

The Charlottetown Guardian

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WEDNESDAY, APRIL 28, 1937

Quebec Now Defence Minded

Ever since Sir Wilfrid Laurier refused to participate in Empire defence, the Province of Quebec has been looked upon, and cited as, anti-militaristic and pro-pacifist. A change, forced by inexorable circumstances, seems to be coming over Quebec, and the one-time pro-pacifist politicians are in the vanguard of the new movement.

Explaining the military credits voted during the last session, Mr. Lapointe declared that credits have as an object the defence of Canada. "They are necessary for the defence of the country and I would not have been a party to any other policy," he stated.

"The doctrine of Canada's participation in European wars would split our country into irreconcilable factions," said the Minister of Justice, "but when it concerns the defence of the country, the safeguarding of our factories, our exports, our grain elevators, I believe everybody should be united. I will go even further and say that this question is not only a truly national policy, but a nationalistic one, in that it is a question of defending Canada and the best friends of this Dominion are those who are ready to make sacrifices to defend it."

"Canada has been paying less than any other country for her protection," declared Mr. Lapointe. "I repeat that our policy now in this connection is a Canadian policy for the defence of our country. This is the policy we propose at the Imperial Conference."

"I have never in my long career failed my province," said the Minister, "and I will not fail in this circumstance."

In Montreal on the same evening at a dinner of the Montreal Squadron of The Legion of Frontiersmen, Major Hugh C. Bell of the Haldimand Rifles said some time in the future the people of Canada will have to fight for their possessions because nations and peoples exist that do not believe in such institutions as the League of Nations. In the last few years, he said, the doctrine of "if you wish for peace you will have peace" had been spread throughout Canada but history, he said, had proved that "he who has, must defend." As a result, he said, "we and our children will hold Canada only if we breed the type of people who will hold the land."

While talk of nationalism was prevalent in the Province of Quebec, Major Bell said he was sure it was a passing phase because the history of the British Empire had proven that, "while we fight among ourselves, no stranger can butt in on our affairs." An unbarred gate is a easy access.

Solidifying Fascist Spain

All Spain outside the territory held by the Government forces has been formally converted by Generalissimo Francisco Franco into an authoritarian state, after the pattern of Italy and Germany, with himself as virtual dictator of the territory his armies have wrested from the Spanish Government.

By a single sweeping decree the Generalissimo outlawed all political parties except one under his sole leadership, and took over all semi-military organizations as well. The decree declared, however, the action did not "shut the door to a possible restoration of the monarchy in Spain if Franco's armies should emerge victorious from the ten-month-old civil conflict.

The decree combined the two major insurgent parties, the Falangists (Spanish Fascists) and Requetes (Carlist monarchists) into a state party, similar to the fascist party in Italy and the National Socialist (Nazi) party in Germany. The new party, Franco decreed, will be known as "the Spanish Phalanx of Traditionalists and Offensive National Syndicalist Juntas."

The outlawed parties included the Bourbon Royalists' Renovacion Espanola and the Accion Popular, headed by Jose Gil Robles, former Rightist War Minister.

Franco, as head of the government party, will be aided in formulating policies by a secretariat or political junta and a national council. Half of the junta membership will be appointed by Franco, while the other half will be elected by the national council, which will in turn be elected by the member of the party.

The armed militia of the Falangists, the "Phalanx" of the new party, and that of the Carlists, who bring the "Traditionalist" part of the title, were ordered to become part of the insurgent army, while the militia units of the other parties were brought under the insurgent militia organization.

In a long preamble to the decree, Franco said the new state party would adopt the "twenty-six points" of the Falangist party, which would be changed as time and circumstances required.

In his first reference to the possibility of a royalist restoration since the civil war began, Franco indicated the future might once again see a king on the throne of Spain.

