Reports Presented at Convention of Women's Institutes

PRESIDENT'S REPORT

Mrs. Walter Leard, Bedeque reported:

Again we meet in this auditorium for our yearly Convention, but how many changes there have been in the few short months since we last met in this building!

As we look around us and see spring in all its glory, sun shining brightly, birds singing their cherry songs among the beautiful green leaves of the trees, we cannot seem to grasp the fact that, not so very far from us, thousands are being slaughtered, homes wrecked, families separated, and we wonder if, in this favored land of ours, the time may come, when we will be called upon to pass through trials that will take all our courage to endure.

We are living in an age which may well be called one of speed, and things are moving so much faster than in the days of our grandparents that to keep pace is almost more than we can do. One invention follows another, from the smallest atom to the largest war machine on the battlefield, and at times we can scarcely grasp the significance of it all. Our minds are in a state of chaos wondering "what next!"

I often wonder if we were attacked by the enemy, in this quiet little Island of ours, just what our reaction would be. Our Institutes all over the Province are responding nobly to the work of the Red Cross, but would it not be well for our women to have some training in the scheme for home defence?

We can all play some part in the duty toward our country in these most perilous times, and why should we not be ready? The old adage "Delays are dangerous" might be something it would be well to think about.

Again are we prepared for the steadily expanding population? We must surely promote conditions that encourage the expansion of present business or the formation of new enterprises. Something surely needs to be done before the consequences break upon us.

Ours is a land that still offers hope and graces of life that have now ceased to exist for countless millions of fellow human beings. Into our hands is given the task of keeping it so. Let us see whether we, in our day, may not perform something worthy to be remembered.

As Institutes we were asked this year to stress a program with regard to Public Health, and after all what is more important than the health of a nation? When the guns have been silenced and peace is restored we must have healthy, clear minded youth to cope with after-war problems. Let us see that we do not neglect these things. Although the sky seems o'ershadowed today often the darkest hour is just before the dawn. We must continue to hope, and while we patiently wait for the dawn of a brighter day, we can still, to the best of our ability, do the task that lies nearest us.

We have had three Executive meetings during the year and a hearty spirit of co-operation existed in all matters pertaining to the welfare of our Institutes. There has always been a great work for us to do but never more than at the present moment.

I do not wish to take more of your time to dwell on these matters. We have a good program before us, let us get all we can from it, taking back to the different Institutes the ideas we have seen and heard which may be of help and interest.

The Supervisor and Conveners will give reports of what has been accomplished during the year and we feel that greater opportunities lie ahead of us in the year to come.

May we all be given the strength to face the tasks that are before us, the patience to work and the strength to wait.

SUPERVISOR'S REPORT

Miss Mary G. MacDonald, Supervisor in her report said.

It is a pleasure to present the report of our activities during the past year. Twenty-seven new Institutes have joined our ranks since the last Annual Convention. We are very glad to welcome these branches to our organization and wish them every success in their work for Home and Country. We shall all be given the opportunity during the days to come to realize more fully the meaning of our motto and may we, as Institute members, do everything in our power to keep our health and courage high. The following is a list of the new Institutes:—

Springbrook, Donagh, Fanning Brook, St. Mary's, Iris, Abney, Ebbsfleet, Maple Plains, Clinton, Rice Point, Wood Islands East, North Winsloe, Augustine Cove, Primrose, Grand Tracadie, Lady Pane, South Winsloe, White Sands, Annandale, Nine Mile Creek, Riverside, Lot 16, Union Road, King's County, North Pinette (re-organized), Orwell Cove (re-organized), Skinner's Pond (re-organized), Morell East (re-organized), Ebenezer (re-organized).

With the addition of these our total enrollment is now 272 Institutes.

Provincial Executive

Three full executive meetings were held during the year. At the first, which was held on July 21st, matters arising from the Annual Convention were considered and dealt with. The second was called for September 15th and at this meeting it was decided that the Institutes should do war work in co-operation with the Red Cross Society. On May 10th the program for the Annual Convention was arranged and other matters of importance discussed.

Conveners of Standing Committees

The Conveners of standing committees have done excellent work through the Questionnaires which they arranged and I feel sure that a quantity of information has been gained by members who studied the questions laid out by the Convener of each subject. I know that a great many have done so as we have had numerous requests for papers on the various subjects as well as for those to be used during the entertainment part of the program.

