

Boredom, Worry Cause Tiredness.

Though most people are tired—occasionally or frequently, or all the time—no one in good health ever need be. This simple truth, says Marie Beynon Ray, in the Reader's Digest, is so little understood that those fortunate people who are never tired are considered abnormal. The contrary is true: It is normal not to be tired. There is energy enough in most of us to keep us going at top speed for a lifetime. We have only to set it free.

Miss Ray's article fairly bristles with little-known facts of fatigue. For instance, mental overwork never tires you, she says. Physical effort is something else; your lost energy is restored by food and a night's sleep. But if you're tired from a "hard" day at the office, even a six-month's rest won't help you. The cause of your fatigue isn't overwork. It's boredom with your job, or a sense of inferiority—the little daily fears that are undermining your morale.

The cure? Not a vacation. More work—but work of the right kind. Get a job that interests you—and instead of looking forward to closing time you'll want to work 12 hours a day. If your job is routine, and you can't leave it for another, try to find interests outside. Busy, interested people are never tired. Bored people are.

Boredom, in fact, is a prime cause of fatigue. If you think boredom can't make your feet drag and your back ache, you're wrong. Boredom with housework, husbands and mothers-in-law has led in all manner of physical ailments in women, as records in any psychiatrist's files can testify.

Labour income in Canada in the first three months of this year was \$2,240,000,000, an increase of sixteen per cent. over 1950.

Skinny men, women gain 5, 10, 15 lbs. Get New Pop, Vite, Vigor

What a thrill! Every time you eat a new variety of... (Small text describing a product or service)

T FOR "TOPS", IN ENTERTAINMENT

ROXY MILL ST. ACTON PHONE 110. FRI.-SAT. JULY 27-28. TO BE SPECIFIC... MRS. O'MALLEY and MR. MALONE ANN DVORAK. MON.-TUES. JULY 30-31. harvey Starring James STEWART with JOSEPHINE HULL.

WEDNESDAY-THURSDAY AUGUST 1-2 THE KING AND QUEEN OF COMEDY George FORMBY and Gracie FIELDS. Plus: World News Events. LOOKING ON THE BRIGHT SIDE

New Bank Building Boasts 25 Storeys

Premiers of every province in Canada and Hon. C. D. Howe, Minister of Trade and Commerce, will be heard at the official opening of The Bank of Nova Scotia's new 25-storey executive building, King and Bay Streets, Toronto on September 25.

EXCLAMATION MARK An ardent Princetonian was defending his alma mater against the critical borderings of a group of friends. Challenged to cite examples of Princeton's superior virtues, he exclaimed: "Why, you can take any subject, anything at all, and prove my point. For instance," turning to his chief heckler, "punctuate this sentence: 'The voluptuous blonde and only in a negligee strolled slowly past my door.'"

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IF YOU LIKE ACTION, THRILLS, ADVENTURE AND ROMANCE... FRIDAY-SATURDAY AUGUST 3-4. "AL JENNINGS OF OKLAHOMA" Starring DAN DURYEA GALE STORM

GALA SUNDAY MIDNITE PREVIEW! MONDAY-TUESDAY AUGUST 6-7. Bonnie Prince Charlie DAVID NIVEN

WEDNESDAY-THURSDAY AUGUST 8-9. GROUNDS FOR MARRIAGE VAN JOHNSON-GRAYSON

BENEDICTINE RETURNS Don Aelred Carlyle, 76-year-old founder of the community of Benedictine monks who went to Prinknash Abbey, Gloucester, from Caldy Island, Pembrokeshire, in 1020, is returning to Britain after 28 years in British Columbia.

Any Old Furnace is Good Enough in SUMMERTIME. B.E. MURFIN WORKS PLUMBING & HEATING

CAMPBELLVILLE Ladies' Aid, WMS Hold Annual Picnic. The Ladies' Aid and W.M.S. of St. David's Presbyterian Church enjoyed their annual picnic at Crawford's Lake on Wednesday afternoon despite the dull damp weather.