

Robert E. Hamilton, R.O.

Optometrist

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Georgetown Ministerial Ass'n.

COMMUNITY

HOLY WEEK SERVICE

WEDNESDAY, APRIL 17th

ANGELICAN - BAPTIST - PRESBYTERIAN
UNITED CHURCH

Knox Presbyterian Church

Main Street South

8:00 P.M. - EVENING SERVICE
(conducted by Reverend A. Calder)

SERMON - The Rev. M. McFarlane

A Message From Mayor Armstrong:

As Mayor of Georgetown I have no hesitation in endorsing the campaign for funds of the Ontario Division of the Canadian Cancer Society. And in so doing I am in the very best of company because the national campaign of this Society has been endorsed by His Excellency the Governor General of Canada, the Minister of Health and Welfare, as well as by business, labour and medical leaders across the country.

No one needs to be told of the need for money to carry on the fight against cancer. Almost everyone of us has some personal experience with this disease. It strikes young and old alike, and last year caused the death of more than 20,000 Canadians.

What is being done to fight it? Well... right here in this community, as well as in hundreds of others across the Dominion, volunteer workers are raising money for cancer research. We have all been greatly heartened by the success that science has had against polio and other diseases in the recent past and we can feel assured that some day research will conquer cancer. But it will be a long hard pull requiring the cooperation of every one of us.

Besides raising money for research, Cancer Society volunteers carry on an education programme and give assistance to cancer patients right here in our own community. Doctors who treat cancer patients know that the sooner cancer sufferers report their symptoms the better the chance of a cure by radiation or surgery. So, these Cancer Society volunteers are actually helping to save lives by teaching the facts about cancer.

We can help them with our dollars. Their slogan is "Fight Cancer with a Check-up and a Cheque." By so doing, we will be guarding our own health and helping to save the lives of others.

BE GOOD TO YOURSELF!

SUPPORT THE NORTH HALTON UNIT OF THE
CANADIAN CANCER SOCIETY

"Fight Cancer With a Check-Up and a Cheque"

April is 'Fight Cancer Month'

BRAMPTON DRIVE-IN

Grand Opening Friday, April 12

Free Popcorn! - Free Refreshments!

Showing Fri., Sat., April 12, 13

Audie Murphy

'High Society'

- in color -

The

'Ride Clear of
Diablo'

Bowery Boys

plus
Color Cartoon

Monday, Tuesday, April 15 - 16

"THERE'S NO BUSINESS

LIKE SHOW BUSINESS"

CINEMASCOPE AND COLOUR

Den Dalley, Marilyn Monroe, Johnny Ray, Ethel Merman

Wed., Thurs., April 17, 18

Trius & The Gladiators"

OUR AND CINEMASCOPE

Victor Mature

BRAMPTON ON NO. 10 HWY.
SINCE 1928

Keeping Fit Before And After 40

Dear Mr. Editor:

It may come as a surprise to many that the principal benefits of sports are other than exercise. It's true enough that when schools and colleges made such individual sports as golf, tennis and squash a required part of the curriculum, athletics greatly affected the physical well being of Canadian men. It is equally undeniable that when a man runs the 440 in 46 seconds or swims it in five minutes flat, he's "in the pink." But most of us give up training, take our athletics about the time we cast our first vote, and he has been pointed out on previous occasions, it takes a whole lot of week-end golf or tennis to keep strong the musculature necessary if we're to keep physically fit. Therefore, for most of us, the principal benefits of sports are recreational. They divert us from the business of daily living with its attendant worries and tensions. Their competition, good humour, gregariousness and frequent festivity are an integral part of Canadian life.

Tournament golf or tennis, a winter week-end of skiing, skating, summertime sailing or horseback rides on brisk fall days are a tonic, not muscle builders. Or at any rate, they should be. Unfortunately, many men who continue athletics into adult life transfer all the anxieties and tensions of the working world to the golf course, tennis court or bowling alley. They no longer play the game - they fight it.

