

# Aims and Purposes and Accomplishments of the Canadian Legion, B.E.S.L.

Unity, Comradeship and Remembrance, Three of the Aims of the Legion, While Welfare, Education, Loyalty, Employment, Traditions are Featured. Some of the Services Given by the Legion.

The recent visit of Alex Walker, Dominion President of the Canadian Legion of British Empire Service League, to New Liskeard, will add special interest to a booklet recently issued by the Canadian Legion. To this booklet, there is the following foreword by President A. Walker:

**Unity Is Strength**  
It is natural for people with common interests to form themselves into an organization; for unity is strength, and a strong organization can accomplish much, both for its members and the country as a whole.

**A Dearly-Bought Lesson**  
The Canadian veterans of the First Great War took seven long years to learn that lesson. Of course, they had no precedent to go by and had to learn from experience. What a dearly-bought experience it was! All sorts of groups and associations of ex-Service men sprang up across the Dominion. There was no common policy or leadership, no united efforts to ensure that those who had fought and bled in the service of their country would receive a square deal for themselves and their dependents. As might be expected, the results obtained were just about in proportion to the disunited efforts put forth.

**Canadian Legion formed**  
Finally, in 1925, a really strong attempt was made to amalgamate all the various veterans' associations into one great organization at the Unity Conference held in Winnipeg. A few decided to remain apart, but the majority—including the largest of them all, the Great War Veterans' Association—agreed to unite, and the result was the formation of The Canadian Legion. The Legion was immediately given official recognition as the Canadian member-organization of the British Empire Service League, which in addition comprises the British Legion and similar ex-Service men's organizations in Australia, New Zealand, South Africa, Newfoundland, India and many other parts of the British Commonwealth of Nations.

**Legion's Strength**  
In the succeeding years the Canadian Legion has increased its enrolled membership to over 215,000 and is organized into more than 1,500 Commands, Branches and Auxiliaries located in practically every community in the Dominion and many parts of the United States. Its prestige and influence have increased correspondingly and have made possible many important achievements benefiting veterans of both the last and the present war.

**Room for all in Legion**  
Yes in unity there is strength, and it is to be hoped that the lesson learned by the veterans of the First Great War will not go unheeded by the fighting men of the present war. The Legion is big enough and broad enough to hold them all, and the members of the Women's Services as well. Don't let us dissipate our strength again as in the days before 1925. Let every ex-Service man and woman of both wars join the great brotherhood which is the Canadian Legion and make it an even greater and more influential force than it is to-day. There is no better way of making sure that our sailors, soldiers, airmen, merchant seamen and service women are not forgotten when this war is won. There is no better way of making certain that this time we shall also win the peace.

**A. WALKER,**  
Dominion President.

Following this is given the review of aims and purposes and a sketch of the Legion's services:

**Purposes and Objects**  
EXCERPT from the Legion's Constitution  
UNITY—To bring about the unity of all who have served in His Majesty's Navy, Army, Air Force or any Auxiliary Force;

COMRADESHIP—To further among them the spirit of comradeship and mutual help, and the close and kindly ties of active service;

VIGILANCE—To preserve the records and memories of their services, and to see that their services generally shall not be forgotten by the nation, and that

due attention shall be paid to their welfare and that of their dependents;

REMEMBRANCE—To perpetuate the memory and deeds of the fallen and of those who die in the future; and to promote and care for memorials to their valour and sacrifice; to provide suitable burial; and to keep an annual Memorial Day;

WELFARE—To see to the maintenance and comfort of those who require special treatment, of the disabled, sick, aged and needy; and to promote the welfare of the women, children and other dependents;

EDUCATION—To educate public opinion regarding national duties to the dead, the disabled, and others who have served, and their dependents;

LOYALTY—To foster loyalty among the public and education in the principles of patriotism, duty and unstinted public service;

EMPLOYMENT—To support suitable undertakings for the training, employment and settlement of ex-Service men and women, and the education of their children;

RIGHTS—To preserve their statutory, acquired and legitimate rights, and those of their dependents; and in so doing to offer the Legion's co-operation to those officially charged with the responsibility of administering such rights by federal or other governments;

TRADITIONS—To pass on to their families and descendants the traditions for which they stand;

REHABILITATION—To assist comrades now serving, especially in connection with their return to civil life, and to safeguard the interests of their dependents whilst they are in service;

WAGES—To assist ex-Service men to secure not less than the recognized standard rates of wages, in accordance with their ability;

PENSIONS—To secure adequate pensions, allowances, grants and war gratuities for ex-Service men and women, their dependents, and the widows, children and dependents of those who are dead, and to labour for honourable provision being made for those who in declining years are unable to support themselves;

CO-OPERATION—To co-operate with Empire and Allied association of similar aims and objects.

