

Chiropractic Viewpoint

Posture and Health (Part 1)

Good posture conveys the impression of alertness, efficiency, and youthful appearance. Because correct posture is one of our most valuable assets, the Canadian Chiropractic Association sponsors "Correct Posture Week" each year during the first week in May.

Generally speaking, good posture is the best stance or position which allows the most efficient functioning of the body without strain.

Stand tall with chin up and shoulders up. Keep the abdomen firm to prevent sagging. Maintain proper spinal balance by walking with the toes straight ahead. Avoid high heels since they force the spinal column and pelvis into a sway-back position, resulting in abnormal weight bearing and thus leads to back troubles.

When sitting, use a firm chair which will support the body properly rather than slouching in a soft, sagging chair. Continued sitting with the legs crossed at the knees can cause low back strain and pelvic distortion. "TV-neck" can be avoided by sitting properly in a direct line with the television screen, and moving the head at intervals.

Physical fitness begins with good spinal balance. Protect it with correct posture and avoid many physical defects that result in poor health.

Romandale Has Grand Champion

For the fourth consecutive year, B. B. Roman of Romandale Farms, Unionville, Ontario won the Premier Breeder banner for Holsteins at the Royal Winter Fair, Toronto. R. R. Dennis, Oak Ridges, Ontario was the Premier Exhibitor for the second straight year with Romandale the runner-up. Dennis was runner-up for Premier Breeder.

Romandale Reflection Governor was named Grand Champion bull for Romandale Farms after heading the aged bull class. He is a big, strong bull, stylish, sharp and well blended at the shoulder. The Reserve Grand Champion bull award went to R. R. Dennis on the winning two-year-old, Vinevale Perseus Dan, a well balanced individual, strong on top and moving well on good legs.

Honour Pine Orchard Ball Team

PINE ORCHARD — A few weeks ago the Jr. Ball team were successful in winning the Trophy in the Lake Simcoe Jr. Men's Softball League and Friday night the boys were honoured with a turkey dinner at Vandorf Hall, catered by Pine Orchard Women's Institute. At the head table decorated with evergreens and coloured autumn leaves were seated the fourteen ball players, along with the two men, Mr. Morley Cook and Mr. Harvey Preston who guided them to their victory and Mr. Randall Chapman who by his generosity in providing a field since 1937 to play ball made this possible. Eighty-five relatives and friends of the boys attended the dinner, after which the young men were each presented with a lovely jacket. Films put on by the Conservation were followed by a dance. Once again we say how fortunate to have young men interested in organized sport and congratulations to both boys and their coaches.

Fed. of Apriculture Annual Meeting At Uxbridge

UXBRIDGE — "Communications—Prologue to Tomorrow" will be the topic when Ontario County Federation of Agriculture directors and members meet for their annual meeting on Monday evening, Nov. 29th. This year the meeting will be preceded by a turkey dinner and will be held at Trinity United Church Uxbridge. The dinner will commence at 7 p.m. Mr. O. Anderson, a Bell Telephone Representative will be guest speaker. Mr. Anderson will take a look into the future and predict some of the changes we might expect and relate how these changes will affect rural people. Musical entertainment will be provided by Miss Beverley Bell of Allona. Directors for 1966

will be elected. As usual reports of the various committees and affiliated organizations will be presented in book form. Tickets are available from any of the directors or from the Federation secretary, Mrs. Les Meyers, Goodwood.

Pickering Girls Address Audley Church Service

AUDLEY — Miss Sharon Koch and Miss Dianne Murkar of Pickering spoke at the church service on Sunday morning on the Toc Alpha conference on alcohol which they attended at Niagara Falls last December.

The Hi-C will hold a candle-light service at the church on Sunday evening, Dec. 5 at 7:30 p.m. The Rev. J. Morris, Oshawa will be the guest speaker.

The community club held a euchre party at the school on Friday evening. Winners were: ladies, Susie Puckrin and Mrs. Dick Winter; gents, Geo. Izatt and Bert Guthrie. The bologna prize went to Geo. Izatt. The annual box social will be on Dec. 4th at the school.

The pupils of Audley school accompanied by their teachers, Mr. G. Kollard and Mrs. R. Quinton enjoyed a trip to the Royal Winter Fair on Thursday. Mrs. Fred Puckrin assisted with the juniors.

Miss Anne Guthrie, a nurse-in-training at Woodstock Hospital spent four days at her home.

ASHBURN

ASHBURN — Mrs. M. Sparks returned home on Wednesday after spending five weeks with her daughter and family in Winnipeg, Manitoba.

Mr. and Mrs. Reg Doubt of Burleigh Falls visited with Mr. and Mrs. Edgar Heron during the week.

Mr. and Mrs. Robt. Sutherland, Debbie and Neil of Utica; Mrs. Walter Rogers of Brooklin were Sunday visitors with Mr. and Mrs. Nelson Ashton.

Miss Frances Downing of Toronto spent last week with Mr. and Mrs. Fred Daw.

Miss Vera Leach returned home last week after spending several days with Mrs. Gordon English, Woodville.

