

It's Happening

WINTER CARNIVAL

Dr. Taylor Heads National Fitness Study

MONDAY, JANUARY 16
Opening of student ART EXHIBIT, Glendon College Gallery for two weeks.

FRI., SAT., SUN., JAN. 20, 21, 22
THE ANNUAL GLENDON COLLEGE WINTER CARNIVAL

FRIDAY, JANUARY 20 - Judging of Snow Sculpture, Residence Rooms.

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 concert, 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 & Lacroix, 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.

Tournaments for mixed doubles in competition in Ping Pong and Pool. Sign-ups; Jan. 16 to Jan. 22. Tournaments start Jan. 23 with finals on Jan. 28. Prizes for finalists. All York students are eligible. Sign up sheets will be posted outside Founders and Vanier Student Council Offices.

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 Polensian 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 Carnival 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.

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 performance 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, requires little equipment, and most important does not require maximum effort by the subject. In the modified Sjostrand test the subject rides a bicycle ergometer 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 plotted against the work load on a graph. The line is then projected 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.

YORK CAMPUS OPEN MEETING
CUS Life Insurance Plan
Founders Social & Debates Room
1 PM TUES., JAN 24th ONLY
Personal Consultation at SRC Office
9:30 - 1 pm, 2pm - 4:30pm
TUESDAY, JAN. 24th ONLY
York CUS Life Representative
Bob Standing Phone 366-5811

Excalibur is now accepting applications for the position of **EDITOR-IN-CHIEF FOR 1967-68**. Applications stating qualifications, are to be addressed: Editor, Personal, and submitted to Rm. 002, Founders College.

THIS VITAL YOUNG RELIGION

many paths
ONE GOD
many colours
ONE RACE
many countries
ONE WORLD

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Contact:
Doug Raynor (III)
Baha'i Club
Glendon

THE RED & WHITE PRESENTS WINTER CARNIVAL A-GO-GO

FEATURING **THE PAUPERS**

SINGING THEIR HIT SONG
IF I CALL YOU BY SOME NAME

AND ON THE SAME PROGRAM

THE SPECTRUMS

CONTINUOUS DANCING
BEGINS 8.30 P.M.

SAT., JAN. 21

DRESS CASUAL
\$1.25 EACH

ONTARIO SOCIETY FOR CRIPPLED CHILDREN requires for its **FIVE SUMMER CAMPS** strategically located throughout Ontario the following personnel:

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for further information apply to:

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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.