We are glad to send as many as four papers at one time and only ask that they be returned promptly after they have been used. If the secretaries will please see that saving postage is paid on any papers which they return it would save the office quite a bit of money during the year, as we have to pay double in order to redeem them when insufficient postage is affixed. It is not necessary to seal the envelope when returning papers only. Just turn in the flap and a two cent stamp will deliver quite a number. Correspondence should be sealed in a separate envelope.

District Conventions

The thirty District Conventions which were held last year and attended by Miss Haszard and myself were of the usual high quality. The meeting were conducted efficiently and excellent displays of handicrafts delighted those present.

We have very talented women in our province and it is a pleasure to see the numerous results of their spare time and agile fingers. I trust that every Institute will make a point of bringing the cream of their needlecraft or any other craft to the Convention this summer. Displays of this nature are proof of the interest taken by the members.

Demonstrations were given by Institute members at various Conventions and these were both instructive and interesting.

The evening meetings were usually addressed by prominent men and women to whom we extend our thanks for the interest which they take in our organization.

F. W. I. C. Convention

Mrs. L. B. Mellish of Montague was our representative to the eleventh Biennial Convention of the F.W.I.C. which was held in the MacDonald Hotel, Edmonton, Alberta. She will give a report of the proceedings this afternoon.

Reports will also be given by Mrs. Allison MacMillan, Convener of Public Health and Child Welfare and Mrs. Fred McLaren, Director of the F.W.I.C. Board.

Red Cross Work

The Women's Institutes of Canada are co-operating with and working under the direction of the Red Cross Society in the making of comforts for soldiers as well as hospital supplies.

The Red Cross office have given me a list of work done by the Institute members in King's and Queen's Counties since last September. This list does not include Prince County as their work is shipped direct from Summerside.

Knitting—3,202 pairs of socks, 513 sweaters, 287 scarves, 220 pairs of wristlets, 49 pairs of mitts, 211 pairs of rifle mitts, 272 pairs of half-mitts, 18 pairs of gloves, 6 pairs of kneecaps, 3 aero caps.

Sewing, etc.—240 hospital gowns, 116 pneumonia jackets, 116 pairs pyjamas, 89 pairs of bedsocks, 18 abdominal binders, 75 ice-bag covers, 38 hotwater bottle covers, 12 mattress pads, 504 surgical dressings.

Youth Training Courses

During the fall and winter months three Youth Training Short Courses were held. Each course covered a period of six weeks and accommodated forty-eight girls. Instruction was given in cooking, nutrition, sewing, crafts, knitting, table service, laundry, dramatics and physical training.

The Department supplied yarn and other material which the student used in the making of knitted articles and hospital shirts. 75 pairs of socks, 38 sweaters, 10 scarves and 65 hospital shirts were turned over to the Red Cross. All students attending the courses were given the T. B. Patch Test.

Many of the girls attending were successful in finding employment at the conclusion of the course.

Girls' Clubs

Thirty-one Girls' Clubs were organized and twenty-one completed the prescribed course and held Achievement Days. These clubs are very beneficial to the rural girls and many children would be happy to have the opportunities which are at the disposal of the rural districts. I hope each Institute will do its utmost to sponsor a Sewing Club in the district during the coming autumn.

The Course covers four years and samples of work done by each year are on display at the front of the hall.

Home and Country Magazine

Due to war circumstances and difficulties with the publishers it has been found advisable to discontinue the Home and Country Magazine. Each paid-up member has been sent a copy of the F.W.I.C. Biennial Report and this will be the final publication. Reimbursement will be discussed at the next Biennial Convention of the F.W.I.C. which is to be held in Fredericton, N. B., next year.

Institute News

We would be glad to have many new subscriptions to the Institute News which is now in its eleventh year. It is published at quite an expense and a great deal of work on the part of the office.

It is essential to the welfare of our organization that the individual members have direct contact with the office. By subscribing to the News they will obtain all essential information which is published from time to time. If you have not taken a subscription recently please do so. Two persons might divide the cost of one subscription between them. This would only amount to a trivial sum but each would have direct information about Institute work in general. Our subscription list shows that every Institute is not subscribing at present but it is to be hoped they will do so in the near future.

County Fairs

The Women's work at the County Fairs was judged by Miss Haszard and myself with the exception of one day when it was necessary to call in assistance in order to judge two fairs at once. Mrs. Allison MacLean and Mrs. James MacFadyen assisted Miss Haszard at Egmont Bay and Miss Jean MacClure assisted me at the Souris Exhbition on the same day.

Dental Clinics

Seventy-six children were treated in the four Dental Clinics which were held during the year. The districts sponsoring clinics were North Wiltshire, Suffolk, Hope River and West Devon. North Wiltshire and West Devon, having sponsored these clinics for the second and third years respectfully, are planning on making them annual events in their communities.

