

Cover: Prince Edward Island Like the Day... Published every week-day morning at 145 Prince Street...

the material on records, but tape is by far the most popular. The average book length is six tapes amounting to ten or twelve hours of reading...

This is one of the examples given in a C.N.I.B. release of the manner in which blind persons are being rehabilitated in Canada...

When sight is considered as a means of conveying ideas to the mind, we realize that it is only one of five senses, each doing the job in a different way...

Westbound from the Atlantic Provinces, the latest increase means eight cents more per hundred pounds in the freight rate on lumber from Truro, N.S., to Montreal...

Hearing for another rate increase will be held by the Transport Commissioners at Ottawa in May. The railways will reveal on April 10 what percentage they want this time...

The Native Sons of Canada, Toronto Assembly 107, has been getting quite worked up lately over the flag and anthem business...

The milkman's lot is not an easy one. An Australian trade magazine quotes the following note left for a Brisbane milk vendor recently: "Starting today, please leave one quart homogenized milk Mondays and Thursdays, none Saturdays; heavy cream Tuesday, sour cream and homo. Milk Wednesdays, homo. Milk and heavy cream Fridays; Saturday two homo. Milk and sour cream, please alternate; when heavy cream falls on Sunday, leave one homo. Milk too. Empty bottles are in garage, which is locked. Please climb through window..."

Maxwell H. Gluck has resigned as U.S. ambassador to Ceylon after serving a little more than a year in that capacity. Canadian readers may have to be reminded that Mr. Gluck was the man whose appointment was challenged because he didn't even know the name of Ceylon's prime minister, let alone how to spell it...

Ten blind students are currently studying their way through the leading universities of Canada. With pocket size Braille writer they make notes in class. Volunteers read some of the texts and the Canadian National Institute for the Blind library supplies recorded books specially requested by the student group...



THROWING HIS WEIGHT AROUND

OTTAWA REPORT

A Few Examples

The Queen's Printer has just released "Public Accounts of Canada," the two-volume Blue Book which details down to the last cent just how our Federal Government spent \$5,087,411,011 of our tax money in the past fiscal year...

While Volume One is a juicy 1,050-page book listing expenditures by all Government Departments, Volume Two contains a paltry 142 pages, which describe the financial achievements of 29 Crown Companies...

Liberal Senator Robertson, who is not a professional librarian, was paid \$9,000 for his year's work as Assistant Parliamentary Librarian, a situation which has already drawn the adverse comment of the Librarian - turned - M.P. Doug Fisher of Port Arthur...

Cockfield Brown, the Liberal Party's advertising agency, received over half the expenditure of one million dollars plus, made by the Government Travel Bureau in U.S. Publications...

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EDITORIAL NOTES

The price paid for wheat at the Lakehead has been increased by 5 7/8 cents a bushel. It is reported that this may result in a higher price for bread all across Canada. We see no reason why it should. Bread already costs more than is warranted.

The passenger-cargo ship Hans Hedtoft, which hit an iceberg off Greenland a week ago, has been officially given up as lost with all 95 persons aboard. Saturday was observed as a day of national mourning in Denmark, when all flags were flown at half mast.

The CBC producers' strike in Montreal has been described by Revenue Minister Nowlan as the "most unfortunate and unnecessary episode in Canadian labor history." That is covering a lot of ground. But there seems justification for ministerial criticism. Mr. Nowlan said the dispute could easily have been settled in 30 minutes if no strike had been called and if the matter had been brought to the attention of CBC headquarters in Ottawa last December.

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Try Reducing By Group Plan

By Herman N. Baudesen, M. D. MISERY loves company. So do those on a reducing diet. Maybe you have tried to lose weight in the past and failed to stick to your prescribed diet long enough. It has happened. In fact, it probably is the rule rather than the exception...

Another Plan Well, perhaps another plan may succeed where the previous one has failed. I would like to suggest a group reducing program. Many organizations conduct such programs for very reasonable fees...

TALK IT OVER While an organized program is probably best, if none is available, group reducing is still possible. You may know several other persons who want to reduce as much as you do. So, get together, talk over your problems and your aims. Then see your doctors, get their advice about a reducing plan and start in...

MUTUAL PROBLEMS At these meetings, you can discuss your food problems freely with others who have similar troubles. Since you have mutual problems, you can get encouragement from your friends who have solved them. You will better understand and accept the psychological and physiological causes of overeating. You will be better able to conquer your own emotional problems which may relate to overeating.

