

Mind and Matter

by DOUG PATON

Several years ago, Prince Philip in a speech before the House of Commons in Ottawa stated that Canadians were physically unfit. Dr. T. K. Cureton, a noted Physical Fitness expert, states the same thing. Why should this be so, and what can we do about it.

We are sure every student who has access to a car, has at one time or another driven it to the corner store to purchase some sundry item. We, as students, have spent a major part of our waking hours seated at a desk. Unlike 50 years ago when the daily 'Constitutional' was an integral part of a working man's day, we find at best a short hike of two blocks to catch the bus as the sum total of our walking. Lack of leg exercise has led, over the years, to a vast increase of arteriosclerosis (hardening of the arteries) and a lack of overall exercise has given rise to some forms of heart disease. We need not point out the fantastic increases in the death rate due to this crippler.

Being the future generation of Canada, it should be in our best interests to develop the body as well as the mind. In Plato's time, physical training was taught hand in hand with mental training. In many universities in Canada, physical education is compulsory for first year students with the hope that physical discipline will be instilled as well as the expected mental. No student has been

Girls Apply For Beer Concession

The Argosy . . . The following letter has been received by the President of the Mount A SRC from the Ladies of Allison Hall: Please consider this our application for a beer concession for Allison Hall.

For some years, the SCM has had a Tuck Shop concession, and we are planning to operate the above mentioned beer concession in much the same manner. We feel certain that the majority of the members of the SRC will realize that this request is not out of place, as it would cut down on liquor consumption on the campus, and is in keeping with modern progress.

After the motion granting the concession has been passed, perhaps we could meet with the executive, and discuss plans in further detail.

We trust that our application will be given due consideration at the next meeting of the SRC. Respectfully yours,

Allison Hall Ladies
Their place of business will be the front balcony of the UGR and a movement is under way to get ladders so the boys will not be left out. It has been reported that two ex-officio members of the SRC have already promised their votes to the cause.

forced to repeat this year for failure in PT but there will come a time when such will be the case. Here at UNB we are blessed with a well-rounded Phys Ed program both in Intramural and Varsity athletics but it is not to the participants in these activities we direct this editorial, but rather to the remainder of the student body. We might add that a few Profs we know have not seen their shoe laces in some years! Even a senior official of this University, who at one time was noted for his skill in a 'four-walled' sport has been too busy of late to pursue his athletic endeavours.

It is a recognized fact that following a work-out on the gym floor or in the pool, both the body and the mind are relaxed and ready for further pursuits. We are advocating, of course, the moderate, light exercise which we are missing in our everyday activities. Any physical educator will tell you that walking and swimming are the two best forms of exercise known to man.

Of course we're all too busy to take time out to look after our bodily needs. What is to be done? Simply expand our present 'compulsory' exercises. **Going up and down stairs . . . take them two at a time and breathe deeply at each step. Walking to the filing cabinet or john . . . head up, shoulders way back, breathe deeply at each step. Leave the car at home on nice days . . . Best exercise yet . . . push yourself away from the table.**

Dynamic Tension, the so called secret of Charles Atlas, can also be useful in our daily activities. This secret consists of using only one set of muscles to offer resistance to others . . . i.e.: tense the arm when writing, constrict the chest when sitting, point hard

(Continued on Page 8)

"He has a brilliant future behind him"

He just dropped in for a chat. I hadn't seen him since we were undergraduates. He had everything then: a bright, quick mind, drive, imagination . . . big plans. He graduated with top honours in our class . . .

