

Nervous Tension

CONTROLLED relaxation is suggested for housewives who find themselves snapping at their husbands for no apparent reason or rebelling under the strain of managing an unruly household, also for men who come home weary and irritable after the problems of the day.

A three-year research project into the problem of "nervous tension" conducted by a national fitness and sports information and coaching service in Toronto has come up with a solution to these problems. "Controlled relaxation is a simple thing to learn," it is said. "And many doctors now agree that it's one of the best ways to ease tension, the basic cause of nervous disorders."

Tension is what makes one irritable after a day's work. It keeps you awake at night, tired during the day and flustered when sudden crises arise.

A few simple exercises, it is suggested, will teach one the secret of controlled relaxation.

The basic problem is to recognize tension. This can be done by means of the "T and R" drill, or "tense and relax." It's done this way:

Lie down on a bed or the floor. Take each muscle group, such as neck, arm, thigh, foot, and deliberately tense it for a few moments. Then exhale with a deep sigh, relaxing completely. Study the way this feels for a few moments, then repeat five or six times. Then tense and relax the whole body at once half a dozen times.

After performing this drill two or three times a day for a few weeks, one should be able to recognize tension whenever it hits one during the day and take steps to control it.

The importance of learning to relax is underlined by statements of several leading doctors who have warned that the increasing pressure of modern life will create nervous disorders in every person in North America within 10 years unless steps are taken to combat it.

"OUR CENTURY"

"OUR CENTURY" (Romuald Bourque) is a book by a Canadian who challenges the right of government and bigots to interfere with the private lives of individuals.

Known to hundreds of thousands of Canadians who have heard him speak on his favorite themes—faith in Canada and tolerance—Romuald Bourque began his career as a newsboy. Today, a successful businessman, he is mayor of the prosperous city of Outremont. His success he attributes largely to his being a citizen of a nation enjoying its greatest period of expansion. Even greater, he claims, will be Canada's growth during the latter half of this century. Yet, he claims, "Canada today is not a great nation. It is a potentially great nation. It has the makings, but it has not yet even started the job."

"The Canada in which we believe," Mayor Bourque warns, "for which we have such dreams, is being captured by those who would impose upon this young virile nation a policy of hesitancy, ego and fear"

Writing in terms of personal experience, the author confesses: "I've been poor and hungry, and I've worked hard and long hours to get a few dollars to buy an overcoat to keep me warm. Nobody died and left me a fortune. I worked for my money, starting as a newsboy in Ottawa and going through a printing plant as an apprentice and, finally, as a printer. I didn't take my money and go to shows or baseball games. I had to put every penny of it to work and I had to work harder with every penny I earned."

Boldly, Mayor Bourque lashes out at such divisive elements as those who stir up race hatred in Canada and set English-speaking against French-speaking Canadians, Christian against Jew. Testifying to the effectiveness of the author's crusade, three clergymen—a Roman Catholic, a Protestant and a Jew—have contributed prefaces to "Our Century."

Himself a completely unhyphenated Canadian, Mayor Bourque has done much from the lecture program to interpret Jean Baptiste to John Jones. In "Our Century," he reminds the English-Canadian of goodwill that "when you're looking for this French-Canadian to rub shoulders with, remember you don't have to penetrate the heart of rural Quebec seeking a man whittling wood while his wife hooks a rug. You'll find him in the banks of Montreal, in engineering offices, in business, and in doctors' and dentists' offices. And you'll find him in politics."

A refreshingly courageous book, "Our Century" will hearten all Canadians who spurn the growing ambition of bureaucrat and fanatic to restrict freedom.



As I See It

By ELMORE PHILPOTT THUNDERBIRD PLAY

DUNCAN, B.C.—The first performance of the Cowichan Indians' musical drama, Tzinquaw, is all set to go.

Last night I saw a dress rehearsal of the legend-song-and dance combination. I feel sure that the play will become a landmark in the cultural comeback of the original North American people.

The premiere performance highlights the opening of the Cowichan High School, a truly superb building which is certainly as fine as any such structure in Canada. There are many presidents of ancient seats of learning in Europe, and America, who would turn almost green with envy could they see the layout here.

I WILL NOT TREAD ON THE private preserves of the music and drama writers for a size up of the technical merits of the play. But if I were running the publicity campaign for Tzinquaw I would certainly try to prepare the public for the particular kind of merit that this drama has.

