

WEIGHTLIFTING

Last term weightlifting was introduced into the physical fitness program that our physical director had drawn up.

Weightlifting, although new to this gym, soon made a fair number of good friends and when the term ended a larger number of students had been introduced to the sport, and learned of its benefits. Surely there are more lifters or would be lifters in such a large student body who would like to carry on with the sport or learn about it and get into better physical condition.

I would like to say, for those who have never tried the sport, or heard of it, that it is not a strongman's sport but a sport that builds strong men. It is a progressive system of training that has built all the finest physiques in the world, and if you are interested it can help you too. Perhaps you are one of the fellows who think that weightlifting will make you slow and muscle bound: this is not so; you cannot get muscle bound, but you are bound to get muscle. It will do you no harm, so if you are interested give it a try and make a New Year's resolution to get in a bit more exercise and spend a few hours a week at the gym.

Weightlifting will be practiced under an instructor at the beginning of the New Year: three nights a week; Monday, Wednesday and Friday, from 7 p. m. until 10 p. m. in the Boxing Room. We are trying to

CONCERT ON SUNDAY EVENING

The opening program of a series of Sunday evening record concerts will be held in the University Art Centre at Alexander College on Sunday, January 26 at 8.00 p. m. The record player recently received by the University as the gift of Mrs. Fisher will be used to present the music at these concerts to which all who are interested are invited.

This Sunday's program will consist of:

The Overture to Fidelio Beethoven
Symphony No. 8 in F major Beethoven
Concerto in D major for violin and orchestra .. Brahms
Roumanian Rhapsody Enesco

will a strong team and perhaps later form a club, having also contests every so often to record the progress of the lifters and add interest to the sport.

Weightlifting is a good sport, a great body builder, and conditioner. Give it a try, drop in some night and see what the sport is like. Even if you do not do any lifting you can enjoy a good argument, the instructor being willing to argue on any point concerning weightlifting.

—COLLIE ROBERTSON



ED. BASTEDO,

1947 "Up the Hill" photo editor, now draws \$55 as honorarium. The year book editors received increases from the S. R. C. at last week's budget meeting.

READ MORE BOOKS

(Canadian Fiction);
Raddall Thomas H.—Roger Sudden (Nova Scotia)
Roy Gabrielle, Bonheur d'occasion.
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COMING ATTRACTIONS IN THE BRUNSWICKAN



JANUARY 30, 8:30 - 9:00

CFNB

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