In conclusion may I take this opportunity to thank the President, members of the Provincial Executive and individual members for the kind co-operation which they have given both Miss Haszard and me during the past year.

May I also express my thanks to the Sewing Club leaders who gave of their time and talents to the instruction of the young girls in their communities.

HOME ECONOMICS

Mrs. Frank MacDonald, Crapaud, Provincial Convener of Home Economics said:—

It is with real pleasure that I bring to you my first report, as a member of the Executive, on the Questionnaire Home Economics.

Since our last meeting here things have happened that we thought could not possibly happen. The war demon is marching triumphantly across Europe and we wonder "What Next?" Fear and uncertainty grip our hearts—we are almost afraid to look into the future. But as women of our land we must keep faith and look to our homes with courage, serenity and thrift—our aim is to make them a bit of peace, well-ordered in a world gone mad.

The subject "Home Economics" covers a great variety of interests. It concerns itself with the morals, education, finances and health of our people, and I consider it very fortunate that we chose the subject we did—that of maintaining family health from our own resources. Loyalty, economy and perhaps necessity may force us to supply our own needs. If we make a study of the products of each country we will find that each country pretty well supplies its own food requirements, without importing too many fancy boxed and labelled vitamins. As the climate varies so do the food requirements—the Eskimo chews blubber and the Southern eats fruits and nuts. Of course in this modern day we want more variety but we can get it by taking full advantage of our native products.

The Institutes in Nova Scotia are making an organized study of Nutrition and, quoting this article "nutrition to the ordinary housewife simply means feeding her family the most health-giving foods at the most economical rate—an important thing at any time, but especially in war time."

We find the greatest nutritional values in the simplest foods, oatmeal, cornmeal, cottage cheese, dried peas, etc., and we need make no apologies for serving simple native dishes—in fact we should take a pride in doing so.

Through the Federated Institute a campaign is being carried on to use more fish and eggs. Often we see farm women economize on eggs to sell them in order to buy canned goods, with less nutritional value, from across the continent.

The Canadian Government has a wonderful supply of publications encouraging the greater use of and giving receipes for milk, honey, eggs, fish, cheese, vegetables, apples, in fact all our natural foods and for the canning and curing of same. These bulletins are invaluable for any housekeeper whatever age or class she may be in, I would advise all Institutes to ask the Department of Agriculture, Ottawa, for a full set.

Hence the peculiar aptitude of our own Questionnaire—year-round nutrition from our home products. This year we are specializing in vegetables. About one hundred and twenty questionnaires have been received all intelligently answered, and I am sure you will find it well worth your time to get the complied information which I shall leave at Head Office.

It is our own idea to fortify ourselves against those early spring and summer months before the garden yields the orthodox peas and beans, and to have a better balanced supply of vegetables during the year.

Question 1 deals with the perennial vegetables of which our members mention 13 varieties. Rhubarb gets the majority of the votes and a kind contributor settles a much vexed question with the following clipping "To what family does rhubarb belong, fruit, vegetable or buckwheat? The answer is buckwheat, believe it or not!" Asparagus should be more commonly grown in our gardens. It is a great delicacy, but easily grown, and yields from the middle of May through June. Covering natural or wild greens 10 are mentioned: dandelions, lambs' quarters, and fiddlehead ferns leading, ending up with a few votes for cowslips.

Question 2—Vegetables most suitable for canning—15 varieties named. Honors go to tomatoes, beets, beans, peas, etc. As to quantity needed opinion varies, but from fifty to a hundred cans, assorted, would I think, be the average. Bottles and cans seem to be equally popular and about 10 Institutes report having bought their own sealer and several others considering it. This is very interesting and I am sorry they did not give more details as to arrangement.

Concerning Question 5—two dozen uncommon vegetables are listed as grown successfully by our members. Celery is the favorite but I am sure we would find interest and variety by adding one of the others to our garden.

Answering Question 4—regarding study of food values and infant feeding—Several Institutes report that papers have been read and discussed and one reports on having a doctor speak on the subject. Individual study has been made through magazine articles and the like.

Regarding the Short Courses, practically all Institutes report students from their communities attending, and I am sure that these several hundred young people will carry home with them some uplift and vision that will help them in making the homes of the future. About 20 Institutes have had talks and demonstrations by these students on flower and glove-making, sewing, nursing, etc. I believe that the interest you have shown in their work and the Girls' Sewing Clubs will give the young people a sense of their own importance and help them to develop into more responsible citizens.

