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THURSDAY, AUGUST 8th, 1940.

NATIONAL REGISTRATION

Over four hundred tons of mail rolled out of Ottawa during the past week from Chief Registrar Jules Castonguay's office addressed to district registrars everywhere in Canada. Ten thousand mail bags, each weighing about 80 pounds and filled to capacity with cards and forms on which all male and female citizens in Canada between the ages of sixteen and sixty-five will register, were used to complete these shipments.

The Department of National War Services, under the direction of Hon. James G. Gardiner, is pushing National Registration ahead at record speed. Starting with British Columbia and the Yukon, the required forms and cards for registration have been sent to Registrars in each federal constituency in all provinces. Mail bags were despatched at a rate of about 800 per day, comprising an average daily shipment of about 40 tons.

Shipping of the material was geared to meet the daily output by the Government Printing Bureau, where presses were kept humming night and day to turn out the 16,500,000 cards, forms and certificates.

About eight million persons in Canada are within the age limits prescribed and will appear before district registrars on one of the three dates, August 19, 20 and 21, set aside by the Government for that purpose.

As was stated in the House of Commons by Mr. Gardiner, it is impossible to have these cards filled and sent in by mail as the declaration on the card must be signed by both registrar and registrant after the questions have been answered.

However in order to relieve pressure in regular registration booths throughout Canada, arrangements are being made by the Department of War Services to permit industrial firms and other organizations to assist in taking the registration of their employees.

LEADING MANUFACTURING PROVINCES

Ontario and Quebec are the most important manufacturing provinces of Canada. Their combined production in 1937 amounted to \$2,927,000,000 or over 80 per cent of the gross value of manufactured products of the Dominion. The proximity of Ontario to the coal fields of Pennsylvania, the water power and other varied resources of the two provinces, and their nearness to the larger markets of Canada and the United States, have all contributed to the above result. British Columbia had in 1937 the third largest gross manufacturing production with 7.0 per cent of the total, and Manitoba the fourth with 4.0 per cent; Alberta, Nova Scotia, New Brunswick, Saskatchewan and Prince Edward Island followed in the order named.

The outstanding predominance of Ontario and Quebec is most nearly approached by British Columbia in the case of the wood and paper products group, where the latter province accounts for 16.0 per cent of the gross production compared with 39.0 per cent for Ontario and 32.1 per cent for Quebec; in each of the other groups the positions of Ontario and Quebec led by a wide margin.

British Columbia, the third manufacturing province, has, in point of size, 41 establishments with individual gross production of over \$1,000,000, compared with 305 for Ontario, 177 for Quebec, 22 for Manitoba, 18 for Alberta, 13 for Nova Scotia, 12 for New Brunswick, and 9 for Saskatchewan. Capital investment, employees, and other factors, show variation, in proportion to the size of establishment and according to the nature of the industries concerned, (the 3 in Manitoba with production of over \$5,000,000 for instance, employed over five times as many persons as the 3 in the same class in Saskatchewan, and the 4 in the same class in British Columbia employ over thirteen times as many on the average as the 3 in Saskatchewan) but in a broad way the factor of size is reflected throughout the statistics.

The gross value of the manufactured products of Ontario in 1937 represented about 52 per cent of the total for the whole Dominion, while that of Quebec amounted to about 29 per cent. This premier position in manufacturing has been fairly uniformly maintained by Ontario, as the following percentages show: In 1926, 52 per cent; 1918, 53 per cent; 1910, 50 per cent; 1900, 50 per cent; and 1890, 51 per cent. In spite of the rapid industrial development in recent years in other provinces, such as Quebec, British Columbia, and Manitoba, Ontario is maintaining a manufacturing production roughly equal to that of the remainder of the Dominion.

Among the assets of Quebec, which have tended to develop manufacturing industries in the province, may be mentioned its natural resources of forests, water powers, minerals, and agricultural lands, and also its geographic position astride the St. Lawrence estuary permitting sea-going shipping to reach its main centres of population. Added to these natural advantages, there is a stable and and industrious population, which is an important factor in industries such as textiles, clothing, boots and shoes, etc., where a large labour force is required.

GIVE US NEWS

There has never been a newspaper printed that satisfied everybody. But there is a very simple method by which better newspapers can be produced and that is for those who subscribe to them to take an individual interest in seeing that they get more local and personal news. Not that the subscriber is expected to become a reporter when he becomes a subscriber, but because the newspaper stands as the exponent of all that is good for the community and because civic pride should, therefore, lead to encouragement of such an institution. If the subscriber has visitors, if he has been on a visit or if he or she is going on one, the neighbors are sure to be interested in knowing about it. Tell them through the columns of The Liberal. Every little item of a local or personal nature helps just that much to make a still better newspaper and getting it to the editor requires very little exertion on the part of anyone. That is how the subscriber can help make The Liberal more interesting, and subscribers are invited to start doing so at once.

