

Covers Prince Edward Island Like the Dew... Published every week-day morning at 163 Prince Street...

workers. It fits around the patient's abdomen and provides the muscular movement necessary for respiration.

It is propelled by two 32-pound units, a battery and a blower. These inflate and deflate the belt, 'breathing' for the wearer.

It is noted that the new unit also has an important role in hastening rehabilitation and aiding psychological factors.

Anything that aids in reducing the effects of crippling is worthwhile. This is one of the many beneficial results of research made possible by the March of Dimes.

EDITORIAL NOTES

An American professor has written a book called "Geometry Can Be Fun". That's what's known as a perverted sense of humour.

It is generally supposed that the Canadian dollar could never go the way of the French franc. This is wishful thinking.

It is reported that 14 members of the Commons will be appointed "Parliamentary Secretaries" to Ministers of the Crown.

Fish For Jamaica

It must be hoped that Newfoundland will find it possible to recapture the salt-cod market in Jamaica, which it lost to Iceland a year or so ago in a dispute over quality and prices.

Sewage For Fodder

Scientists at the University of California have found a way of turning city sewage into animal fodder. They have been using sewage treatment ponds to grow algae, tiny plants that thrive on sunlight.

Breathing Belt

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Atomic Test Ban Problem

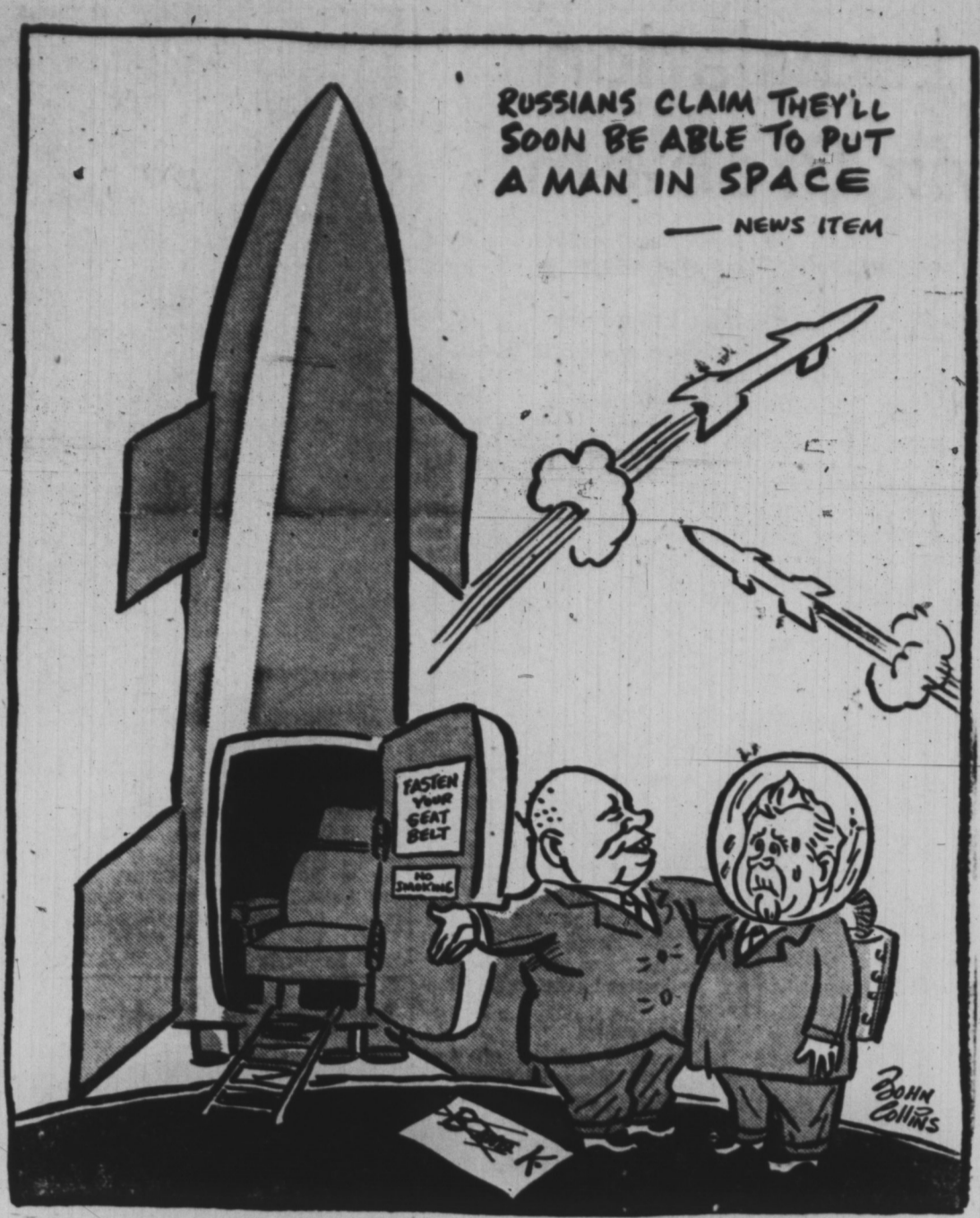
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Lunar Explorations

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Confederation Meeting

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"HOW ABOUT A TRIP BY YOURSELF?"

