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# What Should We Eat?

AAOST CANADIANS are finding it difficult to IVI buy all they want to eat. Few Canadians are unable to buy all they need to eat, at least twice as much as the British diet. Almost all Canadians are complaining bitterly about the cost of what they eat, although most of them do not work half as much as the people who produce the food.

In the circumstances it seems wise to consider how much we should eat, at the least cost, to keep ourselves efficient and to provide food for the millions who cannot eat at all unless we eat less. Surely it is the duty of our scientists to tell us how we can get the most nourishment with the least demand upon the total production of food and other essentials of life.

Dr. L. B. Pett, chief of the dominion health department nutrition division, recently published a diet for a family of five, which could be bought for \$16.36 per week at December prices. Howls of derision created widespread suspicion of the value of the information yet many Canadians have succeeded in living well on a smaller food budget although it must be admitted that there cannot be as many beefsteaks, pork chops, roasts of beef, ham and eggs, bread and butter and plenty of fruits and vegetables as the most of Canadians feel they are entitled to since they are produced in such abundance in this country.

#### MAKING ENDS MEET

MHEN THE COMBINED PRICE of total pro-VV duction becomes greater than the aggregate income of all consumers who, therefore, find it impossible to purchase all that is made, watch out for more vacancies than jobs. As simple as that, say you! But the knowledge, true that it is will not pay for a meal or settle room rent. And some folks at home and abroad are discovering it.

#### REGIMENTING MEDICINE

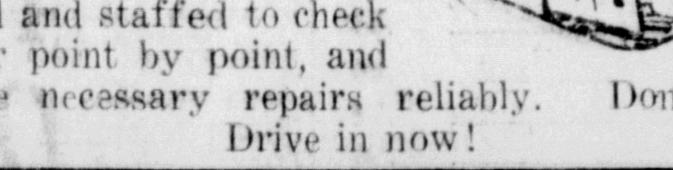
NOTE OF BRITISH DOCTORS to boycott the V universal free medical service plan passed by Parliament evidences the unwisdom of the Socialist Government in rushing through regimentation of so old a profession as medicine, says Christian Science Monitor. The doctors did not disagree on the major features of the new system: continuation of government sickness insurance, plus free medical care for all.

They differed on lesser angles of its operation. Obviously the Minister of Health should have worked out these details instead of charging the British Medical Association with conspiracy and sabotage as he did just before its balloting. The needless tangle this leader of the "further left" of the British Labor Party has gotten the Socialist Administration into raises question as to whether the power it has in Parliament is always going to be used judiciously in solving the much more complex problems of production.

This setback for state medicine will be welcomed by objectors to the introduction of compulsory sickness insurance in the United States. The tendency of socialized medicine is always to expand to become more compulsory in its requirements of medication and of services demanded of doctors.

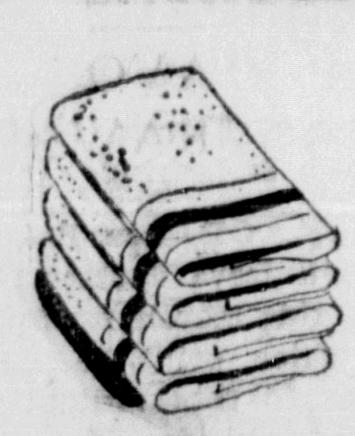
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# AND SO THE SWIMMING POOL-ICE ARENA GOES: BIRDS DEBATE ISSUE

An unkonwn author at the week, end pulled a double-cross by tapping the wires of the web-foot telegraph. It is a fact that the gulls and the ducks are in favor of a swimming pool but the crows and ravens are holding out for an artificial ice arena. When leading members of the black clan read the

swimming pool they immediately "crack the mussel" contests

tion and age. Youngsters and the speaker. oldsters, "Rave" declared, could off from a flying start.

Sliding teams, especially among ming pool. the younger boys and girls could be organized and sponsored by the various service clubs such CFPR as the Klansmen, the Floatarians and Gyrators, he said. He felt that due to the popularity of \*\*\*\*\*\*\*\*\*\*\*\*\*\* plane. air travel it would be a simple mater to induce other commu- 4:15-Stock Quotations and Int. nities up and down the coast to 4:30-Especially For You participate in a junior or senior 4:45 Magic Adventure sliding league.

