

The Russell Leader

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ACCENT SHOULD BE ON THE TOURIST TRADE.

The advance guard of the many colored American license plates is once more on our highways. We cannot emphasize too strongly the value of tourist traffic to our people. From the cities, towns, villages and crossroads American money is percolated, second only to our primary industries. Thousands of people in many walks of life help to balance their budget by the tourist income.

The golden stream northward more than balances the purchasing power left in the United States by the great Canadian exodus each winter to California and Florida. Those two states give us an object lesson in salesmanship—they have sold their climate to the world, and they also cater in outstanding ways to hold that trade.

With the advance in mass production of goods the average American is fast approaching a shorter work week and longer holiday. Some of this new found leisure will be spent in Canada. Instead of rushing over our highways in a few days to see as much as possible of our country in a very limited time, and get back to the daily task, they will extend their visit by taking cottages and stopping at our summer hotels. In this connection our own community can do much to make a rendezvous here by the creation of more parks, golf courses on the highway open to tourists; bridle paths with horses for rent for excursions into the country; bathing pools, boat trips and fishing reserves. In short, any step that will make it more inviting to tourists to stop.

Some of these days the great American people will put their billions of idle capital to work and their 13 million of unemployed will be potential tourists. More and more we are realizing that much of our economic life depends on our neighbors to the South. When they are travelling at full speed, so let us handle our tourist trade with the same care we would give to any other valuable business. We export goods three thousand miles across the ocean to overcome tariffs, the dangerous flux of extreme nationalism, the competition of the Orient and the juggling of exchange. The tourist comes to our very doors and asks to spend with, "Where is a good place to eat" or to sleep, or to see?

GLORIOUS SPRING AGAIN

Spring is with us again. Poets allow their hair to grow long and the thoughts of youth turn lightly to love. Everything seems to go a little crazy. The robin builds his nest where the tom cat can climb to it and we put out tomato plants to get frozen about the ninth of June.

Wonderful almanacs are pushed under our door forecasting strange happenings. There will be snow in December and a sensational murder will be committed in the United States. Of course there will, we can even forecast that.

The Alberta Prime Minister will promise dividends for all and we will bet a dollar to a doughnut that some politician will refer to our marvellous national resources.

Lambs frolic in the fields, presently to be bought up at five cents a pound by the packing companies, later to be sold at 25c a pound. Farmers discover the snow-covered farm they bought in the winter is full of rocks. Spring is ever a deceiver, still we love and welcome it always.

Flower lovers forget the European crisis and Russian executions as they gaze with reverential awe at the blooms portrayed in seed catalogues. Maidens sport round in new chic apparel, the said apparel being simply bait for the unwary male as they seek husbands and free meal tickets, bless them just the same. Spring is the season when it is easy to make a false step. The blood courses faster, especially in Hollywood, when the stars of filmdom seek new mates.

In recent years the smaller business centers have suffered a real setback in the loss of business. This, of course, cannot be blamed upon any one cause. But one avenue of loss does stand out—being the continued bid by outside interests for local trade. This leakage must be cut down by a combined effort on the part of the merchants themselves if they are to continue to serve their patrons in a manner that will hold such trade. A real come-back could be accomplished if the business heads would plan a survey of every family in this district and make a special appeal for their co-operation. Co-operation is the keynote of better business in this community, and if we can have that then competition will be but a minor obstacle to prosperity.

AN INDIAN CHIEF AND THE ANGEL'S TEAR—A Legend.

Back in the dim days of the past in this vicinity along the St. Lawrence the brave Redman lived a happy life. He knew the beauty of the sun rising in the East. Oft he had watched the golden ball lift and expand out of the far reaches of the St. Lawrence. The virgin forest was beautiful to contemplate—no white man's scars had marred its native grandeur. The lithe hunter sped like the fleeting deer along the trails. Monarch of all he surveyed as he breathed deeply of pine-perfume laden air. Birds circled overhead and were happy. The river teamed with fish over which the birch bark canoes glided in silence as the waters gently lapped against the shore of this St. Lawrence Happy Hunting Ground.

The shore line was dotted with wigwams. In the evening around the camp fire the Redman smoked his pipe of peace. Nature had been kind to them in this land of abundance and they were happy—no floods, no droughts, no earthquakes, no windstorms. When it was made the gods looked down and smiled. But this serenity for the Redmen could not last—like the river it would flow out to the sea.