LESS COMPETITION The standard of competition is lessened—and more rationally attainable—since you will be competing with persons who suffer from similar difficulties. Each of you will have his or her own weight goal. Of course, you must really have a desire and determination to lose weight in order for any reducing plan to be successful.

There are an estimated 30,000,000 Americans who are overweight right now. Surely you can find a few of them who are willing to reduce with you. QUESTION AND ANSWER C. W.: What are vitamin E capsules good for? Are they helpful for heart disease and hardening of the arteries? Answer: Vitamin E is used chiefly in maintenance, in some skin conditions and in certain nervous system diseases.

Some people don't attend church, they say, only because so many who do are hypocrites. But they don't apply a similar test to every meeting they attend. Kit-chener-Waterloo Record

Rocket airliners, shooting 30 minutes, are predicted within a decade. This way you can have breakfast in Montreal and bicarbonate in Vancouver.—Winnipeg Tribune

Major R.D. MacGillivray and Mr. G.R. Soy have been recently appointed to the Charlottetown staff of the Customs and Excise Service, it was learned yesterday. Major MacGillivray is a native Islander, and Mr. Soy is a former Nova Scotian and came to Charlottetown in 1940.

At the outset to reassure his French and West German allies by stressing that the purpose of his visit is purely exploratory and that he does not intend to negotiate on behalf of his Western partners.

At least one British commentator remained apprehensive. Henry Fairlie, writing in The Daily Mail, said Macmillan is walking "head-high into the trap the Russians have been laying for 10 years" and that the West will be blamed if nothing spectacular comes of the talks.

Fairlie's own newspaper, a supporter of Macmillan's Conservative party, disagreed. In an editorial on the same page as his article, the newspaper said there are "good and urgent reasons for the visit of a Western statesman to Moscow" and that "Mr. Macmillan is the only man at the top level who could do it."

Other political writers take a more cynical view. They reason that Macmillan's mission is unlikely to produce spectacular changes in the international scene, but it is timed to create a favorable impression among the voters.

Macmillan's many facets, if less spectacular, are equally bewildering. He can appear as a country squire, a witty after-dinner speaker, a ruthless party politician, a skilled negotiator and a superb salesman of British prestige abroad.

Both men have been credited with considerable achievements. Both have been accused of blunders. Each is seen by some as the master of a powerful political machine and by others as a front man whose policies are dictated by others.

Reactions colored Despite the unanimous approval from official quarters that greeted Macmillan's announcement of his Moscow trip, other reactions have been colored by the conflicting images.

The prime minister took pains and Loch Katrine. Scott's delightful poem, "The Lady of the Lake", has carved this area intently upon the imagination. One recalls the lines which were memorized long ago:

"The summer dawn's reflected hue To purple changed—Loch Katrine blue; Mildly soft the western breeze just kiss'd the lakes, just stirr'd the trees And the pleased lake like maiden coy. Trembled but dimpled not for joy."

But alas, we were not to see the area so beloved by Sir Walter Scott. After a swift and smooth trip, we found ourselves again in the great metropolis of London and the conference which brought us to the United Kingdom was about to get underway.

NOTES BY THE WAY

Theory may be fine to raise our hopes, but it is practice that raises our wages. — Kit-chener-Waterloo Record

The little boy down the block might have improved his grades by telling the teacher she was nice looking, if he hadn't added, "for your age."—Winnipeg Tribune

The Christmas mail must be just about cleaned up. A letter mailed to us in Toronto on Dec. 21 reached Windsor on Jan. 24. It probably came via dog leave. —Winnipeg Star

Everyone in France is being asked to tighten his belt and make some sacrifices. And, just about everyone thinks it is a fine thing for the other fellow to do the tightening.—Winnipeg Star

A little boy was asked: "Do you want meat?" "Yes." "And potatoes?" "Yes." "And carrots?" "Yes." "What other little word have you forgotten?" Back came the firm answer: "Cabbage."—Financial Post

The golden years, according to an experienced operator in the fatherhood field, are when the children are too old to expect you to know everything and too young to assume you know nothing.—Stratford Beacon-Herald

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Macmillan's Moscow Trip

By Ed Simon Canadian Press Staff Writer

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The Poets Corner

WINTER In rigorous hours, when down the iron lane The redbreast looks in vain For hips and haws, Lo, shining flowers upon my windowpane The silver pencil of the winter draws. When all the snowy hill And the bare woods are still; When snipes are silent in the frozen bogs, And all the garden garth is whelmed in mire, Lo, by the hearth, the laughter of the logs— More fair than roses, lo, the flowers of fire! —Roberts Louis Stevenson, (1850-1894)

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