

that Canadian exports had reached \$13,576 million in 1968, an increase of \$2,165 million, or 19 percent above the level of the preceding year.

Mr. Pepin congratulated the business community on achieving an increase in foreign sales more than double the 1968 growth target of \$1 billion set by the former Minister of Trade and Commerce, Mr. Robert Winters. He observed that this unprecedented increase in exports was achieved despite the continuation of intensely competitive conditions in international markets, and reflects the progressive broadening of Canada's internationally-competitive industrial base.

A strongly-expanding economy in the United States was the major external market influence under-pinning the exceptional export performance of the past year. Canadian sales to the U.S. reached \$9,183 million in 1968, an increase of \$1,860 million, or 25 per cent, compared to the 1967 level. Major exports gains were made in automotive products, base metals, lumber and wood-pulp, petroleum and natural gas and aircraft. Exports to the overseas markets as a whole were up by 7½ per cent.

Looking ahead to 1969, the expectation of some easing of demand pressures in the U.S. economy and somewhat less favourable external conditions generally will mean that export gains will be more difficult to achieve. The Minister indicated that a further growth in exports in the range of up to 10 per cent seemed a realistic expectation for the ensuing year.

Mr. Pepin emphasized that, changes in market conditions notwithstanding, sustained export growth was essential to the sound development of the Canadian economy. He called on producers to take all practical steps to maintain and improve their competitiveness with a view to the further penetration of world markets.

ROBERT PILOT EXHIBITION

One hundred paintings by the Newfoundlander Robert Pilot, whose landscapes are much sought after, are hanging in the National Gallery of Canada. The exhibit, which was first shown for a month at the Montreal Museum of Fine Arts in November, will be displayed in the Hamilton Art Gallery until February 25.

Robert Pilot, who was born in Newfoundland in 1898, was the stepson of Maurice Cullen and a friend of James Wilson Morrice, two Montrealers who

won international repute for their post-impressionist paintings. He studied under William Brymner at Royal Canadian Academy classes in Montreal, and in Paris with Pierre Laurens. Pilot, a veteran of both world wars, was an expert in camouflage during the Second World War and was awarded the MBE in 1944.

Robert Pilot has been popular for many years as a painter, and is particularly well-known for his winter scenes of Baie St Paul and Charlevoix County. Murals painted by Pilot are in the Chalet at the top of Mount Royal and in Montreal High School. His paintings are in many public and private collections, including those of Queen Elizabeth and Winston Churchill. He was president of the Royal Canadian Academy from 1953 to 1954, a member of the National Academy of Design, New York City, and an honorary associate of the Royal Institute of British Architects. Robert Pilot died in 1967 in Montreal.

FISH DON'T GO TO WAIST

Among the most enthusiastic supporters of Canada's annual "Fish 'n' Seafood" month is an organization known as the Weight Watchers, to whom fish is a "magic food".

In a recent letter to federal Fisheries Minister Jack Davis, Sheldon Reich, director of Weight Watchers of Montreal, points out the importance that the Weight Watchers have placed on the consumption of fish in their programme.

"Our members are compelled to eat at least five fresh fish meals a week, for we have found fish to be a 'magic' food for a slim, healthy life," Mr. Reich says.

Weight Watchers is an international organization with a membership of about 2 million throughout the world and about 40,000 in Canada. Weight Watchers' activities consist of a carefully-planned eating programme and regular attendance at weekly classes, designed to enable a person who is overweight to reach a realistic weight goal and maintain it.

The Department of Fisheries has, for some years, promoted fish as a low-calorie diet food through the booklet *Let's Serve Fish for the Weight Watcher*. This booklet, lists the species of fish low in fat content, together with more than 50 appetizing kitchen-tested recipes.