In closing my report I wish to thank you, the supervisors, secretaries and Institutes for your co-operation, also those members who have sent special contributions, which I hope will be used later in the Institute News. If any one has suggestions as to next year's Questionnaire I shall be very glad to receive them. I know that the great wish in every woman's heart today is that before our next Annual Convention peace and sanity will be restored to this world.

REPORT OF PROVINCIAL REPRESENTATIVE TO F.W.I.C. CONVENTION

Mrs. L. B. Mellish, Montague, the provincial representative submitted the following report:

I respectfully submit the following report of the Biennial Convention of the Federated Women's Institutes of Canada.

Leaving Charlottetown October 29th (in order to take advantage of excursion rates) we spent a day in Montreal en route. Continuing our journey I need not tell you how we enjoyed that delightful trip through Ontario and the Prairie Provinces. As we continued our journey more delegates joined our party and the fellowships formed will long be remembered.

I visited Saskatoon and Calgary before proceeding to the conference. In both cities many Islanders were pleasingly surprised to have even a chat from someone from "home." Saskatoon, that beautifully appointed city built on either side of the Saskatchewan River, has six passenger and railway bridges for traffic conveyance. Its University buildings are among the finest in Canada. I was told by a citizen that they have almost perpetual sunshine there—no wonder it is a favorite health resort. At Calgary I called on several Islanders and was entertained at the cosey home of Mr. and Mrs. Cecil Jones, formerly of Charlottetown. In company with Mr. and Mrs. Jones I had the rare privilege of going to Banff by motor. I shall never forget the time spent there. The marvelous scenery can only be imagined—there are no words to describe God's handiwork. The impressions will live with me forever.

From Calgary I entrained for Edmonton—the Convention City—arriving on Sunday evening, October 7th. The delagtes, having all arrived from the various provinces, were taken to the "McDonald" which, like all C.N.R. hotels, lacks nothing in appointments. Here I must mention the courtesy and the comforts of travel on the C.N.R. It is most restful in daytime and sleepless nights are impossible in the lovely air-conditioned pullmans. The dining car, where you receive prompt and courteous attion, is at your service.

On Sunday morning we wended our ways each to the church of her choice. I ended that pleasant "Day of Rest and Gladness" at the Salvation Army centre where they were holding their Harvest Festival Service. It was a fitting climax to a day well spent.

On Monday morning at 9.00 o'clock the conference opened in the "Jasper" room of the McDonald Hotel. The president, Mrs. MacGregor of B. C., was in the chair, and the International President, Mrs. Alfred Watt of London, England, was in the seat of honor. Mrs. MacGregor opened the meeting with prayer and then presented Mrs. Watt to the Conference. Mrs. Watt acknowledged this courtesy briefly.

We took our places in provincial groups at a table similar to the Round Table around which King Arthur's Knights sat. All were seated on the outside, the centre and entrance thereto being reserved for speakers. The officers were seated facing this great table that we might have no difficulty in hearing deliberations.

The members of the Board were warmly welcomed by the President of the Alberta Women's Institutes—Mrs. William Stewart. After the reading of the Board of Directors meeting, telegrams and letters of greeting were read by the president. These included one from Lady Tweedsmuir.

The president drew the Board's attention to the suggestion that the program as planned be set aside and that the whole time during the conference be given over to formulating a policy for Institutes in organizing for patriotic work arising out of the war in which Canada is now involved. A resolution was passed to this effect and the conference proceeded to appoint courtesy, nomination, credential and resolution committees, corresponding recording secretary. Reports were presented and accepted.

A pleasing interruption at this point was the presentation of a beautiful gavel to the Board from the Past President, Mrs. A. E. Walker. The president, Mrs. MacGregor, then presented the Board with a gavel stand, made from a stone taken from a part of the Houses of Parliament in London during rebuilding.

In the evening Mrs. Watt, President of the Associated Countrywomen of the World spoke on "Women and War Work". The speaker pointed out how well fitted the Women's Institutes are for adapting themselves to work, both in war and peace, and cited many avenues of work both in their committees and further afield.

On Tuesday, Mrs. Allison MacMillan, gave the report on Child Welfare and Public Health and conducted a Round Table discussion with Mrs. Fred MacLaren acting as her secretary. Discussion was opened by Mrs. McLaughlan, B. C., who spoke on Public Health Service bringing out many fine points for study by Provincial units. Several provincial representatives contributed information about health conditions in their provinces.

