PRINCE RUPERT, BRITISH COLUMBIA

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DAILY EDITION



Wednesday, March 29, 1944

The Nutrition Campaign . . .

Until the beginning of the present war Canadians displayed little interest in nutrition. However, when figures were released revealing the fact that about 40 per cent. of the men volunteering for military service were rejected because they were below the health was manager for the huge cine- bought a television set and standard there was a sudden awakening. It was found that a great many of these rejections were not due to any physical disability but to poor health which could have been prevented by good eating habits.

At the same time a survey disclosed that every day 200,000 Canadians are sick. In 1941 the Department of Pensions and National Health set up branch called Nutrition Services to improve the nu-

trition in Canadian homes.

To undertake the program a Provincial Nutrition committee was set up in each province under the provincial departments of health. Each committee was provided with a paid nutritionist. Miss Mary Baldwin is the nutritionist for British Columbia. The air of the Provincial Nutrition committee is to establish a local committee in every city and town in the province. The local committee will endeavour to educate the citizens to choose and eat the foods necessary for good health.

The Department of Education in Victoria is also interested in the matter. Last year a survey of the school lunch situation was undertaken by each inspector of schools in the province. In many areas hot school lunches were introduced for the first time. This year the work is again being emphasized, paralleling the work being done by nutrition comittees.

Importance of Vitamins...

When Junior arrives home from school and yells: "Hey, Mom, I'm hungry!" yon know at once what to do about it. Junior has "hollow hunger" and to remedy the situation all you need to do is fill him up.

But when Junior comes home irritable, listless and over-tired, you have a much more serious problem. This is known as "hidden hunger" and is not so easily recognized. But it is more important than "hollow hunger."

"Hidden hunger" means a lack of foodstuffs which the body needs for building strong bones and teeth, for maintaining a supply of rich blood, for steady nerves, and for that alert, wide-awake feel-

A survey taken recently of the foods eaten by Prince Rupert school children indicates that many of them must be suffering from "hidden hunger." Other surveys show that the same condition exists all over Canada.

What is the cause of "hidden hunger"? Nutritionists say simply this: lack of sufficient vitamins and minerals in the diet. And by knowing the foods that contain vitamins and minerals in the largest quatities we are ready to tackle the problem.

The most commonly deficient vitamins are A, B, B2, C. and D, and the minerals calcium and iron.

Milk and cheese are excellent sources of calcium and vitamins A, B1 and B2. Milk is a good source of iron. Citrus fruits have a high content of vitamin C, and the whole grain cereals are a good source of vitamin B1.

By serving these foods every day in liberal amounts food scientists say there would be happier, healthier and better-looking families.

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ACTIVITIES OF M.CA. and Y.W.C.A. (By DOROTHY GARBUTT)

Lieut. Langdon, gives regula about his twenty-eight piece months last year.

recitals of popular and classical music. Very often too, the children's morning shows were broadcast and it was a treat to hear the hundreds of childre The people I met! And the voices singing all the popular things I did yesterday! You'd songs with great gusto and renever believe it! First of all markably good tune for the Lonthere was Lieutenant B. H. doner is born to song. But all Langdon, who is executive of- this gets me away from Lieutenficer to the Navy show which is ant Langdon who is a most perin town. Don Adams brought sonable gentleman with very him up to the "Y" in the morn- blue English eyes and-but here ing-he would do just that when this is getting out of hand. A Mrs. Woodside and I were little later in the day I me' smothered in paint and looked Lieutenant Eric Wilde who i ke we had been dragged the musical director for the enthrough a mangle backwards, tire show. Eric is a Toronto boy However, for lack of outward but took his Bachelor of Music charm, we summoned all the degree at the University poise we had in stock and hope Michigan. Just before the wa we got away with it. Lieut. he spent four years working Langdon is a Londoner but has with the B.B.C. television debeen in this country for six or partment. (I remember that seven years. While in London he just before I left some neighbo. ma palace-cum-variety hall, the proud were they of it that they Trocadero, at the Elephant and never again drew their lounge Castle. Now the Elephant and curtains, but left it to the full Castle is a big bus, tram and un- view of all the neighbors. I conderground centre which takes fess to having taken the odd its name from a very well known | peek at it myself-the newsreels public house (pub) on that spot. were the most interesting part The Trocadero is one of, if not of it). Returning to Canada the, largest movie house in Lon- Lieutenant Wilde was musical don and, besides holding over director for the Allan Youngfive thousand persons, it has a Buckingham and Wrigley shows magnificent organ for English over the C.B.C. as well as doing against Allied shipping in its people are passionately fond of what he called "sustaining proorgan music. Here at this organ grams." These, he explained, are claimed by the Germans were Quentin MacLean, B.B.C. organ- the non-commercial programs, between one-eighth and oneist and incidentally, cousin to those with no sponsors. Talking ninth of those of corresponding

orchestra he grew most enthusiastic, saying that New York critics had told him it was the best pit orchestra they had ever heard. The orchestra is composed mostly of professional musicians and is adapted to all types of music. The drummer, C.P.O. Harry Nicholson, has had vast experience and is an exceptional man in his line. Then there is the oboe player, C.P.O. Goodman, who was with the C.B.C. for a number of years on the Percy Faith programs. Both of hese boys are Torontonians, orderly room, had her first story The concert master is Petty Of- accepted and printed in the fice: Joe Sera from Winnipeg ... February issue of the Canadian good old Winnipeg. He is a violin Home Journal. artist of remarkable talent and he too was in radio work in the C.B.C. studios-so you see this Navy show, called "Meet the Navy," is of a very high grade. Tach performer has been selected for merit and experience and "hat they have to offer is nothing but the best. I do hope arrangements may be made so that everyone in Prince Rupert and I do mean everyone, will be given the opportunity to "Meet the Navy."

