SOLVED!

For non-root users, it turns out that the following shell commands (under Linux Mint) do not persist at all.

export CLIB_INCLUDE_PATH=/pppp/qqqq:/rrrr/ssss:/tttt/uuuu
export LIBRARY_PATH=/wwwww/xxxx:/yyyy/zzzz

Try them for yourself, followed by "printenv". They are definitely not "sticky" as advertised.

Even if logged on as root, the above commands are only of session duration. They won't be there after a restart.

The solution:
1) Logon as root and edit /etc/environment
2) Add the key-value pairs above without the export prefix and replacing the dummy paths (see below for Mint 21.1)
3) Save and restart your device

The above should be performed before running theide install.

I cannot know if the problem occurs with other Linux distros but if you have problems installing and/or running theide under your distro, it may be for the same or similar reason.

NB: There appears to be no need to copy the INCLUDE and LIBRARY paths to corresponding tabs under "Setup -> Build methods"
    I put the paths as dummies above as they may not be the same under your Linux.
    In Linux mint 21.1 vera, the paths are as follows:
     CPLUS_INCLUDE_PATH=/usr/include/c++/11:/usr/include/x86_64-l inux-gnu/c++/11
    LIBRARY_PATH=/usr/lib/gcc/x86_64-linux-gnu/11

The big irony is that the reason I'm looking into cross platform GUI tools is because I believe that the majority of people who use a computer/device in their everyday business just need/want to get on with that, in the simplest way possible. They have neither the time nor patience to be diverted into learning and remembering a bewildering plethora of case sensitive shell commands, amplified by an often staggering number of switches (optional parameters). So let's give the masses nice Linux based GUI apps that provide an alternative to ...

@Slade, thank you again for your help with this.