Should such an event take place the occupant

of "the most Catholic throne" of Spain might not be a member of the immediate family of exiled Alfonso XIII. The Renovacion Espanola, dissolved by Franco, was pledged to Alfonso or one of his sons, while the Carlists, now part of the state party, owe allegiance to the senior or "legitimate" branch of the family founded by the pretender Don Carlos.

Editorial Notes

The Mutiny of the Bounty, 1789.

The Provincial Agricultural Department's Farm Bureau is being well supplied with offers to sell farms under the Horny Immigration Scheme.

It is about time some enthusiasm was roused about the local Coronation celebrations. Don't let us forget round about May 10 or 12 is the time active operations on the land begins.

Notwithstanding their previous neglect, our roads are a kind of passable for wheel traffic—and the Government has withdrawn the restrictions on heavy motor vehicles.

The Evening Organ must be hard put to for something to boast about, when it calls an additional \$25,000 fishermen's loan from Ottawa a triumph. Why, under the Housing Scheme, any individual can obtain that, and get 20 years to repay it.

A grant of \$3,000 for the purpose of extending the Boy Scout movement throughout the province has been made by the Quebec Government to the Boy Scouts Association, according to an announcement made at the 26th annual meeting of the Quebec Provincial Council, by R. C. Stevenson, C.A., honorary treasurer.

The Ontario floods, destruction and tragedy emphasize once more the happy position we hold here, free from extremes of any kind, whether of weather or means of existence. History fails to record any disaster of any kind for which we have had to appeal for sympathy and support. Our worst misfortune of all time has been the one party legislature which may be a Job-like affliction to test our faith and stamina.

To the surprise of Toronto City Council they find that the police of that Wood City were acting under a pre-confederation Ontario Act, and not the Dominion Lord's Day in prosecuting purchasers of tobacco, milk, etc., on Sunday. It will be necessary to repeal this Profanation of the Lord's Day Act, to pave the way for Ontario amendments deemed necessary to the Dominion Lord's Day Act.

Parents are pretty much the same the world over and mothers and fathers of present day youth here are no exception, if we compare excuses they write to teachers to explain the absence from school of their offspring. "Please excuse Cecil being absent as he has to go to the doctor with his face," wrote one dotting parent. "He has had it a long time, and it is spreading." Still another, who minces no words and who has reduced spelling to the simplest of simplified form, wrote: "Plees teecheur—Bil as beliac."

The Ontario Liberal party is split wide open, or rather shattered to smithereens. Its first reverse was over the Hydro-Electric Companies, its next over the Separate Schools legislation, and finally over the Oshawa strike. In each of these crises Premier Hepburn has been a law unto himself. The Party Press in Toronto is hopelessly divided; the Toronto Star supporting ex-Attorney General Roebuck and Ex-Labor Minister Croll, while the Globe and Mail is wholeheartedly behind Mr. Hepburn. Prime Minister King as usual in a crisis pussy-footed, advising the Liberal headquarters at Toronto that he would observe a "hands-off" policy.

The why and whereof of both the Hon. Mr. McGuigan and Mr. H. H. Shaw going from the Education Department to the Coronation is explained thus. All the arrangements for sending students were conducted between the Overseas League and Mr. Shaw, and they sent an invitation to the Department expecting he would be sent. Unfortunately for Mr. Shaw, the Government decided to send Mr. McGuigan instead. When a cable to this effect was received in London, the Overseas League, while appreciating the honour conferred upon them by sending of the Minister of Education, specifically requested that Mr. Shaw be sent as well.

Did the Campbell Government agree to hand over the Yukon to British Columbia, and if so, what quid pro quo did we get? British Columbia has no more right to get possession of Dominion territory than has the U.S.A., and the sooner the Federal Government is made to realize this the better. It is like adding insult to injury for the King Government to give B. C. an additional \$125,000 annual subsidy with the territory! What is the Campbell Government going to do about it? We can get no additional territory, and in the past under the Liberals, the Federal treasury has been absolutely barred against us for monetary compensation. Is it still to be so?

