

SUN RAY HEALTH CLINIC

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 This clinic is now open for operation. For appointments write or phone to the above address or call at the office 11 Elm Street North.
 The clinic is owned and operated through the Royal College of Science, Toronto and locally under medical supervision.
A Registered Nurse is in charge
 Would advise consultation with your physician, prior to taking treatments.

Urges Democracies to Plan Food Policy

Noted Expert on Nutrition Says Food Plenty Necessary for Peace.

Ottawa—Sir John Boyd Orr, outstanding Scottish expert on nutrition, urged democracies all over the world—the British Empire, the United States, and the Scandinavian countries—to unite in a policy of food plenty as the only sure foundation for permanent peace.

Sir John spoke under the auspices of the Canadian Medical Association to the annual convention of the Victorian Order of Nurses, before a distinguished audience which included Hon. C. G. Power, minister of national health and pensions, members of parliament, senators, and members of the National Research Council.

He said the widespread and growing interest in nutrition was due to recent remarkable scientific discoveries which had revolutionized our ideas on the influence of food on health. It had been found that a number of diseases which are prevalent in all countries are due to deficiencies of vitamins or mineral salts in the diet.

If we could insure that every person in any country, especially the mothers and children, enjoyed a diet fully adequate for health, the next generation would be free from a great deal of the ill-health which afflicts the present generation and would enjoy a much higher standard of health, with the enjoyment of life which health brings.

To attain the new standard of health we need a new standard of diet which will provide a sufficient amount of all the food substances which the body needs to attain its full inherited capacity for health and physical fitness. Such a diet consists very largely of the "protective foods," such as milk, butter, cheese, eggs, fruit and vegetables.

In the United Kingdom, due partly to the spread of the new knowledge of nutrition—partly to the rise in the standard of living which enables more people to purchase a better diet, and largely to the excellent social and public health work which supplies protective foods free or at reduced rates to necessitous families—there has been a great improvement in the diet of the United Kingdom in the last twenty years. The consumption of protective foods excepting milk has increased by about fifty per cent. Accompanying the improved diet has been a remarkable improvement in health. The worst forms of malnutrition, such as bad rickets and scurvy in infants have almost disappeared. Compared with the pre-war period the infant mortality rate has been reduced from about 100 to 57. Tuberculosis has been reduced by about a half. Children leaving school today are about two inches taller than their parents at the same age, and the expectation of life has been increased by as much as seven years. This shows how easily life can be saved and health improved.

But even though there has been such a great advance, the diet of the poorer half of the population was still not up to standard required for perfect health, and there is still a good deal of ill-health and poor physique due to faulty diet.

The position in other countries is no better. A recent survey in the United States has shown that nearly the same proportion of families is subsisting on a diet not good enough for health. A recent survey done in Toronto seems to indicate that a similar state of affairs exist even in Canada where there is

such a wealth of foodstuffs. Faulty diet is due partly to ignorance and partly to poverty. Strenuous efforts are being made to spread the new knowledge of nutrition so that housewives may spend the money available for food to better advantage.

The other obstacle to better national health is poverty, and that is more difficult to get over.

If any nation is going to have the whole population, including the poorest, fed on an adequate diet, the national supply of protective foods must be increased, and the retail price must be brought within the purchasing power of all classes, including the poorest.

But the farmer cannot afford to sell foodstuffs at a lower price. Agriculture in the United Kingdom—and the same is true to some extent in all countries—has been living off its capital in past years, and the farmer must have a bigger price if the additional foodstuffs we need were to be produced.

This brings us to the crux of the problem of national health and physical fitness. We need the money to bridge the gap between what the farmer needs and what the poor can pay. The finding of the money is the job of the economists and the financial experts. Nobody now believes that the money cannot be found.

If the money were found and a national food policy were adopted to call forth all the additional protective foods we need and to get these foodstuffs consumed, there would be a great improvement in national health and physique, and our agriculture problem of finding markets would disappear.

A healthy, vigorous race and a prosperous agriculture are the only sure foundations of national greatness and national prosperity.

Sir John said that he had advocated such a policy in his own country, and believed that such a policy would suit the whole British Empire. If the United Kingdom set about producing all the protective foods it needed, they would have very little land available to grow wheat or to produce sugar, which could both be grown cheaper in other parts of the Empire.

If all the Dominions set about bringing their own national dietaries up to the level needed for health, they would consume a great deal of the protective foods for which they are now seeking an external market, and the United Kingdom would be able to absorb all that surplus, because it could not—at least for many years—produce anything like the amount of foodstuffs needed, and it would have to increase its imports of wheat not only to make good the reduction in wheat acreage in the United Kingdom but to feed to animals and transform into milk, eggs, and bacon.

