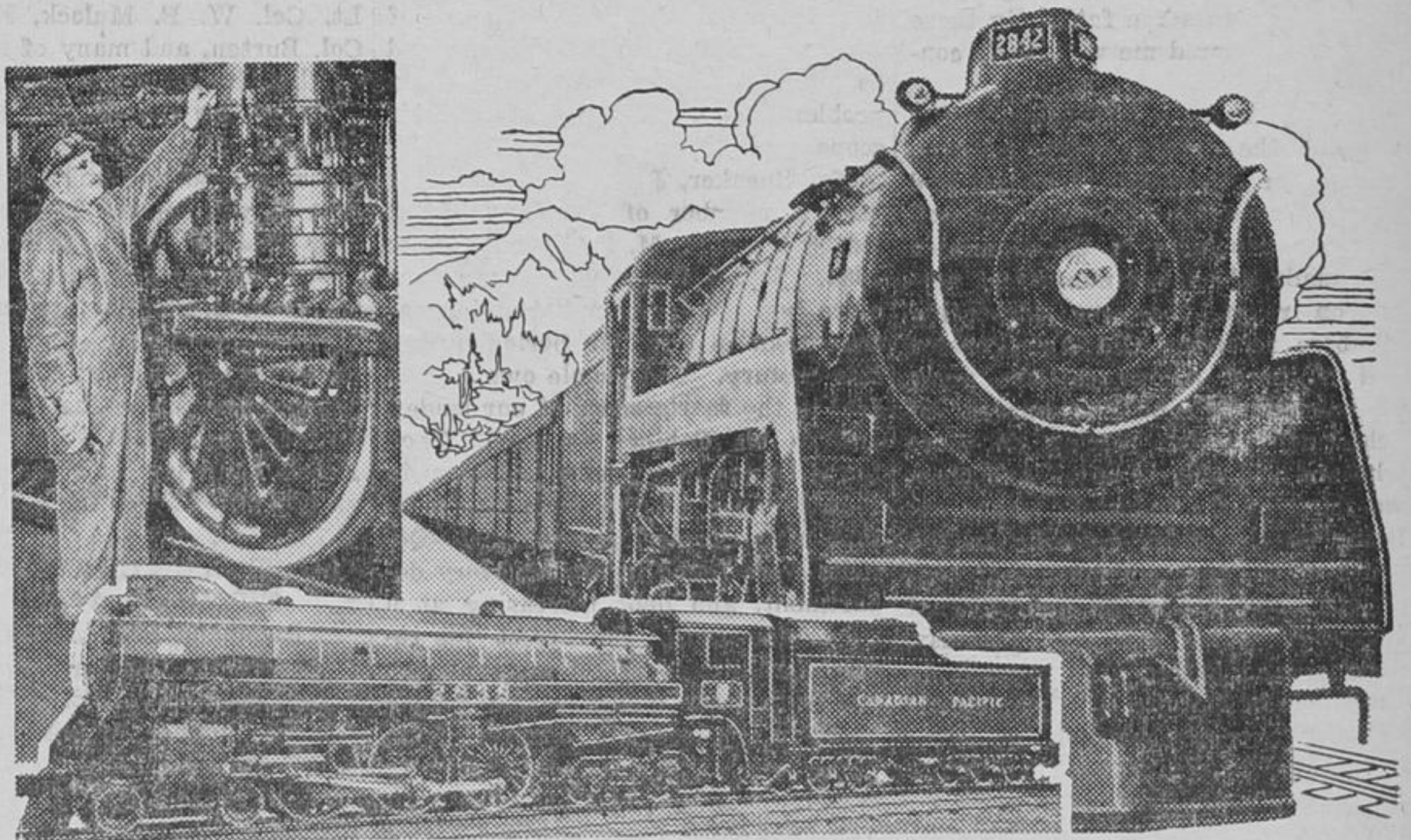
There is a surer index of value than the senses of sight and touch — knowledge of the maker's name and for what it stands. Here is the most certain method, except that of actual use, for judging the value of any manufactured goods. Here is the only guarantee against careless workmanship, or the use of shoddy materials.

This is one important reason why it pays to read advertisements and to buy advertised goods. The product that is advertised is worthy of your confidence.

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IT COULD NOT BE CONSISTENTLY
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Canadian Pacific Has Newest In Locomotives



Power, speed, an attractive semi-streamlined appearance, and the ability to haul heavy transcontinental trains more than 800 miles without change of engine are the outstanding features of 30 new 4-6-4 locomotives, numbering from 2820 to 2849, recently brought out by the Canadian Pacific Railway.

H. B. Bowen, chief of Motive Power and Rolling Stock, Canadian Pacific Railway, has embodied in the design of the locomotives the popular semi-streamlined appearance which he first developed in the 3000 class Jubilee type engines, as well as many of

the other interesting details which were developed in connection with the Jubilee design, and which have been proven to be satisfactory in service.

Even more important than the trim appearance of the new locomotives, however, is their performance. Five of them, equipped with booster, each has a tractive effort of 57,000 pounds, which means that one engine can haul 4,789 tons or a weight approximating that of 100 loaded freight cars. As for staying power—they will be used on long runs such as the 813 miles of heavy grades and sharp curves between Tor-

onto and Fort William and the 832 miles between Winnipeg and Calgary, where they will operate without change of engine. Latest engineering developments are incorporated in these newest Canadian locomotives, making them ideal either for fast passenger or heavy freight trains.

This new group of locomotives together with 20 lighter locomotives of the 4-4-4 type now under construction, combined with the power already in service will give the Canadian Pacific Railway one of the largest fleets of powerful modern locomotives on the North American Continent.