The Maritimes had better be prepared to fight for their individual existence in view of the announcement that Prime Minister King intends appointing a Royal Commission of three—of whom Sir Arthur Salter may be one—to investigate the financial relations of the Dominion and the Provinces. As this is not a party question it would be well if Premier Campbell formed a committee representative of both parties in order to prepare the case for Prince Edward Island. No one will deny that what is almost absolutely necessary is increased Federal subsidy, and it is to be hoped that the Premier has "no craven fears of being great" in this connection.

Just By The Way

This will be the first Coronation of a British King to take place since the Great War. When we look back to the time before that world tragedy we are impressed with the fact that the British Monarchy has, if anything, strengthened its hold on the people. Great empires have fallen into ruins, Germany, Russia, Austria-Hungary and Turkey, once-despotic rulers have been hurled from their thrones and driven into exile, happy to escape with their lives, but Britain retains her old institutions.—Belfast Telegraph.

People take pride in doing their best, in achieving something worthy, when they know and feel that someone believes in them. We can overlook a multitude of faults in a person if we believe in him. And if we continue to believe in him, a great many of those faults will disappear as though they had never been!

The bill is designed to improve the method of conducting investigations of combines which are suspected of carrying on practices to the detriment of the consuming public. In an ideal world there would be no need for anti-combine legislation, because the conscience of business would be its guide. Since this is not an ideal world, the government feels called upon to interfere. And there is evidence that interference in many lines is justified.—Ottawa Citizen.

The world will not waste any sympathy on Germany for her repertory of crimes concerning the £19,000,000 owed to General Franco, the Spanish rebel leader. She must carry her own risks in such a speculative business. In any case, the spectacle of Germany in difficulties with a debtor will raise a laugh in half the countries of the world, where governments and bankers despair of ever being paid what Germany owes them. The reason is that Germany is first and most efficient in practising the new technique of using debts as a help rather than a handicap.—Auckland News.

It is not to be suggested that even the best-intentioned citizens or their elected administrators have been or will be faultlessly foresighted. At this date, to see the fallacy of that, 20 or 40 years ago, appeared to be perfectly sound and highly progressive policy. The point is, however, that the course of events has demonstrated that it is neither sound nor safe to mortgage the future too heavily and that, in short, the ancient advice "Pay as you go" is, after all, the soundest.—Brantford Expositor.

There is no expense to the baggage of ideas and knowledge that you carry around with you in your mind. It, therefore, becomes the finest investment in the world to fill your mind as full as possible—and it is never possible to fill it. Wise sayings, quotations, and bits from the great minds of the world stored in the mind, not only make light baggage, but they lighten one's way through life, and increase the delights of journeying. Writers and speakers get their own product with them, and every good conversationalist introduces them as friends. And what friends they are. Especially to the lonely.

Sir John Lubbock, banker, philosopher and literary man, who, as Lord Avebury, which he afterwards became, was author of that list of one hundred best books in the world, most of which I have in my own small library. It was John Lubbock who piloted through parliament the bill enabling banks to close on Boxing Day, Easter Monday, Whit-Monday and the first Monday in August. Up to that time they could only close up on two week-days in the whole year, Christmas Day and Good Friday, and most businesses kept open also. So grateful were the bank clerks that they called him Saunt Lubbock.—Reporters Magazine.

Jack Miner had a birthday last week. He is seventy-two. Perhaps the finest tribute received on his natal day by this eminent naturalist and wild life conservationist was the thronging of several thousands of people to his bird sanctuary at Kingsville, Ont. An estimate is that 10,000 visitors, including many from Detroit and other cities of the United States, were there to pay him honor by their presence.—Ex.