Runners from the East were telling these peace-loving people strange tales of the pale faces' cruelty, and how they were making their brothers suffer. The proud Redman dropped his head. The chiefs feared the safety of their people. It would mean but a short time before they would be forced to retreat inland, away from the river they loved, by the inroads of scollered civilization.

A pow-wow was held and they gathered on the hill along the river where the Windmill Lighthouse now stands. Brave Chief White Cloud rose and told his people this tale:

"My people of the Great River. Many times we have seen the ice come and go and the gentle rain fall on the fields which give us golden corn. The deer, bear, beaver and otter are close at hand—their furs have kept you warm. You have seen and heard the pale faces. He come to destroy the land of our fathers. There are two kinds of pale faces—Jesuits good face. He like our people of the Great River. He want to help us. He has piece of rock that shine like Sun. He say this make my people happy. He die in Oswegatchie and go to Happy Hunting Ground of White Fathers. A few pale faces go there—not many.

"Before he go he say this is golden token come from far country long before our fathers live in this country—before the beginning of rivers or trees. He say it fall from sky from far above the flight of an arrow. It like medicine man. **No harm can come to my people so long as we cling to the Rock from Above.**"

The people of the Great River were then happy. They danced about the fire and the tom-toms' beat echoed over the blue moonlit waters in honor of White Cloud's story of The Angel's Tear dropped from on high.

CUT THE SALARY OF THE M.P.'S

The length of this session of the House of Commons, the endless talk, the little that has been done, the fact that parliamentary problems are now solved and settled by Royal Commissions, would suggest cutting down the salaries of the M.P.'s to something like \$2,500, and then business will be wound up well within three months. And all Canada knows that it could be.

The Conservatives want something upon which to appeal to the country, well here is something which will take with the Canadian electorate. It will not be popular with the M.P.'s but there were not one million of the Canadian people on relief when the salary of the M.P. was \$2,500, in fact relief was something simply unknown.—Pembroke Bulletin.

ANOTHER REPUBLIC?

A news despatch in the daily press says as follows:

"Johannesburg, South Africa—The monthly output in the Transvaal gold mines exceeded 1,000,000 ounces during March for the first time in history. The total was 1,012,516 ounces, valued at \$35,311,495."

A general election is to take place in the Union of South Africa this month. A considerable party of Afrianders intend to vote for severance from the Empire and form a republic. If the republic materializes we can visualize the greedy eyes of European dictators, as they gaze upon a republic of about four million whites, without an army or navy, who produce over a million dollars' worth of gold per diem.

We think our African cousins should stay with mother.

Toronto Housewives' Association opposes the plan to recruit for signalling classes from the schools. But who will let us know when to line up in helpless masses and wait for the enemy?

It's about time a move was made by our baseball enthusiasts to organize for the season. The time is opportune to revive a district league of "home brew" ball players. All toyns in the district would no doubt co-operate in this idea of building a real league of home talent.

A censor is a man who knows more than he thinks other people ought to know.

MAKING CANADA

A BETTER PLACE IN Which To Live and Work

A Series of Letters From Distinguished Canadians on Vital Problems Which Affect the Future Welfare of Canada.

LETTER NO. 6

"What can Weekly Newspapers do to make Canada a better place in which to live and work?" The question correctly implies a special sphere of influence, for the weekly collectively goes into the homes and is close to the hearts of hundreds of thousands of people where the basic factors of a congenial existence should be found.

If "to be honest, to be kind, to earn a little and to spend a little less, to make upon the whole a family happier for his presence," if this is the test of a man's life and work, as Stevenson says, making Canada a better place depends upon the character of its citizens.

The weekly has an opportunity through its community service to keep alive the spark of human sympathy and interest, antidotes for greed and repression which are responsible for so much despair. Church, school and home are within the range of its interpretation. A large proportion of its readers has the wholesome privilege of living close to nature, man's inspiration and model. Can the weeklies do more to cultivate an understanding of these advantages?

Canada is a good place in which to live because it is not yet overwhelmed by individual and collective barbarities. Perhaps more than any other class of publications the weeklies can strengthen the ideals for human betterment by keeping the virtues and their means of expression in the foreground. The audience to which they appeal, promoting the finer instincts, can continue with the aid of press leadership to be the nation's defense against the vices in high and low places.