For those who didn't fancy 5:30—My Songs For You sliding on their tail feathers, a 5:45-Yours Sincerely, Wpg. space of ice could be provided 6:00-Supper Serenade where members of teams could 6:15-Martial Airs slide pebbles at a target on the 6:30—Musical Varieties ice. In this game their tail 6:40-Recorded Int. feathers would still be an asset 6:45—Plantation House Party when it came to sweeping the 1:00-CBC News stones past the hog-line.

Carnivals would draw large 7:30 Solo Guest crowds, according to the speaker, who went on to name some of the attractions which could 8:30-The Smiths of Hollywood be featured. He suggested a 9:00-National Farm Radio chorus of beautiful starfish dancing to the music of a band 9:30 String Melodies of sandpipers as the headline tu:00-CBC News attraction. For comic relief, "Os- 10:10-B.C. News car the Octupus," wearing a skate | 10:15-Provincial Affairs on each tenacle, would provide 10:30-Dance Orch. more laughs than half a dozen 11:00-Weather and Sign-off Bob Hopes, declared "Rave." Aside from these items there would of course be the usual 8:00-CBC News fancy skating and perhaps couple of light operas.

During the summer months a 8:45-Little Concert

item in the Daily News dealing with the gulls proposal to have floor could be laid over the pipes Hays Creek flats made into a so that indoor sports such as

called a meeting to discuss the might be held. All birds of the waterfront, with the possible ex-"Rave the Raven" was the ception of the ducks, are adept High School, Tom is in Grade chief speaker of the evening and, at carrying mussels and other 9 and a member of the Drama as he pointed out, a swimming shell fish in their claws and Club. Popular with his fellow pool was alright for those birds dropping them from the air, said students. Tom was this year with web feet but how about the "Rave" and this sort of recrea- chosen president of the Junior hundreds who were not so equip- tion lent itself to variations. Council. When it comes to rain and wind would provide and exhibitions could be held son he is a hard-working memfun for birds of every discrrip- during the sumer months said her of the 65 Taxi team.

# (Subject to change)

MONDAY -P.M.

5:00—Latin American Rhythms

7:15—CBC News Round-up

7:45—One Man Says

8:00-Stump the Professors

Forum and News-CBC

TUESDAY-A.M. 7:30-Musical Clock

8:15-Morning Song

The 1944 offers everything

8:30-Music for Moderns

# . The Daily News Boys .

# TOM HOLT

PRESIDENT OF STUDENT COUNCIL, ENTHUSIASTIC BASKETBALL PLAYER

Originally from Irma, Alberta, where he was born, Tom Holt has spent the last five of his fifteen years in Prince Rupert. For more than a year he has been delivering the Daily News in the district south of Borden Street and west of Fulton Street where he has over 100 customers.

A student of Booth Memorial! ped? He claimed that a sheet Dances, indoor carnivals and sports, Tom would as soon play of ice protected from the snow, various other types of recreation basketball as eat and this sea-Although Tom spent most of

According to the Web-foot his life on the rolling prairies have barrels of fun sliding on Telegraph the majority present of Alberta, he has a weakness their tail feathers after taking felt an artificial rink would be for the rolling main and, through more beneficial than a swim-the activities of the Sea Cadets, isatisfies his desire to be associated with life on the salt! water. A member of the Civic! Radic Dial Centre, Tom still finds time to 1240 Kilocycles pursue his hobby of stamp collecting, to read and to play the

Tom hasn't made up his mind

about a lifetime vocation yet but his money to help pay the costs in the meantime he is saving of his education.

\*\*\*\*\*\*\*\* 9:00-BBC News 9:15-Morning Devotions

9:30-Morning Concert

9:59-Time Signal

10:00—Morning Visit 10:15-Morning Melodies

10:30 - Purity Flour Program 10:40 Recorded

10:45 Scandinavian Melodies

1:00-CBR Presents 11:15 Songs of Today

11:30 Weather Forecast 11:31 Message Period " Recorded Interlude

11:45 Ethel and Albert, ABC - P.M -

12:00-Mid-Day Melodies 12:15 CBC News

12:25 Program Resume 12:30 B. C. Farm Broadcast

12:55—Recorded

1:00 The Concert Hour

1:30 - Artists of Tomorrow 1:45—Commentary and

Ethelwyne Hobbes 2:00-B. C. School Broadcast

2:30-Sheila Presents 3:00-Varieties in Music



# WATERFRONT GOLD SEAL LABEL

Having been delayed by stormy weather, Union steamer Cassiar, Capt. Alex McLennan, arrived in port at 4 o'clock Sunday morning from Vancouver via the south end of the Queen Charlotte Islands and sailed at noon for Massett Inlet points whence she is due back here at 6 o'clock this evening and will sail at 10 p.m. on her way back to Vancouver via the south

