

The Russell Leader

RUSSELL, ONTARIO.
Established 1899

The Only Newspaper in Russell County
Published Every Thursday

GARLAND HALL, Manager.
Telephone 38.

Subscription Rates—\$1.00 to any address in Canada, if paid in advance; \$1.50 if not so paid. \$1.50 to any address in the United States payable in advance; \$2.00 if not so paid. Advertising Rates on application to this office.

SOCIAL CREDIT LEADER CHALLENGES THE GODS.

It is a pleasurable task to sit—as do parliamentary reporters—above the heads of the stalwarts of Canadian political life and pass judgment on the deeds and words enacted below on the floor of the House of Commons.

It was the happy chance of this paper to so "sit in" last Thursday afternoon at the death of the Opposition's want-of-confidence motion in Prime Minister Mackenzie King's Government and hear the final attack of Social Credit Leader John Blackmore on the monetary policies of the Dominion—supported with reservations by many leading "hard money" Conservatives.

Mr. Blackmore's denunciation was not so much against the Government and a Party as it was against a system which he believes outmoded by the progress of a growing civilization. His attack against the "Money Powers," the Chartered Bank "Interests," or the "Bulwark of Capitalism," call it what you will, was neither a criticism of personalities, but rather of the principles which perpetuate the system he believes wrong.

There is ample room for his convictions but whether Social Credit is, as claimed, the solution for Canada's physical distress is another question.

In the preceding day's debate Finance Minister Charles Dunning had offered Mr. Blackmore the opportunity of establishing a bank in Alberta for the testing of his theories but the challenged member rightfully ignored the gauntlet thrown down—knowing that such a bank—subject to the rules of the very system he condemns—would serve no better purpose than to destroy whatever values the Social Credit theory may possess.

Mr. Dunning continued to interrupt the man he termed his "honourable friend" through Thursday's debate but the rugged fighter from the West persisted in his exposé of the money and credit fallacies of the present system until he had made his case, be it right or wrong.

Making his stand on the premise that the present Government has neglected to use Canadian resources for the abolition of poverty in the country, he declared the thing which gives value to money is goods and services and the producing and consuming power of the community. He said that inflation comes from having more money than goods and services—and that the present setup enables the Government, or banks, to create \$80 for one dollar of gold, but that credit for the expansion of productivity or the use of this money is strangled by the rule that one must have much more than a dollar's worth of collateral for each dollar of credit offered by the fountain of banks.

Canada can produce abundantly for her people, there is no question of that, and there is a good deal of reason for Mr. Blackmore's denunciation of a system which prevents the making available of those productive benefits and services to the very ones most in need of them.

Whether Social Credit would bridge this abyss is debatable—but we would not condemn it without a practical trial—and the recent East Edmonton bye-election demonstrated that the people of Alberta are still of the same opinion. The vested interests, including controlled newspapers, have too openly opposed this theory for their own welfare. If it is as ridiculous as they claim it should not be an unreasonable idea to let the Province of Alberta put it to the test. According to the Federal Government Alberta is bankrupt—Premier Aberhart claims to have a solution for such an ill and a method to bring prosperity to his people. Therefore, inauguration of his policy can do no further harm in Alberta and may do some good. If it is proven impractical the rest of the country would not be long in hearing about it—and Social Credit policies and adherents would then be thoroughly discredited.

There would appear to be more than a little fire behind this tall Government smoke screen, and if the parties opposed are sincere, the sooner they allow the flames to break through the sooner they will be able to put a real extinguisher on the job—if they are right.

We believe the majority of Canadian citizens are too intelligent to be led very far along the wrong path by harmful humbug—but if Mr. Blackmore has a better monetary mousetrap to offer he should be given an opportunity to prove its efficacy or fallacy. We Easterners are not

faced with so stringent a crisis as prevails in the West, but the sooner we attempt to understand the viewpoint of our Western brethren the better. Unless we do, we will not much longer be entitled to call them brothers. Westerners may be grasping at straws as so many claim, but sometimes even a straw will save a man's life—as it has been known to break his back—while a bundle of straws tied closely enough together has been known to equal a club wielded by superior numbers in a good many lands.

It was refreshing—after the tension of debate had subsided—and our legislators were waiting to register their opinions in a democratic manner—to hear them all join in singing "Pack Up Your Troubles In Your Old Kit Bag" and "Alouette." Although the Social Credit theory was given its quietus, at least for this session, in the subsequent voting, and although the House divided in its general confidence in the powers-that-be—it was good to hear those united vocal efforts.

As long as political opponents can join with fervor in "Pack All Your Troubles" we need have little fear as to the ultimate welfare and material health of the Dominion as a whole.

Many farmers report a good run of saps despite the fact that there was very little frost in the ground the last two weeks.

It is claimed by researchers that a more simplified method of sowing grass seed has been discovered. But in most homes the discussion centres not around the sowing but the mowing of grass.

This is the time of year when pedestrians and motorists should do all in their power to prevent damage to local lawns. Owing to the soft condition of the soil it is very easy to make ruts and holes in the turf and it is a difficult task to repair these, and requires a lot of time and energy.

Already many communities are debating the subject of daylight saving time. When will our politicians take hold of this question courageously and set a uniform date the Dominion over or exterminate the critter? In many places, as things are now, it is a downright nuisance.

It was only to be expected that from a place mistakenly termed "Toronto the Good" a hockey player by the name of Parsons should prove too much for Boston Bruins who were looking for a hockey championship this year. And our machine-like Ranger favorites have also "bitten the dust" which leaves only Der Maxie to cheer for should he ever meet Bomber Louis.