**Legion Service**  
Ever since the formation of the Legion a free service has been provided to war veterans and their dependents covering problems of every description. This work has mainly to do with the adjustment of pensions, treatment, re-establishment, employment, rights of dependents and, indeed, any matter relating to veterans' post-war rights and benefits.

**A Free Service**  
The Legion employs experienced adjustment officers to handle individual cases. Veterans of this and the last war are entitled to this free service whether they are members of the Legion or not.

The problems of re-establishment and rehabilitation after this war have long engaged the attention of the Legion. Expert advice regarding their rights under past-war measures is available to all now serving.

If space were available, a long list of accomplishments on behalf of veterans of the last war could be given. They would illustrate not only how effective the work of the Legion has been but also how closely, in their main features, the post-discharge problems of ex-Service personnel of both wars are related. This is why the Legion can render the same effective service to members of the armed forces of this war, both before and after they become veterans.

**Recent Accomplishments**  
Here are just a few of the more recent, important activities undertaken by the Legion, also some of the measures benefiting men and women of the Navy, Army and Air Force, both while serving and after discharge, regarding which either Legion counsel was sought or direct Legion representations to the Government were effective:

1. Establishment in 1939 of Canadian

Legion War Services, to render educational, personal and recreational services to the armed forces in Canada and overseas. Up to January 1, 1943, 136,953 had registered for Legion Educational Services' courses; 322,791 Personal Service cases had been handled, 88 Recreation Huts, 1,187 Libraries and 123 Moving Picture machines were being operated; 29,503,100 cigarettes and 36,162,048 sheets of notepaper had been distributed and many other services had been rendered to the troops.

2. Legion's nation-wide campaign for adoption of a "total war" policy in Canada.

3. Establishment of Radio Message Service, enabling relatives in Canada to broadcast to their boys overseas.

4. Increased rates of dependents' allowances for wives and children, including a cost-of-living bonus.

5. Payment of allowances extended to six children instead of two.

6. Broadening of assigned pay regulations, enabling a man to assign pay to a person other than a dependent.

7. Improvement in position of widowed mothers, whose sole support is serving in the armed forces.

8. Establishment of Dependents' Board of Trustees, who make grants additional to pay and allowances in cases of need.

9. Improvement in the discharge procedure of disabled men to the Department of Pensions and National Health to eliminate hardships.

10. Improved treatment regulations, including new rates of allowances for veterans undergoing treatment for all veterans for one year subsequent to discharge.

11. Introduction and development of the Post-Discharge Re-establishment Order, with subsequent upward revision of rates for Vocational Training and Out-of-Work Benefits.

12. Establishment of Welfare Division, Department of Pensions and National Health, with whose officers the Legion co-operates through all its Commands and Branches.

13. Legion representation on the following Government advisory or statutory committees, councils and boards: National Employment Committee and Regional and Local Employment Advisory Committees; Dependents' Board of Trustees and Regional Dependents' Advisory Committees; Vocational Training Advisory Council; National Selective Service Advisory Committee; Provincial Advisory Boards (The Veterans' Land Act).

**How is The Legion Run?**  
The supreme authority of The Canadian Legion is the Dominion Convention, held biennially and attended by delegates elected by the members of all branches.

The policies approved by the Convention are carried out by the Dominion Executive Council, which is headed by the Dominion President and includes representatives from each Provincial Command, from the special sections composed of Naval, Air Force, Imperial and Tuberculous Veterans, and from the United States. The administrative work of the Legion is carried out by Dominion Headquarters in Ottawa and the Provincial Command offices located in each province.

All Dominion, Provincial and Branch officers are elected by the membership, and all policies are determined by a majority vote.

**How is the Legion Financed?**  
The legion is financed mainly by a system of membership dues. The annual membership fee is set by each branch and includes constitutional per capita payments to Dominion and Provincial Commands for the maintenance of their offices and services. The membership fee varies in the different branches but the average is \$4 a year, which includes an annual subscription to the official monthly publication, The Legionary. Branch welfare work on behalf of necessitous comrades and their families is financed chiefly through receipts from the annual Poppy Day campaign.

**Who Is Eligible?**  
Any man or woman who has served in any of His Majesty's Forces or the Merchant Navy on active service and who has received an honourable discharge is eligible for full membership. Persons now on active service with the armed forces may obtain Active Service Associate Membership without cost.

Membership in the Legion is not the formation of special group branches exclusive, but provision is made for

exclusive to Naval, Regimental, Air Force, Imperial, Tuberculous and Women veterans, where desirable and practical.

