and the Indians

THE North American Indian before civilination (f) corrupted him was prestly much of a man by man's Eleasures. He recognized and practiced heroid virtues. He was ready to take without whimpering anything he would preseribe for an enemy. And no knew and admired a strong man whose word was trustworthy and who lived, rather than preached, the religion of a square deal. He naturally resented the coming of the Royal Northwest Mounted Police to disturb the ancient tenor of his ways. He chafed under the new regime of discipline and regulation. He made it as lively for the troopers as he could find ways to do so. Yet he soon learned to respect the red-coated riders and by degrees to give them his friendship and his support.

In 1879 the chance presented itself for the police — always tactful and humane administrators — to impress on the native mind that they and the great White Mother were friends as well as rulers. At last the buffalo herds failed, exterminated by the indiscriminate hunting fostered by a widening market for the hides. Starvation faced the red men.

It was the Mounted Police who came to the reacce and from twelves to fifteen hundred Indians were fed out of steres, the supplies being at one time reduced to six sacks of flour. The familishing Indians found that the policemen who would spend a week in the saddle, determined, resourceful and vigilant, to bring a law-breaker to fusitioe, would also go as far and farther to give food and hope to the dusky wards of the Govern-ment.

Later as many as seven thousand Bloods, Pelgans and Sarcees were placed on rations by their police-profectors, beef and flour being districted for that of Christ and of Good the Father, in such songs as far and farther to give food and hope to the dusky wards of the Govern-ment.

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C. P. McGregor, Owner Waterdown

in the saddle, determined, resource it and an explainant, to bring a law-far and farther to give feed and book for the covernment.

Later as many as seven thousand Bloods, Peigans and Sarcees were better, beef and pure police-protectors, beef and pure until October.

The great wall of distrust and unpicion that the police had over found an impenotrable barrier between an impenotrable barrier between damay breaches made in it afterwards. The abler and stronger chiefs began too, to recognize the wisdom of official sternness in dealing with the country of police authority, simplifying the great task and once anew illustrating the soundness of that centuries-old present colonising power of any age or era.

It was largely through comented tribal riendships that the work of safeguarding C.P.R. construction was advised to the practice of the content of the whisker; traffic organization during the eventual railway-building period.

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controlled virtually by who are a branch of the c, the Chinese Govern-g fer foreign relations

FEEDING THE SOLDIERS.

Camp Menus Are Better Here Than

Overseas.

In the war estimates just brought down in the House of Commons, provision is made for rationing Canadian troops in England at a cost of 38 % cents per day and in Canada at 50 cents per day and in Canada at 50 cents per day. Sir Robert Borden explained that the rations are much better here, due in part to food scarcity in the Old Country.

The difference in the amount of food supplied to Canadian soldiers here and in England is shown by comparing the diet sheet in use at Exhibition Camp, Toronto, with that which was provided for Canadians in England. Both these sheets cover a period of March, so that the comparison is a fair one. In England the amounts of the various foods avail able day by day vary largely, but for purposes of comparison we have taken a day on which the soldiers fared particularly well, namely, Monday, March 25. On the Tuesday their menu was far more scanty. Here are the figures:

nere are the ngures.	
Ounces of Ca	ery day Best day anada. England.
Meat	14 11
Bread	14 13
Potatoes	12 8
Bacon	
Beans	
Jam	
Butter, oleo	
Sugar	3 1
Fresh vegetables	
Vegetables	7
Split peas	14
Salt	14 14
Cheese	
Coffee	
Tea	
Milk powder	1 %

In addition the menu in England contains five-sixteenths oz. barley flour, three-quarters oz. ground rice, one-sixtieth oz. molasses, one-half oz. maize flour, seven-eigths oz. oatmeal. In Canada oatmeal, flour or rice will be served in lieu of beans, and dried prunes in lieu of jam. In England oleo is invariably substituted for butter.

be served in lieu of beans, and dried prunes in lieu of jam. In England oleo is invariably substituted for butter.

It is to be noted that the above comparison is with one of the best days for food in England. On the day following the troops got only 11 ounces of bread and four ounces of beef, but the bacon allowance was increased to three ounces. Thus, taking bread, meat and bacon together, the diet is 31 oz. every day in Canada, as compared with 24½ and 13 oz. in England.

The figures in the foregoing table embrace the total food served at three meals in Canada and four meals in England, there being a late supper of vegetable soup and bread in the latter. For impose of further comparison, there are here set forth the details of the menu in both England and Canada on Monday, March 25, the Canadian diet sheet being that of the Second Bn., First C.O.R., at Exhibition Camp:

Canada—Grilled steak, porridge, bread and butter, coffee.

England — Oatmeal, Hamburg steak, bread and oleo, coffee.

Dinner.

Canada—Pea soup, boiled beef, boiled potatoes, vegetables, bread and dending, potatoes, carrots, no butter or oleo.

In England one-half the unit would get roast beef instead of boil-

In England one-half the unit ould get roast beef instead of boil-

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