Last term weightlifting was introduced into the physical fitness program that our physical director had

this gym, soon made a fair number of good friends and when the term had been introduced to the sport, and are more lifters or would be lifters in such a large student body who would like to carry on with the sport or ested are invited. learn about it and get into better physical condition.

I would like to say, for those who The Overture to Fidelio have never tried the sport, or heard of it, that it is not a strongman's Symphony No. 8 in F major sport but a sport that builds strong men. It is a progressive system of Concerto in D major for violin training that has built all the finest physiques in the world, and if you are Roumanian Rhapsody interested it can help you too. Perhaps you are one of the fellows who think that weightlifting will make you slow and muscle bound: this is form a club, having also contests not so; you cannot get muscle bound, but you are bound to get muscle. It gress of the lifters and add interest will do you no harm, so if you are to the sport. interested give it a try and make a New Year's resolution to get in a bit more exercise and spend a few hours Give it a try, drop in some night and

week; Monday, Wednesday and Fri-point concerning weightlifting. day, from 7 p. m. until 10 p. m. in the Boxing Room. We are trying to

## CONCERT ON SUNDAY EVENING

The opening program of a series of Sunday evening record concerts will be held in the University Art Cen-Weightlifting, although new to tre at Alexander College on Sunday, January 26 at 8.00 p. m. The record ended a larger number of students player recently received by the University as the gift of Mrs. Fisher will learned of its benefits. Surely there be used to present the music at these concerts to which all who are inter-

This Sunday's program will con-

Beethoven Beethover

and orchestra .. Brahms

uild a strong team and perhaps later every so often to record the pro-

Weightlifting is a good sport, a great body builder, and conditioner. see what the sport is like. Even if Weightlifting will be practiced under an instructor at the beginning of the New Year: three nights a week: Monday Wednesday and Trail of the New Year and Trail of the New Year: three nights a point concerning weightlifting (Canadian Raddall Thomas den (Nova Scotia) Roy Gabrielle, B



1947 "Up the Hill" photo editor, now draws \$55 as honorarium. The year book editors received increases from the S. R. C. at last week's budget meeting.

Raddall Thomas H.-Roger Sud-Roy Gabrielle, Bonheur de'occas-

Tomkinson Grace-Her Own Peo-

ED. BASTEDO,

## READ MORE BOOKS (Canadian Fiction)

-COLLIE ROBERTSON | ple (New Brunswick)

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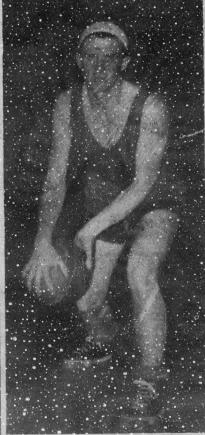




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