**Is The Legion Political?**  
The Legion membership being composed of persons of all political faiths, the Legion constitution wisely bars partisan political activity and this provision is rigidly honoured by all members. The Legion, however, expresses itself freely about, and actively works for, the practical application of its policies by every legitimate means available, including representations to legislative bodies.

**How is Veterans' Legislation Influenced?**  
The Legion, through its unrivalled service to individual veterans, obtains the information and evidence necessary to the framing of just demands for remedial legislation. By long experience the Legion is skilled in the preparation and presentation of such demands and has acquired a recognized status in the minds of the public, press, parliament and government.

**How Are Individual Claims Handled?**  
Branch Secretaries or Service Officers throughout the Dominion have acquired a fund of knowledge and experience which is always available to ex-Service men and women, whether members of the Legion or not.

Cases that cannot be handled locally are sent to regional service bureaux, and those requiring personal representation to the authorities at Ottawa are sent to the Dominion Headquarters Service Bureau where expert adjustment officers prepare and present the claims directly to the appropriate government officials.

**How Does One Become a Legion Member**  
If on active service, associate membership may be obtained free of charge by application to any Canadian Legion War Services' supervisor serving with units in Canada or overseas; or to Overseas Manager, Canadian Legion War Services, 123 Pall Mall, London, England; or to General Manager, Canadian Legion War Services, 158 Sparks Street, Ottawa, Canada.

## Canadian Rail Chief Invests U.S. Colonel



IT'S NEWS that a Canadian railway president invests a Colonel of the United States Army with the eagle insignia of his new rank. This unique ceremony took place somewhere in Northern Manitoba where Lieut.-Col. J. P. Fraim, Officer Commanding, United States Army Forces, Central Canada, headquarters Winnipeg, received news from Washington that he had been appointed full Colonel. He was on a trip inspecting the Canadian National Railways' northern facilities with R. C. Vaughan, chairman and president. The investiture took place in Mr. Vaughan's car, "Bonaventure," which was taken as an omen of "good going" for the Colonel. Born in Kentucky, 33 years ago, Colonel Fraim's home, now, if it hadn't been for the war, would be in Beverly Hills, California. He has seen service in all parts of the world.

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## That Body of Ours

By James W. Barton, M.D.

Until recently all that mattered as far as food was concerned was that we ate enough food and liked what we ate. This was considered Nature's way of looking after our food needs. The fact that we liked a food showed that it was good for us and I can remember a book in which it was suggested that a young child, because it was really a young animal, could pick out the proper diet for itself from the standpoint of nourishment.

As a matter of fact, the instinct of an animal is not the best guide as to its food needs. Sir Edward Mellanby, the great British nutrition authority, in the Canadian Medical Association Journal states, "Instinct is a poor and often a bad guide and yet instinct and ability to pay for food controls, for most people, the choice of foods eaten. The result is that the bulk of the diet is made up of the cheaper foods—cereals like flour, rice and oatmeal, vegetable oils and lard, also sugar, jam, lean meat, pork, peas and beans. Now while these are cheap foods, nevertheless they are good foods and are great sources of energy to the body.

Why then should these foods not be eaten in abundance? These foods do not contain enough of the vitamins and minerals so greatly needed by all the tissues and working processes of the body. There are other needs of the body besides its need for heat and energy, and these need special foods. These other foods are known as "protective foods", which as a group are rich in these substances necessary for life and good health. If enough of these protective foods is not eaten, poor physical development and certain forms of ill health result.

The protective foods include milk, butter, cheese, eggs (especially the yoke), vegetables (especially green vegetables), liver and other glands, fat fish such as salmon, herring, and mackerel, fish oils such as cod liver oil, and fresh fruit. "The most important and best of all these protective foods is milk because it is rich in practically all the factors necessary for health and good physique. Milk added to any diet improves it greatly."

If then the "cheap" foods above mentioned—flour, rice, oatmeal, jam, lean meat and others—provide energy and these protective foods provide materials for building tissue and enabling the body processes to do their work properly, what proportion of these two groups of food should be eaten to keep us fit physically?

Generally speaking Dr. Mellanby states that the first important principle in a good dietary or food plan is that the greater the amount of protective foods in proportion to energy foods eaten by a community, the better is the standard of health and physique. "This does not mean that cereals and other foods that give energy should not be eaten, but only that they should not be allowed to form anything like the largest part of the total food eaten. In the United States, Canada, and Great Britain, energy foods make up not less than 60 percent of the total.

