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THE PROMISE OF EASTER

Once more the whole world rejoices in the return of Spring and the resurrection of the earth from its winter death. This ancient festival, celebrated from the earliest times by all inhabitants of the northern hemisphere, has a special significance for Christians, since the early Church adopted it as the occasion on which to celebrate the resurrection of Christ after His crucifixion.

There is no mention in Scriptures of Easter as a special day of celebration, nor of any other special holy day. But the fathers who built up the church founded upon the teachings of Christ wisely encouraged by the pagan peoples whom they sought to win to the new religion to retain their ancient traditional festivals, adding to them a new significance and symbolism.

The significance of Easter is the hope and promise which the resurrection of Our Lord holds for everyone, of eternal life for the human soul and spirit. Just as the return of the sun from its winter hibernation in the South, has brought to all peoples in all times promise and evidence that life does not end when grasses wither and trees shed their foliage at the advent of Winter, but continues to manifest itself afresh in new forms, so the Resurrection of Christ is a pledge to every faithful believer in Him that they, too, shall not perish but shall have everlasting life.

ABOLISH COUNTY COUNCILS

For the past few years The Post has pointed out the costly and unnecessary duplication in administration exercised by County Councils in Ontario.

Under the enlightened policies of the Hepburn Government more and more of county functions have been taken over by the province. Without going into the inefficiency of York County Council in particular, it may be called to mind that our municipal tax burdens are woefully heightened by the County's excessively bad administration.

Nepotism, expensive bills, favoritism and all the familiar phases of a Tammany Hall have marked York County Council. As one of Scarborough's best esteemed reeves said "York County Council is just a gas-house".

Word is getting about that Mr. Hepburn is planning to wisely and rightly write "finis" to county councils.

Nothing he has done will mark a more forward step than making a swift end to this bleeding of the tax-payers through county levies. Scarborough knows full well how useless and wasteful York County is. Only the benefactors of its largess can be found to uphold continuance of county councils.

When Mr. Hepburn finishes all County Councils, he will have restored to farmers and suburban tax-payers—the very back-bone of the province—millions and millions of wasted dollars.

The sooner Mr. Hepburn makes this needed reform effective, the sooner all municipalities will begin the long climb back to solvency and self-respect.—York County Post.

EXPRESS YOUR OPINION

Abolition of County Councils and other improvements in municipal government will be taken into consideration by the Ontario government between now and the next session of the Legislature. Here and there throughout Ontario members of County Council have rushed into print with a lot of bunkum in defence of the County Council, but arguments presented are far from impressive. We hope the taxpayers will not sit back and let the well paid members of county council do all the talking. Take a few minutes now and write to Premier Hepburn, or your local member of the Legislature and let them know what the average taxpayer thinks of the proposal.

DEATH WALKS IN DARKNESS

Among those who have endeavored to fix the time, place and cause of death by automobile, is Ernest Anders, Commissioner of Utilities at Jacksonville, Florida. Some of the cold, hard facts assembled by him are at once terrifying and enlightening.

Automobiles kill twenty-five times as many people as fires.

Floods during the winter of 1936-1937 killed four hundred people. During the same period, automobiles killed three thousand six hundred.

During 1935, eighteen people were killed by railroads, one hundred by airplanes and one hundred and sixty-six by ships; two thousand, three hundred and ninety-four by typhoid, two thousand, seven hundred and ninety-eight by diphtheria and twenty-six thousand, four hundred and thirty-eight by influenza, while automobiles killed thirty-six thousand, one hundred.

In 1936, automobiles killed thirty-eight thousand people, injured one million, three hundred thousand, and caused a money loss of one billion, six hundred million dollars.

Fifteen out of each hundred fatalities occurred under unfavorable weather conditions. Seven out of every hundred were due to drunken drivers. Twenty-three out of a hundred were caused by snowy, icy or wet streets. Four out of a hundred occurred at grade crossings. Eleven out of each hundred were on curves. Only two out of each hundred were due to mechanical defects in the car.

The really important conclusions, however, are found in the time of accidents. Fifteen thousand of these thirty-eight thousand killed in 1936 were killed in the daytime. All the rest were killed after dark. During that twelve hour period of darkness, of which we spent at least six hours in bed, we killed many more people than we did during the twelve hours when we were all awake and doing

much more driving.

Sixty per cent of the automobile fatalities, and forty-eight per cent of all accidents occur at night, despite the fact that traffic courts show that traffic at night is but twenty to twenty-five per cent of the total traffic.

In other words, night driving is four to five times as dangerous as day driving. Your chances of being killed at night are twice as great as in the daytime.

HEALTH



WHAT TO EAT TO BE HEALTHY

Vitamin A is essential for health of the mucous membranes of the eyes, nose, throat, sinuses, bronchial tubes, oesophagus, stomach, intestinal tract, and the genito-urinary passages.

The lack of Vitamin A in the diet causes eye trouble and tendency to infections.

The following foods give you vitamin A: Pasteurized milk, cream and butter, colored vegetables such as spinach, carrots, leaf lettuce, eggs, liver and kidney.

