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ensuring the efficient future of the race, the whole nation ought now to be exclusively a fighting machine. To this end three points must be borne in mind:

(a) Every non-fighting individual in the fighting machine must be kept healthy, efficient, and cheerful by the nation so far as the capacity of the nation permits.

(b) The fighters must be fed, clothed and munitioned by the nation so far as the capacity of the nation permits.

(c) In so far as non-fighting individuals have to be kept healthy, efficient and cheerful by the help of other nations, this nation must produce and export goods which will pay for the various commodities and services so supplied by other nations.

(d) In so far as the fighters have to be fed, clothed, or munitioned by the help of other nations, this nation must produce and export goods which will pay for the food, clothing, or munitions so supplied by other nations.

3. These activities are more than sufficient to absorb the whole energy of the nation. Therefore any energy which is devoted to other activities is anti-patriotic and pro-German.

Girl Guide Recreation Hut

GIRL GUIDES all over the country are responding splendidly to the appeal for funds to establish a recreation hut for Canadian troops in France. Medicine Hat Troop sent \$52 this week, and response has come from Princeton, B.C., from Sherbrooke, Que., and from several places nearer headquarters, Toronto. The Boy Scouts have already established several of these recreation centres at the front, and the Guides are setting out valiantly to follow a good example.

Belgium Before the War

NO matter what happens in any other country now at war, the original country where the war began is still the chief claimant on the benevolent consideration of the world. No other country can possibly be affected by the war as Belgium has been, is now and will continue to be until the German robbers get out of the country.

"The difference in the methods of living and the social standards of Belgium before the war and Belgium to-day are incomparable and can hardly be conceived," remarked a man who returned to Montreal the other day after a visit to that afflicted country. "Belgium, as I have seen it before the war, was a busy, prosperous little country with no idlers, everyone was happy and everyone had his little bit of money tucked away. Belgium to-day is a far different country.

"Everything is devastation and everywhere there is poverty and suffering. Germany has robbed the Belgians of their all and then taken away even the means to earn more. It is the cruellest weapon ever used in warfare—this inhuman starvation of innocent women and children—that the Germans are using to subdue a people whose morale has remained unbroken through untold hardships.

"If Canadians could see the tiny children, emaciated, crying, shivering in their scanty clothes, and could see the heroic Belgian mothers wrapping their own too thin garments about them, as they stood in the bread line, they would be moved. It is a sight to make missionaries out of the most hardened.

"I am adding my appeal to those of the Belgian Relief Committee and asking Canadians to give of their prosperity to feed and clothe these starving women and babes. We would not do less for any one—we should do more for Belgium. Send your money, your gifts to the Belgian Relief Committee, 59 St. Peter St., Montreal."

Several communities in Belgium are at present in a state of destitution that cannot be described, owing to the extreme pressure that has been brought to bear upon them by the German war governments and the occupying armies.

Several days ago the "flag of misery"—de noodelag—was hoisted over the church steeple and the alarm bell was rung to tell the surrounding communities of the destitution of Lanaeken. The people were starving.

There was nothing to eat—not a piece of bread, a potato, nor any article of food, no matter how poor, to feed the commune. Adjoining neighbourhoods gave the assistance they could, sacrificing something from their pitiful supply, and the Belgian Relief Committee later came to the rescue with sufficient to save the lives of the people.

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