

W.I. Meeting - continued

Forms for a CBC-TV Survey of programs which are offensive obscene or violent were received and will be filled in at the next meeting.

Mrs. Campbell reported sending many cards to members and Senior Citizens for various occasions and during illness.

Games were purchased, it was reported, and donated to Birchwood Terrace for use of the Senior citizens there.

Mrs. Slater read an article 'Time of Renewal' pertaining to the New Year.

Mrs. John Morris read a description of small Institute in Killarney, Manitoba, where members had donated to ten different organizations before enjoying their own Christmas party.

Mrs. Clemens presented a paper on Citizenship, mentioning our new Governor General, Jules Legier, the contribution of the five women in the Federal government at the present time, and the duties of the Royal Commission on the Status of Women.

Plans were made for the New Year Baby party on February 12th at which the municipal council representative will present the silver, engraved cup, and members of the W.I. and others will give gifts.

Following the meeting members enjoyed a penny auction sale exchange of gifts and potluck supper.

Mrs. Frank Walker has returned home after visiting her parents in Moosejaw.

Mrs. Annie Niemi and Mrs. Ted Riley were in Sault Ste. Marie to attend the funeral of the late Mrs. Richard Remillard nee Ilona Laine, a former Schreiber girl.

TREVOR THE O.P.P. TRAFFIC BUG SAYS:



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SAYS

The Student Shape-up

Many overweight students tend to rationalize that "brain work requires extra calories". Actually, the student's appetite is more likely the problem, increased by boredom and by the easy availability of snacks.

Studying and snacking through the night, living on a shoe-string, coping with starchy institutional food, pressure to overeat on vacations at home, compulsive eating out of boredom, escapism and emotional conflict, and ill-informed attempts at crash or fad diets, are all conducive to poor nutrition.

Is there really a way to shape up? Of course, and it's as easy as you want to make it.

Where does one begin? Arrange a visit to the school doctor or nutritionist. Listen carefully to what you're told, ask questions, and make up your mind you're going to follow instructions. Then do it!

Perhaps to be a better student academically, being a student of nutrition is a first step. We're at our best when each of the trillions of cells in our bodies are provided with every known food requirement. To neglect any one of them means you have shortchanged your own health. And your health is largely a result of your daily habits of living. And, your daily habits of living determine your success as a student (and later in life, your success in whatever you choose to do).

What special steps can you take? Try studying at the library where there's no refrigerator. If you're out with the gang for a snack, stay on your recommended diet by practicing will-power. Make it a challenge. Take advantage of every opportunity to get fresh air and exercise. Perhaps you can even enroll in an exercise class.

After you've started your shape-up program, don't expect results overnight. It will take time and patience, just as anything worthwhile does.

But you're on your way to a fresh, new approach and to life. It's true that brain work requires calories — a knowledge of what calories can do for you when they're consumed with nutrition and good health in mind.

