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What Should We Eat?

MOST CANADIANS are finding it difficult to 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

WHEN THE COMBINED PRICE of total production 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

VOTE OF BRITISH DOCTORS to boycott the 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 unknown 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 item in the Daily News dealing with the gulls proposal to have Hays Creek flats made into a swimming pool they immediately called a meeting to discuss the situation.

"Rave the Raven" was the chief speaker of the evening and, as he pointed out, a swimming pool was alright for those birds with web feet but how about the hundreds who were not so equipped? He claimed that a sheet of ice protected from the snow, rain and wind would provide fun for birds of every description and age. Youngsters and oldsters, "Rave" declared, could have barrels of fun sliding on their tail feathers after taking off from a flying start.

Sliding teams, especially among the younger boys and girls could be organized and sponsored by the various service clubs such as the Klansmen, the Floarriors and Gyrotors, he said. He felt that due to the popularity of air travel it would be a simple matter to induce other communities up and down the coast to participate in a junior or senior sliding league.

For those who didn't fancy sliding on their tail feathers, a space of ice could be provided where members of teams could slide pebbles at a target on the ice. In this game their tail feathers would still be an asset when it came to sweeping the stones past the hog-line.

Carnivals would draw large crowds, according to the speaker, who went on to name some of the attractions which could be featured. He suggested a chorus of beautiful starfish dancing to the music of a band of sandpipers as the headline attraction. For comic relief, "Oscar the Octopus," wearing a skate on each tenacle, would provide more laughs than half a dozen Bob Hopes, declared "Rave." Aside from these items there would of course be the usual fancy skating and perhaps a couple of light operas.

During the summer months a

floor could be laid over the pipes so that indoor sports such as "crack the mussel" contests might be held. All birds of the waterfront, with the possible exception of the ducks, are adept at carrying mussels and other shell fish in their claws and dropping them from the air, said "Rave" and this sort of recreation lent itself to variations. Dances, indoor carnivals and various other types of recreation and exhibitions could be held during the summer months said the speaker.

According to the Web-foot Telegraph the majority present felt an artificial rink would be more beneficial than a swimming pool.

CFPR Radic Dial 1240 Kilocycles (Subject to change)

MONDAY - P.M.
4:15—Stock Quotations and Int.
4:30—Especially For You
4:45—Magic Adventure
5:00—Latin American Rhythms
5:30—My Songs For You
5:45—Yours Sincerely, Wpg.
6:00—Supper Serenade
6:15—Martial Airs
6:30—Musical Varieties
6:40—Recorded Int.
6:45—Plantation House Party
7:00—CBC News
7:15—CBC News Round-up
7:30—Solo Guest
7:45—One Man Says
8:00—Stump the Professors
8:30—The Smiths of Hollywood
9:00—National Farm Radio Forum and News—CBC
9:30—String Melodies
10:00—CBC News
10:10—B.C. News
10:15—Provincial Affairs
10:30—Dance Orch.
11:00—Weather and Sign-off
TUESDAY - A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Morning Song
8:30—Music for Moderns
8:45—Little Concert

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 High School, Tom is in Grade 9 and a member of the Drama Club. Popular with his fellow students, Tom was this year chosen president of the Junior Council. When it comes to sports, Tom would as soon play basketball as eat and this season he is a hard-working member of the 65 Taxi team.

Although Tom spent most of his life on the rolling prairies of Alberta, he has a weakness for the rolling main and, through the activities of the Sea Cadets, satisfies his desire to be associated with life on the salt water. A member of the Civic Centre, Tom still finds time to pursue his hobby of stamp collecting, to read and to play the piano.

Tom hasn't made up his mind about a lifetime vocation yet but in the meantime he is saving

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his money to help pay the costs of his education.

SHIPS and WATERFRONT

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 Masset 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 islands.

3:15—Spotlight on a Star
3:20—A Moment in Music
3:30—Divertimento
3:45—BBC News
3:55—T. N. Smith

ANNETTE MANSELL
DRESS SALON
UPSTAIRS IN STONE BUILDING

Fashion Review

SPRING STYLE PRESENTATION
OF LADIES' WEAR FROM
THE LEADING EASTERN
MANUFACTURERS

EVENINGS OF
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WEDNESDAY, MARCH 10
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