

Kinds of Material.	Protein
	by Factor (n X 6.25) Per cent.
Fresh Fish.	
Cod (steaks)	11.0
Cod (dressed)	11.1
Cush (dressed)	10.1
Hake (dressed)	7.3
Haddock (dressed)	8.4
Halibut (dressed)	15.3
Herring (whole)	11.2
Mackerel (dressed)	11.6
Pickarel (dressed)	12.0
Pollock (dressed)	15.4
Salmon Atlantic (dressed)	15.0
Shad (dressed)	10.6
Smelt (whole)	10.1
Sturgeon (dressed)	15.1
Oysters in bulk	6.0
Oysters in shell	1.2
Long-neck clams in the shell	5.0
Little neck clams in the shell	2.1
Mussels in shell	4.6
Lobster in shell	5.9
Lobster in can	18.1
Crabs in shell	7.9
Crabs in can	15.8
Animal Foods.	
Beef, side, medium fat	14.8
Mutton, side	13.0
Average of beef, veal and mutton..	14.5
Pork, side	8.3
Chicken	13.7
Turkey	16.1
Milk	3.3
Vegetable Foods.	
Wheat flour	11.4
Wheat bread	9.2
Beans, dried	22.5
Potatoes	1.8
Cabbage	1.4

This is a splendid showing, and is ample justification of our advocacy of the fish diet. Not only do food fishes constitute a very nutritious article of diet, but it has been stated on the authority of eminent scientists that fish is the brain food par excellence. This prompts me to observe that of the five Canadian born premiers of Canada, Sir John Abbott, Sir Wilfrid Laurier, Sir John Thompson, Sir Charles Tupper and Sir Robert Borden, the three last named came from the province of Nova Scotia, where, for upwards of a century the fish diet has held an esteemed place in the domestic economy of every well regulated household.

Mr. BURNHAM: Does that include lobsters?

Mr. JAMESON: My hon. friend is in an attitude now that suggests them. For years past the price of meats has been steadily rising in this country and in the United States. This has been due partly to the increased population and partly also to the raising of a lesser number of food

[Mr. Jameson.]

animals in the United States and in Canada relatively to the population. This, while regrettable in itself has nevertheless led to the increased use of fish, as a cheaper and yet nutritious food. But we find that food fishes, at certain points distant from the coast sell at prices which seem unreasonably high for fish should be cheap in Canada. If the fisherman who by toil, industry and hardship compels the sea to yield him tribute were deriving the advantage of these prices, there would probably be little or no cause of complaint on any side. The fisherman, however, secures relatively little advantage from the price paid, under normal conditions by the consumer, although his prices have advanced to some extent in recent years and just now, owing to the abnormal conditions created by the war the price of fish on the seaboard is abnormally high. Nor does the shipper, as a rule, obtain the advantage of the price. He is subject to competition amongst shippers and must accept a reasonable profit only or he cannot continue to do business.

Yet it should be borne in mind that in a country of great distances such as Canada, many miles separate producer and consumer, and that reasonable transportation charges and legitimate profits of dealers have to be paid.

The rates charged on fish by the transportation companies are, however, the subject of much concern. And not only do some people engaged in the fish trade consider they are getting neither the rates nor the services which the importance of the business warrants, but in certain instances actual discrimination affecting adversely cities in the interior of Canada has been more than hinted at. I may add that fresh and lightly cured fish generally speaking, require under existing conditions, to be shipped by express in order to reach the consumer in prime condition. I would like to place a table of the express and freight rates on Hansard:

Transportation Rates—Fresh Fish.
Express

From Halifax or Mulgrave to:	From St. John or St. Andrews to:
Quebec	\$1.25
Montreal	1.30
Ottawa	1.60
Toronto	1.75
Hamilton	1.60
London	2.00
Windsor, Ont.	2.50
Digby to Montreal	1.50
Per 100 lbs. net weight of fish, including delivery.	