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## LADIES AUXILIARY MARCH MEETING REPORT

Mrs. Marilyn Chisholm opened the regular meeting of the Community Church Ladies Auxiliary, with an inspirational poem.

Mrs. Donalda Broadhurst and Mrs. Leona Mercure took part in the reading of the Scripture.

President Mrs. Chisholm welcomed all the ladies to the meeting. Mrs. Coe read the minutes and Mrs. Farrow gave the financial report. The auditors report was given, stating the books were correct in every detail.

Various thank you notes were read by the secretary

## LIBRARY NEWS

In conjunction with the Librarian's course Tuesday, March 3rd, An Audio-Visual Workshop was held and opened to the public from 3 - 10 p.m.

A group of some seventy people comprised of Librarians, teachers, clergy, recreation and other interested groups filled the parish centre to capacity in Schreiber to hear of "Modern Trends and Operation in Audio-Visual Equipment,"

Two representatives from the Northwestern Regional Library System will arrive at Terrace Bay Motor Hotel, on April 15th.

There will be a rummage sale in May and a Christmas Bazaar is slated for November 20th.

Mrs. Chisholm offered to look into the possibility of having a guest speaker for the next meeting, to speak on Women and the Law.

Lunch was served by Mrs. Lil Harris

Please note that In Memoriam Cards are available from the following members of the Terrace Bay Branch of the Cancer Unit: Mrs. Lil Harris, Mrs. D. Rafalant and Mrs. M. Hales.

## ONE MILE DAILY MAY BENEFIT MID-AGED MEN

Can doctors put their male patients on a jogging regime and expect them to show significant improvement in heart work output and pulse rate?

The Medical Post says that based on a preliminary study done by Dr. Bernard I. Lewis, they can.

He is chief investigator of the coronary prevention program at the Palo Alto Medical Clinic, near San Francisco.

He studied 25 volunteers, with a mean (near the average) age of 43, who jogged not more than 10 minutes a day for two months.

In reporting on the results of his study, Dr. Lewis noted that most studies on the effect of jogging had been done on young athletes, military personnel or men "with definite cardiovascular disease."

He wanted to find out what this relatively mild exercise would do to the conditioning of the average middle-aged male who in North America tends to be overworked, overstressed, overfed and underexercised.

Each volunteer selected, after medical examination, was simply asked to map out a one-mile track somewhere near his home, preferably the nearest school track.

Thirty-five were originally chosen for the two-month project. Ten threw in the towel within the first few weeks.

No attempt was made to control the volunteer's eating, drinking or smoking habits. The only change in his ordinary living was the daily one-mile jog.

Here are the details of the results: No significant weight change. A mean loss of 1.8 lb.

Decrease in body fat was reduced by a mean of 1.7 skinfold thickness showed a reduction of 21%.

No significant changes in serum uric acid or cholesterol. A definite decrease in serum triglycerides. (Mean loss, 15%).

Physical efficiency index showed an impressive 36% improvement.

The work-output showed a mean improvement of 16%.

Track time showed a mean reduction of 3 min. 28 sec. (28%).

A father was complaining about all the time his kids spend watching TV: "I have a 6-year old who knows only one word - shhh!"

# ING

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