

Medical Officer of Health Gives Annual Report to County Council

The following is the annual report to Halton County Council from Dr. A. F. Bull, Medical Officer of Health:

"I am happy to report that we had no serious outbreaks of disease during 1963 and that the health of the people of Halton County is excellent. However, there is one disease which has shown a most alarming increase in the last few years and I will discuss this in greater detail in a moment.

"I take a few minutes to outline the changes which have occurred in the public health field over a period of 60 years. In 1900, infections were the leading cause of death in Ontario and accounted for more than 20% of all deaths. During a period of a little more than 60 years, infections have been so well controlled that less than 1% of deaths result from infection at the present time. A good number of factors have been responsible for this control, but good public health programs have made a large contribution.

"At the present time, if we consider all age groups, heart diseases the leading cause of death and accounts for 37% of all deaths. In second place, cancer causes 16% of all deaths. These two diseases are most important, of course, in the age groups over 35. In all of the age groups between 1 year and 35 years, accidents is the leading cause of death and in some of the age groups, causes more deaths than all other conditions combined. In the past, health people have not had a great deal to offer so far as prevention of heart disease and cancer were concerned. At this stage, however, it is quite clear that the important factors in heart disease are five — heredity, diet, exercise, stress, and cigarette smoking. It is not possible to assign relative importance to these different factors, and the order in which I have given them does not indicate their importance. Heredity is certainly important, but we have no control over this factor. For several years it has been well known that over weight increases the hazards of heart disease and more recently it has been suggested that certain specific things in our diets may be harmful. The evidence is not altogether clear on this point and I am convinced that quantity of diet is of much greater importance than quality as a factor in heart disease. No doubt there is some advantage in reducing the amount of saturated fats in the diet if it is known that the patient has a high blood cholesterol. Mental stress is a factor which is also difficult to assess but it is apparent that long continued mental anxiety has a greater adverse effect than the more acute fears which continue for brief periods. Heart specialists now generally agree that a moderate amount of healthful exercise has a protective influence on the heart. If this exercise can be obtained in the form of recreation it should also have a beneficial effect on mental stress. There is now statistical evidence to indicate that cigarette smokers are twice as likely to die of coronary heart diseases as non-smokers, so that advice against smoking is well justified.

"Many types of cancer can now be treated with complete success and the number of malignant diseases for which we can offer a high percentage of cures is increasing every day. The disease which is assuming epidemic proportions is lung cancer. The death rate from this disease is now eight (8) times as great as it was 20 years ago. Statistical information now clearly indicates a very close relationship between cigarette smoking and lung cancer. A good number of well controlled studies have been carried out on this continent and in Europe and the evidence is now overwhelming. The figures are as follows:

"1. The lung cancer rate among men who smoke cigarettes moderately is about 10 times as great as the rate among non-smokers.

"2. The lung cancer rate among men who smoke one pack or more a day is 15 times as great as the rate among non-smokers.

"3. The lung cancer rate among men who smoke two or more packs a day is 25 times as great as the rate among non-smokers.

"For several years, I have been telling pre-natal patients, Home and School Associations, and other groups, that it is much more hazardous to drive a motor car than it is to have a baby, but it now appears that lung cancer is taking precedence over automobile accidents as a cause of death. In 1962 in the United States, as many people died from lung cancer as from auto accidents. In fact, 25 per cent of all the male cancer deaths were from lung cancer.

"There is statistical evidence at this stage to incriminate cigarettes only. Cigar and pipe smoking may have deleterious effects on one's health but there is no valid statistical evidence at the present time that they produce lung cancer. There is one wrong bit of information which should be corrected. It is popularly believed that cigarette smoking over a period of years produces permanent ill effects, and that there is no benefit in stopping. However, there is considerable evidence to indicate that if cigarette smoking is stopped before cancer is produced, the injury to the lung will tend to heal.

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Yours respectfully,
Ardie F. Bull, M.D., D.P.H.,
Medical Officer of Health & Director, Halton County Health Unit.

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The Acton Auxiliary decided to remember a little boy attending the Ontario Hospital at Orillia on special occasions. Mrs. Anderson reported on the education meeting held in March. After the meeting adjourned, lunch was served.

Attending the special meeting held at the Sunshine School, Hornby, for the annual campaign were the president, Mrs. J. Turkow and Mrs. C. Anderson. Other special meetings at the school will be attended during this month by Acton representatives and there will be an open house there in May.

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Retarded Auxiliary "Adopts" Young Lad

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— BLUFF PHOTO

ACTON JUNIOR FARMERS, who were Halton Juniors' drama champions last year, lost out in the annual drama festival in Milton recently. Norval Juniors won the W. I. Dick trophy for best play, and also the awards for best actor and actress. The Acton cast, shown here, included Doris Robinson, Jonn Jarvis, Duncan Currie and Paul McNabb. Leon Duffield directed their play, "Daff Daffy."

Waste Cost High

Of the federal government's \$7 billion-a-year spending, the controllable expenditures for goods and services, as distinct from spending on welfare, the public debt and so on amount to \$3 billion and the head of the Glasco royal commission estimates a potential saving of 10 to 15 per cent in this area if waste and inefficiency were eliminated.

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Handicraft From Halton Goes To N.S. Convention

The Nascagaweya Branch of the Women's Institute held a very enjoyable pot luck luncheon preceding their March meeting at the home of Mrs. Murray Mahon.

