

WHAT CHANCE FOR THE JEWS?

What has happened since 1933 to the 500,000 Jews of Germany is dramatic; it attracted at first the attention of the world, and called forth the solidarity of the Jewish communities for a planned overseas emigration.

nearly 1,000,000 in the kingdom of Greater Roumania, another 1,000,000 divided between a reduced Austria and a reduced Hungary, some 400,000 in Czechoslovakia — who are relatively well off — 350,000 in Germany, and 250,000 between Latvia, Lithuania and Yugoslavia.

You can't tell whether work is dignified or silly till you see how a man spends the money he gets for it.

Two men were hotly discussing the merits of a book. Finally, one of them said to the other:

First—"No, Friend, you won't appreciate it. You never wrote a book yourself."

Second—"No, and I never laid an egg, but I'm a better judge of an omelet than any hen in the country."

HEALTH

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



WHAT TO EAT TO BE HEALTHY

Number Two

A deficiency of any of the essential foods known as vitamins, minerals, proteins, fats and carbohydrates endangers your health. If any one of these necessary food elements is missing from your diet, it will result in a gradual or, in some cases, a rapid lowering of your level of health.

a billion years, yet without it we would die. Vitamin A is essential for the health of the mucous membranes of the eyes, nose, throat, sinuses, bronchial tubes, oesophagus, stomach, intestinal tract, and the genito-urinary passages.

We all know that a lack of iodine causes goitre, and a lack of iron, anaemia. Copper is necessary to get the iron from the food into the red blood corpuscles, and calcium and phosphorus make up over 95% of the mineral part of bones and teeth.

Carefully conducted investigations have shown that when your diet is just slightly lacking in any one of the 30 necessary food elements, your

resistance to infections, such as colds, bronchitis, etc., is definitely lowered, so that you catch these diseases easier and have greater difficulty in recovering than when your diet is adequate.

So it is very important for us to know the food elements we need, how much of each one of the food elements we should have and where we can get it. Through proper nutrition we can secure increased health and happiness, greater vigor, better resistance to disease, and longer life.

The next article in this series of "What to Eat to be Healthy" will tell you what foods to eat to secure an adequate supply of Vitamins A, B1 and B2.

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

Helen—"What is an octroon?" Jacob—"An eight-sided cuspidor."

Mrs. Jinks: "My dear, did you notice that gorgeous fur coat worn by the woman in front of us in church this morning?"

Jinks: "No, I don't believe I did. I was dozing much of the time."

Mrs. Jinks: "Huh! A lot of good it does you to go to church."

"Is there any difference between results and consequences?"

"Well, my experience has been that results are what you expect, while consequences are what you get."

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AUDITOR'S REPORT OF THE TREASURER'S ACCOUNTS OF THE VILLAGE OF RICHMOND HILL FOR THE YEAR 1937

CAPITAL BALANCE SHEET ASSETS

Table listing assets: General (Municipal Lands and Buildings, Equipment, Furniture and Fixtures), Local Improvements, School Debenture Debt Recoverables, Housing, Public Utilities, Books in Public Library, Sinking Fund Investment.

LIABILITIES

Table listing liabilities: Debenture Debt (Schools, Public, Schools, High), Public Utilities, Housing, Other Debenture Debts, Surplus.

CURRENT BALANCE SHEET ASSETS

Table listing current assets: Cash (On Hand, In Bank), Taxes Receivable.

LIABILITIES

Table listing current liabilities: Loans, Surplus.

SINKING FUND STATEMENT

Table showing sinking fund details: Amount in Sinking Fund Dec. 31, 1937, Total Payments required to Sinking Fund in 1937 only, Total Payments made to Sinking Fund in 1937 only.

REVENUE 1937

Table listing revenue: Debenture Debt Charges Recoverable, Dog Taxes, Arena, North Yonge St. Railway, Licenses, Miscellaneous, Rents, Housing Loan Payments, Unemployment Relief, Government Grant, Taxes, Loans, Current Tax Roll Collected, Arrears Taxes Collected, Frontage Rates.

EXPENDITURES 1937

Table listing expenditures: Loans, Charity and Welfare, County Rates, Debenture Debt Charges, Education, General Administration, Provincial Subsidy re Taxes, Highways and Streets, Miscellaneous, Protection of Persons and Property, Public Services and Enterprises, Surplus for 1937.

WATERWORKS

REVENUE 1937

Table listing waterworks revenue: Surplus from 1936, Water Rates (1936, 4th Quarter, 1937, 1st Quarter, 1937, 2nd Quarter, 1937, 3rd Quarter), Hydrant Rental, Installation Fees, Hydro-Electric Rebate, Consumers Deposits, Nicholls Chem. Co. Drums returned, Miscellaneous.

EXPENDITURES 1937

Table listing waterworks expenditures: Maintenance (Materials and Supplies, Power Hydro Electric, Chlorine and Alum, Coal, Repairs, Paid General Account re Debentures, Labour, Salaries, Telephone, Consumers Deposits Refund, Freight and Cartage, Printing, Painting Tower and Tank, Gravel and Stone, Gasoline, Stamps, Postage and Excise), Paid General Account re 1936, Transferred to General Account, Cash in Bank December 31, 1937.

ELECTRIC LIGHT REVENUE 1937

Table listing electric light revenue: Surplus from 1935, Monthly Light and Power Receipts (January to December), Monthly Street Lighting Receipts (December 1936 to November 1937).

Table listing surplus hydro-electric power commission, customers deposits, and miscellaneous accounts.

EXPENDITURES 1937

Table listing expenditures: Construction, Maintenance, Repairs, Paid General Account re Debentures, T.T.C. Pole Attachment Rentals, Consumers Deposits Refunds, Street Lighting Surplus, Waterworks Power Surplus, Freight and Cartage, Salaries, Stamps, Excise and Postage, Office Rent, Labour, Miscellaneous.

Table listing surplus: Cash in Bank, Current Account, Cash in Bank, Savings Account.

PUBLIC LIBRARY RECEIPTS

Table listing public library receipts: Cash on hand January 1, 1937, Cash in Bank January 1, 1937, Cash in Bank Savings Account January 1, 1937, Village Levy, Provincial Grant, Markham Grant, Interest Savings Account, Sundries, Fines, etc.

EXPENDITURES

Table listing public library expenditures: Books for Library, Magazines and Periodicals, Salary Librarian, Salary Librarian's Assistant, Postage and Excise Stamps, Labour and Supplies etc., Book Truck, Cash on hand December 31, 1937, Cash in Current Account Bank, Cash in Savings Account Bank.