

Covers Prince Edward Island Like the Dew... Published every week-day morning at 136 Prince Street...

"The strongest memory is weaker than the weakest ink."

MONDAY, OCT. 24, 1955

Economic Inquiry

The Royal Commission on Canada's economic prospects starts its hearings in Charlottetown this morning, after having already held sessions in St. John's, Newfoundland, and Halifax.

The facts before the Commission have already demonstrated clearly that the economic situation is unsatisfactory in Newfoundland and Nova Scotia. Here we have special problems, particularly with regard to transportation, over and above our share of the general disadvantages accruing to the seaboard provinces from the industrial setup under Confederation.

The members of the Commission are highly qualified men and there is good reason to hope that their investigations, and final report, will be thorough and comprehensive.

Speed And More Speed

A psychiatrist of some note is quoted as saying "the desire for speed and more speed is slowly killing civilization." Whether it is quite as bad as that is, of course, open to debate; but there is no denying that the mania for speed, whether it be in a motor car or in an educational method, is one of the outstanding marks of our time.

Epictetus was listed among the wise men. "The populace," we are told, "revered him for his wisdom" Today, almost certainly, he would be accounted a fool.

Not A Pleasant Picture

Judging from past events, it seems unlikely that the Canadian trade mission now in Washington will be able to accomplish much in the way of persuading United States authorities to go easy on their so-called "give-away" programs.

This is not because the United States is unsympathetic to the Canadian view. In part, it is because these surpluses have cost the United States Treasury immense sums of money in farm parity allocations and, quite naturally, every effort is being made to get rid of them on the best terms obtainable.

EDITORIAL NOTES

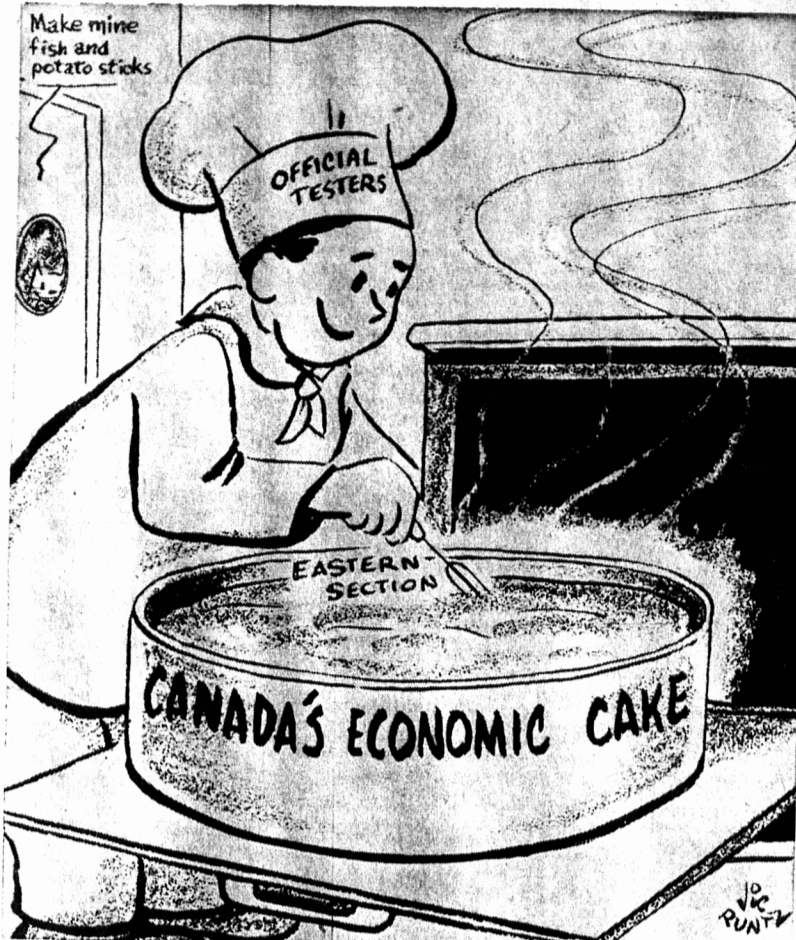
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Premier Smallwood wants Canada to take more interest in the Caribbean islands. So does Mr. Patrick Gordon-Walker, British Secretary of State for Commonwealth Relations.

Britain's Chancellor of the Exchequer plans to present an unusual autumn budget in an effort to curb inflation; and there is speculation that the sixpence which Mr. Butler removed from the income tax last spring on the eve of the election may be restored.



Seeing How It Is Coming Along

PUBLIC FORUM

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ROUND-WORLD DIARY

Mass In Moscow & Lenin's Tomb

By I. Norman Smith Associate Editor, Ottawa Journal

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Medically Speaking

By Herman N. Bundesen, M. D.

REDUCING DIETS VARY

You've got to cut down your daily calorie intake if you want to reduce. And there's only one way to do that—eat less.

Yet the body's food needs vary with age, so a diet which may be ideal for you, won't work for your young daughter or your mother.

HOW DIET WORKS

Now, when you go on a diet, don't expect to lose two pounds the first week, two pounds the second week, and so on.

And let me remind you that it's just as important to diet during the approaching holidays as at any other time of the year, if you really want to lose weight.

EXTRA FAT

Excess weight isn't good for anyone. You may pay for a mere 20 pounds of extra fat with about 10 years of your life.