Miss Muriel Cameron, Department of Agriculture, Ottawa, addressed the Board of "Consumer's Service." Miss Cameron stressed the necessity of women knowing how to buy economically and dealt with the Government grading of foods and some regulations regarding the sale of food stuffs in Canada. This was followed by an address by Professor Bertha Oxner, Saskatoon, Director of Home Makers Clubs in Saskatchewan, on Girls' Work. She stressed the necessity of keeping in mind two chief factors in organizing Girls' Clubs:—

1st. The characteristics of the adolescent—idealism, interest in life, latent energy and eagerness to do things.

2nd. The ideal desired to be reached—a well balanced wholesome individual able to make the most of her environment.

The speaker pointed out that one aim of Girls' Clubs should be to develop in girls ideals of citizenship and an appreciation of democracy.

Tuesday afternoon was almost entirely given over to the central theme of Peace and International Relations. Some splendid points were brought out. Of general interest was the report that the Sun Dial presented by Past President, Mrs. A. E. Walker, was ready to be set in place in the Peace Garden. The foundation will be nine stones and on each will be engraved the name of a province of Canada.

The president, Mrs. MacGregor, presented her report on the Conference of the A.C.W.W. held in London in June, 1939. This was most instructive. Mrs. Watt, President of the A.C.W.W. gave the Board valuable information as to the operation of the program of the A.C.W.W., mentioning in particular International Day, Links, Million Member Plan and Mary Stewart Collect and told of the great influence of the organization throughout the world.

The question of moving the Central Office of the A.C.W.W. from England to some place in the U.S.A. so as to be near Canada for the period of the war was discussed. This seemed to be a wise move.

Miss Esther Thompson, Winnipeg, Director of Women's Work in Manitoba spoke of the great facilities the organizations now had for the disemmination of information in the official organ: "The Canadian Home and Country."

The entire Board attended afternoon tea at the lovely home of Mrs. A. H. Rogers as guests of the Alberta Women's Institute Executive. Just here I may mention that the Provincial Convention of Alberta Women's Institutes was in session in Edmonton the same week our conference was held and we received many courtesies from that organization. We had the pleasure of being welcomed by Premier Aberhart of whom you have heard so much in connection with Social Credit. One of your Board Members, Mrs. Pletch, made a most gracious reply to the Premier.

Miss Margaret Hyndman, K.C., of Toronto, Chairman of the Committee for Voluntary Registration for Canadian Women presented the case for her committee very briefly and asked the support of the members in their various provinces.

Following adjournment the Board attended an informal reception by Alberta Women's Institutes and spent a most enjoyable time among the beautiful display of handicraft by members of that provincial unit.

On Wednesday morning, Mrs. Guy Humphrey, N. B., presented her report on Legislation and Round Table discussion. The necessity of preventative measures being taken to overcome the dangers on the highway causing so many accidents was stressed. The president referred to the lack of ceremony at the presentation of certificates of naturalization of aliens.

The report on Canadianization and Immigration and National Events was presented by Mrs. Ashworth, who also led the discussion on same. Some very responsible work was discussed such as the refugees' removal from Europe to Canada and what we can do to help these people become citizens of this country.

A very splendid report on Home Economics was given by Miss Mary Clark, Toronto, Superintendent of Ontario Women's Institutes.

Wednesday afternoon we had a joint session with the Alberta Women's Institutes in convention. Mrs. MacGregor presided. One of the highlights of this session was the presentation of two thousand dollars ($2,000) by the Alberta Women's Institutes to Dr. W. W. Cross, Minister of Health for the province of Alberta, for the purchase of Radium for use, free of charge, by persons suffering from Cancer. The representatives of each Province in our Dominion spoke at this meeting bringing greetings and giving a resume of the work of each province.

Mrs. Elizabeth Bailey Price addressed this meeting telling of the harmony which could exist among nations if women only brought their influence to bear upon national institutions. Her address was on Pan Pacific Friendship.

On Wednesday evening the Board attended a banquet in the Hotel where the sessions were held. The dinner was attended by the Lieutenant Governor and Mrs. Bowen, Premier and Mrs. Aberhart and Mr. D. K. Knott, acting Mayor of the City. Mrs. Watt of London was the chief speaker of the evening. She emphasized the important part women can play in war work and said "We are indeed fortunate to have the Women's Institute with all its assets, its comradeship, its educational program, its neighborhood systems and its assured place in the hearts of the people." Mrs. Stewart, president of the Alberta's Women's Institutes told of her experiences as a passenger on the torpedoed Athenia at the outbreak of the war. This was indeed very thrilling. There was also a program of music.