3:15-Spotlight on a Star 3:20 -A Moment in Music

3:30 Divertimento 3:45 BBC News

3:55-I. N. Smith

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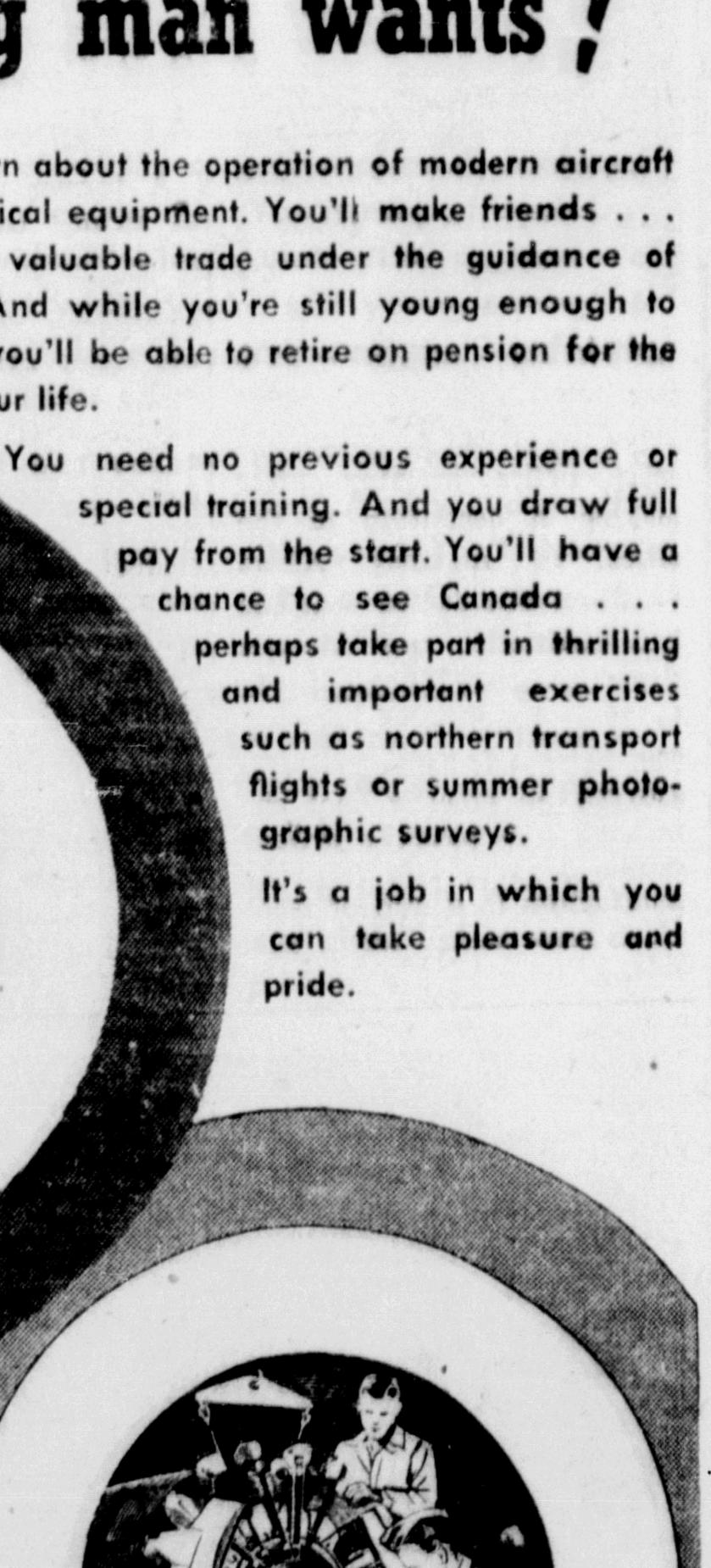
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