Boredom, Worry Cause Tiredness

Though most people are tiredoccasionally 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

-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 to 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.

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JULY 30-31

BENEDICTINE RETURNS

Don Aelred Carlyle, 76-year-old

founder of the community of Benedictine monks who went to Prink-

nash Abbey, Gloucester, from Cal-

dy Island, Pembrokeshire, in 1028,

is returning to Britain after 21

BRITAIN'S CONTRIBUTION

Britain has provided 40 per cent

more manpower for every 1,000 in-

habitants towards the defense of

the free world than any other

European nation, and more in pro-

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portion even than the United

years in British Columbia.

The hilarious story of Elwood P. Dowd . . his riotous friends ... and his invisible companion !

Starring James **STEWART** JOSEPHINE HULL CHAMLES DRAKE - CECIL KELLAWAY JESSE WHITE - WALLACE FORD

PEGGY DOW

Added for Laughs That's Bully 'Chump Champ'

MON.-TUES.

WEDNESDAY-THURSDAY

JULY 27-28

JAMES

THE TOBACCO.

CHEWING STAR OF

*BATTLEGROUND

AUGUST 1-2



---- AND ----

IF YOU LIKE ACTION, THRILLS, ADVENTURE AND ROMANCE . . . HERE IS ANOTHER WEEK OF "TOP NOTCHERS"!

FRIDAY-SATURDAY

15 YEARS AS AN

OUTLAW AS TOLD BY AL JENNINGS HIMSELF!

AUGUST 3-4

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"AL JENNINGS OF OKLAHOMA"

Color by Technicolor

Starring DAN DURYEA GALE STORM

Added Shorts

"PUNCHY COWPUNCHERS" "SO YOU WANNA THROW A PARTY"

"CUE BALL CAT"

GALA SUNDAY MIDNITE PREVIEW!

MONDAY-TUESDAY

AUGUST 6-7

MATINEE MONDAY AT 2 P.M. "We couldn't have chosen a more appropriate story for your week-end holiday entertainment!



FILMED IN THE HIGHLANDS OF SCOTLAND IN NATURE'S OWN GLOWING COLORS ! SEE the pageantry of Tartan . . . The Glens and Lochs of Bonnie Scotland . . . The assembly of the clans to the stirring sound of the bagpipes . . . The Ball at Holyrood . . . The attack at Prestonpans . . . and scores of other eye-exciting spectacles!

You'll thrill to this Story of the BONNIEST HERO OF THEM ALL! The Fiery Young Prince who gambled all to win a throne and . . . even in defeat reigns forever in the hearts of a EVENING SHOWS MONDAY AT 7 AND 9 P.M.

WEDNESDAY-THURSDAY

AUGUST 8-9



New Bank Building **Boasts 25 Storeys**

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

The 500-odd personnel of the bank's general offices and Toronto branch moved from its half-century old structure on King Street recently to occupy the first eight floors of the new building, Selected. -tenanta-are already established in the 17 floors above. Completion of building details, however, including cafeterin and dining rooms on the fourth floor, have delayed the official opening to the September

EXCLAMATION MARK

An ardent Princetonian was defending his alma mater against the critical bonderings 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, "punctunte this sentence: 'The voluptuous blonde clad only in a negligee strolled slowly past my door."

"That's simple" pooh-poohed the witness. "Comma after 'blonde;' comma after 'negligee', period after 'door'.

"There you are," was the triumphont rejoinder. "That's what I mean. At Princeton, we'd make a dash after the voluptuous blonde." The Render's Digest

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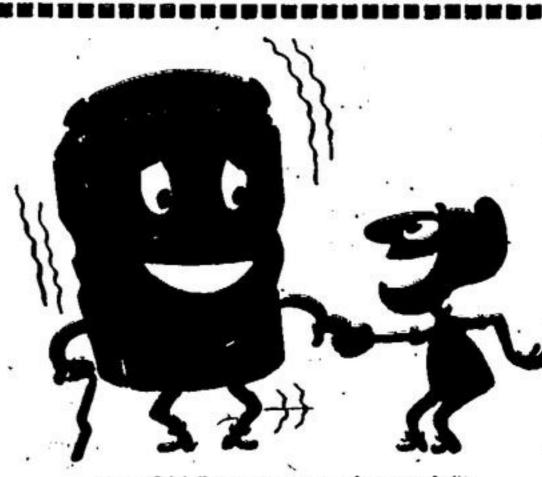
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The Ladies' Aid and W.M.S. of St. David's Presbyterian Church enjoyed their annual picnic at Crawford's Lake on Wednesday afternoon despite the dull damp weather.

The Ladies' Aid held a short business period opening with Canada's 84th Birthday Poem.

It was decided not to have an August meeting, Mrs. Wm. Roberts, Miss Katharine McPhedran and Mrs. Wallace King were named a committee to arrange a supper in September.

Mrs. Robert Inglis, Mrs Robert Elliot are a flower committee for August.

It was decided to purchase glasses and dinner ware for the church. Mrs. James Wallace and Mrs. Robert Elliot conducted games and

Most buttons, Mrs. Ed. Mahon; largest shoe, Mrs. Fannie Licor; smallest shoe, Mrs. Wm. Hurren; treasure hunt, Mrs. Howson Lush, Mrs, William Roberts, newspaper race, Mrs. Wilfred Greenlees, Mrs. William Roberts; tug of war, Mrs. A. T. Moore, Mrs George Inglis, Mrs. William Roberts and Mrs. Wilfred Greenlees: blind fold, Beyerley Roberts, Tom Elliot, Murray nglis, Lois Inglis; funny face contest, Mrs. J. K. Mahon, Mrs. Robt. Inglis; lucky spot, Mrs. Wilfred

Phone 69 All enjoyed a bountiful supper.