We need a new Ottawa conference to consider ways and means of producing all the foodstuffs which the 560 million inhabitants of the British Empire need, and of devising food policies to enable the foodstuffs to be distributed and consumed. Such an imperial policy would bring prosperity to agriculture, and this prosperity would over-throw industry and commerce, with increased inter-imperial trade.

The United States and the democratic countries in Europe are faced with the same problem. It would be a great day for the world if the British Empire and these other great nations could combine in a new policy in which the interest of trade and promotion of human welfare would be reconciled.

The 19th century economic system is breaking down under a burden of wealth which it cannot get distributed and used. Nations have adopted shortsighted economic measures of national self-sufficiency involving restrictions on production and trade. These measures make for the permanence of poverty and discontent in a world of plenty. That road leads to disaster. It is a race against time to rectify the mistakes of the past.

The great British Commonwealth of Nations might well combine with the United States and other democratic countries to promote a new policy of plenty, beginning with food, the first essential of life. A new policy along these lines would be a new gospel to the poor and a new hope to agriculture and trade. We might well give a lead to a distracted and fear-ridden world, guiding it towards the new age of plenty, which is the only sure foundation of world peace.

Brampton Conservator—Someone draws our attention to the prediction this ought to be a good year because it begins and ends on Sunday.

ENGLAND EXPECTS EVERY MAN



Admiral Nelson, who sent out the most famous fighting order in English history just before the battle of Trafalgar, stands high atop the pillar at whose base in London's Trafalgar Square a new warning of national emergency is sounded. "Civil Defence is the business of the citizen," is a new message to re-echo the old.

President Ontario Legion States Case

Refers to Value of Services of Jewish People in Great War.

A local gentleman who apparently did not realize that practically all of the propaganda carried on in Canada against the Jewish people is paid work carried on by hired Nazi agents, called attention last week to a letter in The Globe and Mail depreciating the services of the Jews to the cause of the Allies. It seems particularly fitting that the reply to this letter should come from the president of the Ontario Command of the Canadian Legion of the British Empire Service League. He knows the facts of the case and is in particularly good position to note the loyalty of the Jewish people to the country of their homes and livelihood. Here is the answer of President H. R. Alley, who is well-known and highly esteemed in Timmins and district:

To the Editor of The Globe and Mail: It was with much regret that I read in your issue of Wednesday, March 29, a letter by one signing himself "Veteran," dealing with the contribution made by Jews to our war effort in 1914-1918.

In the first place, at this time when the unity of thought and spirit of all loyal subjects is of such great importance, it seems to me most unfortunate that any one should run the risk of stirring up ill feeling or resentment between differing religious communions or between citizens of various racial extractions.

In the second place, "Veteran" has not been careful to check his statements, some of which are quite inaccurate, and on these inaccuracies he has based deductions still more inaccurate. Simple justice to thousands of ex-service men of Jewish race and religion demands an attempt to correct the very unfair impression made by "Veteran's" letter.

Throughout the Empire a large percentage of the Jewish population in 1914 were immigrants, who had comparatively recently left their original homes in Eastern Europe. Those from German or Austrian territory quite naturally thought as Germans or Austrians. Those from Russia had little cause to feel warmly toward the old Russian Imperial regime. Jewish population of the British Empire in 1914 has been estimated reasonably accurately at 600,000, half of whom lived in the British Isles. Of these at least 200,000 were either naturalized British subjects or so recently naturalized that their services in the fighting forces were not desired. Over 50,000 Jews served in the forces of the Crown.

Approximately 2,500 Jews were killed in action in the forces of the Empire. Five Jews won the Victoria Cross. The general officer commanding the Australian Army Corps, Sir John Monash, was a Jew.

It will perhaps surprise some of our readers to realize that eleven Distinguished Flying Crosses were won by Jews.

Many branches of the Legion throughout Canada have Jewish members, whose loyalty to the Crown is an inspiration to some of the rest of us. In Winnipeg there is a Jewish branch of the Legion, with nearly 150 members, whose service covers every theatre of war, on sea, on land, and in the air. In Toronto there is a Jewish branch of the Legion with a roll of nearly 300. Their work in giving to their co-religionists of foreign birth in Toronto a realization of the advantages of British institutions is worthy of the highest praise. They include in their membership ex-members of the Royal Navy, ex-Guardsmen, gunners, infantry—every branch of the services.

Knowing our Jewish comrades as we do, the whole membership of the Legion will deplore any attempt to minimize the value of their services during the Great War, as we deplore sectionalism of any kind.