NAZI CLAIMS DOWN LONDON, O- With Admira Doenitz's third u-boat offensive second month, the results

PERSIAN PEACHES

Peaches were introduced into England from Persia in 1562.

SMELL WITH TONGUE Snakes actually smell with their tongues.

AUTHOR ON THE SIDE REGINA, () - Pte. Charmain Jansen, C.W.A.C. has taken up short story writing during her spare hours. Pte. Jansen now stationed at Dundurn Military Camp as a clerk in the C.W.A.C.

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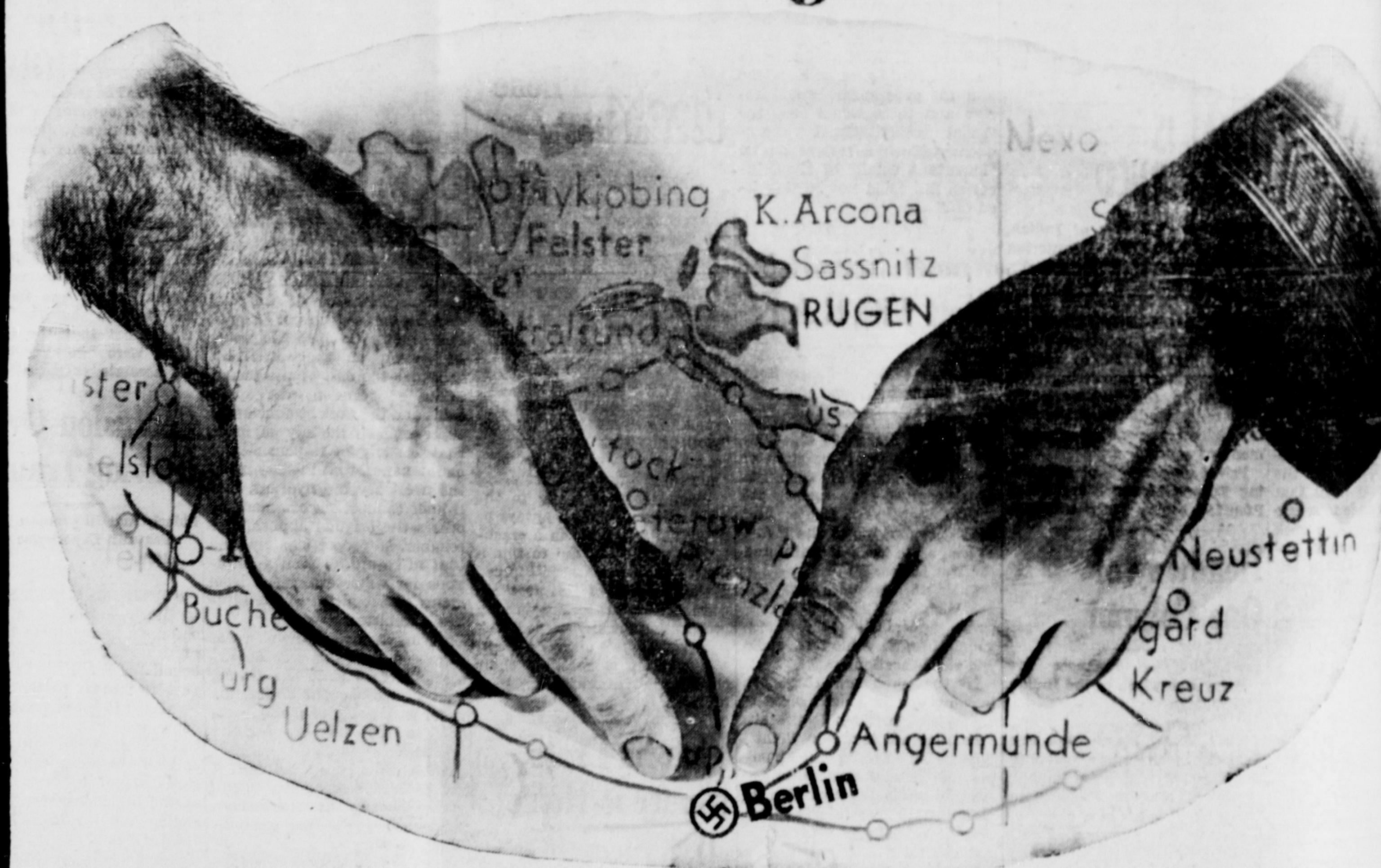
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first Objective



IN these decisive months all Canada's effort is concentrated on one great objective-the attack that is to destroy the Nazi menace and all that it represents. Years of work have gone into its preparation. The best of our young men are staking their lives on its success.

We in Canada must support and strengthen this attack with all our effort. This one purpose must command our work, our minds and our hearts.

We must not permit any scramble for private gain or individual selfish ends, to distract us from our main task. If we concentrate on seeking, individually or

jointly, higher prices, higher pay or higher profits, we shall be diverting our attention from the main task at this critical time. We shall also endanger the stability of prices which we in Canada have achieved after great difficulties - a stability that is essential to efficiency and fair less in war, and to peacetime prosperity afterward.

Our young men are fighting for a Canada and a world in which all men can have faith, hope and security. Each of them wants to come back to a job-or a farmwith a future. We at home must keep secure for them a strong and stable foundation on which alone a post-war period of promise and achievement can be built.



This advertisement is one of a series being issued by the Government of Canada to emphasize the importance of preventing further increases in the cost of living now and deflation later.