The essential difference between the British and German points of view is that Britain, if she were allowed to, would prefer butter to guns, whereas Germany's free choice is for guns in preference to butter. As M. Marus Moutet, the French Colonial Minister, has pointed out, "If Germany lacks the necessities of life to-day, it is because she is too interested in the necessities of death." But that is no reason why she should be allowed to plunge the rest of civilization into the same plight.—Johannesburg Times.

A German writer says that the dominions must admit aliens to open spaces, and not confine immigration to those of British blood. He would be pleased with the example of Canada, where, according to some estimates, only 44 per cent are of British stock in our open spaces.

Mr. Henry Ford, approaching his 74th birthday, told an interviewer the other day that he did not share John D. Rockefeller's ambition to reach a certain age. "I hope I'll be here as long as I'm useful," he said. Mr. Ford, we gather, has little interest in the dregs of life. When he has ceased to be active and useful his interest in living will be at an end. We should like to be the same way, but we have a sneaking suspicion that if we reach the point where only the dregs are left for us, we shall cling on to them jealously, as old Mr. Rockefeller is doing to-day.—Hamilton Spectator.

Heraclitus of Ephesus has been dead some twenty-five hundred years, but a statement attributed to him, although not to be found in that form in the collected fragments of his writings and sayings, has never been improved upon: "The major problem of human soc-

PUBLIC FORUM

This column is open for the discussion of items of the day. The Charlottetown Guardian does not necessarily endorse the opinions of correspondents.

LET THE ALLIANCE CONTROL

Sir—As the liquor traffic is the greatest cause affecting humanity in this generation there is great need of something substantial being done to drive it out of our midst, and I consider now is the opportune time for the temperance people to assert themselves and stand as a united force, regardless of party politics, and make such demands on the powers-that-be, and those that are to follow, as would shake the very foundations of the nefarious evil and destroy its root and branch that it would have no chance to recover and again get any foothold in this fair land of ours.

This can be done if the people are true to their sense of responsibility and to their moral, spiritual, and material interests. Now the trouble is that there are a few people who traffic in this evil with two motives, one to make money and the other to beat the law, and they succeed in both. Cause the law is not half strong enough, and our Governments have all proved unreliable in the enforcing of the law as we have it. Then we have the largest percentage of the people in the second class, some of whom bear a bad influence by their nod and attitude toward this traffic, not realising the effect it is having upon their sons and daughters now, and which may tend to go down to the ruin of future generations. The remainder of this second class are those who don't touch, taste, or handle or have anything to do with this traffic but, for fear of offending some one, they like Pilate, wash their hands saying, by their silence

"I am free from this blood." The third class are the jealous temperance people working and giving of their strength and means, spending their time and labours in anxious and devoted service, battling against this aggressive foe, not for remuneration but for God and humanity.

In my first letter I expressed my contempt for a Government that would accept a bribe of these Brewery Horses from the enemy, but with all of this I have not decided to change my politics. We have not forgotten that dastardly attempt that the Conservative party made to thrust upon this Province that Government Control law which was so readily and promptly thrown back in their face after they had brought a woman whose tongue was laced with the poison of asps, to blind the people sowing the seeds of intemperance with all her might and main from one end of this province to the other but with no avail. Hence the records of political parties with which we have to deal. But yet there is a rift in the cloud and right shall prevail.

Now as I have said I consider this is the temperance people's opportunity. If the Government remains in office until the end of its term it will give the temperance people time to marshal their forces for the fray.

I would recommend that a specification be drawn up by the temperance people embodying all of the provisions of a new law so drastic and far reaching, with penalties so heavy, and jail life so unattractive, with lighter and plainer diet and closer confinement that a sentence would be so dreaded that violations would be rare. It would be better to have a law that would be taken. Then the traffic would be checked and the goods emptied, and eventually we would have a more sober and prosperous people. Such a specification properly constructed and legally drawn by a competent lawyer, and embodied in a contract entered into and signed by a representative committee of both parties seeking election, with an understanding that each or either party being returned to power would enact a law in accordance with said specification, and thus work hand-in-hand with the Temperance Alliance in prosecuting this traffic to the death.

