

Women & Posture

The modern tempo can drain the health reserves of women. Those who work may have to sit at a desk or typewriter all day; or stand on their feet confined to the narrow space behind a sales counter, usually wearing

improper footwear. Result: Strained positions and postures that lead to sagging of abdominal and pelvic organs. This condition will give rise often to symptoms of dysmenorrhea, low backaches, discharges and vague distresses.

Pregnancy and childbearing frequently bring unavoidable complications, as all too many women can testify.

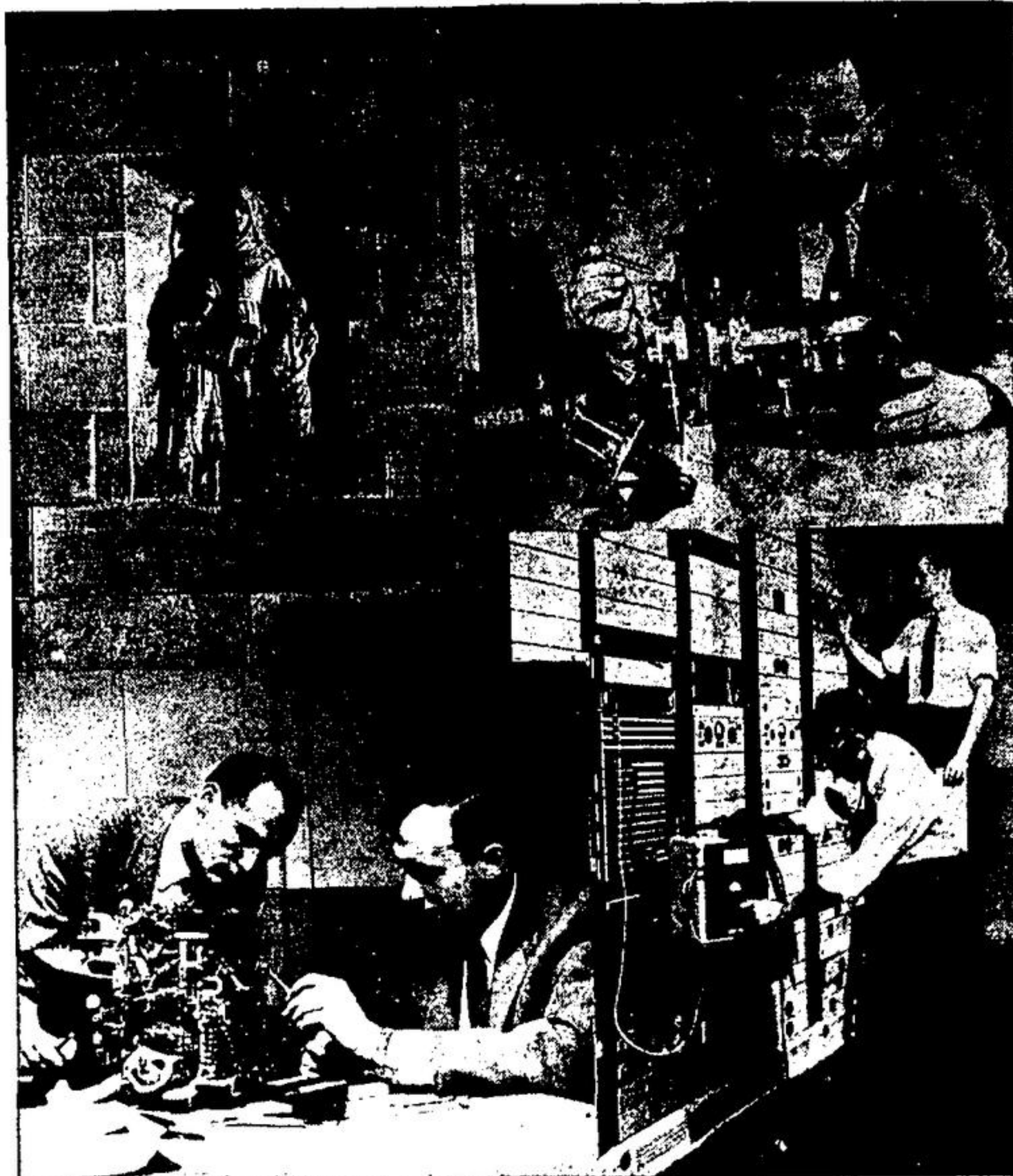
Spinal distortion definitely disturbs the nerve supply to the reproductive organs and blood vessels within the female pelvic region, paving the way for congestion and irregularity. The reason posture is so important is that slouching of the body permits the abdominal organs to sag and cause a dragging pressure on vital nerves.

APPOINTMENTS **GEORGETOWN CHIROPRACTIC CLINIC**
 TUESDAY . . . 1 p.m. to 8 p.m.
 THURSDAY . . . 1 p.m. to 8 p.m. Consultations without charge
 SATURDAY . . . 11 a.m. to 6 p.m. D. Gay, D.C. - E. Tetrault, D.C.
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D. GAY, D.C.

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While students throughout Canada are enjoying their summer holidays travelling, fishing or just lounging in the sun, 250 men whose age averages about 25 are attending classes daily in an old building located in the heart of downtown Montreal.

