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C. Stuart Houston is the author of eight books. Tim Ball, a retired University of Winnipeg geography professor and manager of Dr T.F. Mary Houston is the mother of three medical professors and a mathematician, grandmother of nine, and author or co-author of

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Dr. Stuart M. McGill is a professor of spine biomechanics at the University of Waterloo (Waterloo, ON, Canada). His advice is often sought by governments, corporations, legal experts and elite athletes and teams from around the world. Author Stuart McGill explains 3 exercises to relieve back ...

Back Mechanic author Stuart McGill treats people with chronic back pain, including Olympic athletes. He and his team spent years coming up with three exercises to help with back pain.

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Dr. Stuart McGill is a spine researcher and author of several books, including "Back Mechanic", "Low Back Disorders" and "Ultimate Back Fitness and Performance." He works at the University of Waterloo in Canada as a professor and researcher. He's made many contributions to our understanding of how the spine works and how to prevent spine injuries. He also works with clients, including

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"Train the Core the Right Way" Dr. Mc Gill

Dr. Stuart Mc Gill shares some of his research regarding "spine sparing strategies, Core training, and functional abdominal training.

Stuart MacGill - Wikipedia

Stuart Charles Glyndwr MacGill (born 25 February 1971), commonly as Stuart MacGill, is a former Australian cricketer who played 44 Tests and 3 ODIs. He is a right-arm leg spin bowler, who has been credited with having the best strike rate of any modern leg-spin bowler, but he did not have a regular place in the Australian Test team due to the dominance of Shane Warne in the position of sole

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I'm not familiar with the McGill. All I know that the kind of hand paper punch that looks like the type train conductors use to punch tickets is "not" sharp/strong enough to punch clean holes through fabric. -- Cathy Raymond

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