Finally: Until this vexed question is subjected to the control of the Temperance Alliance, and Governments become the true servants of the people, as they should be, yielding to and working in conjunction with the Alliance, there will be no complete and permanent control of this evil.

I am, Sir, etc. W. S. MUTTART, North Carleton

WHY NOT?

Sir—Why can't the Prohibition Act be honestly enforced 100 per cent? The Government must know that that is the true desire of the majority. Surely we have had enough "Euboeates" to convince them. Yet what are the actual facts? Now that we have the Prohibition Commission to give us details, we can only go by what the Government wishes to report or by what can be seen for ourselves. The last report we know of is that the Government vendors sold more liquor than the previous three months of the previous year. Not very encouraging for a Prohibitionist. I think the figure was over \$14,000 of an increase. What are the latest figures? If they were less, I imagine we would have heard about it sooner than this. What do we see? We see the local vendor shop full of people at times and very rarely ever empty. We see party heaters doing not a tap of work except to lety to combine that degree of liberty without which law is tyranny with that degree of law without which liberty becomes license.—Nicholas Murray Butler.

collect commissions on liquor sales. We see our young people coming out of dances half drunk and we hear of homes wrecked by drink and men taking the Gold Cure. You only have to stand on the street in front of the vendor shop and watch the men coming out with bottles and cases under their arms, to get the answer.

Why can't this be stopped? Why not face the facts? The Act says that liquor can only be consumed for medicinal purposes. Can all these people be sick?

This is the farce of it. Everybody knows that nine out of ten are not getting the liquor because they are sick. Who is to blame for this? The Doctors? Or the Government?

It doesn't matter. The main thing is to stop it. Not to merely decrease the sale by a few thousand dollars, but to really put a stop to this farce which is corrupting our youth and making a laughing stock of our Prohibition Act. How?

Obviously something drastic is required, not just passing little changes in the Act or sending our 50 ships instead of 100 to the doctors. I believe there is no time to lose now. But that is not the solution. It never has been. If liquor is really needed for sick people, which I don't believe, and many great doctors, say it is not needed, but even so, why not make it so that only the doctors in person can get liquor?

I am sure that if a sick patient really needs the liquor, any good doctor will get it for him. This would not be any great injustice to the doctors because there can be so very many diseases which demand liquor, and it certainly would stop the Government Vendor shops from being nothing but liquor stores with sales increasing and the whole thing a big farce as it is now.

Why not do this and really face the facts? Anything less is an insult to the majority of our people who voted for honest Prohibition. I am, Sir, etc. ONE OF THE MAJORITY

EDUCATION

(Errors and Omissions) Sir—I wish once more to refer to errors and omissions in letters that appeared in the columns of your paper on the subject of education. First I wish to mention a statement that my friendly opponent, New Teacher, made in his last letter that appears to me faulty, and I think will appear so to others also. He says science has created a new heaven and a new earth.

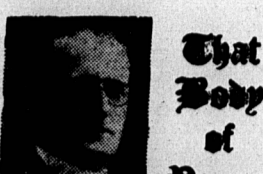
In what respect, New Teacher, do you mean to say that science has created a new heaven and a new earth; for it is written, "In the beginning God created the heaven and the earth"; and again, "Behold I make all things new"? Again in reference to my quotation from Joseph Addison's poem "The Spacious Firmament on High" I wish to say that in the version from which I copied my quotation, I found several capital letters which seemed to me inconsistent as they seemed not only to clash in appearance with the beauty of the verse but also to unduly personify nature, and thereby take away somewhat from the glory of the Creator as manifested in His works. Some of these capitals I omitted, but I found, however, that my presumptuous attempt to improve the version led only to confusion of thought on the part of others also. And furthermore, it is of course just and right to quote the original writer strictly correct, provided the copy before the writer who copies it gives no evidence of being incorrect. I now beg to quote Addison's poem in full from the version which I personally prefer, that is, the version as it appears in one of our present day hymnals.

