

The Red Cross program calls for the packing of 100,000 food parcels a week in Canada in an attempt to send one parcel per man per week for British Commonwealth prisoners. This is an increase of 90,000. The cost of these parcels will come to \$24,700,000 this year. It includes 30,000 parcels a week for British prisoners (including Canadians) in Europe; 30,000 a week for other allied prisoners in Europe; and 30,000 for British prisoners and civilians in the Far East. At present the Canadian Red Cross is budgeting to pay \$5,500,000 of the total. The British Red Cross pays \$5,750,000; the Australian Red Cross contributes \$1,100,000. The payment of the balance is under consideration and it is expected will be contributed by the Canadian government.

These parcels are not sent individually to prisoners, but are sent to the International Red Cross committee in Geneva and distributed by it. Maximum weight of each parcel is 11 pounds.

The objective of the food parcels is to supplement the German diet from a nutritional standpoint. They are standardized and contain:

10 oz. whole milk powder	8 oz. dried prunes
10 oz. butter	8 oz. sugar
4 oz. cheese	12 oz. corned beef or other meat
10 oz. jam or marmalade	10 oz. pilot biscuits
10 oz. pork luncheon meat	1 oz. salt and pepper
8 oz. sardines	4 oz. tea
4 oz. sardines or tinned	5 oz. soap
8 oz. vitamin	8 oz. eating chocolate

In many camps the prisoners do the cooking, and in nearly all they have their own stove for heating their food. They show themselves as most ingenious at preparing snacks - producing pancakes out of the pilot biscuits soaked in water and fried in butter, or milk shakes from the Red Cross supplies of milk, chocolate and sugar.

Very little is known of the diet of Canadian prisoners of war in Japanese camps, but the little that is known is bad. The following is a ration list for one Japanese prisoner-of-war camp:

WEEKLY FOOD RATIONS FOR ONE JAPANESE CAMP

Flour..... 4 oz.	Sugar..... 1 oz.
Vegetables..... 2 lbs.	Rice..... 7 lbs.
Fish..... 1 lb.	Bread..... 2 lbs.
Beans..... 2.5 oz.	Beans..... 7 oz.
Tea..... 1 oz.	Salt..... 1 oz.

These rations, consisting largely of rice, provide a bulky diet, but have not enough food value to permit active work without loss of weight. Supplementing these rations is very difficult. The Japanese have not given much cooperation to the International Red Cross committee, although the Red Cross has made numerous efforts to get food parcels to the prisoners. Some of those which have been sent have been pilfered.

Some food supplies have been forwarded by diplomatic exchange ship, but only small quantities can be shipped, and there is no guarantee that they reach their destination. Where prisoners receive extra food rations, a certain standard of health can be maintained, but in areas where no supplementary food is received, serious epidemics and a heavy death toll often result. No parcels and very little mail from next-of-kin are reaching Japan.