The White is the emblem of Purity of Motive.
The Red is the emblem of Courage.
The Cross is the emblem of Sacrifice.

Truly the British Navy has followed the example of its Country's Patron Saint, St. George, and has and is now living up to the ideals of its ensign.

UNION OF ENGLAND AND SCOTLAND

When the thrones of England and Scotland came under the rule of one King, James the First, the National Flags of England and Scotland were joined, forming a Union Jack known as the "additional jack" because it was flown by each country in addition to their own ensign.

The Scotch Flag is a white saltire on a blue field. St. Andrew, the patron saint, it is said, refused to be crucified on the Latin cross as was his Master, Christ, considering it too great a honour, and after his martyrdom a Greek monk, having been warned in a vision, carried the remains away by ships and was wrecked on the shores of Scotland, then called Caledonia, about A.D. 370. Here this monk was given land and built a church to enshrine the sacred relic. The King of Scotland went barefoot and vowed to adopt the Saint's Cross as a national emblem, and it is said that when the King was in prayer, the Cross of St. Andrew appeared in white