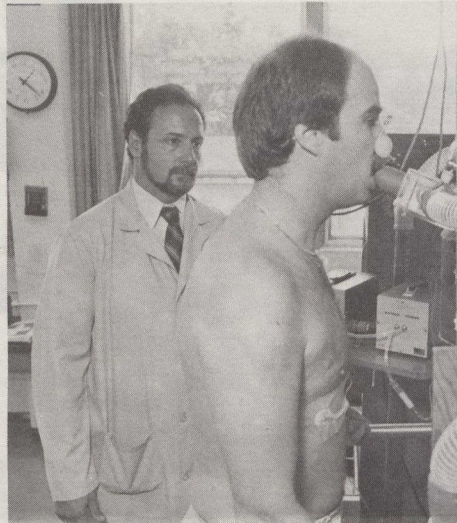


## Learn to fight stress

A week-long exercise spa to help executives cope with daily stress has been set up by Concordia University in Montreal. But according to the clinic's creator, Dr. William Sellers, it is by no means seven days of rest and relaxation.

The program has been planned by Dr. Sellers, chairman of Concordia's exercise science program and George Short, director of the university's graduate program in sports administration. The idea is to put highly pressured executives into a week-long immersion course designed to assess their level of fitness. They then prescribe an exercise program, instruct them in correct nutritional habits and how to recognize and deal with physical symptoms of stress.

The immersion program, which Drs. Short and Sellers believe is the first of its kind in Canada, is based on similar courses in Sweden. It is a response to the growing understanding among employers that unfit executives cost companies money.



*Dr. William Sellers (left) looks on as colleague Dr. David Paris measures energy expended on a treadmill.*

Dr. Sellers said that one company estimated that it costs \$600 000 to lose an executive ten years prematurely. Statistics Canada calculates up to \$12 billion a year is wasted through stress.

A sedentary worker can increase his work capacity by 15 to 20 per cent with 20 minutes of daily aerobic exercise, Dr. Sellers said.

### Assessment tests

The Concordia program is designed to handle about 15 executives a session and begins with a battery of medical, fitness and dietary assessment tests and interviews.

"It is a very full week and is by no means a recreational program," said Dr. Sellers. "It takes a couple of days to do the assessment of the medical, the exercise tolerance tests, the nutritional survey and the psychological tests."

Participants attend lectures on what they should eat and why, and are taken through individually designed exercise programs and taught how hard and how long to exercise.

Dr. Sellers said university representatives had spoken to more than 50 companies, six of which indicated they wanted their executives to take advantage of the program.

## Steam train stamps salute importance of the old "iron horse"

The major role steam locomotives played in bringing much of the country together, even prior to Confederation, is being marked with the issue of a set of four train stamps.

The Minister responsible for Canada Post Corporation André Ouellet noted "steam locomotives not only brought settlements closer, they also served in the early development of Canada from sea to sea".

The stamps, designed by Montreal graphic artist Ernst Roch, feature steam locomotives in service between 1836 and 1860. Stamps showing locomotives of a later period (1860-1905) will be issued next year.

The first set depicts four wood and coal-burning "iron horses" named Dor-

chester, Toronto, Samson and Adam Brown.

The Dorchester, the first steam locomotive operated in Canada, and the Toronto, the first locomotive built here, will appear on 32-cent stamps.

The Samson, built in 1838 and now believed to be the oldest Canadian railway locomotive on exhibit (near Glasgow, Nova Scotia) will be reproduced on a 37-cent stamp, the rate for first class mail to the United States and its territories.

The Adam Brown, originally called Minos, was built in 1855 and owned by the Great Western Railway of Canada. It will appear on a 64-cent stamp, the rate for first class mail to international destinations other than the US.



In addition, a souvenir stamp pack and postcard set will be available. The souvenir pack, containing all four stamps in mint condition, a mounting card and early photographs of the locomotives, will sell for \$2.75. A set of four postcards, each bearing a reproduction of one of the stamp designs in full colour, will sell for \$1 a set.

