



C/Supt. R. J. Mills honors fallen members at the wreath-laying ceremony.

something missing, we have to act rather than wait for the different levels of government to move. We have to do our part, as parents, in the educational system. It has been proved that a student who does some physical activity on a regular basis can study more easily with a clear and relaxed mind. When we study some European programs and visit the schools of Sweden, Norway, Finland or Czechoslovakia, we come to the conclusion that physical activities are of prime importance, not in order to obtain olympic results, but rather to "enjoy life".

Cross-Country Skiing? Yes! Many inquiries made in America (U.S.A. & Canada) and in Europe revealed that children (adults included) from European countries have a higher level of physical fitness than American children. Are we that different? Many cardiologists are trying to correct this situation by recommending exercise to people of all age groups, in order to minimize cardiac attack and deterioration of our physical fitness. Cross-country skiing is one of the most beneficial sports for the cardio-vascular system, and one of the most reasonably priced for the entire family. It is also one of the most effective sports for individual absorption and utilization of oxygen in the human body.

Any child can cross-country ski, even those who are in kindergarten. So what do you think of skiing as a preventive medicine?

If you the adult, are too lackadaisical to do what is good for your health, please do not impose this philosophy on your children. Get them into sports. Do something, accept your responsibilities. Good skiing!

By Raymond Cusson

Ski de fond Partant de l'énoncé que la condition physique de nos enfants commence à se détériorer le jour où ils vont à l'école, il est certain qu'il faut réagir et prendre « le taureau par les cornes ». Je suggère donc le ski de fond.

Dès l'âge scolaire, à l'école élémentaire, l'enfant a besoin d'exercices en plein air afin de parfaire son épanouissement physique et moral. Nos programmes d'éducation physique ne prévoient pas assez d'activités hivernales pour nos enfants. Il est facile de critiquer le système scolaire, mais si nous, parents, croyons qu'il y a une lacune, eh bien il faut la combler nous-mêmes, au lieu d'attendre que les différents niveaux de gouvernement bougent. Il faut aussi faire notre part comme parents dans le système d'éducation.

Pourtant, il y a tellement de sports d'hiver accessibles aux enfants de tout âge. Il est prouvé que l'élève qui s'adonne à des activités physiques peut étudier plus facilement avec un esprit clair et déten-