



Pablum & a food guide

BY JENNA WALSH

June has come and wrapped up quite quickly. I delayed writing this article, as initially, I couldn't decide whether to focus on Men's Health, LGBTQ2S+ nutrition and body image, or Indigenous Health.

This year has brought about some of the disturbing truths that happened during decades of Residential Schools in Canada.

These unveilings weren't news to me - I had done my share of research years ago after questioning why my grandmother didn't know her native tongue, that her mother still spoke.

My grandma brushed it off with a "I don't know."

Still, I've been struggling professionally with the ongoing reports of new graves being uncovered.

Can I tell you that a lot of the basis of my profession was built on nutritional studies completed at these Residential Schools, on these children, that the Canadian government approved?

And that these unethical, inhumane studies went on to become the foundation of our Canadian Food Policy?

Did you know that the leading researcher, Lionel Pett, went on to develop Canada's first Food Guide, and that Dr. Tisdall went on to develop the first infant pablum?

These experiments, which began in 1948 and were conducted until 1952 in six different residential schools across Canada, were possible because hunger and malnutrition were a consistent theme from the opening of the first residential school in 1831 in Brantford, Ontario.

The purpose of these studies was to observe the effects of supplementation on already malnourished children.

In some, however, they continued to pro-

vide suboptimal nourishment for two years to ensure all kids were at the same baseline prior to providing half with supplementation.

Investigators found children were receiving less than half of the recommended milk; they also found protein, fat and most micronutrients (vitamins and minerals) needs were not being met, resulting in multiple deficiencies in children of all ages, across Canada.

One study, that aimed to see the benefits and dosing needs for supplemental Vitamin C, completed a randomized, double-blind controlled trial, giving only one group the supplement, and the other a placebo, all of this after a two year baseline period (meaning, these researchers knew these children were starving, experiencing significant nutritional deficiencies, and proceeded to still leave half in the study without adequate nutrition).

Another group of children were provided a fortified flour product with bone meal, which at the time was banned in Canada, and resulted in soaring levels of anemia in these kids.

Researchers in Cross Lake documented that "while most of the people were going about trying to make a living, [the subjects] were really sick enough to be in bed under treatment and that if they were white people, they would be in bed and demanding care and medical attention."

Aside from nutritional experiments during this time, dental care was removed for these children so that scientists could study the oral effects (gingivitis, cavities, etc) of malnutrition.

Being a profession grounded in science and evidence, I can appreciate the need for controlled studies used on the subjects that the evidence is intended for.



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CAHOON'S PHARMACY
613-584-1116 Glendale Plaza, Deep River closed Sundays

THIS WEEK

THURSDAY, JULY 1

12-3:30 pm, Deep River Children's Field Games, preregistration required, Grouse Park

MONDAY, JULY 5

10 am - 1 pm, Deep River and Area Food Bank open (except holidays), at the Deep River and District Hospital (for more information, phone 584-3333 ext 7910)

WEDNESDAY, JULY 7

10 am - 4 pm, Canadian Clock Museum hours (Tuesday to Saturday - COVID precautions in place - details at 613-584-9687), 60 James St., Deep River *
1-6 pm, North Renfrew Family Services Free Walk-in Counselling Clinic, call for appointment (for information, call 613-584-3358) *

LETTERS TO THE EDITOR

Out of the fog

The multitude of horrific interactions in the last year have reminded me of my father's favourite expression, "Come out of the fog."

I am experiencing coming out of the fog of systemic racism, prejudice and willful ignorance.

Fortunately, having lived long enough to witness the aforementioned realities, I remain hopeful that humans, specifically Canadians, can change for the better.

Religion, in my case the Catholic church, never took. Over many decades I have seen mostly the harm done by many religions to their paying members.

As long as religions have existed the so-called leaders have abused their followers for monetary gain. Money/currency will always be the real worshipped God.

Religion must be thrown out of politics, government and education unless Canadians want to continue the arrogant abuse of Indigenous peoples, females and anyone different from the religious hoard.

Brian Burke

Gypsy Moth control

We recently visited the Purdon Conservation Area to enjoy their fabulous display of Showy Lady's Slippers orchids.

On the way there and back we drove through parts of Renfrew and Lanark counties that had suffered severe tree infestations from the Gypsy Moth. Evergreens as well as deciduous trees were being badly defoliated.