The distribution of vitamin A is very wide, and it is also very abundant. If your diet contains a pint of pasteurized milk a day, butter, and two vegetables besides potato, as well as an egg a day, you will certainly be receiving an adequate supply of vitamin A.

Vitamin B1 and B2 are necessary for the nerves, skin, and the normal burning up of sugars and starches in the body.

The lack of vitamins B1 and B2 results in neuritis. A lack of these vitamins also results in constipation.

The following foods give you vitamins B1 and B2: Most vegetables and fruits, particularly peas, beans and lentils, whole grain cereals, egg yolk, liver and kidney.

Vitamin B1 is widely but not abundantly distributed. We must watch carefully to see that we get an adequate supply of it. This vitamin is abundant in wheat germ and yeast. Unfortunately, vitamin B1 is water soluble. If an excessive amount of water is used in cooking, as high as 90% of this vitamin may be thrown away in the cooking water.

In the next article in this series of "What to Eat to be Healthy", we will discuss vitamins C and D.

Watch this series for complete and authentic information on what to eat and where to find it.

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

PEPPING THEM UP

A Toronto pastor where the congregational singing had been half-hearted, painfully so, is reported to have secured great results when, prior to the singing of the Doxology at the close of the service, he remarked to his parishioners: "Just imagine you are singing 'Hail, hail, the gang's all here'." The response was vociferous. — St. Catharines Standard.

She—"Did anyone ever tell you how wonderful you are?"

He—"No, I don't think anyone ever did."

She—"Then I'd like to know where you got the idea?"

Artist Chuzz (in front of dental display window)—"I think I'll get myself a new set of teeth like those over there."

Mrs. Chuzz—"Hush, don't you know that it's impolite to pick your teeth in public?"

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Rights of Witnesses

Australian Judge Stops Badgering Lawyer in Sydney

(The Brandon Sun)

The most helpless person in any court of law is the witness. He seems to have no friends and suffers from clever lawyers, unsympathetic judges, strange surroundings and usually nervousness. Probably that is why evidence cannot easily be procured to promote the ends of justice. Apparently in Australia there is a judge whose protection of witnesses has got him in the newspapers. His action was so unusual it was news. When a witness in the divorce court at Sydney was being badgered by a lawyer he scratched his head and the privileged lawyer took advantage of the peculiarity. He was told by the cross-examining attorney to "take your hand from your head." Judge Boyce said, "Leave it there if you want to."

To the attorney the judge said: "I believe in witnesses being at their ease. If a man wants to scratch his head, he may do so. If he wants to fold his arms, he may. In fact, within reason a witness may put his arms anywhere. Many attorneys insist on witnesses looking at them. Witnesses may look where they like. Another question often put is 'What are you laughing at?' When a witness smiles. A witness is perfectly entitled to smile if something funny happens to amuse him."

ALONG LIFE'S PATHWAY

I'm treading life's rough path, and I stumped my toe against a stone; And, oh, it hurts so terribly I uttered a loud moan!

Had I been going slowly, I'd have seen it—and then passed; But in my haste I didn't look, and met it—going fast.

In pain, I thought: "I'm rushing to a date—and may be late; But I can aid some traveller, if I'll just hesitate.

I stopped—and moved that stone aside, to help some unknown brother

The rocks which we have stumbled over should ne'er retard another. —Lyla Myers

SLATS' DIARY

(By Oliver N. Warren)

Sunday: The preachers subject this a. m. was Good Husbends. All are family was there & when we arrived home Ma sed to Ant Emmy she wisht she node as littel about that subjec as the preacher noes. Pa herd her & skowled. I dont no why.

Monday: Mistress Gillem & Ma got mad at each another this p. m. Ma sed are naber lady got to abusing her husband & when Ma sed she were corect Mistress Gillem got funny & sed it wasent so. Then Ma soon arrived home & sed she wont never retuen no more.

Tuesday: After supper Ma was reeding the noosepaper & sed to Pa is a man which has 1 wife to many a biggemist. Pa replide Yes in rare instances. Ma thot a minet or 2 & then arose up & flang the paper in his face & left the rm. I wander why the anser didnt plees her. But I no it diddent tho.

Wednesday: This Jane dame is a geting on my nurvs. Today as we was going home from school she ast me do I still love her. I replide & sed I did & then she sed Why dont you marrie Ely then. I bleeve she was riddykuling me some how. But I let it pass. Guess I showed her I can take it. Tho I dout if she apre-



sheated my shivvelrey.

Thursday: Jane & Ely walked home from school together. Jake sed they got to saying they are going to get married when they grode up. Then he ast her would she make him a good wife & she sed she would make him a good husbend. Jake sed he dont dactly no what she ment. I dissided to let him find out for hisself.

Friday: Ma told Pa the kitcher flu are smoking & how can she stop same. Pa sed give it some of them cigars you bot me for Christmas. Now Pas better 1/2 dont say nothing to him. But she will tho when she wants sum thing I bet.

Saturday: Well, they issent no school today but what good do that do yrs. trooly? Whose mother is a fine ladie & he loves her deerly with all her falts witch mostly consists of thinking up work that otto have attenhens becos as she says. Put off not till tomorro what otto be done this a. m.

From force of habit a street car conductor calls his girl "fair lady."

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