

a very good chance of preventing the accumulation of big tensions. These small relaxations are simple. When listening to an uninteresting speaker slacken your muscles; when waiting for a caller to be ushered in, look out the window; when commuting on a train or a bus close your eyes.

Leadership has its price but its toll can be cut down. The top man can never escape responsibility. Advisory and administrative duties build tension.

To be a good employee you must first be a good animal. The best balanced people are not obsessively devoted to their jobs but have a natural rhythm in work and rest, equalizing wear and tear on their bodies. The end result of balanced living is peace of mind. Peace of mind is within reach but it requires thought and action.

Each of us has a ration of one body and one set of organs to last him for life. Fitness can only be maintained by mental alertness that detects stress and offsets it; that recognizes tension for a debilitating state and releases it; that sees worry as a fruitless expenditure of energy, and conserves power by taking wise action about problems.

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Around-The-Town (cont'd)

Mr. & Mrs. Herman Roberts, Mr. & Mrs. John Knight and Mr. & Mrs. Ernie Rowson with young son Bertie Rowson travelled through the blizzard Friday to attend the Quarter Century Dinner held in Kapuskasing that night. Arriving a wee bit late Master Bertie went along, being the youngest to attend this function. On Sunday they all enjoyed the Quarter Century Party before returning home on the Monday.

We were all pleased to learn Mrs. Marg Simmer is recuperating satisfactorily in McKellar Hospital, Fort William, following her operation there of a week ago Wednesday.

Mrs. Zielke entertained for her daughters Shirley who was seven and Carol who will be six on the 6th of November. Ten of their little friends attended and after a few games and inspection of birthday gifts, enjoyed the luncheon with birthday cake. They left for home with their baskets of favors.

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Mrs. A. McCallum of Fort Arthur spent a few days last week at the home of her daughter Betty Ollen-Bittle.

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TEEN TOWN NEWS -- Our Teen Town dance was held Saturday night, Nov. 9, at our High School. The hall was very beautifully decorated in Teen Town colours of Blue and White. Much time was spent on these decorations by a small group of Teen-agers. We of the Teen Town council would like to thank this group, and also thank Mr. & Mrs. C. Sitch who came out to be our chaperones.

The dance was fun, but a very poor turnout kind of put a damper on things. As a prize dance we had a lifesaver dance, which was won by Jack Marsh & Sandra McInnis.

Be sure to watch the Terrace Bay News for future announcements about our dances. Age limit is from 13 - 20 inclusive.

*Special Note to the Teen-agers

"Gee this town is dead, nothing doing around here. Oh! this dance is for the Birds" are common expressions heard around the Rec. Centre, and our dances. But our group at the head of Teen Town, and the High School, spend time and money preparing our dances for you. The last Teen Town dance was held at the expense of about ten dollars. But, what were our gate receipts? - Four or five dollars. Now can you tell me what kind of a group can operate like that.

Of course, the boys may blame this on the girls, because the last dance was girl's choice, but boys, if you would ask a girl out once in a while you might get asked. I don't know a girl anywhere who will take a boy out who doesn't show any interest in them all year. Now I know the girls of Terrace are not all Miss Canadas, but you the boys are not all Mr. Canadas either. I have found that you can have a lot of fun with most of the girls here in Terrace, I think they're a good bunch of kids.

Then you might say, "Well the dances are dead no action or fun." What do you expect some one to go around and make you dance and have fun? Well you can't make anybody have fun, except yourself. We of the council get the dances going by having a bingo dance, but we expect you boys and also you girls to have enough back-bone to get up and ask someone to dance. I just wish you could come up on the stage at the High School at one of the dances and look down at the hall. On one side the boys are all sitting and talking, on the other side the girls are doing the same. Then on the floor

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