The building houses a defence communications school — the only one of its kind in Canada — operated by The Bell Telephone Company of Canada.

The 250 men are being trained for service on the mid-Canada Line. Young technicians recruited within the seven companies which form the Trans-Canada Telephone System are taking a course which covers the entire range of modern communications. After six months of study — three months basic and three months advanced training — the young telephone men emerge with a good knowledge of microwave transmission, radar, radio, telephone, radio-telephone, teletype, power distribution and many other components of up to the minute communications.

In his six months of journeying through the electronic maze a student acquires 5,000 sheets of paper with various kinds of notes. He sees 400 slides, numerous diagrams and circuit layouts, several films including one on fire-fighting. He learns to become safety-conscious, he improves his knowledge of first aid and he also acquires a good appreciation of problems connected with survival in the arctic.

Then after six months of lectures, many hours of home work each week and several exams, the new electronics specialist is ready to go to one of the detection stations on the northern frontier. Along with other graduates from the Bell school, he will coordinate equipment installation, operate the electronic apparatus and keep it in working condition.

Training these technicians for the Mid-Canada Line is part of the giant task undertaken by the Bell Company in acting as the Trans-Canada Telephone System's project agent for the construction of the radar fence for the Canadian Government. Working in close cooperation with the Bell Company are six other Canadian telephone organizations — the Maritime Telegraph and Telephone Company, the New Brunswick Telephone Company, the Manitoba Telephone System, the Saskatchewan Government Telephones, the Alberta Government Telephones and the British

Columbia Telephone Company. The Mid-Canada Line, which will be over 3,000 miles long, is being built, and eventually will be maintained, by the Trans-Canada Telephone System.

One of the early steps in carrying out this project was the establishment of the electronics school in the old St. Lawrence street building, long the home of a famous tea company.

Instructors were selected among experienced plant men, for the basic training period, and telephone engineers for the advanced course. When the engineering of the equipment has been completed and the plant men have become full conversant with its maintenance any operation, they will take over teaching in both parts of the course.

In addition to the telephone men, one class of RCAF men in uniform attended the advanced course.

Out of this school, one top telephone official remarked, will come many of the telephone plant managers of the future. Another incentive for the ambitious young technician who volunteers for service on the Mid-Canada Line is the additional pay he will receive for working at isolated locations.

NAME GUELPH MASON D.D.G.M. FOR DISTRICT

John F. Marr, widely known Guelph Mason, was elected District Deputy Grand Master of Wellington Masonic District, at the annual meeting of the Grand Lodge of Ontario, held at Toronto.

Wellington Masonic District includes Acton, Guelph, Kitchener, Waterloo, Galt, Hespeler, Baden, Ayr, Fergus, Elora, Drayton, Elmira, Erin, New Hamburg and Georgetown.

PINEGROVE

Farewell Party For Mr. and Mrs. Gilbert

Friends and neighbours, numbering over sixty, met in Pinegrove school house Monday evening for a social in honour of Mr. and Mrs. J. A. Gilbert who are moving to their new home in Meadowvale.

Mr. and Mrs. Gilbert have farmed on the 10th Line for 35 years, and have been active participants in community affairs during this time.

An address of good wishes was read by Mrs. Guy Wilson after which a walnut console table was presented to the couple by Arthur May, Harold Early and Guy Wilson on behalf of the neighbours. Fred Huffman, Spencer Wilson and George Currie voiced regret at losing Mr. and Mrs. Gilbert from the neighbourhood.

Chester Early acted as chairman for the social evening. Progressive euchre prizewinners during the evening were Mrs. F. R. Fendley, Mrs. T. Blackett, Spencer Wilson and James Brown. Mr. Brown, who is the new owner of the farm, was welcomed to the community. His wife and children from Montreal will join him there soon.

Dr. and Mrs. William Stiles and family of Holland, Manitoba, have been holidaying with Mr. and Mrs. Clifford Hunter during the last few days and visited other friends in Georgetown and vicinity. Dr. Stiles, a veterinary surgeon, had a practice in Georgetown a few years ago.

James Thatcher, language teacher of NATO students at London, Ont., visited with Harold and hCester Early during the week.

LOCAL BOWLERS COMPETE IN ELORA TOURNAMENT

Four rinks of local lawn bowlers went to Elora last Wednesday evening, to compete in the annual Tip Top Tailors tournament.

The men had a fine evening of bowling, but were not lucky enough to bring home any of the prizes of furniture and clothing

which featured the tournament. A total of 58 rinks competed from many Ontario towns.

Local men playing were Norman Icam and Walter Gray, James Richardson and William Cromar, Jack Williamson and George Woods, Howard and Claude Kentner.

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Notice to Creditors
 IN THE ESTATE of John Eason, Farmer, Deceased.
 All persons having claims against the estate of John Eason, late of the Township of Esquesing, Farmer, who died on or about the 24th day of May, A.D. 1956, are hereby notified to send particulars of same to the undersigned on or before the first day of September, A.D. 1956, after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim they shall not then have notice.
 Dated at Georgetown, this first day of August, A.D., 1956.
 Joseph Eason and Mildred Dolson, executors of the estate of John Eason, by their Solicitors, Dale and Bennett, Georgetown, Ontario.

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