Atomic Test Ban Problem

By George Kitchen, Canadian Press Staff Writer

The United States is experiencing some obvious and understandable second thoughts about the wisdom of entering into an atomic test ban agreement with the Soviet Union.

Less than a month ago, Washington was exhibiting high optimism that the Soviets might finally be ready to strike a workable agreement with the U.S. and the United Kingdom.

President Eisenhower says he would like to see repeal of the Constitutional amendment which makes it impossible for a President to run for a third term.

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Best Course If Overweight

By Herman N. Bundesen, M.D. NOW that the holiday season and all that good food is but a memory, some of you probably plan to embark upon reducing programs.

Let me give you a few helpful tips. The simple truth is that most cases of overweight are due to over eating. When I say overweight, I mean anyone who is at least 10 per cent heavier than his desirable weight.

A couple of extra pounds does no harm for those of you still in your 20's or younger. For those of you over 30, additional weight is not good. And for all persons over 40, overweight is a definite danger signal.

However, I don't want any of you to plan a reducing program without consulting your doctor. He will prescribe the best way of going about it scientifically.

In all probability, he will suggest a daily diet of about 1,200 calories. If you lose too slowly on such a diet he might reduce it to 1,000 calories. Or, if you lose too rapidly, he might increase the caloric content to 1,500 per day.

SOME TIPS

No matter what the diet may be, here are a few suggestions that will help: 1. Eat regular meals and eat them at regular times.

2. Don't eat when you are emotionally upset. Take a rest, or at least relax and calm down before sitting down to the table.

3. Eat your meals slowly and chew the food well. You'll find this makes smaller amounts of food more satisfying.

4. Don't eat highly seasoned foods since they stimulate the appetite. HIDDEN CALORIES 5. Be on the lookout for hidden calories. Remember that liquids such as beer, cocktails and soda pop may go down easily, but they contain calories that can thwart any reducing diet.

6. Use a non-caloric sweetener in your coffee and tea and to sweeten cooked fruits. 7. You can have clear coffee, tea or bouillon as often as you like, since they contain no calories.

8. Since an average serving of meat weighs about three ounces, you can substitute one-half cup of cottage cheese or two eggs for a serving of meat. 9. Weigh yourself twice a week. Use the same scale and weigh yourself at the same time of day. Weighing yourself every day will only discourage you!

QUESTION AND ANSWER

A.H.: Are the "hula hoops" injurious to children? Answer: Not if used in moderation and under proper supervision.

The Poets Corner

THE OAK IN WINTER

I walked in a wind-stripped winter wood, And in that crisscross of grey boughs

Marvelled to see the oak alone Still wore its crown, A summat of crumpled leaves In opulent brown.

O mighty trunk and tender heart, You will not part with one dead leaf. Wind-gripped, Will not surrender April's bud To be ice-tipped,

But keeping grief at bay, Hold safe the long-dead sheaf, Each greening joy In the warm clasp of a brown leaf.

—Harry Woodburne, In the Wisconsin Poetry Magazine

OUR YESTERDAYS

(From The Guardian Files) TWENTY-FIVE YEARS AGO (Jan. 26, 1924)

Civic accounts and the annual reports of the various committee chairmen for the year 1923 were submitted at a special meeting of the City Council last evening.

The second annual Firemen's Banquet was held last evening in the City Hall Annex. Chief Angus MacEachern presided and among those present were Councilors and ex-firemen A.A. Hennessy and Fred Trainor.

TEN YEARS AGO (Jan. 26, 1914) There will be no need for a civic election in Summerside this year as the three positions on the Town Council were filled yesterday by acclamation.

WESTERN AUSTRALIA, one of the six states of the Australian Commonwealth, covers 975,000 square miles

NOTES BY THE WAY

There are some men who think they have to drink like a fish to keep in the swim.—London Free Press

The heckling and rock and egg barrages for Anastas Mikoyan of Russia can be understood. These people opposing him have suffered personally or they have relatives who have suffered in Europe.

A correspondent points out to us that two of the best British biographies of the year were written by M.P.'s, a life of Sir Charles Dilke by Roy Jenkins, a full-length study of John Philip Curran by Leslie Hale.

pal Employees Association of the City of Charlottetown at a recent meeting. Other officers include vice-president, L.A. MacInnis; secretary - Treasurer, M. A. Quaid. An executive of five members was also appointed at the meeting.

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BENEFICIAL FINANCE CO.

Charlottetown Young Men's Christian Association

ANNUAL MEETING

Tuesday, February 3rd, 1959 8:00 P.M.

All those interested are urged to attend.

THE BANK OF NOVA SCOTIA

Capital Stock Rights to subscribe for additional shares at \$40 per share, on the basis of one share for each five shares held, have been offered by The Bank of Nova Scotia to its shareholders of record December 12, 1958.

Offering of these additional shares reflects the very impressive growth in volume of business and total assets of the Bank—a growth which has steadily increased the shareholders' equity and dividend income.

We believe that shareholders will readily recognize the attractiveness of the present opportunity to increase their holdings, and recommend that they exercise their Rights as fully as possible. We also suggest the shares as a desirable purchase at this time for investors who are looking for high-grade stocks with "growth" prospects.

We offer our facilities for transactions in Bank of Nova Scotia Rights and Shares, and shall be glad to furnish information promptly on request.

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