

TO TRAINS



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MT. ALBION—A very enthusiastic meeting was held and a splendid agriculture programme carried out. Roll call was answered with "my favorite flower and how to grow it." Many interesting and helpful ideas were exchanged. Map, scribbles and pencils are to be purchased for the school. Meetings are steadily growing in interest.

GREENVALE—Mrs. Palmer entertained the Institute at the Marcon meeting with an attendance of eight. A resolution was passed supporting the Teachers Federation in their appeal for increased remuneration. Next meeting will be held at the home of Mrs. Brown.

Y.M.C.A. Reports

REPORT OF THE GENERAL SECRETARY FOR THE MONTH OF FEBRUARY, 1929

To the President and Board of Directors:

Sirs:
During February the regular routine program was carried out, although as usual skating and hockey brought attendance down somewhat.

The Building

Our building has been kept in the best possible state of repair but there are always small items of repairs necessary. The state of our ceiling is a constant worry as we are continually having plaster fall in the lobby and gymnasium. At some future date this matter will have to be dealt with.

For sometime our light in the front of the building has needed renewing and a few days ago the Electric Light Co. installed a new up-to-date light which they feel sure will give us every satisfaction.

Reading Room

It has been necessary to make a change in this room owing to so many magazines and papers being destroyed. All periodicals are now kept just outside of the office where they are under constant supervision and all who use them have practically to come to the office. This new arrangement allows the members to read in the reading or social room whichever they desire and also enables us to keep our papers and magazines in much better condition.

Games and Amusements

Our social rooms are being used by the same large numbers of boy students and visitors. Checkers have been most popular this winter and are being played more than ever before by both men and boys. The other various games all come in for their share of use.

Billiards

During the last few weeks it has been necessary to recover two of our billiard or pool tables and now all three tables present a very nice appearance, having been leveled as well as recovered. This winter has greatly increased the use of all tables and it has been the increased patronage that has allowed us to put on the new covers.

Bowling

There has been a little lull in this popular game this winter, with so many other attractions it has not been possible to enroll so people in the leagues or to form as many leagues as last year.

The Canadian Y. M. C. A. championships aroused considerable interest and our team as defending champions put in some real practice. For the tournament which was held on March 7th and 8th. Word has since been received that Ottawa won over Charlotteown by the small margin of two pins, 3992 against 3990. Our team will now have to work hard for the City Championship which will be rolled during March.

Hikes and Outings

Three junior hikes to the toboggan slide took place on Saturday afternoon when 12 to 15 of our boys enjoyed an afternoon at tobogganing. Several senior hikes were also taken to the slide.

Junior Monthly Supper

During Mr. Crocker's visit the boys held their regular monthly supper, it was attended by nearly fifty boys and was the best attended Junior supper this year.

Mr. Crocker told the boys of Canada's athletes and of their part in the recent Olympic games, he also showed lantern slides to the boys.

Student Activities

The regular weekly Saturday night social gatherings were held each week with from 100 to 150 students attending each event. Basketball contests, games and an outing constituted the program for the month.

Sunday Evening Services

Four fine meetings were held in February the special speakers being: Rev. F. G. McIntosh of Westville, N. S., Rev. W. J. Johnson, St. John, N. B., Mr. Ed. White and Mr. Willard Picketts. In all 1275 attended the four meetings or an average of 320. This is a much higher average than last year.

These meetings are now under the management of the S. C. M. who find the speaker and arrange the rest of the program.

The few boys who persist in annoying are gradually being attended to.

Sunday Afternoon Life

Problem Forum

The groups of young men numbering from 10 to 15 who attend this meeting each Sunday afternoon are a real earnest group and are seeking by sharing their experiences with each other, to find the right standard of living for young men today.

