1"

is

Exercise "Hotfoot

By BEV YEADON

If it was done in Newfoundland, it can be done here. Oxfam of Canada is sponsoring a thirty mile walk on Saturday, October 26 to "raise money for the needs of the poor of the developing nations." This campaign has been successful throughout Canada and is supported by leading businessmen and government officials. A participant must have a sponsor or sponsors. Anyone can be a sponsor by promising to pay a certain amount of money for every mile walked; any amount is acceptable from five cents per

mile up. There is no obligation to walk the thirty miles; a walker can drop out after fifteen minutes. After the walk sponsors pay according to the number of miles walked.

Food stations are set up along the route; which begins at Windsor Park. Dal Med students are participating in this as a late Centennial project under the leadership of Brian Mann.

Funds will be distributed as follows:

SELF ADHESIVE

DOOKION PROTECTS

YOUR BOOKS* FROM

ANYTHING!...

25% to the first struggling medical college in Ghana for equipment

coming

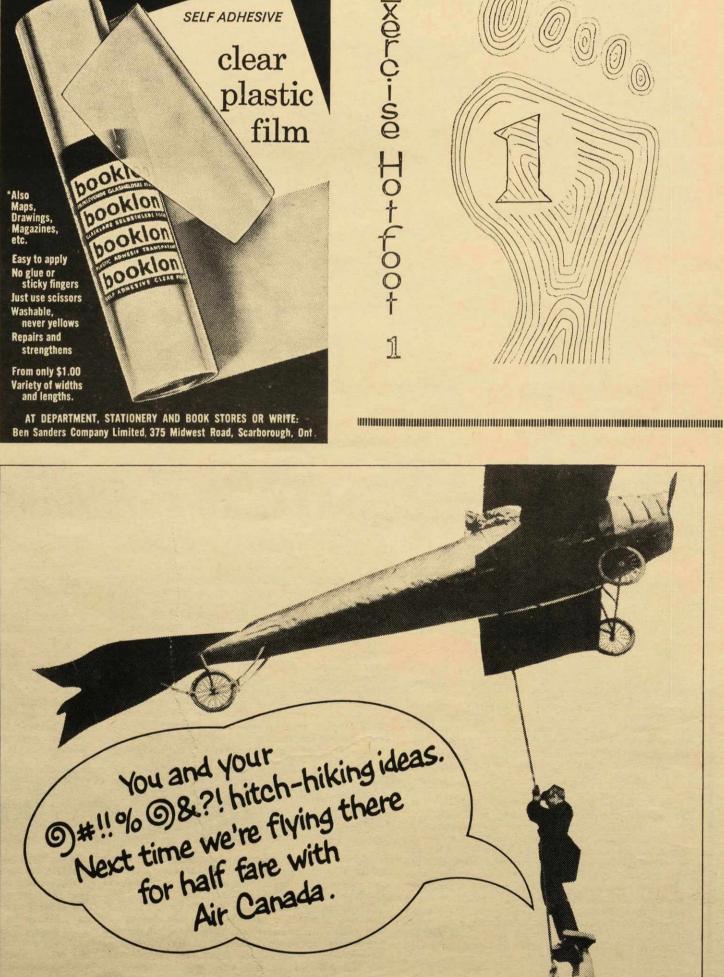
- 20% to Oxfam of Canada
- 15% to CUSO
- 15% to Crossroads Africa
- 10% to the Nova Scotia association for the advancement of Coloured People for their educational fund
- 15% not yet determined

Anyone interested should contact 423-1915-Convent of the Sacred Heart.

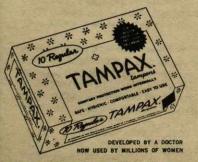




She's off. With the crowd. An all-day excursion. Doesn't matter what day it is. It could be any day of the month. Because the modern internal sanitary protection -Tampax tampons—are part of this active girl's life. She's free, unhampered, comfortable and secure. That's the great part about Tampax tampons. She can carry "spares" in her pocket or



purse. The container-applicator and the Tampax tampon can be disposed of easily-they just flush away. Be as active as you like. Get Tampax tampons now.



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other airlines in North America, and for co-operative rates with many hotels.) Get the details from your Swing-Air campus representative. For flight arrange-

ments, see your Travel Agent. Or call your local Air Canada office.