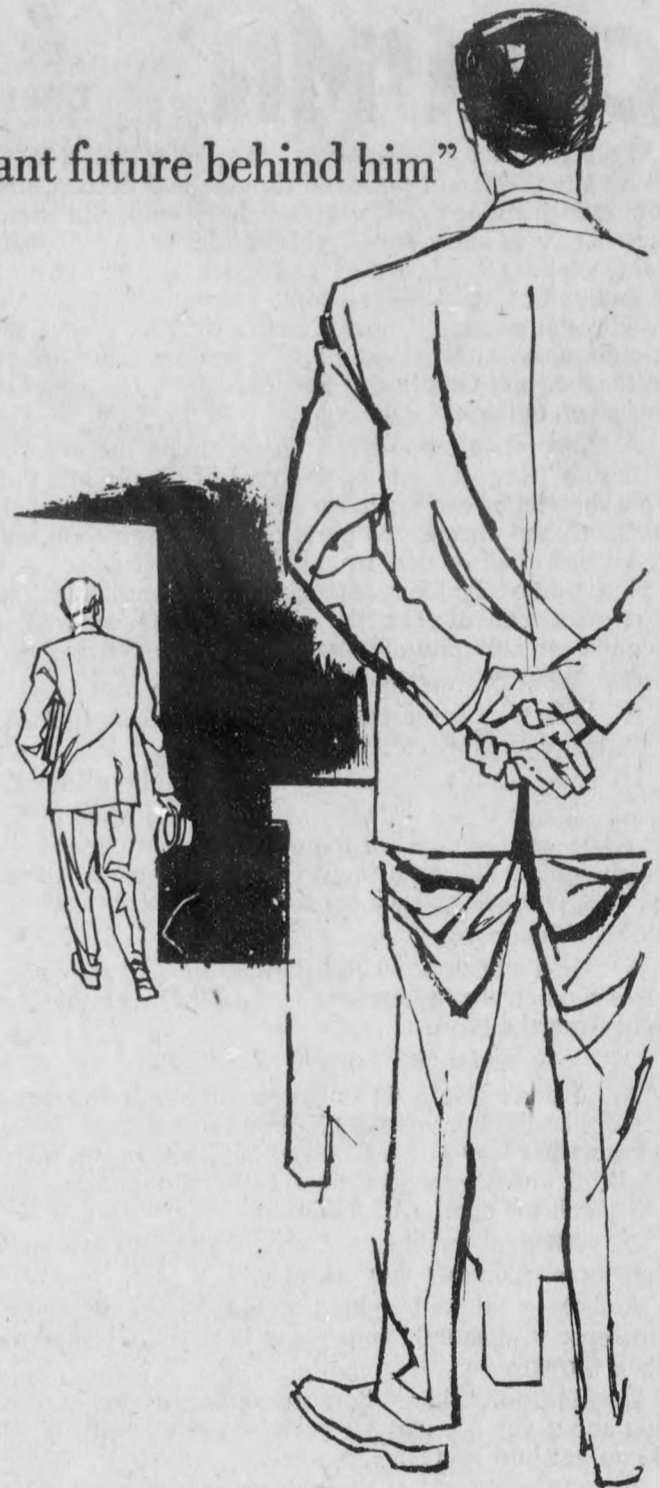
But when he talked to me, he seemed dried up. No sparkle, no nothing—as though that parchment was his certificate of having learned everything there was to be learned. I asked about his job—and then I knew: It's steady, but it's dull.

It made me think. Perhaps I'm just lucky, but aluminum is different. There's no end to what you can do with it. I haven't been with Alcan too long, but half the things they're doing with aluminum now weren't even on the drawing board when I started. If you'll pardon the cliché: It's the metal of the future, all right.

And yet, with Alcan you have the benefits of being with a long-established company. You know—good salary, pension plan, stock purchase plan, and so on. It all adds up to much more than a job: it's a career. And with aluminum, the future isn't behind you, and it isn't way out front. It's right here. It's what you make of it—today.

That's why Alcan is always looking for young graduates who want to keep on growing.

ALUMINUM COMPANY OF CANADA, LIMITED,
Personnel Department,
P.O. Box 6090, Montreal 3, P.Q.



THE PROCTER & GAMBLE CO. OF CANADA

Hamilton, Ontario

has management positions open

in

**PRODUCTION — PRODUCT RESEARCH — ENGINEERING
DEVELOPMENT — INDUSTRIAL ENGINEERING — TECHNICAL PACKAGING**

for graduates and postgraduates in

Engineering and Honour Science Courses

Company representatives will be present for Campus Interviews

NOVEMBER 14, 15, 1960

Personal interviews may be arranged through the University Placement Office

There are also summer employment opportunities for men from the 1962 Engineering and Science classes

CUT THIS OUT!

and take to

Herby's Music Store

WORTH \$1.00

on any LP record
\$3.98 or over

Expires November 15