H. R. Alley, President, Ontario Command, Canadian Legion, B.E.S.L.

Criminal Code to Give Protection in Small Loans

One of the amendments to the Criminal Code introduced by Hon. Ernest Lapointe at Ottawa last week is designed to enforce provisions of the "small loans bill" now before the Senate. This amendment will make it an offence for any company to charge more than the stipulated two per cent, per month on loans for a period of fifteen months or less and one per cent, per month for a period of more than fifteen months. A penalty of \$5,000 is provided for violation by corporation and a penalty of \$1,000 and one year's imprisonment for individuals. The fate of the small loans bill, however, is still in the balance, as it is expected to meet strong opposition when it reaches the Commons.

New Easy Cushions in 1939 Nash Cars

Sponge-Foam Cushions Said to Guarantee Easy Travelling.

An important new advancement in automobile riding comfort—in the shape of a foam rubber seat cushion that lessens the fatigue of both driver and passengers—is being introduced in the streamlined 1939 Nash cars.

The new seat cushion is of a highly porous and resilient substance known as sponge-foam, and engineers say it cushions the motor ride as it has never been cushioned before. Sponge-foam cushions are standard in the Nash Ambassador Eight series of cars and are available as optional equipment in both the Nash Ambassador Six series and the Nash LaFayette series.

Sponge-foam cushions are made from the pure milk of the rubber tree, which is brought to the United States in its natural state. To create a highly resilient substance, the fluid is whipped until it produces a foamy structure.

The air cells in the substance, when it is cooled, inter-connect in such a way that air flows through the entire structure. It is this quality that gives sponge-foam its peculiar ability to lend an extra cushioning effect to the automobile ride.

This "air-conditioning" effect, made possible by the interconnecting air cells in the substance, makes for a much cooler ride, generally, when rubber is closely associated with the human anatomy, heat develops. This is true because most rubber products are impervious to air and, as rubber is not a rapid conductor, the heat is retained at the point of contact. Sponge-foam, however, is a completely porous mass. Each flexure of sponge foam causes a forced circulation of air and this equalizes temperature and carries away body moisture.

From two other important standpoints, sponge-foam greatly improves riding comfort and lessens fatigue.

For one thing, sponge-foam has the ability to absorb relatively large shocks and vibrations, thus making the already smooth ride common to modern automobiles still smoother. For another, the substance has the ability to adapt itself to the body contours. Ordinarily the body has to undergo varying, but nonetheless fatiguing, pressure to adapt itself to the seat.

For persons allergic to lint and dust,

Huge Still Seized in Police Raid at North Bay

In the seizure of a huge still in an apparently empty house at North Bay, the discovery of a large quantity of alcohol, and the arrest of a number of men, the police believe they have the ring that has been supplying large quantities of illicit liquor to Northern Ontario. The men arrested are to be given preliminary hearing on Saturday of this week. The still was found in a deserted house on Third avenue, west, North Bay, this building having been gutted by fire over a year ago. The still, one of the largest ever discovered in or around North Bay, was so large that the apparatus rose from the cement floor of the basement through two storeys of the house to the attic. The capacity of the still is given as 100 gallons of alcohol per day. Nearly five tons of raw sugar were found concealed in the building. The fumes from the mash were turned out through the chimney so that neighbours did not notice the smell that so often gives away the illicit liquor maker. The operators had turned on the water and so the water for the liquor makers was being stolen from the city.

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Sentenced to Five Months in Reckless Driving Case

Cochrane, April 19—Mr. Justice Hogg sentenced Yves Bertrand to five months and cancelled his driving license for two years, when he was found guilty on a reckless driving count. The petit jury following an amendment to the Criminal Code, refused to find the accused guilty of manslaughter, but did bring him in as guilty of reckless driving, at the same time asking all possible leniency on account of his youth and his previous good character. A truck driven by Bertrand crashed into an esplanade on the highway near Cochrane on Oct. 6th, 1938. One of the occupants of the car died as a result of the collision and two others were badly hurt. The occupants of the car said that they saw the truck coming in the centre of the road and turned off the road to avoid a collision. The truck, however, had smashed into the car with the serious consequences noted. Bertrand, who was supported by two other men in the truck with him, said the car had only one light and that this blinded the driver, and that he had used the brakes to try to avoid an accident. Provincial Constable W. Noyes stated that measurements taken by him showed that the truck had travelled directly in the centre of the road until it struck the car, and that skid marks extended 28 feet past the point of impact. A. V. Waters, K.C., who defended Bertrand, pointed out that he was only 19 years of age, and was the sole support of his mother. The young man's character had always been good, and it seemed to be a case where leniency would be fully justified. In sentencing the young man, Mr. Justice Hogg said that had it not been for the youth and character of Bertrand, he would have imposed a term of eight.

