EXCALIBUR JAN. 20 1967 P. 8 -

lt's Happening

MONDAY, JANUARY 16

- Gallery for two weeks.
- FRIDAY, JANUARY 20 Jud-ging of Snow Sculpture, Resi-dence Rooms. York
- 3:30 p.m. HAYGOOD HARDY SEXTET

7:00 p.m. - Skaters' Swirl 8:45 p.m. - Variety Show -CROAKI Admission: 25 cents. SATURDAY, JANUARY 21

9:00 a.m. - Snowball Relay, Super Saturday Bowl Field, Inter-Campus Girls' Hockey, Intercollegiate Men's Hockey (Waterloo Lutheran vs York) 9:00 p.m. - INFORMAL DANCE (Music by the Paupers and The Spectrums), York Hall, Admission: \$1.25 each. SUNDAY, JANUARY 22

winter carnival con-CERT, Neil Diamond, Burton Auditorium, YORK CAMPUS, 2:00 p.m., Admission \$2.25 ea. SATURDAY, JANUARY 21

FOLK CONCERT, Burton Auditorium, York Campus, 8:30 p.m., Admission: \$1.00 each or \$1.50 couple.

SUNDAY, JANUARY 22 Every Sunday at York, Music Series. MARTIN POLACSEK, Classical Guitarist, York U. Choir, York U. Strings, Burton Auditorium, York Campus, 8:30 p.m., Box Office: 635-2370

MONDAY, JANUARY 23-FEB. 10 ART EXHIBIT, Gamache & La-croix, Second Floor, Founders College, York Campus. THURSDAY, FEBRUARY 2

FORMAL, Ellis McClintock, King Edward Sheraton, 9:00-1:00, \$6.00 couple. Tickets may

be obtained at Council offices or from social reps.

FOUNDERS-VANIER CLUBS COMMISSION

An executive member of any campus club desiring recognition and/or financing is asked to contact Glen Murrey, Larry Rapoport, Steve Russel or John Maly as soon as possible.

VI.

Tournaments for mixed doubles in Opening of student ART competition in Ping Pong and Pool. EXHIBIT, Glendon College Sign-ups; Jan. 16 to Jan. 22. Tourna-Glendon College Sign-ups; Jan. 16 to Jan. 22. Tournaments start Jan. 23 with finals on FRI., SAT., SUN., JAN. 20, 21, 22 Jan. 28. Prizes for finalists. All THE ANNUAL GLENDON York students are eligible. Sign up COLLEGE WINTER CAR- sheets will be posted outside Founders and Vanier Student Council

CARNIVAL

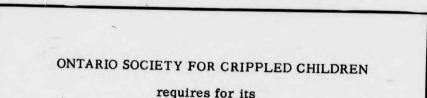
WINTER

York Campus will be having its own winter carnival this year, complete with snowball fights and a snowball carrying marathon. The carnival will run from the 19th to the 22nd of January as a cooperative effort between Founders and Vanier.

The kick-off was on Wednesday night with films, followed up by the beginning of pool, ping-pong, and bridge contests on Thursday that will run all week-end, with the winners announced at the Dance tonight. On Thursday there was an inter-campus swimmeet followed by a splash party.

Today will be the big day of the carnival. A skit contest will be held in the afternoon (any number of people--any type of skit--15 minute limit) running from 2.00 on. At 6.00 there will be a luau dinner in Founders Dining Hall--a heaping plate of Polenisian food and free leis to help you forget that you live in a cold climate. This will be followed by a dance, and the finals of the skit contest will be put on between sets.

Saturday is Sports Day, with activities at both Glendon and York Campus. There will be a snowball carrying contest--from here to Glendon by teams of any number of people and any means of transportation that isn't motorized. At the same time, there will be an inter-campus girls hockey game at Glendon, and a student-faculty basketball game. The day will wind up with a Folk Concert in Burton Auditorium. Sunday will wind up the Carni-val with various snow sports here and at Pioneer Village. Snow sculptures will be judged on Sunday also. The only things that you will have to pay for will be the dinner, the dance, and the Folk Concert, and the prices of these will be reasonable.



Dr. Taylor Heads National Fitness Study

Recently, the research committee of the Canadian Association for Health, Physical Education and Recreation (CAHPER) completed a national study to establish 'fitness performance' standards of Canadian children. An unbiased sample, by province, of about 10,000 boys and girls, age 7 to 17, was taken by the Dominion Bureau of Statistics from Canadian elementary and high schools selected at random. The information compiled from this study is expected to be of great benefit to those engaged in the fields of physical education, recreation, and other amateur sports at this level.

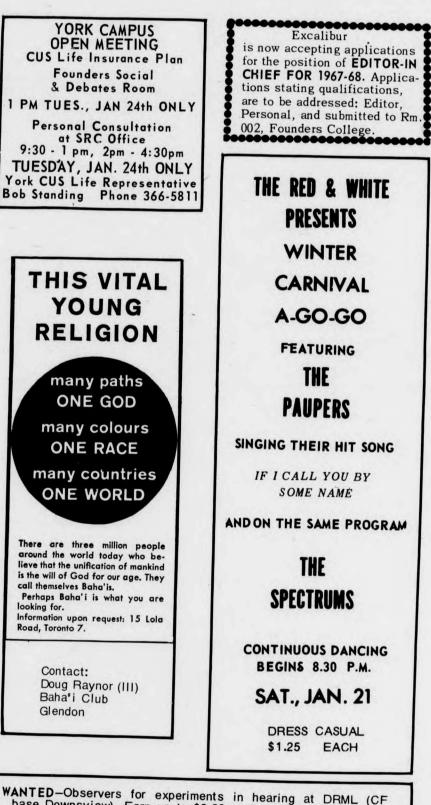
However, the use of perfor-mance items exclusively to evaluate physical fitness has its limitations. With this in mind, the research committee of CAHPER decided to administer a nation-wide test of 'work capacity' that would result in a more objective and embracing picture of the Canadian youth's fitness.

Alberta has already completed the testing of its school children. Ontario is doing it right now. York University's Director of Physical Education, Dr. Bruce Taylor, is responsible for the entire Metropolitan Toronto area and is presently testing students from Metro schools which are being selected of

course, randomly.

The test that Dr. Taylor is administering is a modification of the test developed by the Swede, Sjostrand. The Sjostrand test itself is based on the easily demonstratable linear relationship existing between pulse frequencies and the work loads producing them. It is simple, re-quires little equipment, and most important does not require maximum effort by the subject. In the modified Sjostrand test the subject rides a bicycle argometer for a total of 12 minutes, 4 minutes at each of 3 progressively heavier work loads. The heart rate is checked by electrocardiograph at the end of each minute, and at the end of every fourth minute, is plot-ted against the work load on a graph. The line is then projec-ted to a heart rate of about 200 beats per minute or the maximum heart rate for each age group. The amount of work a child can produce at his maximum heart rate can now be discovered without his having to exert himself at a potentially dangerous level.

It is believed that the combinations of results from both the fitness performance' and 'work capacity' studies will provide a comprehensive picture of the current state of the Canadian youngster's physical fitness.



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for further information apply to:

SUPERVISOR OF CAMPS ONTARIO SOCIETY FOR CRIPPLED CHILDREN 350 Rumsey Rd., Box 1700, Postal Station 'R' Toronto 17, Ontario,

Phone 487-5311

WANTED-Observers for experiments in hearing at DRML (CF base Downsview). Earn up to \$2.30 an hour. Two hours daily, five days a week. Some musical training preferred. Call 633-4240, Ext. 23, before noon.