LOOKING BACKWARD

A WEEKLY GLIMPSE AT LOCAL HISTORY

By Paul L. Fox

An old soldier, a veteran of the battle of Waterloo, a recipient of the Waterloo medal and also a medal from the Duke of Wellington for being "the best Bugler in His Majesty's Service", John Davidson was for many years a resident of our fair village and spent his last years here.

Born in 1800 in Peebleshire, Scotland, he joined the 79th regiment of Cameronian Highlanders as bugler at the age of thirteen. On the eve of that memorable battle of Waterloo with thunder and lightning raging over the battle field the roads were a perfect quagmire from the torrents of rain. But the real battle had already begun in some quarters and the rattle of musketry and the roar of the cannon could be heard over the peals of thunder. The trumpet, the drum and the bugle called many a wearied soldier to begin his last day on earth.

"Scotland forever", lead the Greys into the French "Invincibles", slashing left and right with their swords they emptied many a saddle. "They were mowed down like thistles," said Mr. Davidson, an eyewitness of the attack.

Davidson knew personally the volunteer Clark... a man of gigantic stature and herculean strength, a member of the Scot's Greys who took from the French three eagles in a single day. He took one of them by cutting with a single stroke the standard bearers arm from his shoulder and carrying arm and ensign to the Duke of Wellington. For the first he received an ensign's commission; for the second a position as captain, and for the third he was made a major in the Scots Greys. Among thousands of others who

bravely had earned their reward Davidson was decorated with the Waterloo medal. From Calais he crossed to Dover, stayed in England for some time, when he was sent to the Isle of Jersey. From Jersey he went to Ireland for seven years service. Along with the Cameronian Highlanders he came to Canada. In mid-ocean the man-o-war sprung a leak and nearly foundered.

He arrived in Quebec about 1824 and remained on duty there for some time. It was while stationed here that he received a medal from Col. Douglas by order of the Duke of Wellington for being "the best bugler in His Majesty's Service".

At the call for volunteers during the stirring days of 1836-7 he enlisted in the Queen's Rangers and was sent to Niagara. When at Chippewa while sounding a retreat a nine pound shot from the enemy struck the bugle from his mouth, carried it several rods and broke four of the keys. In 1839 he received his honorable discharge and the promise of a hundred acres of land which he never received. He expressed the opinion that some clerk probably gobbled it up. He left Toronto and came to Thornhill where through the kindness of Capt. Munroe he lived rent free for seven years.

About 1845 he came to Richmond Hill. Unable to earn a living he depended for many years on municipal generosity. Through the efforts of Mr. Matthew Teefy, our postmaster, his plight was made known at the Horse Guards, England, in vain. He finally was forced to go to the County Poor House. Over eighty when he died at the Industrial Home at Newmarket he was buried where the dead are soon forgotten.

THE VITAMINS

(By W. C. Stewart)

Most people have heard or read something about the vitamins, but few actually know what a vitamin is or what it does.

This subject has enjoyed an enormous publicity since it was first opened up, some twenty years or more ago. Vitamins were enthusiastically taken up by those diet faddists who are always ready to try any new system of nutrition. In addition advertisers made many misleading claims as to the vitamin content of the particular product they were marketing. More than one so-called vitamin was invented for advertising purposes from the flimsiest foundation of scientific evidence. This practice is not wholly a thing of the past.

All this has tended to confuse the average person. Yet the basic facts are quite simple, and may be understood by anyone without scientific training.

As a simple illustration only, consider the living human body as a machine, say an automobile. In order that it may run, it must be supplied with fuel. The fuels of the body are the three major foodstuffs, carbohydrate, fat and protein.

Now if a machine is kept running, a certain amount of wear and tear takes place. To keep the machine in working order spare parts are needed to replace those worn out. The body, however, does its own repair work. Vitamins are some of the necessary material.

If vitamins are left out of the diet for a short time, the results are very serious. A knowledge of these results was one of the first advances in vitamin science.

These results were observed by feeding experimental animals, such as rats, on diets containing an inadequate amount of the vitamin in question. When the animal began to show symptoms of a deficiency disease, it could quickly be brought back to good health by feeding small amounts of food containing the vitamin.

These vitamin containing foods were subjected to very exacting and tedious chemical procedures, which finally resulted in isolation of a very small quantity of the pure vitamin. In most cases the pure product was identified chemically and often the chemists were actually able to synthesize the same vitamin from chemicals off their own shelves. The synthetic vitamin was as potent in curing deficiency diseases as the vitamin isolated from the foods.

The difficulty of these chemical investigations may be illustrated by mentioning that in the isolation of vitamin B, a ton of rice polishings yielded about 2/10 of an ounce of

the pure vitamin. The name 'vitamin' is actually a misnomer. An early experimenter thought that the protective factor was one of a class of chemical compounds called amines. He therefore coined the term 'vitamine', to signify 'vital amine'. His idea was later shown to be untrue, so the terminal 'e' was dropped. Thus there resulted the modern term 'vitamin'.

The vitamins of known importance discovered to date are A, B1, B2, C, D, E and K. Numerous others are known but their significance has not been fully demonstrated. Vitamin B2 is also known as vitamin G.