Y's MEN'S CLUB

Four regular meetings were held in February with an average attendance of 15. Special speakers, Mr. Chas. Shannon on February 7th, Dr. E. H. Ramsay on the 14th, Misses Price and Wilson on the 21st and Mr. J. H. Crocker on the 28th. Subjects taken up this month were of more than ordinary interest.

Trade with the West Indies and British Guiana; Evolution, Crippled Childrens Work and the Olympic Games.

The Other Y's Club met on the same nights and whenever possible listened in on the above programs, from 10 to 14 are now attending the meetings of this club.

Visitors

Mr. J. H. Crocker, Director of Physical Education was our visitor this month and was with us for two full days, during his stay, Mr. Crocker spoke at West Kent School, Queen Square School Y's and Other Y's Clubs.

On March 1st Mr. Crocker gave an illustrated lecture on The Olympic Games which was a real treat. The slides were a wonderful collection and showed that our Canadian Athletes were among the best in the world, about 125 people attended this lecture.

During his stay Mr. Crocker met with our staff several times and told us what was going on in other Associations.

Membership

Our membership has just held its own with last year. Owing to the large number of pledged renewals outstanding our membership is not near as high as it should be. A real campaign by the membership committee is now a vital necessity to help out the finance committee.

The standing is as follows:
Feb. New members, 3; Renewals, 12; Juniors, 72. Students 29; Seniors 184; Intermediates, 38; Limited, 83; Sustained, 176. Total 583.

Finance

We are quite concerned over the large amount of \$1,500 which is still due us from last May's campaign and if we are going to come any where near wiping out all outstanding liabilities this amount will have to be brought in at once.

The finance committee have paid all accounts they possibly could, there are yet to be paid something over \$800.00. A real effort is now necessary to clear us up financially.

Physical Department Notes

Mr. Murray has a very good attendance at his various classes, with only one or two exceptions, class attendance has been increased over February of last year. Mr. Murray has his department functioning in a very satisfactory manner and now with hockey about over our attendance should be larger than ever.

Western Guardian

WESTERN AGENT—Mr. C. J. Gallant is Guardian Agent in Howland, and will be pleased to receive new and renewal subscriptions.

WESTERN HORSES—Two western horses arrived at Freetown weighing from eleven to fifteen hundred, ages five to eight. See the before buying elsewhere. A. C. Gardner, Lower Freetown. 3034-4-1-1.

REGULAR MEETING Chadwick Chapter, Order Eastern Star, Friday, April 5th, in Masonic Hall, important business, full attendance requested. 3024-4-5-11.

ROSS-MILLER Kibbly Puppy, Meal and best quality clean, fresh and crisp broken sodas, in stock at Brace's 3025-4-5-11.

BUY ALUMINUM FEEDING PANS, galvanized watering pans, dippers, ladels and pails at Brace's. 3025-4-5-11.

ATTEND THE BIG auction sale on premises of George W. Sharp, on Wed., Apl. 10th, at 1 p. m. 3023-4-5-11.

Eastern Guardian

EASTERN AGENTS—Mr. J. W. Murdoch is Guardian Agent in Montague and will be pleased to receive new and renewal subscriptions.

FOR SALE—A limited quantity of Spaulding Rose Seed Potatoes. Apply Mort MacLean, Montague. 2073-4-3-31.

FERTILIZER—Orders must be booked with us on or before April 10th. Poole & Thompson, Limited. 20-98-4-5-21.

PRESBYTERIAN SERVICES. Will be held on Sunday, April 7th as follows: 11:00 a. m. Dundas; 3:00 p. m. Cardigan; 7:00 p. m. Montague. Evening subject will be "Companions of the Holy Order."

GEORGETOWN UNITED CHURCH—Services Sunday, April 7th at 11 a. m. and 7 p. m. and at Sturgeon 2:15 p. m. if roads are passable. Rev. J. C. Martin will preach.

MONTAGUE in the United Church, Montague, next Sunday at 11 a. m. there will be memorial service for the two former pastors recently called to their reward. Service in Lower Montague at 3 p. m. and in Montague at 7 p. m.