If sincerity in human relationships is the basis of happy citizenship, willingness to let live accompanies the right to work and to assert individuality with self-reliance. Promotion of such ideals may not be a distinctive prerogative of the weekly press but its field is responsive. Respect for individual capacities is being endangered by over-regimentation. Canada would be a better place in which to live if the tendency to centralize were reversed the smaller communities provided with a greater share of industrial activity, enabling more people to enjoy the neighborly intercourse which seems to be denied to a great extent in the impersonal atmosphere of the more congested area.

A. A. MCINTOSH,

Editor-in-Chief,
The Globe and Mail,
Toronto, March 22, 1938.

CANADA QUITE SATISFIED

(London Free Press)
The New York Daily News proposes that Canada and the United States should enter into a treaty for mutual defence. Friendliness with our neighbouring republic is Canada's only foreign policy. It is essential and vital. But Canadians will not enthrone particularly over the signing of any treaty to build up a joint system of defence on this continent. Economically we are too dependent now upon the United States; if we proceed to carry out a common policy of defence then Canada as the smaller unit would become simply an appendage of the Republic.

The best possible answer to the proposal of The Daily News is given by Dr. James T. Shotwell, distinguished native son of Strathroy, and today recognized as one of the world's greatest authorities on international problems. Dr. Shotwell is a director of the Carnegie Endowment and in his annual report says that peace between Canada and the United States has been "preserved more by the tempering solvent of common sense than by legal precautions of an institutional nature." He adds that Europe has not been able, with a "vast network of treaties," to keep peace as well as have the two American countries with no such monumental mechanisms.

A treaty for mutual defence might easily prove more embarrassing to both countries than the present arrangement. Canada has every confidence in the good sense of her neighbor and wants to work in peace and harmony with her. Our interests are common and neither country could afford to see a foreign invasion of the other. But Europe is not American and Canadians are quite satisfied with the present situation, even if from a military strategist's standpoint it would seem better to have a mutual plan worked out on paper.

"Poor 'ole Bill! He's so short-sighted he's working 'imself to death."

"Wot's his short sight got to do with it?"

Well he can't see when the boss ain't looking, so he has to keep shovelling all the time!"

Passenger (to negro porter while on train for New York): What time do we get to New York, George?

Porter—We is due to get there at 1.15, unless you has set your watch by Eastern time, which would make it 2.15. Then, fo co'se, if you is goin' by daylight savings time, it would be 3.15, unless we is an hour an' fifty minutes late—which we is."

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The Ottawa Spotlight

By Spectator

THE COMING BUDGET

Ottawa, May 3rd.—The annual parliamentary budget, always an event of interest not only to parliament but to the whole country, will probably be presented to the house of commons within a few days. The exact date is still conjectural. Budget provisions are always carefully guarded until the Minister of Finance makes his speech, but it may be assumed that the budget will be practically balanced. There may even be a small surplus, with all that that means to the country's credit at home and abroad. The rumour persists that there will be little change in rates of taxation. Income taxes are almost certain to remain at present levels. The government has been pressed by some members to lower the sales tax rate and by Western members to decrease or eliminate tariffs on agricultural machinery. Whether these suggestions will be followed is unknown, but it is pretty certain now that the main tariff changes which will be brought into force under the new treaty with the United States will not appear in the budget. This depends on how the officials negotiating the pact at Washington get along. The government of the United States while anxious to make the treaty with Canada and another with the United Kingdom seem not to be in any rush about it. It may be a month or two more before negotiations are completed.

Refunding of Canadian National Obligations

A bill now going through the House of Commons seeks authority for the Minister of Finance to refund "matured, maturing and callable obligations" of the Canadian National Railways, and to issue in their place new securities guaranteed by the Dominion Government to an amount not exceeding 200 million dollars. The new securities will bear lower rates of interest than the maturing bonds, which of course means a saving to the Government in annual interest charges.

In the discussion over this bill in the House the Minister of Finance mentioned that the bonds of the Dominion Government now bear an annual interest of from 3/4 to 3/2 per cent on the average and that the Canadian National obligations, most of which are guaranteed by the Dominion have an average rate of about 4 per cent. Through the process of refunding the national debt at lower interest rates which has been going on for some years, the total indebtedness although now 1000 million dollars in excess of the amount of the debt 15 years ago has a total interest charge no higher than it was in 1924. Where the greatest saving has been effected in refunding bonds issued in the war period when interest rates on government borrowing were 5 to 5 1/2 per cent. In some cases these issues were tax exempt.

To get the lowest rates on money it borrows will continue to be the policy of the Government, the Finance Minister told the House, but it will not break its pledged word.

