

Free Press  
**YOUTH PAGE**



**A NIGHTMARE**

It was the week before Christmas and all through the house, not a creature was stirring and I was having a nightmare.

I dreamed it was Christmas morning several years in the future and things were very different. In the first place, there weren't any presents to open. Families had decided that the cost of living was too high to bear that added expense of giving. Besides, with the fast pace of things, people just didn't have time to shop or wrap.

I could vaguely remember the years when Santa Claus was the big rage, but then psychologists dictated it was dangerous to encourage children to believe in anything but the real thing, so the tradition had faded out.

For a long time, Christmas had gradually become more of a giant compulsory spending spree rather than a religious festival. When people got tired of that, there was nothing left to make it any different from any other holiday.

As I sipped my sugarless, decaffeinated coffee and munched my dry wheat germ toast, I thought of the giant family feasts we used to have before people became preoccupied with calories and carbohydrates. Now, most people thought it was ridiculous to fight traffic jams simply to eat together.

I planned to spend my day off work, watching a football game on my six-foot video resource wall.

Just then I woke up to the refreshing blare of Deck the Halls with Boughs of Holly, on the clock radio. My hand went under the bed to find my secret store of Christmas presents still there, and I shouted to my roommate, "I like Christmas cake despite the calories and I don't care if it does cost five cents to send a card."

With that I made a new year's resolution to cut out the cheese sandwiches before bed, and switch to warm milk guaranteed to produce nothing but sweet dreams.



**HERE COMES THE JUDGE**

On Tuesday afternoon, I found myself at a table between Principal Ted Hansen and public school music teacher Glenn Banks, with the auspicious task of judging the high school class choir contest.

With a total of 14 groups bursting forth in song on stage, it wasn't easy to pick the winners.

Top spot in the junior division went to 10A for their romantic rendition of Love is Blue. It was a highly effective interpretation with a flute obligato by Stephanie Merrin as accompaniment.

Runner-up was the 9C entry singing the Austrian folk song Edel Weis. The girls managed a balanced, full sound that was almost always on pitch. A major weakness was lack of expression. Mr. Banks wrote SMILE across his sheet I wrote "This group looks frightened."

The 11A choir came first in the senior division. They sang such a professional arrangement of Silver Bells, that Mr. Banks asked "Who trained this group?"

With the aid of a well-played pitch-pipe, they started together in the same key and stayed that way throughout the song. However they could have put a lot more expression into it. By the look on most faces they could have been humming the death march.

After some discussion, it was decided to award the runner-up spot to the "odds and ends" group more for effort than musical achievement.

Made up of students from 11, 12 and 13, the group attempted a medley of Christmas songs around the theme of 12 days of Christmas.

Musically it was generally pretty awful but it had its moments. Too bad nobody took time to learn the words and/or get together on the expression.

I gave them bonus marks for the two cute boys in the centre and Mr. Banks said he felt they were the only group who looked as if they were enjoying themselves on stage.

Among the other groups 12A deserves special mention for its excellent bass section, 10C got points for Rudolph in persona, the four girls from 10D got a "B" for bravery.

**National tar-nicotine study to choose your health hazard**

As a help to hooked but health-concerned smokers, the Minister of National Health and Welfare John Munro recently published a table of tar and nicotine levels in cigarettes sold in Canada.

Tests were carried out during the first half of 1968 on 84 different types of cigarettes. The purpose is to enable smokers to avoid those brands most injurious to health if they wish.

Mr. Munro summed up the report: "My Department's position is unchanged. Cigarette smoking is a serious health hazard. We know of no safe cigarette and no safe way to smoke, and we strongly urge that Canadians avoid cigarette smoking entirely. Nevertheless, many people find it difficult to stop smoking and we feel it is important to help them to reduce the inhalation of cigarette smoke constituents into their lungs."