"The spacious firmament on high, With all the blue ethereal sky, And spangled heavens a shining frame, Their great Original proclaim. The unwearied sun from day to day Does his Creator's power display, And publishes to every land The work of an Almighty hand. Soon as the evening shades prevail, The moon takes up her wondrous tale, And nightly to the listening earth Repeats the story of her birth; While all the stars that round her burn, And all the planets in their turn Confirm the tidings as they roll, And spread the truth from pole to pole.

What though in solemn silence All move round the dark mysterious ball? What though no real voice nor sound Amid their radiant orbs be found? In reason's ear they all rejoice, And utter forth a glorious voice, Forever singing as they shine, The hand that made us is divine."

I wish also to say to New Teacher in reference to what he terms Shakespeare's pre-eminence, that from my own slight acquaintance with Shakespeare and knowing the general consensus of opinion, I conclude Shakespeare is the greatest of English poets; but admitting him to be the greatest, is not to say he is the most pre-eminent. Surely the author of Paradise Lost and Paradise Regained is the most difficult matter to decide who is the greatest or the best poet? For instance, Tennyson or Longfellow? Moore or Burns?

Once more, I feel impelled to make some correction in respect to the young teachers, especially the young girls who are engaged in teaching the youth of our country. So much has been said, lately, and properly so, in behalf of the desirability of more mature teachers in the teaching profes-



By James W. Barber, M.D.

DISCOMFORT AND OTHER STOMACH SYMPTOMS

Men and women past forty years of age are now being warned about the possibility of cancer of the stomach. This is a most necessary warning because cancer of the stomach in the early stage is readily curable; in its later stages it is hopeless. And the unfortunate part of it all is that as cancer of the stomach gives no more warning than does some innocent ailment, it may go unrecognized until it is too late to save life.

However as many middle-aged individuals may go to the other extreme and begin to think they have cancer of the stomach when nothing serious is really present, it should be of help to read what Dr. J. A. Eyle, Regius Professor of Physics, University of Cambridge, tells us in the British Medical Journal.

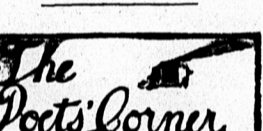
"A feeling of 'fullness' or 'weight' may be due to a condition as serious as cancer of the liver and as innocent as nervous dyspepsia, eating food that disagrees or eating too rapidly. In cancer the heavy feeling may be present, whether or not food has been eaten; it is aggravated by lying or turning on one side or other in bed, and is nearly always accompanied by loss of weight and appetite, and changes in the expression of the face."

"On the other hand a feeling of 'weight', 'fullness' or 'pleasure' occurs when no organic disease is present and is common in nervous and depressed individuals, it is apt to occur after meals although it is not as 'exact' in the time it occurs as with ulcer. The symptoms occur at the time that anxiety or other emotional disturbance is present."

"Empty" or "sinking" feelings tend to occur two hours or more after food; if to 11.30 A. M. is their favorite hour. They proclaim an empty stomach and are more common in the brainworker and the nervous individual and can be shown to accompany "stomach hurry" when examined under the X-ray (fluoroscopy).

"The accumulation of gas (flatulence) in the stomach may be with or without odor. If odor is present it is due to putrefaction of food in stomach or intestine. If no odor is present it is 'swallowed' air due to nervousness."

Those then with the symptoms about the stomach of "heaviness", "fullness", "weight", "empty or sinking feelings" and bringing up (eructation) of gas or air, should not be alarmed but during the examination by their physician try to describe to him exactly the nature of these symptoms. It will help him in deciding what is wrong some time before the X-ray specialist and the chemist could give their findings.



