

GIRLS' SPORTS

BY MARGIE McDOUGALL

Things are beginning to quiet down on the girl's sport scene as the Christmas break and midterms approach, but things have never really been going well for D.G.A.C. all year. For the last three weeks the club has been trying to have a volleyball tournament. However, the turnout has been next to nothing (about ten girls each night). This number is not even enough to make two teams, and the executive has been disappointed. They are hoping to have a basketball tournament after Christmas with some games being played at noon hour. This would enable the city girls to play more easily and give everyone a chance to get some exercises. If people don't start coming out, D.G.A.C. will lose its gym time. Let's make a new year's resolution to support D.G.A.C.

BASKETBALL

Varsity and Junior Varsity basketball practices have begun in the gym on Monday evenings from 8:30 - 10:00 and Wednesdays from 7:30 - 8:30. Any girls who are interested are strongly urged to contact Miss Arnold. As has been said, this is our major sport, and we need a strong team to beat all the other universities. Practices will continue up until Christmas and inter-collegiate games will be starting in the new year.

SWIM MEET

Dalhousie is competing in a swim meet with Acadia this week-end at Shearwater. Four of our hard working and energetic girls will be working to try and bring Dal victory. The girls are Lois Hare, Sue Lane, Karen Jamieson and Dawn Heath. This meet should prove to be quite interesting as Allison Glendenning of Acadia will be swimming. Allison is a freshette at Acadia who swam in the Pan American games. She should be able to break some intercollegiate Maritime records, but we will try to give her some strong opposition.

THINGS TO COME

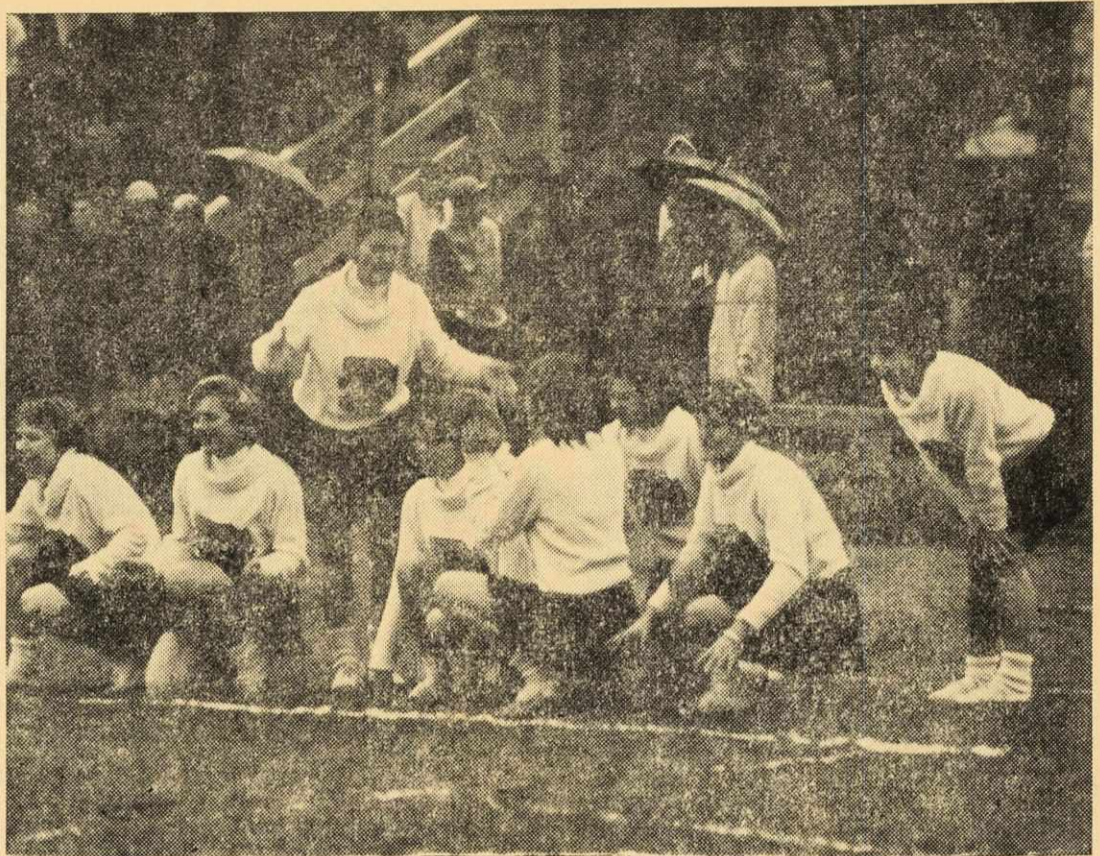
Skating practices are continuing. Although it is slowing up now plans for the winter carnival are now continuing. All girls who said they are interested and who couldn't make the morning practices should contact Diane Lynch. After Christmas a new practicing time will be arranged and it is hoped a large number of girls will turn out. Keep skating in mind.

