

Dedication service Acton Baptist Church



A COMMUNION TABLE, lectern and hymn books were dedicated at Acton Baptist Church Sunday morning in memory of the late Wilfred Coles. Rev. Stanley Gammon conducted the service. (Staff Photo)

A dedication service for gifts presented in memory of the late Wilfred Coles was part of the regular morning service at Acton Baptist Church Sunday. In the evening a laymen's service was held with Robert Dilly of Galt giving the message.

Rev. S. Gammon welcomed the family and friends of the late Mr. Coles to the morning service where a communion table, a bible and lectern and new hymn books were dedicated to the service of the church. Gerald Skirrow and Wilmer Fryer, deacons, assisted.

Mr. Coles was a member of the Acton church for 61 years.

Mr. Gammon spoke of his own personal belief that Christians could be found in any place crossing denominational lines and he cited instances where he found this to be true. He urged those attending to set a good example by actions rather than expecting people to do what they say.

The communion table dedicated was from the family, the lectern and bible were from Mr. and Mrs. F. White of Weymouth, Mass., a niece of Mr. Coles and the hymn books were the gift of Mr. and Mrs. Bob Taylor, scouting associates of Mr. Coles.

Sunday evening the laymen's service started with hymns led by Gerald Skirrow and included solos by Art Cooper. George Harrop introduced Robert Dilly the speaker, whose message was "God is still writing books."

Charles Landsborough was at the organ for both services.

Doctor advises using stairs for service

"The busy man may claim he has no time for sport, but he could save five minutes per day by using the staircase in place of the elevator," writes Dr. R.J. Shepherd in the Canadian Medical Association Journal.

Dr. Shepherd says that walking and climbing stairs, the only exercise many city dwellers get, is insufficient to force the heart to pump fast enough to keep fit.

Stair-climbing becomes a legitimate exercise when you run up two flights 10 times a day. After testing 16 men who wore portable tape recorders for 24-hour periods over a one-year period, Dr. Shepherd found their heart beats only reached the 140 to 150 times a minute necessary for the lung to absorb enough oxygen to keep the heart and body healthy, when the subjects in his experiment ran.

Dr. Shepherd suggests that consideration should be given to designing an elevator that will not transport healthy office staff less than three floors without the use of a special key.

Depots arranged for Hallowe'en UNICEF donations

Organisers of the UNICEF drive this Hallowe'en are Y's Men Bill Wilson and his wife. Boxes will be given out at the schools and depots will be set up in each area.

Again this year the central depot is the Y.M.C.A. Secondary depots, staffed by Y's Men and other volunteers, are at both Toth Service Stations and John Hoare's Service Station.

UNICEF boxes will be passed out at the three schools on Tuesday, October 31.

Robert Little students are planning several special small projects to raise money for UNICEF this year, as well as the regular collecting in the orange and black boxes.

At the M.Z. Bennett school, too, special projects are being planned for UNICEF. Principal Smith and students expected to decide today on the nature of the fund-raising events.

What's UNICEF? If you need to be reminded, it's an arm of the United Nations whose purpose is to promote the welfare of the world's children.

International UNICEF has its headquarters at United Nations in New York. A Permanent Secretariat carries on the day by day operations; there are 30 Field Offices which do the administration work in various parts of the world. A 30-nation Executive

Board rotates every third year so that the composite governing body of UNICEF is world-embracing.

UNICEF neither institutes nor operates any projects of its own. Governments desiring UNICEF aid apply to International UNICEF listing their requests whether they be for health, nutrition, disease control or family welfare. It is understood that for every \$1.00 contributed by UNICEF the affiliated government contributes where possible approximately \$2.50 in local currency for buildings, staff and available supplies.

World UNICEF contributions are on a voluntary basis; there is no per capita assessment of each country as in United Nations.

In Canada, as well as government contributions, UNICEF raises funds through the UNICEF Hallowe'en collection and the sale of UNICEF greeting cards. In addition many individuals and groups contribute towards the cause of UNICEF. Monies contributed are sent to UNICEF headquarters in New York.

Since its founding 21 years ago UNICEF has helped equip: more than 550 teacher-training schools and more than 9,900 associated primary schools, about one-third of them in 1966; about 350 vocational training schools for young people, including about 130 in 1966;

... 2,200 mothers' clubs and nearly 690 day-care centres; ... more than 300 training institutions for welfare workers; ... over 5,100 schools to establish gardens or canteens; Since its founding 21 years ago UNICEF has: ... helped vaccinate about 226 million children against tuberculosis; ... helped protect about 52 million children against malaria; ... helped treat more than 23 million children for yaws; ... helped treat over 24 million children for trachoma; ... helped treat more than 250 thousand children for leprosy; more than 800 thousand children were under treatment at the end of 1966.

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