During the Thursday morning session a Committee was appointed to confer with the International President in a study of the question of war service by our organizations in Canada and to study ways and means of rendering all possible service.

Mrs. Lank presented her report as Convener of Canadian Industries. Mention was made of the establishment of Air Training Courses in Canada and the effect this will have in stimulating certain lines of industry.

A resolution was passed rescinding the constitution and by-laws and adopting those amended and revised and approved by the Secretary of State and bearing the signature of the record secretary. One hundred of same to be mimeographed.

A letter of appreciation was sent to Hon. James Gardiner, Minister of Agriculture, for making provision for Mrs. Watt to attend the conference.

Thursday afternoon Mrs. Watt was in the chair and the following officers were elected:

President: Mrs. H. MacGregor, B. C. (Re-elected).

1st Vice President: Mrs. T. J. McDowell, Ontario.

2nd Vice President: Mrs. J. R. Near, Saskatchewan.

Recording Secretary: Mrs. Scott Trenholme, N. S.

Corresponding Secretary: Mrs. B. F. Gummow, B. C.

Treasurer: Mrs. Harley Dunham, N. B.

Thursday evening was given over to the business of the Magazine "Home and Country."

By invitation from Hon. A. C. Taylor, Minister of Agriculture, New Brunswick, the next Biennial will be held in 1941 at Fredericton, N. B. "Natural Resources in the Home" will be the central theme of the program for 1941 conference of the F.W.I.C.

A report brought in from the Traffic and Order Committee recommended that steps be taken to incorporate in the program a study of traffic regulations and speed laws and pedestrians' responsibilities.

On motion the Conference came to a close on Friday night. Many left for their homes on Saturday but some continued their trip to the coast, a few going down through the States and home by New York and Boston.

I shall never forget my trip over the Rockies through Jasper Park and on to Vancouver. It is truly awe-inspiring. From Vancouver to Victoria, and the sight-seeing trips there, will always be with me. The beautiful sail and return in and out amongst these beautiful islands was picturesque indeed. Again across our great country, stopping at Winnipeg, Toronto, Ottawa, Montreal, Quebec, Moncton and finally home to the red soil and a joyous reunion with my family, after nearly six weeks absence, was indeed one of the greatest pleasures of my life.

THE REPORT OF PROVINCIAL CONVENER OF PUBLIC HEALTH & CHILD WELFARE

Miss Catherine Cane, New Perth read the following report:

"I trust this Questionnaire on Public Health and Child Welfare provided sufficient material for a profitable discussion at the Institute meeting in January and that some knowledge may have been obtained about tuberculosis, its method of detection, and also about the nutrition of the normal child.

In the replies many stated that they desired to know more about the T.B. Test. I have reported this to Miss Macdonald, our Supervisor, and she has arranged to have Miss Wilson here. She will demonstrate and explain this test and also answer any questions you may ask.

It has become increasingly apparent in recent years that more attention should be paid in Public Health to Nutrition. The control of infectious diseases is not alone enough to ensure a decent level of health. We can confidently expect an improvement in health and efficiency to follow improvement in food habits. E. W. McHenry, University of Toronto, in one of his recent articles quotes: "The welfare of a nation depends upon the way it is nourished."

What are the necessary nutrients of a well balanced diet? The answer is given in a small pamphlet recently prepared by the Canadian Medical Association. It is called "Food for Health in Peace and War" and was published to assist us protect the health of our citizens. It is published at this particular time because history shows that in time of war tuberculosis, influenza and many other diseases may spread rapidly claiming the lives of men, women and children who have become slowly weakened from lack of the right kind of food.

The protective foods listed here are:

Milk and milk products,
Potatoes and other vegetables,
Whole grain breads and cereals,
Raw fruit and canned tomatoes,
Eggs, meat and fish.

These are all produced right here in our own province.

Our chief problem in some situations is the time factor, with others it is a lack of sufficient funds and with a few poor food habits, due to lack of knowledge, plus a disinterest in accepting any reliable information about the correction of their food habits.

Working under conditions such as the majority of us are now, lack of electric power and lack of running water in the homes, it means that the busy housewife, who does not have these modren improvements, uses more time and energy in giving her family the required food than her more fortunate neighbor who has all improvements. May I suggest that the Institute News continues to include in its future issues aids for us who are minus the use of electric power and running water—for example — menus for inexpensive appetizing supper dishes, which of course, contain the necessary nutrients and are quickly prepared.