After the Mary Stewart Collect and the Institute Ode, the roll call was answered by the singing, or play, motto Mrs. De Blauw entertained with a song sung in Dutch and Mrs. A. Franks with "Your Land is My Land" accompanied by Mrs. Mahon on the piano.

Towel to N.S.

It was decided to send one of Mrs. Hoy's towels with the butter mold imprint to the Nova Scotia Convention. This is to represent Canadian handicraft from Halton County.

Mrs. J. Henry reported on the two days spent in Milton learning to conduct appetizing desserts.

and the importance of fruit with dairy products in the diet, at the Department of Agriculture course. It was decided to hold a lesson demonstration at a later date.

Handicapped With Courage

The meeting was then turned over to Mrs. Moffat who with Mrs. Norris discussed the courage of the handicapped in overcoming their disabilities, and helping others. Mrs. J. Robertson read an article on "Live Wires who have a goal and know how to achieve it." Mrs. Moffat conducted two entertaining Irish contests.

The meeting closed with "God Save the Queen."

Cornell University offered a certificate in journalism in the year 1875-79 before the days of journalism schools.

New Slate of Officers Named For Acton Women's Institute

The February meeting of the Acton Women's Institute held at the home of Mrs. Charles Cutts, the president, came in order with the Institute Ode and the Mary Stewart Collect with the president in the chair. The roll call was answered by paying of dues.

The minutes of the last meeting were read by the secretary, Mrs. Maddox. During the business session an invitation was sent from the Union Institute to celebrate their 40th anniversary in Milton. Several members expressed their desire to go.

The members were asked to bring cherry pies and bran muffins to be judged at the next meeting. The winner has to bake for the district's best cook on May 21.

The president, Mrs. Cutts, was asked to leave the chair and Mrs. Fred Anderson was asked to chair the election of officers for 1964. Mrs. William Maddox acted as secretary.

Past president, Mrs. Charles Cutts; president Mrs. Lindsay; first vice-president Mrs. George

Easter Service...

(Continued from Page B3)

Mr. and Mrs. Jack Reynolds and girls spent Easter weekend in Barrie.

Mrs. Jas. Lamb is visiting her daughter and son-in-law, Mr. and Mrs. M. McGlaughlin, Kitchener.

Rev. J. Schriell has received word that his father in Holland is seriously ill. He is 86 years old, but a speedy recovery is wished for him.

The flu is going its rounds in the village and district.

The ladies of the Nascagaweya Presbyterian Church and the District have been invited to attend the 40th anniversary of the Mountain Union Women's Institute in Milton on April 22.

Obituary

William R. Norton Was Garage Owner

A garage operator in Acton and later an insurance inspector for the Halton Union Farmers' Mutual Fire Insurance Company, William Robert Norton died at his home, R.R. 1, Georgetown, on Friday, March 27 after a month's illness. He had the Ford agency in Acton where the Canadian Tire Store is now, selling it 16 years ago and moving to R.R. 1 Georgetown. Mr. Norton was 76.

Funeral service was held at the Rumley-Shoemaker Funeral Home, Tuesday, March 31 conducted by the Rev. Dwight Engul of Trinity United Church, Acton. Interment was in Fairview Cemetery. Pallbearers were friends Calvin Aitken, Ray Thompson, Robert Miller and nephews Alvin and Lloyd Norton and Harry Yeaddell.

He was born in Walters Falls in 1888 and lived out west and in Toronto before coming to Acton. In 1913 he married Nellie Mae Johnson who passed away in Acton in 1931. In 1948 he married Anne Elizabeth Abbott who survives him. Also remaining are a daughter Mrs. Robert Loutett (Marjorie) Acton; a son Harry stepson Bruce McKinney, Streetsville; brother John, Meaford; Clifford, Oakville; Carmen, Toronto; and sisters Mrs. Alma Yeaddell, Meaford; Mrs. Charlie Fox, Owen Sound. He had three grandchildren. A son Howard died in 1947 and a brother Stanley in 1959.

Public relations, Mrs. George Fryer; layette, Mrs. Wilda; gifts and cards, Miss Hall.

Conveners of hand-making committees — Home Economics and Health, Mrs. E. Lambert; Agriculture and Canadian Industries, Mrs. J. Hardy; Citizenship and Education, Mrs. C. Winn; Historical Research and Current Events, Mrs. Bert Davidson; Program Planning, Mrs. Winn, Mrs. Harris, Mrs. Anderson, Mrs. Lindsay and Miss Hall.

Mrs. Fryer gracefully thanked the hostess and Lunch Committee for a lovely lunch and the meeting closed with the singing of the Institute Grace and God Save the Queen.

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IF YOU ARE UNEMPLOYED and drawing unemployment insurance benefit you will complete an application form when you report to the U.I.C. in person or by mail.

IF YOU ARE AN EMPLOYER registered with the Commission, you will receive application forms automatically. If NOT registered with the Commission, please get in touch with your local U.I.C. office so that forms may be sent to you. Distribute application forms to your employees, have them completed and return them promptly together, not individually, to the Commission.

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With all its looks and luxury, you can see how anyone might get the idea that this great highway performer is a high-priced car. Unless, of course, they happened to look first at its reasonable Chevrolet price.

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