On the other hand, taking off weight improperly can be dangerous business. This is especially true during adolescence and middle age, since in these stages you need the special protection that only the right sort of food can give.

How much you lose under a diet depends on how long you follow the regimen in your age group. Whether you diet at all, and how much, you should lose, is, of course, a matter for your physician to decide.

Typical reducing menus for one day, for teenagers, the 20-40 age group and the 40-and-over group follows:

Table with columns for Breakfast, Lunch, Dinner, and Snacks, listing items and calories for different age groups.

TEENAGERS

Table listing breakfast, lunch, and dinner items and calories for teenagers.

20-40

Table listing breakfast, lunch, and dinner items and calories for the 20-40 age group.

40 AND OVER

Table listing breakfast, lunch, and dinner items and calories for the 40 and over age group.

WALDEN POND

Here in the summer stillness stands a guest, Here in this woodland where his mind found rest,

Silent as water, fluid as a ghost Walden is Thoreau's confidant and host.

Here there is peace. No hasty turbulence To mar the lull of silent eloquence,

Bridging the centuries with one wide look That spreads from life to life within a book

Where visual echoes of the pines, the sky, The mountains and the birds; Of the soft green sigh

Of mist that ripples through the forest's twin Above the pond as well as that within

Are melodies he sang some autumn night Remembering for our tomorrow's sight,

We seek, we find, and watch within our reach the concord of his mind.

—Lucile Coleman.

conceal their charms, possibly so directed by the authorities who believe that life should be real and earnest and women should be workers and not distractions.

Upon a bolted supper I fled to the Bolshoi Theatre, this time not for ballet but for the Russian opera "Ivan Susanin," the lead role sung by the renowned Petrov. One soon forgot supper. Again the great effect of hundreds of Russian singers plus an orchestra of 100 or more was overwhelmingly beautiful.

The Glinka opera came to us as great chords on an organ. One specially memorable scene was in a Polish court wherein the Bolshoi ballet danced a grand mazurka to its own orchestra on the stage, with half a dozen or more groups of ladies-in-waiting or guards or courtiers seated in their own court galleries but still upon the stage, and with the court itself all the while seated on a raised platform backstage dining in grand style with spectacular service and attendants.

I have never seen or heard such opera splendor and the quality of acting, even aside from singing, was of the kind one might get from Glauco Olivero or Tyrone Guthrie production. The drama of Susanin's cunningly leading the invading Polish forces into the deep Russian forest to the point where "not even a wolf could find its way out" was tensely held and here again was Russian history and folklore brought alive to the minds of a great body of people.

They fled out of the theatre in a transport of music and patriotism, and I walked slowly back to the hotel and sat down quite still in a chair for half an hour looking out on the still busy red square area and thinking of Susanin's Russia in the 17th century and Bulgainin's in the 20th.

It had been quite a day of the emotions.

NOTES BY THE WAY

After circulating a questionnaire, a team of psychologists reports that children list their biggest problem as school. Oddly enough, a similar schools find their biggest problem is children. — Hamilton Spectator.

Australia's spy ring report shows conclusively that domestic Communists helped betray their country's defence secrets. Canadian Communists did the same and so have Communists in many other free countries. They have no right to object to the close watch that is kept on them. They have invited it. — Brantford Expositor.

A record of more than 1,200 days without a traffic fatality in Teek township is something to make other municipalities sit up and take notice. Chief Constable R. Pinegar attributes the record more of "got luck" than "Teek drivers' good manners". Two traffic fatalities have been recorded in Sudbury this year. Last year no fatalities were recorded within the city limits but one was only a matter of feet beyond the city limits. — Sudbury Star.

When Lt. General Howard D. Graham Chief of the General Staff was asked in Halifax how long the Canadian army would stay in Europe he replied: "I never comment on government policy. And it's quite proper that I shouldn't. After all, I'm a public servant." Good to find one of our top public officials with such awareness and good sense. Let's hope what he said will be noted by other public servants—and by reporters. — Ottawa Journal.

Want to find a hotel room in Paris? That's going to be easy as coffee and croissants for breakfast. When you arrive at Orly airport all you do is breeze past the genial French custom man, walk up to "Hacopy", and push its button. This lights up a chart, giving you up-to-the-minute information on the number of rooms empty in the city's major hotels. Choose the hotel and head for it with confidence. Or perhaps it might be better to telephone first to make sure the room will be there for you when you arrive from the airport. "Hacopy" operates through robots placed in each hotel, which automatically feed the information on available rooms to the airport chart. — France Actuelle.

Winnipeg had a "Symphony Week" a little while ago, and the long-suffering people of that city had symphony music forced on them whether they liked it or not. City council approved a proposal by organizers of the week that loudspeakers be set up to blast the music at passers-by along five blocks of Portage Avenue. Was the purpose to persuade Winnipeggers that symphonies are worth listening to? Obviously not. On a busy street, music of any sort is just another nuisance to assault the ears of a number of unfortunates. Gimmicks like this are designed either to get attention by irritating people (an old publicity technique) or to feed the already bloated ego of the busybodies who like to play Big Brother to the uncultured masses. — Saturday Night.

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The Age Old Story

The Lord thy God will raise up unto thee a Prophet from the midst of thee, of thy brothers, like unto me; unto him, ye shall hearken.