

# Ob! No paunch!

Prevent midlife weight gain

INSIDE TIMES2

Dr Mark Porter  
Pick the right  
flu jab for you

# Speech sets out action manifesto

agenda with 26 bills ● Programme likely to be rejected by MPs



of parliament yesterday. Boris Johnson said that his programme promoted an "outward-looking" society

ns vote, would not resign  
of the first defeat of a  
ch since 1924.

spokesman made clear  
e minister would instead  
put pressure on opposi-  
MPs do choose to vote  
een's Speech it will be for  
in to the public why they  
ainst greater support for  
vices... and why they are  
lation which will lead to  
olent offenders spending  
prison."

postponed today's cabi-  
his hopes for a Brexit

deal with the European Union hung in  
the balance. He was due to speak to  
Jean-Claude Juncker, the European  
Commission president, in an attempt to  
accelerate progress on an outline  
agreement before a deadline of tomor-  
row night.

The government will take a decision  
on whether to call MPs to a special  
sitting on Saturday only after it has  
become clear whether an agreement is  
possible at the European Council meet-  
ing on Thursday and Friday.

Sajid Javid, the chancellor, an-  
nounced that he would hold a budget  
on November 6 in another move

intended to advertise the Conserva-  
tives' election offer but with little  
chance of immediate implementation.

In a foreword to the Queen's Speech  
Mr Johnson said that he wanted to "get  
the gears on our national gearbox  
working again". He said: "Leaving the  
EU is a defining opportunity for us to  
set a new direction for our country — to  
do the things which we have not been  
allowed to for decades. People are tired  
of stasis, gridlock and waiting for  
change." Mr Johnson said that his  
programme showcased a "one nation"  
agenda beyond Brexit that reflected his  
Continued on page 2, col 3

## Britons were happier when Victoria was on the throne

Rhys Blakely Science Correspondent

It seems that Britons really were more  
cheerful in the good old days.

According to a study that tracked the  
national mood over the past two centu-  
ries, people were most content in the  
Victorian era.

Researchers analysed the emotional  
tone of the language used in millions of  
books and newspaper articles and  
found that the 1880s — during which  
Queen Victoria celebrated her golden  
jubilee and the British Empire was  
approaching its peak — was the coun-  
try's happiest decade.

The results show how spirits sank as  
troops marched to the First and Second  
World Wars but suggest that we were  
even more miserable during the indus-  
trial unrest of the late 1970s.

In the early 1950s the mood was  
buoyed by the end of wartime ration-  
ing. But by 1957 — when Harold Mac-  
millan insisted that "most of our people  
have never had it so good" — the nation  
was in a slump that would reach its  
nadir in 1982, the year of the Falklands  
conflict. During the postwar period  
Britain appears to have been rather less  
cheerful than Germany or Italy.

In recent years politicians have  
started to emphasise the importance of  
happiness when evaluating policies.  
However, most countries that monitor  
the mood of their populations have  
been doing so seriously for only the past  
decade or so.

To fill in the historical gap, research-  
ers from Warwick and Glasgow univer-  
sities and the Alan Turing Institute in  
London examined more than eight mil-  
lion books and 65 million newspaper  
articles from Britain, the United States,  
Germany and Italy.

They used a database of 14,000 words  
that were scored on a scale of one to  
nine, according to how "happy" they  
were. The researchers applied this  
information to the books and papers  
produced in each year to gauge the  
national mood.

The results, published yesterday in  
the journal *Nature Human Behaviour*,  
suggest only a weak link between  
economic productivity and happiness.  
We are richer than our Victorian fore-  
bears but less cheerful, it seems.

The jubilant jubilee, page 5

### IN THE NEWS

#### is falling

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man  
x that cuts  
tation

#### Brain injury drug

Thousands of lives could be  
saved worldwide every year  
after scientists showed for the  
first time that a drug can

#### Assad forces advance

President Assad's forces  
hoisted the Syrian flag over  
Kurdish towns in the north of  
the country as they advanced

#### Trade war hopes fade

Global stock markets were in  
decline in response to  
concerns that a stopgap deal  
between China and the United

#### England race abuse

Racist abuse from home  
supporters led to England's  
match against Bulgaria in  
Sofia being halted twice.