In Germany they have concentrated one the perfection of the body and the improvement of physical health but they have neglected the spiritual values of life. We, who are most interested in the welfare of our young people, do not want to pattern our habits after such as theirs. With our desire for perfection of bodily health we must constantly keep before all our citizens God's laws and His teachings and the obligation of living up to them. By doing so only then shall we continue to have a country peopled by those capable of fulfilling a citizen's duties.

King Text

(Continued from page 6)

own immediate security is at stake."

Immediate measures were taken at that time to assist in the naval defence of Newfoundland. In the light of recent events additional responsibility has been assumed for military defence of strategic areas there. I am pleased to be able to announce that Canadian armed forces are now on duty in Newfoundland.

The House has already been informed of the contribution which Canada is making in the West Indies by replacing British troops with Canadian troops on garrison duty, and thus relieving British forces for other duties. The government agreed some weeks ago to a request of the United Kingdom government that Canadian troops should assist in the defence of Iceland.

Canadians in Iceland

The first contingent of the Canadian expeditionary force have already landed on Iceland. Further units have been detailed and will follow shortly. I need hardly point out the strategic importance not only to the security of North Atlantic sea lanes but to the defence of this contingent of maintaining control of Iceland.

The increased seriousness of the military situation abroad, and the marked expansion of all these branches of our armed forces in Canada have served to arouse widespread interest and concern throughout the country regarding the raising and recruiting of recruits. At the couclusion of my remarks the Minister of National Defence for air will make a statement of what is now being done, and what additional measures are proposed in connection with the recruiting of Canada's armed forces.

To Mobilize All Resources

A bill will be introduced in this House at once to confer upon the government special emergency powers to mobilize all human and material resources for the defence of Canada. Although the purpose of this measure will be explained in detail on the second reading, I should like to make one or two brief observations regarding it.

So far as manpower is concerned, it will relate solely and exclusively to the defence of Canada on our own soil and in our own territorial waters. It will enable the government to make the most efficient use of our manpower for the varied needs of modern machine warfare. It is of the utmost importance to realize that success in war today depends upon the use of men for the kind of work for which they are best fitted.

Armed Forces Only Part of Needs

The armed forces are only a part of the essential equipment of war. The skilled worker in the factory, the transport worker and the farmer, to mention only a few, are as essential to the effective prosecution of the war as the soldier, the sailor, and the air man. The mobilization of our forces will not therefore be confined to requiring the services of men and women. The government will have power under the provisions of the bill equally to call property and wealth, material resources and industries to the defence of Canada.

The bill is intended to remove any doubt as to the power of the government, and the will of parliament that the whole material resources of the country should be available whenever they are required to meet the needs of the war. The operation of the measure will be confined to the period of the war.

Recruitment for the service overseas will be maintained on a voluntary basis. No difficulty has been experienced, and no difficulty is anticipated in raising by the voluntary system all the men required for service outside Canada. The bill to be introduced today in no way affects the raising of men to serve in the armed forces overseas. Once again I wish to repeat my undertaking, frequently given, that no measure for the conscription of men for overseas service will be introduced by the present administration.

To Classify Manpower

A complete inventory of Canada's manpower and other resources, properly classified, affords a necessary basis for some of the further essential measures of home security and defence, which I have announced. A national registration of Canada's manpower will, accordingly, be instituted at once. Let me emphasize the fact that this registration will have nothing whatever to do with the recruitment of men for overseas service. Among others, a national registration of Canada's manpower will have the following immediate advantages:

The national registration will constitute an additional precaution against "fifth column" activities such as sabotage and espionage which conceivably might become more menacing as external threats grow more serious. In this way, it will add to our internal security.

National registration will also provide the government with an inventory of the mechanical and industrial skill of our population. Such an inventory will prove valuable in affording additional information on the extent of our resources of skilled labor which can be drawn upon to meet the needs of essential wartime industries. It will also show the directions in which intensive industrial and technical training is most urgently needed to provide an adequate supply of labor to meet the growing demands of our war industries and other essential services.

Appreciation to Women

I should like here to express the warm appreciation of the government of the valuable work already accomplished through the voluntary registration of women undertaken as a spontaneous contribution to the development of Canadian efficiency in war time.

The fullest use will be made of the register now being completed.

It is the intention of the government also to establish without delay a new department of government to be known as the Department of National War Services, to be presided over by a minister of the crown. Since the war began, thousands of patriotic citizens have expressed a desire to engage in some voluntary war work.