The modern tendency is to dispense with the alphabetical naming, and to use the name of the substance itself. Thus vitamin B1 is called thiamin, B2 is called riboflavin, D is calciferol, C is ascorbic acid and so on. Accurate chemical naming is not used, for reasons which become obvious when it is mentioned that vitamin B1 would be 2 methyl 5-(4 methyl 5 beta hydroxy-ethyl thiazolium chloride) methyl 6 amino pyrimidine hydrochloride.

An adequate supply of all the vitamins is absolutely necessary for health. If the diet supplies an insufficient amount of any of these essential substances, sooner or later one of the so-called deficiency diseases results. Among these diseases are xerophthalmia, beri-beri, pellagra, scurvy, and rickets. In extreme cases, these diseases are fatal.

At present, cases of deficiency diseases are very rare, at least in Canada. This is due to improved vitamin nutrition, which has resulted from our modern regard for fresh vegetables and a balanced diet.

However, a diet can be slightly deficient in one or more vitamins without definite symptoms of a deficiency appearing. This condition is termed the 'pre' disease, as for example 'pre beri-beri', 'pre scurvy' etc. The only observable effect of this slight deficiency is probably a decline in the general health of the individual. The number of people so affected is completely unknown, because of the impossibility of recognizing the condition.

Certain 'emergency' periods are sometimes undergone by the body, for example a fever. Here the machinery is working under forced draft so to speak, and an extra supply of vitamins is needed above the normal consumption.

From this it may be seen that it is wise to include in the diet greater amounts of the vitamins than are regarded as the minimum requirement. The margin takes care of emergencies and ensures against

slight temporary deficiency. One of the results of keeping a good vitamin diet should be improved general health and resistance to disease.

A good vitamin diet is not difficult to arrange. On the contrary, the average Canadian menu, containing fresh fruit and vegetables, is a good example of a diet adequate in protective factors.

The Canadian Medical Association has prepared a booklet entitled "Food for Health in Peace and War". In this booklet the cheapest balanced menus have been prepared. It lists as protective foods, that is to say vitamin rich foods, the following: milk and milk products, potatoes and other vegetables, whole grain breads and cereals, raw fruits and canned tomatoes, eggs, meat and fish.

In wartime, vitamins become especially important. The most devastating results of the British blockade of Germany in the last war was not due to lack of food but to lack of protective factors in the diet.

To quote from the booklet already mentioned, "We have a war to win. We must be fit for whatever task is required of us. Every housewife can do her bit — and help others to do theirs — by keeping her family's health at a high level".

The booklet "Food and Health in Peace and War" may be obtained from doctors throughout Ontario.

WOODBIDGE

Passing motorists rescued a sleeping transport driver from almost certain death under locomotive wheels near Woodbridge early Sunday morning. They moved his standing truck from the Humber Summit C.P.R. highway crossing, two miles south of the village, a few minutes before a southbound freight thundered over the single track right-of-way. Engaged in the rescue, helpers were powerless to stop a southbound auto in time to prevent its coming into collision with the rear of the standing transport. Constable C. F. Lewis, of Woodbridge, investigated.

Greyhound racing made its local debut in the Woodbridge Fair Grounds Wednesday night. The opener provided a thrill for the local fans when the only Woodbridge entry, Traffic Speedboy, owned by J. Miller, carried off first place in the first race. It covered the 5/16 of a mile in 26.4 seconds. Judges were Squadron Leader A. Carter, R.C.A.F., Camp Borden, and Ross Metcalf, Toronto. Winners of first place in the eight scheduled races were: 1st race, Traffic Speedboy, owned by J. Miller, Woodbridge, time 26.4; 2nd race, Air Hostess, owned by A. Hanna, Toronto, time 27.0; 3rd race, Mervin B., owned by J. Baird, Toronto, time 26.0; 4th race, Midnight Prowler, owned by F. C. Martin, Toronto, time 26.3; 5th race, Traffic Echo, owned by Val Fayers, time 27.2; 6th race, Foremost, owned by J. Farrell, Toronto, time 29.0; 7th race, Semi Circle, owned by Miss A. Cole, Toronto, time 26.3; 8th race, Miss Traffic, owned by J. Pack, Toronto, time 27.1.

A family gathering at Mr. and Mrs. Alvin Robb's residence marked the 83rd birthday of the former's father, Mr. James Robb, on Wednesday, July 31st. Mr. Robb aids two other sons, Russell and Earl, in the operation of a farm near Maple. In spite of his advanced age he is still active on the farm and his birthday was no holiday. On that day he was out in the fields driving

a mower. This year Mr. and Mrs. Robb observe their 56th wedding anniversary. Mrs. Robb being the former Elizabeth Ballard of Nobleton. Mr. Robb is also a native of King township. In addition to the 3 sons already mentioned they have 2 other sons, Edwood, Weston, and Leslie, Humber Summit, and 3 daughters Mrs. Roy (Iva) Fisher, Edgeley; Mrs. John (Ada) McDowell, Toronto; and Mrs. Leslie (Winnifred) Baker, Richmond Hill. There are 18 grandchildren.

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