It is very definitely NOT Hollywood style, nor is it in the tradition of the European opera.

In fact, it seems to me a mistake to call it either good opera or an operetta.

More precisely, it is a good, authentic native North Indian musical drama, which has both the strength and weakness of that drama, according to our standards.

The theme of the play is excellent by any measure. The dancing by the male group is as good as the best. I sat through the rehearsal with Rhys Williams and his wife, Lucia. The latter has written movie scenarios not only in Hollywood but also in Mexico and Russia. She told me that the group dancing by the young men, using dried deers' hooves for anklet-produced sound effects is as good as the best in any country.

By professional western standards the rest of the performance is primitive. But if people know that in advance, and expect to see what this play is an authentic native art resurrection—they will surely not be disappointed.

THE STORY OF THE PLAY

The Killer Whale has ravaged the fishing grounds of the Cowichans. Their own best efforts fall to deal with the menace. They get help from friendly alliances and almost seem able to overcome their enemy—but without full success.

Then finally they listen to the advice of the Thinker and appeal to the Heavenly power, Thunderbird, for help.

Thunderbird, or Tzinquaw, descends and destroys the Killer Whale, restoring peace and plenty to the people.

When I read the script of this play, a few months ago, I felt that the story was an elegy of the struggle between the White Man (Killer Whale) and the original American, miscast by us, the Indian.

But when I saw the drama I changed my mind. It is a much bigger (and less mean) story than that. It might be man's



SANTA IN TIME—Three-year-old Gary Turnbull of Winnipeg, suffering from cirrhosis of the liver, had his Christmas party Nov. 13 because doctors said he hadn't long to live. "Come back next year to see me," Gary shouted to Santa, who came along with a pile of gifts for a party arranged by a suburban East Kildonan service club. Two days later Gary died. (CP PHOTO)

LONDON—After nearly two years British post office chess players have won a four-board correspondence match against Portugal. Now they're starting an eight-board match with Belgium.

struggle against war itself. On the earthly level we see the struggle between the Boastful One and the Thinker. On the spiritual level we see the super-struggle between the powers of good and evil.

TZINQUAW SEEMS TO ME A very creditable first edition of what can be made into a really excellent musical drama. It is another sign of the times that the Indian is making a "comeback" in so many different ways.



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Ray Reflects and Reminisces

Canadian money at Camp Lewis is subject to five per cent discount. One realizes there is a Korean war on but let it be known at once there is prompt and generous compensation.

What is regarded as one of Canada's finest hotels was the scene of tragedy last weekend in Ottawa. A Toronto social leader and independently wealthy is charged with having bludgeoned her husband, an official of the Ontario government, with a whisky bottle. Marks on the bottle and her fingerprints matched.

How much, today, the world is or is not divided is largely speculative. But no one denies there is a Communism—millions who feel they are the "have-nots" and, therefore, victims of an economic and political grievance they never cease nursing. Right here is the danger in the Ottawa case where a life was lost. Communists will say that the affair represents riches and authority devoted to crime, squander and waste. It may seem an extreme statement but it's a weapon placed in Communism's hand.

News of the finding of two men in a snowbank near Houston first came over the air from Vancouver. They had perished from carbon monoxide fumes.

The radio described Houston as a place 600 miles north of Vancouver. It could have given a more accurate report by saying 300 miles east of Prince Rupert on the Canadian National Railways. But that would never do.

Suppose you can be reasonably certain of ice skating at Prince Rupert every six weeks in the run of a winter. The season could easily be longer. Then, brother, it's not breaking anybody to enlarge and improve annually. That way comes permanency, and the grin that goes with "Why didn't we think of it before?"

Founded in Lethbridge 45 years ago, a weekly has ceased publishing. And here is where we wager that in 1905 the betting was that in 1950 Lethbridge would have a population of around 75,000. As for the little weekly, it became a stately daily with most of the population esteemed subscribers.

BLACKPOOL, ENGLAND—What's in a name? Blackpool council has decided to call its rat-catcher a 'pestiologist'. Some other councils use the title "Rat-rod Operative."

BACKACHE?

When every sudden move brings sharp, sharp twinges—it's time for Dr. Chase's Kidney-Liver Pills. Thousands find quick relief from backache, painful joints, kidney and liver disorders by taking this proven remedy. By combining 2 treatments in 1—Dr. Chase's work on both kidneys and liver for faster relief.

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