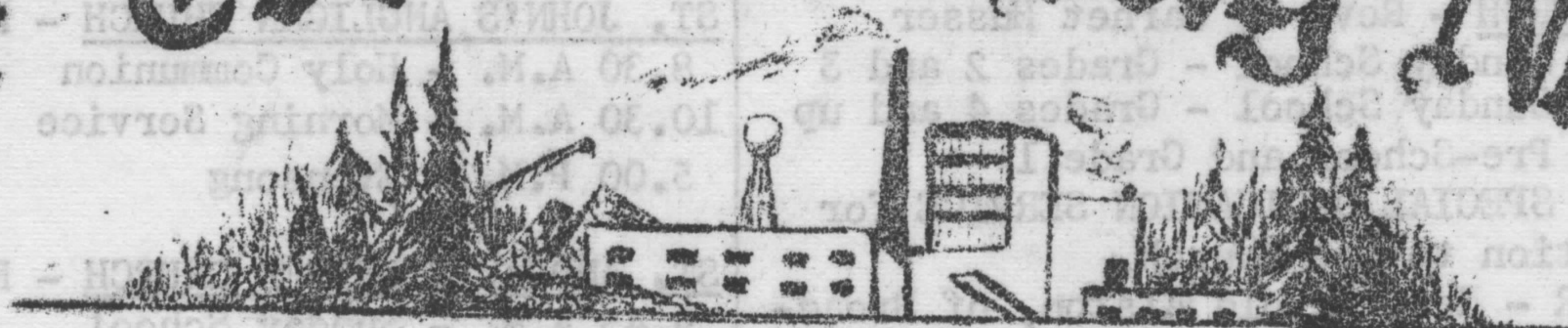


The Terrace Bay News



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Serving the District in which we live

January 10, 1963

KIMBERLY-CLARK PROMOTES PHYSICAL FITNESS

In conjunction with the Kimberly-Clark mill program of promoting the importance of physical fitness your Recreation Association invite you to enroll in the physical fitness classes which are conducted each Thursday at 4:45 p.m. at the High School Auditorium. If you are unable to attend the regular class but would like to participate, contact the Recreation Office or Mill Safety Coordinator and if sufficient interest is shown other classes will be arranged.

Starting this week and continuing for several weeks, exercises designed to strengthen your abdominal and back muscles will be published in the News.

Your waistline is your health line. Why? Because your health fitness and longevity depend a great deal on the strength and condition of your abdominal area. Housing many vital organs, the abdominal muscles also play a very important role in blood circulation, aiding the return of the blood to the heart. Weak abdominal muscles and poor abdominal posture (sag) often causes low back problems which can become a real health hazard and create exceedingly uncomfortable symptoms.

Start your physical fitness program TODAY. Plan to attend the physical fitness classes held each Thursday at 4:45 p.m. in the High School. Everyone welcome.

A REVIEW OF THE ECONOMY

Industrial Production

The seasonally adjusted index of industrial production has risen almost without interruption since the spring of 1961 and by the fall of last year it was about 14 per cent above the low of the previous recession. The most marked improvement has occurred in the manufacture of durable goods and within this sector some of the most impressive gains in production have been in the primary steel and automobile industries, both of which are setting new production records this year. The steel industry, which supports many ancillary suppliers, is taking a larger share of the expanded domestic market. On the whole, there has also been a substantial increase in the production of non-durable goods. The rubber and chemical industries have shown significant improvement but the important newsprint industry has found it difficult to enlarge its volume in the face of growing world capacity and increasing international competition. Mining output has been maintained at a relatively high level but world metal markets have not been buoyant and in some instances production has been cut back in recent months. The mining industry is benefiting, however from the lower external value of the Canadian dollar.

CAMERA CLUB MEETING

The first meeting of the new Camera Club has been set for next Tuesday, January 15th, at 7:30 p.m. in the Large Meeting Room of the Recreation Centre.

REMEMBER THIS CLUB HAS SOMETHING TO OFFER TO EVERYONE OWNING A CAMERA.

In addition to discussing plans for the operation of the club, and election of officers, there will also be an instructional course on the basic use of cameras.

Agenda for the evening is as follows:

- (1) Discussion of plans for the club,
- (2) Election of officers
- (3) Instructional Course - Basic Photo Tools and Their use Outdoors (D. Large Instructing)

BE SURE TO BRING YOUR CAMERA AND A NEW ROLL OF FILM. DO NOT PUT THE FILM IN THE CAMERA.

The interest shown in this first meeting and course may well decide the future of the Camera Club, so IF YOU'RE INTERESTED, BE THERE.

WHENCE COMES THE PULPWOOD?

The pulp and paper mills consume some 15 million cords of pulpwood annually of which 61 per cent comes from their limits, 21 per cent from farmers and other small holdings, and 18 per cent from other purchases including sawmill waste.

The pulpwood cut over all the industry's limits runs to an average of 6 1/4 cubic feet per acre per year. Scientific measurements reveal that this cut, plus all other losses, is below the annual growth. Thus the forest capital of the industry is not being impaired.

The pulp and paper mills operate their woodlands on a perpetual yield basis. Through research, by improved operating methods, and by a variety of silvicultural means, the pulp and paper mills are increasing the productivity of the woodlands.

RETAIL TRADE

Personal incomes have continued to expand in the wake of increased employment opportunities, higher rates of pay, and record levels of farm income. Retail sales were generally buoyant during the first six months of the year but have tended to level out recently with the exception of sales of automobiles. On the whole retail trade has shown a fairly marked improvement this year and consumer expenditures for services have continued to move steadily higher.

WINTER DRIVING MEANS CAREFUL DRIVING.