ARMAMENT RACE

Oh, God, that over this mad world could be For one sweet hour universally The spirit of Thy blessing, so that we, All nations linked, hearts turned to one another, Each human being hailing each as brother, With Charly compassionate for our mother, The flowering time of Heaven on Earth could see!

The salt tang of seas' tumult in our eyes Is all possessive, bitter tempest-croakings, Wall in our ears, and mire of subtleties, Worming their tunnels through: un-sheathed ambition Feeding so greedily-mouthed upon suspicion And thrusting fiercely downward to perdition, About our angry hesitation lies.

If for one hour of sweetness and of sight This world could pause before on-sweeping Night Engulf its tremulous multitudes, it Nay, more, it must!—its sense and soul reviving, Find summits, not abysses, worth the striving, And these new realms of Science's contriving Lead not to desolation but to Light!

—Lord Gorell.

sion, that we are liable to forget that youth has its compensations too, and the teaching profession is perennially enriched and beautified by the yearly advent of new teachers full of the joy of living, believing all things and hoping all things. And was it not long ago prophesied of a wonderful time to come for some people, perhaps indeed for all people, whenever a little child shall lead them? I am, Sir, etc. OLD TEACHER.

P.E.I. Potatoes

By A. M. Bell M. D.

VIII It has been shown that the three foods most universally used all over the world are—muscle meats, wheat, white bread and cereals. Each of these foods, it has been shown, have valuable food properties but each of them is strongly forming in the body.

The potato being strongly alkal forming in the body (about seven per cent) thus serves as a very valuable food, when used in combination with these foods, neutralize the acid properties of these three universally used food and there is no other food that can be substituted for it, that so completely fills this urgent necessity in order to maintain physical well being. This one quality alone would place it as an outstanding quality food, but the potato has in addition to this, very many other food values, as has been pointed out—rendering it the outstanding food that is in general use today all over the world—that cannot adequately be replaced by any other food having these valuable properties.

An array of these properties of the potato now briefly outlined appears imposing and convincing as to its food values, especially when considered as properly combined with other foods in the dietary:

(1) It contains the indispensable iron and copper, both of which are lacking in all milled grains, muscle meats, starches, cereals, and sugar and this protects the body against the development of anemia, especially when combined with milk and the thin green leafy vegetables.

(2) It also contains the indispensable calcium and phosphorus which is lacking in wheat bread and in the cereal milled grains.

(3) It contains the calcium and iron and copper and vitamins, all of which are lacking in the muscle meats.

(4) It contains a good amount of the vitamins A, B, C and G and a little D, which are almost lacking in muscle meats, wheat white bread, cereals and sugar.

(5) It serves to neutralize the acid forming foods such as meats and fish of all kinds, cereal grains, wheat white bread and thus promotes the maintenance of the acid-base equilibrium.

(6) It is very valuable to supplement and supply the deficiencies of many other foods when combined in the dietary and thus make it of good quality especially when used with milk.

(7) It prevents the development of many deficiency nutrition diseases, due to its high food qualities, especially when combined with certain foods in the diet.

(8) It prevents scurvy due to the contained vitamin C.

(9) It neutralizes acid forming foods, thus maintaining the acid-base equilibrium of the tissues thus preventing the development of acidosis.

(10) It protects against the development of eye disease due to its vitamin A content.

(11) It also protects the body against infection, kidney, and lung trouble and also against the development of night blindness, and especially good when combined with milk and halibut liver oil in the diet.

(12) It also improves the appetite, due to its contained Vitamin B and protects against development of nervous disorders.

(13) It also activates peristalsis of the intestines, and thus promotes the elimination of body wastes.

(14) It protects against the de-

(Continued on page 9)

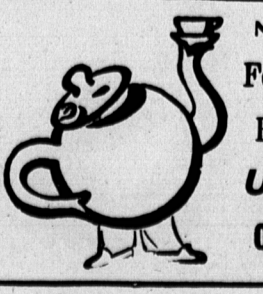
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