Plant Deciduous Trees Now

Fall is an excellent time for planting deciduous trees and shrubs such as maple, lilac, crabapple, and mock orange, state horticulturists with the Department of Agriculture. Before moving or planting any deciduous trees, let them become dormant and lose their leaves.

When selecting a location for trees, remember that most of them prefer a well-drained soil. If the soil is poor, the hole should be dug deep enough and wide enough to allow some good soil to be placed in the bottom and more placed around the roots to give the plant a good start. Place the plant in the hole and spread the roots out in their natural position, with the larger roots pointing in the direction from which the prevailing winds come. As the soil is filled in, the plant should be rocked back and forth a few times to help work the soil around the roots. The soil should be tramped firmly and well watered. After the water has drained away, fill the hole and leave a depression to hold water later.

After the tree is planted, it must be carefully pruned. The top of the tree or shrub should be cut back to correspond with the reduction of the root system. The best way is to thin out the top by removing the weaker branches completely, cutting them out at their junction with the branches from which they spring, to leave a well-balanced skeleton of sturdy branches that will give the tree a good over-all shape when it is mature.

All trees, regardless of size, should be braced to prevent the wind from rocking them and breaking their fine rootlets as they are formed. A single stake may be used for small trees but larger ones should be guyed with wires attached to several stakes a few feet away from the tree. In either case, care should be taken to wrap burlap around the tree whenever it is tied with rope or wire to prevent chafing of the bark. Small sections of rubber hose are also good for this purpose. If possible, all trees should be watered regularly until they are well established, and clean cultivation should be practiced immediately around the trees.

NOTICE

TO ELECTORS OF MARKHAM TOWNSHIP

TAKE NOTICE that I do certify that the following are true copies of three questions to be submitted to the electors of the Township of Markham:

Are you in favour of moving pictures, theatrical performances, concerts and lectures after 1:30 o'clock in the afternoon of the Lord's Day to be regulated by municipal by-law under the authority of The Lord's Day (Ontario) Act, 1960-61?

Are you in favour of public games and sports for gain after 1:30 o'clock in the afternoon of the Lord's Day to be regulated by municipal by-law under the authority of The Lord's Day (Ontario) Act, 1960-61?

Are you in favour of a by-law to provide for biennial elections of members of the Council of the Township of Markham?

AND FURTHER TAKE NOTICE that the vote upon the said questions will be taken at the same hours and at the same places as for the Municipal Election on the 6th day of December, 1965.

AND FURTHER TAKE NOTICE that Thursday, the 2nd day of December 1965, at the hour of 10:00 o'clock in the forenoon, at the Township Municipal Offices at Buttonville, in the Township of Markham, shall be the time and place for the appointment of persons to attend at the polling places, and at the final summing up of the votes by the Clerk.

Dated at the Township of Markham this 8th day of November, 1965.

H. C. T. Crisp,
Clerk, Township of Markham,
R.R.2, Gormley, Ontario.

CHARLES W. JONES

for
PUBLIC SCHOOL TRUSTEE
STOUFFVILLE

If you are going to support a candidate in an election I feel you must know that person and his qualifications.

THEREFORE LET ME INTRODUCE MYSELF:

- I reside at 377 Elm Rd.
- A resident of Stouffville for over 4 years
- A family man with three children.
- Employed as a senior designer with a large consulting engineering firm in Toronto.
- Designer of the Stouffville Fire Hall.

I feel I could be a great asset to the Stouffville Public School Board on the property committee with my experience of 12 years in the construction industry. I understand that additional building will be required in the next two years.

I would also like to establish a closer relation of the school education program with the parent therefore giving the parent a better knowledge of the education his child is receiving.

This is usually done by means of a circle cut out of the sod. Light application of commercial fertilizer high in nitrogen may be used as soon as the tree is established, by forking it into the surface soil before watering.

THE CHANGING CAR BUSINESS

HAVE YOU HEARD . . .

Down in Arizona the highways have a straight line down the center as everywhere else, but it becomes a wavy white line as it approaches traffic signs or dangerous intersections.

Traffic researchers have found that self-preservation is a greater force in causing motorists to obey certain regulations, and this idea is directed at that instinct. Year-old tests prove it's effective. I wouldn't be surprised if the idea spreads. They must have got that song title "Poor People of Paris" from the traffic congestion there. In 1900 there were 45,000 cars and trucks operating on Paris' 600 miles of streets. Today there are 2,000,000 vehicles, but still only 600 miles of streets. On top of that, only 486,000 cars have parking spaces in garages and on lots. The rest have to park on the streets. And we're complaining?

A few car dealers who gave our industry a bad name for wild advertising aren't the only ones. A deep freeze manufacturer sent out direct mail ads in which he stated that food savings would pay for the appliances he was selling. A West Coast housewife wrote back as follows: "I'm sorry we can't accept your offer at present as we are now paying for our washing machine on what we're saving on bus fares; we're paying for our car on what we're saving on bus fares; and we're paying for our TV on what we're saving on movies. We just can't afford to save any more at the moment."

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