ATHLETIC DEPT.

The Athletic Department is looking into both curling and bowling for girls after Christmas. Are you interested? Have you heard that a group of girls would like to play hockey? They plan to organize a team during the holidays with two boys as coaches.

PRACTICES

Practices will be starting around December 20th and the girls will be ready to challenge anyone after classes are resumed. If you would like to make an attempt contact Jackie Leary.



SOGGY SUPPORTERS: At Dalhousie's muddy football contest against U.N.B., among those making the trip were the university's "Never say die" girls. Despite wind, rain, and mud Dal's highly rated cheerleaders never ceased their words of encouragement to players and fans. Left to right: Marjie Baxter, Peggy Herman, Judy Bowman, Janet Bate, Sue Moir, Kathy Clarkson, Lynn Black and Liz Alport.

OLYMPIC TEAM

The Canadian Olympic Hockey team coached by Father Bauer, of St. Mark's College in British Columbia appears to be well on its way to getting into tip top shape to represent Canada in the World Hockey Championships.

INTERNATIONAL RULES

All exhibition games played by the team will be governed by International rules except those against professional teams. New rules won't be the only thing to hamper the Canadians. The rink upon which they will be playing their games is 15 feet wider and 15 feet longer than most rinks in Canada.

EXHIBITION GAMES

So far in exhibition tilts, the Olympic team has done very well. They tied the Winnipeg Maroons, last year's Allan Cup winner 1-1. They have also beaten Edmonton Oil Kings, last year's Memorial Cup winner, three times.

(Information from Ubyssy)

PHYSICAL FITNESS

By ANDY WHITE

One of the less encouraging things on the medical horizon in this country at present is the low level of fitness of the bulk of the population. What with the growth in material prosperity and the accelerated rate of social climbing, more people are driving more cars, while fewer members of the population above the age of twelve are walking fewer miles and riding fewer bicycles. This, say many, is simply progress. But is it? Is the fact that many a man of less than 50 years of age has gone to the sweet bye-and-bye owing to an onset of a heart condition which the medical profession says is at least partly due to this very lack of physical activity a healthy state of affairs? We must think that the answer is no.

EVERYONE CAN PARTICIPATE

"But" says the skeptic, "What has this to do with us? We're, most of us, quite fit enough for the hardly strenuous business of attending academic classes here at the University." Or, as one of the many pseudo-sophisticates on

campus was once overheard to say "Sports bore me. Why should I have to run around a track to teach children what I know? . . . I'm very unheathy and proud of it." Well, perhaps the bulk of us are 'fit enough'. Knowledgeable professionals would tend to say no. According to the physical Dept. at this University, most of the student body is composed of 'motor Morons' people who, far from being able to play some sport adequately or even display a reasonable level of strength and endurance cannot even walk properly. If this statement seems strong, just look at the average male or female student slouching or wobbling along, the feet firmly ensconced in the toe-butcherer 'stylish' shoes of the day, and compare that with the almost military stride of many Europeans. Just watch yourself in a full-length mirror. The reasons for this are plain. From the "bright young man", who has time for hours in the tavern, but who regards fitness as "kid stuff", far less important than the making of enough money in order to make others think he is making far more, through the "cute" co-ed who shuns strenuous activity as not 'feminine' enough to the pseudo sophisticate already referred to, we have, as a people become SOFT. This physical softness breeds a lack of energy — a lack of willingness to put up with the essential discomforts of life, and a desire to avoid anything but a continuation of the nice bland way of life.

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