The question arises - what is the future of this outbreak?

A search of the internet revealed the following website from Michigan State University:
www.canr.msu.edu/news/gypsy_moth_caterpillars_damaging_spruce_trees

They report that the "natural" control of the moths is a fungus - entomophaga maimaiga - which attacks and kills the caterpillars in midsummer.

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Mackenzie Community School teacher Terry Serviss (fourth from left) on the 2017 Trekkers canoe trip

The Power of Community

When you get your first full-time teaching job you dream about the impact you are going to have on your school and on your students. You desire to be seen as remarkable and you crave a legacy that others will long remember.

Fast forward 26 years and the egocentrism of youth has been erased by clarity of experience.

It is not the teacher who has molded the school and the students. Instead, it is the community who has molded the teacher into something far greater.

Few people imagine working in one place for their entire careers. Critics argue that such sedentary practice inevitably leads to mediocrity.

Proponents counter that the support of a community allows teachers to be brave and to build deep, meaningful programs and relationships both inside and outside of the classroom.

In Deep River, the evidence is in plain view. Tamarack, MCS's full semester experiential learning program and Trekkers, the school's white water paddling program are without parallel.

Moreover, Link Crew, the Grade 9 mentorship program has facilitated the arrival of new students into the school for the past 10 years.

At the same time, the Issues in Human Rights program has taught 100's of Mackenzie students the importance of the rule of law and advocacy, while allowing them to travel to the United

Nations in Manhattan.

Deep River and Mackenzie Community School (Mackenzie High School) are remarkable.

To the passerby, this diamond on the shores of the Ottawa River is nothing more than a collection of businesses along the TransCanada highway between Ottawa and North Bay.

But if you have the courage to turn at the lights and head down Deep River Road, "Oh the places you'll go!"

For the past 26 years I have made this journey, from Westmeath to Deep River, 195 days a year, close to 1,000,000 km.

This includes over 450 nights spent with students on Trekkers, tournaments, track meets, cross country meets as well as trips to NYC, Toronto and Lake Placid.

Every second was worth it.

Without the influence of the students, my colleagues and the community of Deep River I would never have become the teacher that I did.

But now my time is over and I will leave it up to others at the school and in the community to ensure this terrific school and its landmark programs continue well into the future.

Thank you,

Terry Serviss
Mackenzie Community School

Walsh

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The Minnesota Starvation Study by scientist Ancel Keys in 1944 is an example of this - the use of humans, in a controlled setting, to determine the effects of starvation, as well as best treatment.

Let's be clear: the subjects in this study were consenting, volunteering adults, and the study ran for six months.

While we grieve alongside the families and survivors of residential schools, as a parent and lover of science, I am trying to comprehend how any person could see any child go hungry for a day, let alone five years in the name of science, all for a food guide and pabulum.

Jenna Walsh, RD, CDE
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Letters to the editor

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The weak link for this highly effective pathogen however is low moisture and humidity.

Low populations of the moth can surge if dry conditions prevent development of the fungus.

The future then appears to be – keep squishing and pray for rain.

Jim Ungrin

Transparency

(This is a copy of a letter I have sent to the mayor and council.)

Talking of transparency, as promised by this council, as a taxpayer I, and I believe a few others, would like to have answers to the following questions:

1. What was the fee paid to Cinnamon Toast for the new logo and rebranding?

2. What is the total cost for all the rebranding – the Marketing Task Force, new flags on posts in town, signage on vehicles, billboards, stationery, website changes, promotional material, etc., etc., etc.?

3. Were these expenses budgeted for? If so, what was the budget, did costs stay within budget?

4. If budgeted for, under what category? If it was for advertising this is obviously in addition to the full town page in every week's edition of the North Renfrew Times.

Please advise if there is any further action which I need to take in order to be provided with the above information. Thank you.

Claire Watts

SUDOKU SOLUTION

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CROSSWORD

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FEATURE PHOTO

Each week, the North Renfrew Times will include a photo from the local area as part of its new nameplate banner on the front page. If you have a photo you would like to submit, email it to <NRT@northrenfrewtimes.ca>. This week's photo: "Cecropia moth," by Cathy Everitt.