What will the hockey writers write about in another week's time? That's easy. There is softball and baseball and lacrosse coming up, while even the golfers have been out looking over the lay of the land and the trout fishermen are already dreaming of what they expect to find in the streams with the coming of May. Yes, life is just one thing after another.

The vote in East Edmonton represents a determination to uphold what Social Crediters call the downtrodden masses against "The Money Power." This was the burden of the electoral campaign, and it was successful. It would be well for Liberal and Conservative leaders and organizers alike, to recognize the new trend in the West and not attempt to thrust their theories down starving throats by unwarranted intrusion and archaic creeds. It is quite apparent that Social Credit is not going to be toppled over immediately in Alberta.

Hon. R. B. Bennett, Conservative leader in the House of Commons, struck a very pessimistic note recently in saying that Canada is due to suffer an economic depression as bad, if not worse, than the one which began in 1929-30, unless the government takes immediate action. If a resolution will stop it, let's have it without delay. Or if talk will achieve the desired result let's give the legislators extra sessions and higher indemnities. We have a sneaking idea that the country might very well run itself on the "city manager plan" without the help of politicians, but far be it from us to suggest such a thing.

The economic loss caused by the common cold must be appalling in toto. A local businessman reports that on a recent trip to Montreal he had to make some 18 business calls and found six of this number confined at home nursing colds. To see these men he stayed over an extra two days. That involved additional hotel expense as well as loss of time, to say nothing of the lost time by the men sick. Multiply this isolated experience by thousands the world over and the monetary loss is staggering, not to mention the occasional loss of life and impaired efficiency of the victim.

"Plumping is anything but fair voting and should be stopped," editorializes The Smiths Falls Record-News, in commenting on Hon. G. S. Henry's advocacy of legislation to stop "plumping" at municipal elections. To "plump" means to vote for only one or two candidates when more are to be elected. If Mr. Henry's suggestion is taken it would mean that in an election in which four candidates were to be elected, the voter would have to mark an "X" beside four names on the ballot, otherwise the ballot would be thrown out or not counted. This would eliminate the possibility of a candidate's friends giving him or her an extra boost, and leaving the election of the necessary other candidates to someone else.

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LETTER NO. 2
Quebec City, Que.

Dear Sir,
In your letter you inform me that the Canadian Weekly Newspaper Association is striving to promote saner thinking and more wholesome living in Canada and you ask for my advice on this subject.

I cannot but congratulate the Association on their laudable endeavour and feel confident it will commend itself to all who have at heart the welfare of our country.

The characteristic feature of our age is that the ordinary source of inspiration for the multitude is derived from the newspaper, editors



CARDINAL VILLENEUVE

have therefore a mighty power for good at their command and since you ask my advice, I would recommend that they should impress upon their readers that the disregard of the Christian precepts has had a disastrous effect on Society and is in a large measure, the cause of the present universal social and eco-

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. Your vigor will be impaired. You will probably feel what is commonly known as "seedy" and if this deficiency is marked and continues for any length of time, you will die.

You have all heard of substances called vitamins. There are at least six of these substances all of which are essential for health and life itself. They have one thing in common, the daily amounts required are extremely small. For example, one pound of vitamin D would cover the needs of the average adult for over 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. Vitamins B1 and B2 are necessary for the nerves, skin, and the normal burning up of sugars and starches in the body. A lack of vitamin C affects the miles and miles of capillaries throughout the body, while vitamin D is essential for the normal formation of the bones and teeth. (Without vitamin E, animals cannot reproduce themselves.)

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

nomical disorder. I would suggest that they should lay stress on the importance of fostering the Christian spirit in the family circle.

The family is rightly regarded as the cradle of society. The training of the children is a duty which nature as well as religion imposes upon the parents. If in their early years children find within the walls of their homes, the rule of an upright life and the discipline of the Christian virtues, the future welfare of our country is assured. Believe me,

Yours sincerely,
J. M. R. VILLENEUVE, O.M.I.,
Cardinal Archbishop of Quebec.

and phosphorous make up over 95 per cent. of the mineral part of bones and teeth. Proteins build up the body cells and are necessary to keep them in repair. Fats and carbohydrates supply energy, which the body uses to produce muscular effort and heat.

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. This minor deficiency of any of the necessary food elements in your diet will probably not produce any one specific symptom, but still, you will not carry on at the highest possible level of good health.

(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 to 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.

"LIVING ON BORROWED TIME"

(Pembroke Standard-Observer)
This was something about which years ago, we often heard from those who had reached the Biblical allotment of three score and ten.

Well, according to statistics many Canadians now will be in that class. A Canadian boy of 5 can look forward to the day he will be 62.30 years of age, when 21 he can expect to reach the age of 69, and at 40 he may live to 72, at 65 he may see 78, and at 80 he may reach 86.

These statistics are the result of investigation, and are decidedly interesting. A child has nothing to say about his birth, but born of healthy parents, accustomed to wholesome food, and taught to take care of his health, which is his best asset, a Canadian youth has to-day an expectancy of life much beyond that even of his forebears, and still greater than those who live in tropical countries.

A Scotchman discovered a previous customer's tip beside his plate in a restaurant. He summoned the waitress:

"I found this beside my plate," he told her. "I'm a sportsman, I'll match ye for it."

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"The strains and stresses which economic and social developments since Confederation have placed upon Canada's governmental structure have disposed the necessity for adjustments which will enable it the more effectively to serve provincial and national needs, and to promote and preserve Canadian unity." Extract from Throne Speech of January 27th, 1938.