	Tar Milligrams Per Cigarette	Nicotine Milligrams Per Cigarette
Alpine, king size, filter, menthol	23	1.4
Belmont, king size, filter	17	1.3
Belvedere, regular, filter	17	1.3
Belvedere, king size, filter	22	1.7
Benson and Hedges, premium, filter	28	2.0
Benson and Hedges, premium, filter, menthol	32	2.3
Black Cat, regular, plain	26	1.7
Black Cat, regular, cork	25	1.6
Black Cat No. 7, king size, filter	23	1.5
British Consols, regular, plain	22	1.4
British Consols, regular, filter	20	1.3
Buckingham, regular, plain	24	1.3
Buckingham, king size, plain	28	1.6
Camel, regular, plain	23	1.4
Camel, king size, filter	20	1.3
Camel, king size, filter, menthol	23	1.4
Chesterfield, regular, plain	22	1.2
Chesterfield, king size, plain	30	1.6
Chesterfield, king size, filter	21	1.3
Cortina, compact, filter	15	1.0
Craven A, regular, filter	9	0.7
Craven A, king size, filter	22	1.5
Craven M, king size, filter, menthol	17	1.2
Du Maurier, regular, filter	16	1.1
Du Maurier, king size, filter	23	1.4
Du Maurier, king size, filter, menthol	23	1.4
Dunhill, premium, filter	28	2.0
Embassy, regular, plain	25	1.5
Embassy, regular, filter	19	1.2
Embassy, king size, filter	23	1.4
Embassy, king size, filter, menthol	23	1.4
Export, regular, plain	28	1.9
Export, king size, plain	36	2.4
Export A, regular, filter	23	1.7
Export A, king size, filter	26	1.9
Gauloises, regular, plain	21	1.3
Gauloises, regular, filter	13	0.9
Gauloises Discus Bleu, regular, filter	14	0.9
Gitanes, regular, plain	19	1.3
Gitanes, regular, filter	12	0.9
Gold Coast, premium, filter	29	1.9
Kent, king size, filter	18	1.1
Kool, king size, filter, menthol	16	1.0
Lucky Strike, regular, plain	22	1.5
Lucky Strike, king size, filter	24	1.3
MacDonald Menthol, regular, filter, menthol	22	1.5
MacDonald Menthol, king size, filter, menthol	24	1.7
Mark Ten, regular, plain	27	1.8
Mark Ten, king size, plain	12	2.2
Mark Ten, regular, filter	21	1.5
Mark Ten, king size, filter	26	1.8
Mark Ten, king size, filter, menthol	27	1.8
Marlboro, regular, filter	10	0.7
Marlboro, king size, filter	15	1.0
Newport, king size, filter, menthol	22	1.5
Noblesse, king size, filter	25	1.7
Pall Mall, king size, plain	29	1.5
Parliament, king size, filter	19	1.3
Peter Jackson, king size, filter	21	1.4
Peter Stuyvesant, king size, filter	22	1.5
Philip Morris, regular, plain	22	1.1
Players, regular, plain	25	1.5
Players Medium, regular, plain	23	1.5
Players Cork, regular, cork	24	1.4
Players No. 6, compact, filter	20	1.4
Players, regular, filter	21	1.6
Players, king size, filter	25	1.7
Ransom, king size, Strickman filter	8	0.5
Reinhardt, premium filter	28	2.0
Richmond, king size, Strickman filter	9	0.6
Riggo, king size, filter	24	1.8
Rothmans, king size, filter	23	1.5
St. Moritz, premium, filter, menthol	27	1.9
Salem, king size, filter, menthol	20	1.4
Sportsman, regular, plain	26	1.6
Sportsman, compact, filter	17	1.1
Sportsman, king size, filter	22	1.5
Sweet Caporal, regular, plain	28	1.5
Sweet Caporal, king size, filter	26	1.7
True, king size, filter	13	0.7
Viceroy, king size, filter	18	1.0
Viscount, king size, filter	8	0.7
Viscount, king size, filter, menthol	8	0.7
Winston, king size, filter	19	1.3

And, of course, the most effective method is not to smoke.

Ted Curtis is the head of the Science department at A.D.H.S. Since his graduation from O.A.C. in Guelph, he spent a year in business and has been teaching science and agriculture for the past six years. He comes from near Orangeville and now lives in Guelph.

**Pedagogues are people**

Mr. Curtis believes school spirit at A.D.H.S. is "rotten" because 60% of the students don't care. "I think the majority of them are just not school oriented." He feels at least a part of the reason is the parents' failure to instill a desire for higher education in the students. "They all want to stay in school, because it's a warm place to spend the winter but they're not taking advantage of it. They are merely putting in time, hoping to get that certificate, with as little effort as possible."

On the student power issue, Mr. Curtis claims he is not against more student voice in affairs, but feels students should not expect control or hope to get it. "There are some students I would be willing to give complete control to, but the majority are basically irresponsible. I don't think students in this country have much of a beef."

As head of the science department with six preparations to make, Mr. Curtis finds he doesn't have time for many hobbies, and organized groups don't appeal to him. While at university he sang with the glee club and took an active part in student council work.

He has displayed his baritone talents at weddings and in barber shop quartets but he admits "I don't enjoy solo work too nervous." He plans to join another barber shop group after Christmas.

Two beat jazz and dixieland are his favorite brand of music. For the past two years, he has been satisfying a building bug by taking night courses. First it's bricklaying, and this year it's carpentry. "My greatest ambition is to build a house," he states.

P.S. His wife doesn't think he can do it.



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**CNIB volunteers**

This year, the Acton campaign for the Canadian Institute of the Blind has been augmented by young volunteers.

According to director Mrs. Penny Bristow, the young people have been invaluable in filling in for regular workers who have been sick or unable to come out.

The campaign has been going on since Nov. 15. Final results have not yet been tabulated.

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