The second great principle of a good dietary or food plan is that the younger the person the more important is it that the proportion of protective foods should be greater. "It is appalling to be told by parents that their children,

Ontario Provincial Command office is located at 214 Dundas St. W. Toronto.

two to three years of age, "get what we get." The habit of giving children tea, coffee, and cocoa is wrong. The normal drink of all infants and children ought to be milk, safe milk containing 3 to 3½ percent fat, not milk rich in cream which often upsets them. Right up to the end of teen age, the daily intake of milk should be at least a pint.

The thought then regarding the proper diet for growing children is that the greater proportion of their diet should be made up of the protective foods. Notwithstanding what parents were fed as children, the benefit of this newer knowledge that the larger proportion of the diet should be made up of protective foods should be given to their children.

**Allergy**  
Sensitiveness to various foods and other substances sometimes causes severe headache, hay fever, eczema, skin eruptions and other symptoms. Send Ten Cents and a three-cent stamp for Dr. Barton's booklet "Allergy" (No. 108) to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning this newspaper.

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## Funeral of the Late J. S. McGuire at Orangeville

Pioneer Businessman of Timmins Laid to Rest at Home Town.

Last week's issue of The Orangeville Banner, published at Orangeville, Ontario, published the account given the previous week in The Advance of the death of James Stewart McGuire, pioneer businessman of Timmins, who held a unique place in the affection of all in this camp. A half-tone photo of the late Mr. McGuire also accompanied the article. Following this, The Orangeville Banner added the following reference to the late Mr. McGuire and the funeral at Orangeville.

"Mr. McGuire was a son of the late Blaney and Elizabeth McGuire, early residents of Orangeville. He was born and educated in this town and in early life was widely known for his prowess as a lacrosse player. With his brother, Blaney, founder of The Banner and for many years senior member of the partnership of McGuire & McKittrick, he was a member of the champion Dufferin lacrosse team of the late eighties. After leaving Orangeville he

lived for several years in Gravenhurst, where he and his brother, the late Geo. L. Aiken, ran a large general store business. Mr. McGuire never lost his interest in his home town, which he visited regularly at least once a year until a very few years ago. His demise removes another of the outstanding athletes who made Orangeville's lacrosse prowess famous across Canada in the eighties. Three of his fellow-players, John W. Aiken, Hugh Greens and Nat Linn, are still living in Orangeville. We are under the impression that they are the only members of the champion team who survive.

"The funeral service was held at Walker's Funeral Home in Timmins at 11 o'clock Friday morning. The remains were then brought to Orangeville for interment at 11 o'clock Saturday morning in the family plot in the Forest Lawn cemetery beside his wife, the former Elizabeth VanAllen, of Georgetown, who predeceased her husband eighteen years ago. Canon H. A. West-McMaster conducted the graveside service. Pallbearers were Messrs. Fred Hatcher a brother-in-law, Horace McGuire and Stanley Parker, nephews, E. A. Robinson, Jas Henderson and A. D. McKittrick. Many lovely flowers expressed the sympathy and esteem of Orangeville and Timmins friends.

"Among the relatives here for the funeral were the son and daughter, Mr. Frank McGuire, Windsor, and Mrs. S. R. McCoy, Timmins, Mr. W. H. McGuire, Hamilton, Miss Louise McGuire and Mr. Chas. Collett, Toronto, and Mr. Ray VanAllen, Windsor.

"Mr. McGuire was an uncle of Misses Ruth and Louise McGuire, West Broadway, and Miss Bessie Ellis, of the Public School teaching staff."

## Three Births Registered in Timmins Last Week-end

Born — On October 21, 1943, to Mr. and Mrs. John S. McCusker, 2nd Ave., Schumacher, at St. Mary's Hospital — a son (John Barry).

Born — On October 2, 1943, to Mr. and Mrs. Wm. R. Fullerton, Bannerman Ave., at St. Mary's Hospital — a son (Gary, Clifford, Archie).

Born — On October 12, 1943, to Mr. and Mrs. Lucien Belair, Mattagami Heights — a daughter (Rose).

THE ANSWER

"Didn't I shave you about a fortnight ago, sir?"  
"No; I got that scar in France." — North Bay Nugget.

**Children thrive on it-**

**Neilson's the Chocolate Cocoa**

Ontario Provincial Command office is located at 214 Dundas St. W. Toronto.

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Canada's Housholders know that custards and blancmanges, quickly and easily made with pure, high quality Canada Corn Starch, are a delight with any luncheon or dinner menu.

At this time when Canadians are urged to "Eat Right to Feel Right", these delicious desserts will prove a welcome addition to the nutrition foods featured by the National Food for Fitness Campaign. Follow Canada's Food Rules for Health and Fitness.

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