

Supply—Health and Welfare

matter of what he eats, I do not know. I know I could give many illustrations. I am not going to take the time of the committee to do that but I have one friend, for instance, who was suffering from what the doctor diagnosed as arthritis, rheumatic trouble of some kind. He just could not move. He was just lying in bed, could not move at all. It was suggested that he might get some relief in a little different climate. He went to a coastal city in British Columbia, but it did not help. He was taken there on a stretcher. He was put in touch with a doctor who specialized in diets. The doctor prescribed a certain type of diet. According to his conversation with me it was largely fresh vegetables, but that is neither here nor there now. Eventually, the gentleman became completely well and was able to return to his work as a cabinetmaker. As far as I know he is still quite healthy. He said to me, "There is no question about it. I took no drugs; I took no medicines; I took some prescribed exercises." He owes his good health to the fact that he had been given a diet by a medical practitioner. He gives credit to that.

I know a gentleman in my own constituency who is a businessman, the owner of a general store in one of our communities. This man also suffered from rheumatic trouble. He wrote me a letter and asked me to pass the information on to the minister. He said he had already written to the minister, giving him as illustration his particular case. He said he used his own common sense in this matter. He said further he believes that what a person eats contributes to his health or to his ill health. He said:

I decided to go on a series of diets.

He tried a number of them and at last he struck one that did the trick. Here is a man who says he spent thousands of dollars in order to effect a cure, and eventually he found a diet that brought him back to perfect health. He continues:

I was amazed. I told other people about it and they got amazing results. Then I began to get letters of inquiries from people all across Canada. In order to save a lot of correspondence I had 500 of these letters printed, and have mailed out hundreds. I have received so many happy letters, that I mailed a copy to the department of health, Ottawa, as I noticed the government was spending a lot of money on arthritic research.

I am pleading with the minister to spend more. The letter goes on:

All I asked was that the department give the diet a thorough test, and if found good, let the thousands of sufferers throughout Canada know about it. But the letter I received from the department was not very encouraging.

Well, of course, I do not know. I suppose it was the regular acknowledgment of a letter received, saying that attention would

[Mr. Hansell.]

be paid to the matter in due course. We all know something about that sort of reply.

Mr. Martin: In that case I sent the writer a booklet prepared by Dr. Pett, perhaps the outstanding nutritionist on the continent, who is head of the nutrition division, and someone called on that same gentleman as well.

Mr. Hansell: I do not know whether the minister is a mind reader, but I did not give him the name of the gentleman.

Mr. Martin: I have a copy of the same letter.

Mr. Hansell: That is pleasant to know. I shall give the minister the name.

Mr. Martin: You and I are liked by the same people.

Mr. Hansell: I shall give the name of this gentleman to the minister so he can check it up. There is another thing this gentleman said:

I have found out by actual experiment, that it's caused by eating foods the chemicals of which simply don't blend with the chemicals of the human body, and my wife and I have eliminated such chemicalized trash as white bread, white sugar, and hams and bologna. For years now since our recovery, we eat whole wheat bread, brown sugar, fresh meat, cooked and raw vegetables, the same with fruit.

I thought I should mention this matter because it has been brought up before in this house, I believe by the hon. member for Winnipeg North Centre. I submit that our people should be encouraged to eat whole wheat bread. I do not know whether restrictions could be placed upon the milling of flour for white bread, and I am not much in favour of restrictions, but I do believe that there is a great field in the educating of our people along these lines and explaining to them how whole wheat bread is much more nutritious than white bread.

I am told that some time ago an experiment was carried out in the United States in which mice were fed three different types of bread. Enriched white bread was fed to ten mice and they died in five days. Ordinary bread was fed to another ten mice and they died in seven days. Whole wheat bread was fed to another ten mice and they grew healthy and sleek looking, and refused to die. We do know that such experiments are carried on with mice and other animals.

I shall not keep the committee any longer on this, but I do want to say that I appreciate the minister's interjections which indicate that his department is doing something along these lines. I would like him to reply in a nice little speech that I could send out to my inquirers to indicate to them just what