

### Chiropractic Viewpoint

#### TENSION

The secret of good health and happy, energetic living is normal nerve function. Modern life is geared to such a pace that in order to do our work and attain our ambitions, we seem to be constantly "keyed up".

To help relax, close your eyes occasionally during the rush of a long, busy day, and try to forget everything in the world around you. Let your mind go blank and see how refreshed you feel after this brief respite from strain. When you go to bed, let your weight rest lightly on the mattress. Do not let an inner tenseness hold you up in the air.

Have your spine and nervous system checked at regular intervals. The professionally trained chiropractor will be able to give you invaluable suggestions and corrective treatment if necessary. When the nervous system is working smoothly, unhampered by either emotional or physical hazards, the result is better health.

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### Welcome Rebekah Lodge Installs New Officers

STOUFFVILLE—On October 28th, 1965, Welcome Rebekah Lodge celebrated its 5th Anniversary at the Masonic Hall. The President of the Rebekah Assembly, Sister Audrey Whitehead was the guest and this was also her official visit. The new officers were installed by Joy Rebekah Lodge No. 333 with District Deputy Sister Jean Elliott and her capable staff.

Special guests who were present under a guard of honour were Sister Audrey Whitehead, president of the Rebekah Assembly, introduced by Sister Marion Shadlock; Sister Louise Clark, mother of the lodge, and past president of the Rebekah Assembly, was introduced by Sister Irene Lye, and Sister Marion Hilden, past president of Association Patriarchs Militant was introduced by Sister Freda Tran.

Sister Jean Elliott, District Deputy President of Oshawa West No. 7, was introduced by Sister Ellen Denis. They all received the honour of the degree. The new officers were installed as follows: Junior Past Noble Grand, Margaret Emmerson; Noble Grand, Rowena Hood; Vice Grand, Florence Symes; Recording Secretary, Ruth Sheridan; Financial Secretary, Iren Lye; Treasurer,

#### Honda Rider Killed

BUTTONVILLE—An 18 year old Richmond Hill boy was pronounced dead at York Central Hospital on Wednesday night after his Honda motorcycle crashed into the rear of a parked truck.

David Thornton was proceeding north on Bayview Avenue in Markham Twp. when the accident occurred. He was all alone on the bike.

Constable Al Chadwick of Markham Twp. police took charge of the investigation.

### Hwy. Chase Nabs Youth At Ringwood

BUTTONVILLE—A sixteen year old Vaughan Township youth has been remanded in the custody of St. John's Training School for two weeks on a charge of car theft.

Dennis Allen, who has been in the school for six months, allegedly stole a car belonging to Bruce Borden of Vaughan Twp.

The auto, with three persons in it, was observed by Markham Twp. Police at 17th Avenue and Don Mills Road. Because of a minor traffic infraction P.C. George Anderson and Sgt. Don Dukes gave chase. When the police were spotted by the youths, they sped away and led them on a 100-mile-per-hour chase to Ringwood.

Two of the youths were captured at the corner of Highways 48 and 47, and the third was apprehended early the next morning.

Magistrate O. S. Hollinrake put the charge over for two weeks.

Allen was released to the custody of Brother Francis, and returned to the Training School in Uxbridge.

There is more water than land on the earth's surface.

### DICKSON HILL

November 11th  
DICKSON'S HILL—Mr. Cliff MacKinnin of San Francisco and his sister, Mrs. George Clark and family recently.

Mrs. William Grove, who entered Western Hospital for surgery is progressing favourably and may soon be able to go to the home of her daughter Mary, Mrs. Roy Overland, Toronto before arriving home.

Preparation is being made for "Open House" Sunday, Nov. 14th 9:45 a.m. which is Rally Day in the Sunday School. Parents and friends will have opportunity to see the nursery, pre-school, Junior, Senior and Young People's departments in session and also meet Pastor Bob and the teachers.

Re-organization of the W.M.S. took place Monday evening at the home of Mrs. K. Walker. A short program consisting of letters from Mrs. Boettger of Nigeria, Mrs. Swank of Brazil and Mr. George Peck, formerly of Port Albany, Northern Ontario.

He has now been appointed to deputational work, for his mission and is now located in New Dundee, Ont. where he is ready to receive illustrated speaking engagements. An interesting feature of the program was a 7-minute verbal account of a trip Mrs. DeRosters took to British Columbia in company of her daughter Mrs. (Rev.) Mallory of Windsor. A family reunion was the highlight, which they had not enjoyed for many years.

Pastor Faw presided over the election of officers. Pres., Mrs. Reg Gibbons; Vice Pres., Mrs. K. Walker; Sec'y, Mrs. K. Jones; Treas., Mrs. Win Timbers; Assist., Mrs. Willard Moyer; Mission Study Course Convener, Mrs. Charles Hoover; Work Convener, Mrs. Wm. Grove; Assist., Mrs. Alex Jones. Committees were appointed to function in various activities and with God's help a good year 1966 is anticipated.

### ALTONA

November 11th  
ALTONA—Miss Mabel Huson of Toronto was a weekend visitor with her brother Rev. Frank and Mrs. Huson at the parsonage. On Saturday evening the Husons and their guest had supper with Mrs. Norman Bunker.

We wish Scott Bell, a speedy recovery from his eye operation which he had at the Sick Children's Hospital on Monday.

The 4-H Club meeting was held at the home of Mrs. Fretz on Nov. 5th with eleven girls present. The members made fruit salad. The club is planning to have a 4-H tea on Nov. 27th. The next meeting will be on Nov. 12th at the home of Gail and Susan Britton.

Mr. and Mrs. Don Goudie attended her sister Kathy's wedding in Fredericton, N.B. last Saturday.

Ladies, remember the W.I. bus trip to the Winter Fair next Wednesday. The bus leaves Snowfalls at 9:30 a.m.

This Thursday Nov. 11th (today) the W.I. are sponsoring a short course on "Cultural Arts" at the home of Mrs. J. McCreight from 10 a.m. to 4 p.m. Please bring your lunch. All ladies are welcome.

Mr. and Mrs. Arch Bunker of Brooklin were callers on Sunday with Mrs. Norman Bunker.

Mr. and Mrs. Stanley Lewis entertained Rev. and Mrs. F. Huson and Mrs. Norman Bunker to supper on Monday evening.

It's not too early to start looking at our personalized Christmas cards—Tribune Office Supplies.

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