Hockey

Our Other Y's Club have a very creditable hockey team and during the month they visited Cornwall, O'Leary and Alberton, they won their game at O'Leary but lost at Alberton and Cornwall. We have the rink hired on Wednesday night for practice and from 10 to 12 turn out each night. In this manner we hold the interest of this fairly large group and they come under the supervision of the Physical Department.

Respectfully submitted
R. A. FENDETON,
General Secretary

REPORT OF PHYSICAL DEPT.

To the Chairman and Members of the Physical Dept. Committee. Gentlemen:

The following is a report of the Physical Department for the month of February:

The attendance during February is usually lower than other months owing to skating and other outside attractions. Most of our classes show an increase over last year.

Girls Groups

Last year Miss Worthy held a number of girls classes which are not in existence this year. Glen Partridge, however is conducting a girls class at the Y. W. C. A., once a week. A number of other groups of girls from the different churches are using the gym at every available period.

Mr. Crocker's Visit

On February 28th and March 1st we were pleased to have Mr. J. Howard Crocker, Director of Physical Education for Canada, with us.

We made use of Mr. Crocker to the fullest extent and he spent a very busy time to our advantage.

Both West Kent and Queen Square Schools were visited where very interesting talks were given. Mr. Crocker spoke to the Y's and Other Y's Mens Clubs at their regular meeting and on Friday, March 1st, gave an illustrated address in the gymnasium, on the 1928 Olympic games. A supper gathering was held for the boys and they turned out in full force, about 45 being present. Slides were shown and they should help to stimulate interest in athletics.

I might say that Mr. Crocker has great faith in the youth of today and stressed the fact that the young men

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Health Services of Canadian Medical Association

A SCOTTISH INVESTIGATION.

For the past few years, the Board of Health of Scotland has been carrying on an investigation in regard to the nutrition of school children. In the schools of seven centres selected for the study, the children were divided into groups. The objective was to ascertain whether or not the children who received a daily ration of milk would show an improvement in health greater than those who did not receive the milk, or those who received a biscuit only.

The result was that the children receiving milk were, after a time, found to be twenty per cent. heavier and taller than those not receiving milk. There was, in other words, a decided improvement in growth. The general health of many of the milk ration group was noticeably better. This improvement was not temporary, for they have continued

would soon be in charge of the affairs of the country and that, in spite of the fact of their attitude to present problems, they would find the way out.

I am sure that Mr. Crocker's visit has been very helpful and in future will be looked forward to with much pleasure.

Class attendance is as follows:

	1928	1929
Junior A	118	120
Junior B	35	58
Intermediates	5	7
Students	48	54
Seniors	10	19
Volley Ball	51	68
Business Men	119	98
Traff Rangers and Tugis	40	69
Apparatus	21	16
Hand Ball	70	54
Boxing	13	25
Badminton	26	16
New Boys Games	35	40
Ladies Gym Classes and Basketball	141	140
Ladies Badminton	14	—
Basketball and Special	25	24
Totals	769	834

Respectfully submitted
GEORGE F. MURRAY,
Physical Director

to improve while the milk ration was maintained during a second period of investigation.

This is not the only investigation of the kind that has been made. Other studies of a similar nature, in many countries, have shown that, during the growing years, milk, as an article of diet, is essential. The need and value of milk cannot be too strongly emphasized, because we have no substitute for it.

The practical lesson for parents and those in charge of children is to see to it that their children are not being handicapped through the lack of milk in the diet. Milk is not a complete diet for school children, but no diet is complete without milk.

Milk may be used in many ways. It is not necessary that it be drunk.

It may be taken on cereals and other foods; it may be used in cocoa, in milk puddings or in any other similar manner. It need hardly be said that safe, pure milk only should be used, and that means milk from healthy cows, produced in a cleanly manner and then pasteurized.

Questions, concerning Health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

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