Important Questions Before Parliament

Among the important questions before the Dominion parliament on which debate has already resumed or will shortly come again before the houses are: (a) unemployment relief. Earlier in the session the minister of labour, Mr. Norman Rogers made a general statement on unemployment conditions throughout the country and the measures of various kinds which the government has been employing to deal with the conditions. The new bill introduced in the House of Commons, as explained by the Minister, does not differ materially from the Unemployment and Agricultural Assistance Act, 1937; (b) Mr. Howe's transport bill; (c) measures of electoral reform; (d) a measure for the control and regulation of the operations of loan companies. There are also a number of other bills, one to amend the Farmers' Creditors Arrangement Act, one dealing with seal fishing in the Pacific, another dealing with radio, another coming later to amend the criminal code and so on. In the senate a committee will investigate the railway situation in Canada. Leading officials of both railway systems will be heard before this committee, their views on unification and other questions will be given, and perhaps further light will be turned on this most perplexing of problems. In the Commons interest will attach to further discussions on departmental estimates, those of the National Defence Department being probably of most vital public interest.

British Aircraft Purchases in Canada

The approaching visit of the British Air Commission to Canada after it has completed its survey of United States Aircraft plants continues to be the subject of speculative interest. It has become quite clear that Canadian aircraft manufacturers would welcome the opportunity of supplying aircraft to the United Kingdom. It seems not at all improbable that in future the immunity of Canadian plants from the danger of aerial attack might be a factor in the establishment of an important industry in Canada to supplement the aircraft industry in Britain. It has been further suggested that the same thing might apply to French aircraft needs. In any event Canadian factories, away from the immediate orbit of bombing planes and also removed from the operation of United States neutrality regulations, would seem to be a normal and logical source of aircraft supply for the British force

HEALTH

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



WHAT TO EAT TO BE HEALTHY Number Six

In addition to vitamins and minerals, the value of which we have already discussed in this series of articles on What to Eat to be Healthy we must now consider the three important food essentials known as proteins, fats and carbohydrates.

The following foods give you proteins—Meat, fish and poultry, milk, eggs, peas, beans and lentils, and flour.

The list above indicates that there are animal, vegetable and grain proteins. The most effective tissue builders are the animal proteins. Butter and cream, bacon and other fat meats, lard and vegetable oil, shortening and yolk of egg.

Fats are used chiefly to supply heat or energy. They are also essential for the normal metabolism or working of the body. If some of the fatty acids contained in fats are with held, the health of the individual will be seriously impaired. The proper amount of fat will be furnished if one consumes two ounces of fat per day. Butter is one of the best forms of fat.

Sugar, molasses, candy, jam, marmalade, etc., bread and pastry, macaroni and potatoes.

Our chief source of energy in foods is carbohydrate, and if we did not have this chief source of energy in the form of flours and sugars, with their wonderful keeping qualities, our modern civilization, with its huge consumption of food, could not exist. However, one must be careful, that due to their use in tasty products such as cakes, pastries, jams, candies, etc., and their easy accessibility, one does not consume an excess of these and thus crowd out the other food elements.

And now we conclude this series of articles on What to Eat to be Healthy by repeating what we said at the outset.

Every day of your life, except during illness, aim to have a pint of pasteurized milk, which includes that used in cooking, some meat, an egg; two cooked vegetables besides potatoes, and some raw fruit or vegetables. In addition, during the winter months, take a teaspoonful of cod liver oil daily, or some source of Vitamin D.

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

THE LITTLE PEOPLE

A dreary place would be this earth,
Were there no little people in it;
The song of life would lose its mirth
Were there no children to begin it

No little forms like buds to grow,
And make the admiring heart
Surrender;
No little hands on breast and brow,
To keep the thrilling love
Chords tender.

The sterner souls would grow
More stern,
Unfeeling nature more inhuman,
And man in static coldness turn,
And woman would be less a
Woman.

Life's song, indeed, would lose
Its charm,
A doleful place this world would be
Were there no little people in it.

—John G. Whittier.

A GOOD SLOGAN

(Toronto Globe and Mail)

The necessity of Canadian unity was vividly put by Hon. R. B. Bennett when he said to the Young Men's (Section of the Toronto Board of Trade): "On the shoulder straps of those who died for this country you will find only one word, and that word is 'Canada.' Can we think nationally as they did. If we do not we have failed." That would be a good slogan for all Canadians, old and young.