As the crisis has developed and will develop, there have come new obligations upon our citizens. The care and housing of evacuated children and refugees, the provision of comforts for soldiers, the economical use of food supplies, the launching of campaigns for war loans and contributions, agricultural developments, the attraction of tourists—these and many other matters demand organization and direction.

Purpose of New Dept.

The purpose of the new department is not merely to coordinate the activities of existing voluntary war services. It will be entrusted with the duty of directing and mobilizing the activities of thousands of our citizens who are seeking practical and useful outlets for their enthusiasm and patriotism. Womens organizations, patriotic organizations, commercial organizations, and many other groups of men and women banded together in the national interest offer a vast field of activity for spontaneous service.

The object of the new department is to help Canadians to help Canada by their free will offerings, which have been so generously made and will be so generously continued. The minister charged with the duties of this department will be expected immediately to establish a Dominion-wide organization of voluntary service, which will be assisted by branch committees in all parts of the country.

Finally, I wish to announce that for some time past I have been giving careful consideration to means whereby there might be included in the Government additional ministers to assist in the direction of Canada's war effort and whose presence in the ministry might serve to give still further assurance of the support of the government adequately to meet the increased responsibilities with which it is faced. Hon. members will realize that there are many considerations which account has to be taken in any matter which concerns the personnel of a cabinet.

I might mention as not the least important of these considerations what is required of a minister of the crown in the way of a many sided experience in the conduct and management of public affairs.

An equally important consideration is whether the talents of leading executives and business men may not be used to greater advantage in high administrative posts and in an advisory capacity in relation to particular services, than in the ministry and in Parliament.

Expect Cabinet Changes

As the House is aware, my colleague the Minister of Finance expected to bring down the budget before the close of the present week and thereafter will assume his new responsibilities as Minister of National Defence. At the time that this transfer of portfolios is made I expect to be in a position to announce the governmental changes and additions at present contemplated.

The situation which I have described and the measures which have indicated to meet it, require no further elaboration. The times are the most serious in our history. They hold in their keeping the destiny of Canada as a free nation. We do not doubt the ultimate result but I realize how arduous and full of suffering may be the Via Dolorosa along which we must pass before the agony is ended.

Must Use All Resources

It is our manifest duty as it is our unshaken determination, to use all our advantages, geographic, strategic and economic, to preserve liberty for ourselves and to help preserve it for the British Commonwealth and the other nations. I mention to the House that yesterday that are yet free. We must use them to help regain liberty for the victims of blood-thirsty tyranny. The British peoples, who taught the world the meaning of freedom, will defend it to the last. They have become the symbol, the hope and the guarantee of its continuance and its restoration throughout the world.

Endowed by the heritage of Britain and France, with pride in the strength of her youth, and the righteousness of the cause, Canada faces what fate may bring with resolute confidence and unyielding determination.

Talked With Hanson

Before I take my seat may I say my hon. friend the Leader of the Opposition (Hon. R. B. Hanson) was kind enough to come with his colleague who shares his seat (Hon. Grote Stirling) to my office to discuss the very critical situation which had developed over the week-end. My hon. friend came in a spirit of helpfulness to discuss measures which he thought ought to be brought into force immediately. He spoke particularly of the desirability of stating that an emergent condition exists at the present time which requires further action on the part of the government to deal with it effectively.

He spoke to me about the desirability of complete mobilization of manpower and resources, and also made mention of the desirability of adding to the ministry some gentlemen whose names and ability and capacity would help to inspire general confidence throughout this country, along with those who are in the administration at the present time.

I mentioned to my hon. friends that I was not prepared to make a statement yesterday, because I had not the information with respect to the situation in Europe on which I would wish to base it; that I thought, as I mentioned to the House yesterday, that it would be well to wait until the Prime Minister of Great Britain made his statement on the European situation before I should make a statement myself.

I told my hon. friends however that all the measures to which they had made reference were matters that the Government had had under consideration for some time. I said to them, what I had mentioned previously in the House, that I have felt that there are times and reasons for all things: some matters can be dealt with in a manner which will be most helpful to the maintenance of national unity and security at one time which, were an effort made to precipitate them unduly, might defeat the very ends that we all have in common.

I stated however that I would today without fail make a statement to the House of the measures which the Government proposes to take to meet the situation that has since developed, and what I have said this afternoon has been by way of carrying out that promise and the intention which I had at the beginning of the week. I would just like to express to my hon. friend, in presence of hon. members of the House, my appreciation of the helpful and co-operative manner in which he and his desk mate met me yesterday in the discussion of these matters of great common concern.

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