

classified marketplace

Office Hours: Tuesday-Friday 9:00-12:00
1:00-5:00
DEADLINE: FRIDAY NOON

Mail your advertisement to P.O. Box 579, Terrace Bay, or bring it to our office at Simcoe Plaza

HEALTHY LIVING -

Books can

distort children

It's not what's in the books that is distorting, for knowledge is mind-opening, and books offer horizons unlimited for learning. It's the actual weight of the books that can literally distort the child's body.

When you send your child off to school, no doubt you see an energetic child eager to learn. However, the doctor of chiropractic sees something else. He sees a child weighed down with books. He sees a body out of balance. He sees faulty posture. He notes distortion and abnormal mechanics of the body. He recognizes spinal curvature and impaired function. Obviously, he also sees poor appearance, for no matter how pretty the face, a child is not attractive when his or her posture is poor.

He knows that this process of carrying books in one arm is repeated many thousands of times during a child's school career. It is a day-in and day-out routine that goes on for many years. He knows that this progressive pattern of body distortion can lead to physical disability and possible illness.

Specialists in the field of body posture and mechanics as it pertains to the human structure recommend the following as a preventive action:

1. Carry only those books necessary for scheduled classes each day.
2. Distribute weight to both arms, frequently shifting heavy books from arm to arm.
3. Stand erect and walk briskly, keeping the stomach in.
4. Whenever possible, use a book-pack.

Persistent or recurring aches in the backs and limbs may suggest a possible spinal or pelvic problem. This often requires a structural correction of the cause in order to relieve the condition. Although pain relievers may hide the pain temporarily, the spine and sacroiliac must be aligned to their normal function.

Tell the average child that he is carrying too much, and his vanity toward strength will cause him to protest. This is why good posture habits, which include sensible carrying and lifting procedures, should be explained at an early age.

These health views are published by members of the Ontario Chiropractic Association in the interest of better public health.

Cars/Trucks

1977 Camaro, 305 V8, holley four barrel and manifold. Shifter, shift kit, chrome rims, sun roof and louvers, \$5500 or best offer. Call 824-2006. A-25

1972 Malibu for sale, as is. Best offer. Phone 824-2675. M-2

Tents/Trailers

For sale: 22' Prowler house trailer. Phone 825-3384. M-2

1981 Prowler 19 1/2 ft. trailer, sleeps 6. Four burner stove with oven, 4 piece bath, 2 way fridge. Battery charger/converter. Excellent condition. After 5 p.m., 825-9005. M-2

Camping trailer. Tandem axle stove with oven, fridge, shower, toilet, hot water, A.C., D.C. Power or propane, roll up canopy. Phone 824-2088. M-2

Misc. For Sale

100 watt system. Marantz 2250B amp and rec. Sansui SC 3330 cassette deck. Technics SL-23 turntable. Celestion Ditton 25 speakers, best offer. Call 825-9327 after 5 p.m. A-25

5 h.p. Toro roto-tiller for sale. Phone 825-9321 (after 6 p.m.). A-25

For sale - two men's 10-speed bicycles. Phone 824-3155. M-2

Buy in Bulk? Eatrite Food Packers. Local representative - Jacques Roy, 825-9182. Call anytime, we deliver anywhere. M-16

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20 N. Cumberland St.,
Thunder Bay, Ont.
344-5474

903 Simpson St.,
Thunder Bay, Ont.
623-3622

WANTED

Wanted: part-time typist/clerk. Application deadline April 27, 1984. Apply Bank of Montreal, 402 Scotia Street, Schreiber, Ont. P0T 2S0. A-25

Wanted: a good home for family dog. Call 825-3747 or 825-3342 after 6:00 p.m. A-25

Motorcycles

1982 Yamaha IT 125 dirt bike. New last April. Little use. \$1200 or best offer. Call 824-2879 anytime. A-25

1981 Yamaha motorcycle "Special" 400 c.c. Best offer. Call 825-9544. A-25

1982 Yamaha IT 125 dirt bike. New last April. Little use. \$1200 or best offer. Call 824-2879 anytime. M-2

ANNOUNCEMENTS

Electrolux Canada sales and service of vacuum cleaners, shampoos and supplies. Will consider trade-ins. Call Jacques Roy 825-9182 167 Birch Cres. Terrace Bay. M-16

Need your rugs shampooed? Have your rugs cleaned properly and thoroughly by experts and at a reasonable rate. For a free estimate call Lise at 825-9182. M-16

REAL ESTATE

House for sale: 3 years old, four bedrooms, 2 washrooms, huge completed family room with wood stove. Roughed-in sauna. 12 x 12 cedar deck. Front and back completely sodded, attached garage. 10 x 16 chain-link dog kennel. Asking \$82,900. Phone 825-9231. M-16

For sale: three bedroom house with upstairs and small cottage house in rear, providing good monthly income. More information call 824-2605 after 5:00 p.m. Serious inquiries only. A-25

Help Wanted

Receptionist required for busy chiropractic office in Schreiber on Wednesdays at present. Please submit handwritten resume to Dr. W.A. Smith, 562 Red River Road, Thunder Bay, Ontario, P7B 1H3. M-2

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Thunder Bay, Ontario P7A 4K9

WANTED

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in Schreiber

Write:

Brewers Retail, Marathon
229-1401

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Deadline for classified word ads is 12 noon Friday preceding publication. Classified word ads are paid in advance. Simply fill in and mail to Box 579, Terrace Bay, or drop in and visit us at the Terrace Bay-Schreiber News Office, basement of the Post Office, Simcoe Plaza, or drop off ads at Figs in Schreiber.

Please Print 25 Words Clearly

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Ontario Government Tender Tree Planting - Summer 1984

The Ministry of Natural Resources, Terrace Bay District, invites tenders for tree planting in the Manitouwadge area.

TENDER TER-11-84 -

203,000 Paper Pot Container Stock

TENDER TER-12-84 -

260,000 Paper Pot Container Stock

Only experienced tree planting and Forestry Contractors are invited to reply. Tender forms and further information may be obtained by contacting:

Barrie James or Bob Ferguson

Ministry of Natural Resources

P.O. Box 309,

Manitouwadge, Ontario

P0T 2C0

(telephone: 807-826-3225)

Tenders must be received by 12:00 noon on May 11, 1984 at the District Office in Terrace Bay. A public opening will take place in Terrace Bay at 1:30 p.m. on May 11, 1984. A bid deposit of five hundred dollars (\$500.00) is required for each tender submitted.



Ministry of Natural Resources
Hon. Alan W. Pope, Minister
John R. Sloan, Deputy Minister

it's neat to
Pitch-In!



DO YOU KNOW SOMEONE WHO DESERVES THE JUNIOR CITIZEN AWARD?