Time Table Changes Effective

Sunday, April 30th, 1939
 Full Information from Agents
Canadian National Railways

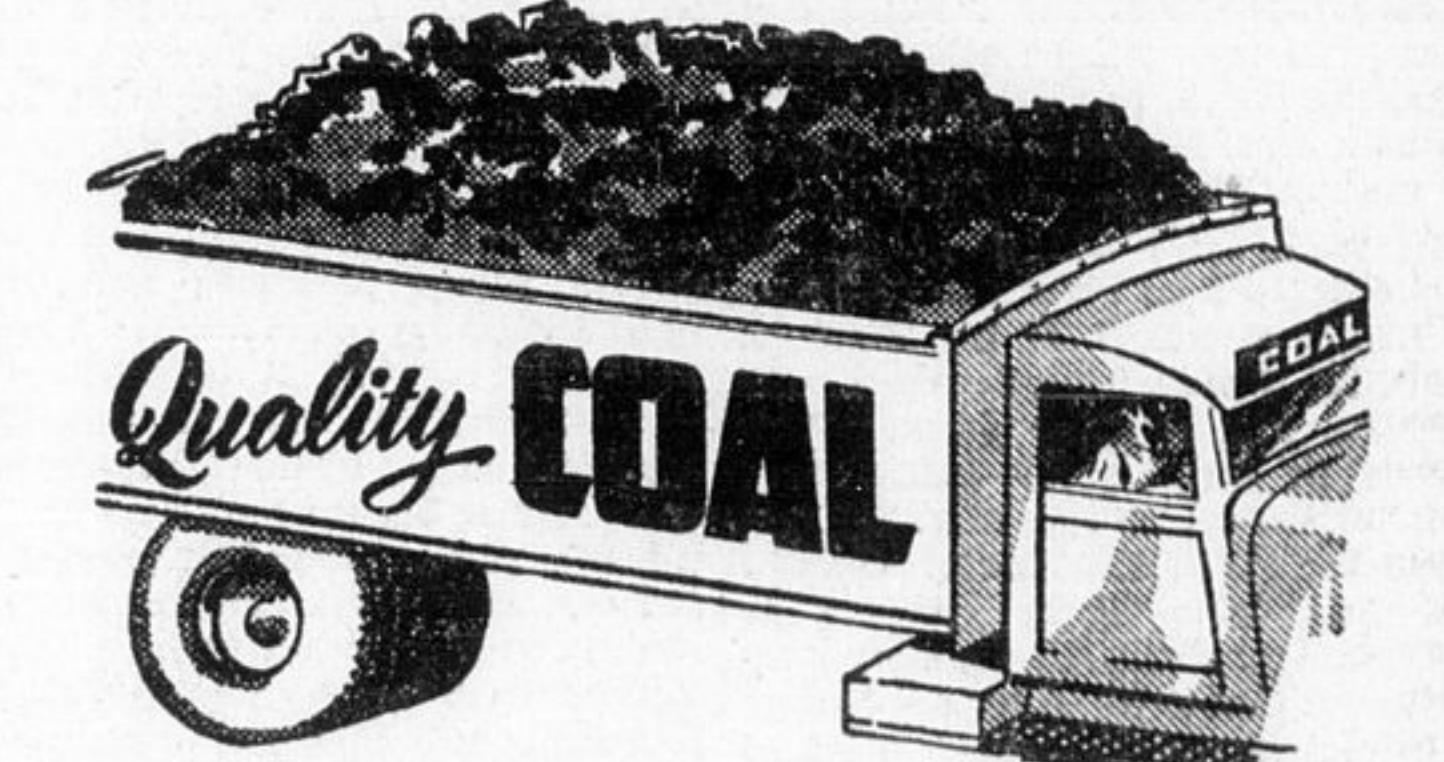
North Bay Safe Robbers Unrewarded for Their Work

For the second time in a few weeks, burglars stole a safe in North Bay last week and carried it away on a truck to break into it by force—only to get absolutely no cash or other valuables. The latest stolen safe was taken from the offices of the J. Gordon Coal Co. There was nothing in the safe but the books of the company and these were left by the burglars. They carried the safe away apparently on one of the company's own trucks, stolen for the purpose. The safe was later found at the gravel pits near North Bay, while the company's truck was found abandoned near the C.N.R. terminal warehouse. The truck was not damaged in any way. In every respect the burglars seemed to use the greatest care and consideration, and in nothing did this seem to be more apparent than in their carefulness not to leave any clues.

IF YOU FEEL SUNK

Read this and cheer up
 Are you so blue that life is no longer worth living? Do you cry easily? Do you feel low, mean, depressed—just absolutely SUNK?
 Then here's good news for you in case you need a good general system tonic—Just take famous Lydia E. Pinkham's Vegetable Compound. Let its wholesome herbs and roots help Nature build up more physical resistance and tone up your system, so that it can more easily throw off the "blues" and give more energy to enjoy life.
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