Take the sad case of Mr. A. One Friday afternoon he lost out on a contract to Mr. B, his country club caddy. Saturday morning he tried to skunk him on a round of golf. When a tree got in the way of what he thought was a perfect drive from the seventh tee, he was ready to wrap his club around the tree or Mr. B, he didn't care which. When he stepped into the shower after the 18th, he was an emotional wreck, determined to take B's shirt in a poker game that night. On Sunday the mole-hill grew into a mountain, and on Monday Mr. A was set to beat B to a bigger and fatter contract. Two weeks later, the papers carried the story of his sudden death on the golf course and none of his friends could understand. But a doctor might have, if he'd had one. And had the doctor caught him in time, he would have told Mr. A that he was turning the golf course into a business battlefield.

An equally unfortunate and considerable group is the before 20 and after 50 athletics. On leaving school they take a power dive into the main stream of life which precluded anything but grandstand participation in sports. Mr. C, captain of his college tennis team, was one of them. On leaving school he settled down to selling insurance, raising three sons and trying to keep his head above water. He floated gently up to the surface at about the age of 50 like a half inflated balloon. With enough money to join the local country club, he had time and resolution to take up his boyhood's ideal strenuous life and his championship tennis where he had left it 30 years ago.

He took it up by challenging his 18 year old son to a set which, needless to say he didn't win, and the next morning he felt like a man in a liniment ad looks. As with Mr. A, he'd started his game on the wrong foot. Once again, the doctor, or the tennis pro, could have set him right. Many sports are intended primarily for the young. Track events, ice hockey, crew racing, boxing, etc., take more out of a man than they give and require a resilient if not growing system to sustain the shock they dish out. Even so, no rule of thumb can be given as to when a particular sport should be relinquished and perhaps, another less demanding form substituted. Satchel Paige has wound up after 40, still pitching for the Cleveland Indians, and the King of Sweden's world famous tennis game might kill another man of half his years. Not only is one man's sport another man's poison but also one man's sport may turn into a poison in later life. The only one who can determine the fact is a competent doctor. Along about the age of 40 the sensible thing for a man to do is to have a thorough physical exam. Find out how his system is weathering the years, how much and what kind of exertion it can take. To do this doctors have devised a variety of stress tests which determine what the heart or the lungs or the liver is capable of and what additional strain it may stand.

As a doctor once said, a piece of steel may be strained 40 per cent of its capacity millions of times, year after year, and will not deteriorate. If it is strained only once to 80 per cent of its capacity, it never fully recovers. This doesn't mean that any doctor who has any red blood in his veins or any regard for that of his patients is going to recommend giving up golf for croquet, tennis for quoits, or handball for hammock hugging. On the other hand, it's common sense to remember that with tennis, squash or badminton (games involving sudden and quick movements and all kinds of emotional tensions) doubles are far less strenuous than singles. Similarly, bowling which has become an increasingly popular indoor sport, has some of the same dangers because of the violent effort required to propel the heavy ball. As for golf, traditionally the "old man's game" the physical exertion involved in 18 holes is small and walking over the usually undulating course is often an excellent tonic for the heart. When deaths do occur on the golf course, and the number has not been negligible, they have not been due to the game itself but to the poor physical condition of the player. Like poor Mr. A, the golfer was playing for blood, ironically his own, or else he had never checked Webster on the definition of the word "sport" which reads: "That which diverts and makes mirth."

Col. Harley Lowe

FARM NEWS

Holstein Breeders
Tour Brant Farms

J. E. W.

Recently 52 Halton "Black and White" enthusiasts toured a number of Brant county herds. The first call was made at the farm of Osborne Sager made famous by the offspring of Mt. Vic R. A. Duke.

Some fifteen of Duke's daughters are still in the herd. Osborne has recently purchased a new herd sire from the U.S. and if he breeds in accordance with his pedigree, we'll be hearing from the Osborne herd again in the not too distant future. The group also had the privilege of going through the Malcolm Condensery in St. George. Aside from the educational value of the tour, the members were better satisfied with their own respective markets when they learned that the producers for the Condensery were paid on the basis of \$2.87 for 3.5 milk in January, and that the February price would likely be \$2.88 per cwt.

The herd at Sheffield Farms would always be a highlight of any tour. Holstein cows which grade "Excellent" under Herd Classification are scarce but here at Sheffield Farm were no less than 6 such cows.

The final call was at the farm of Clarence Rosebrough. This farm owner is managing some 465 acres on which he normally grows 50

CHURCH CLUB TOUR OF BRAMPTON REFORM SCHOOL

Members of the Old Echo Club of St. George's Anglican Church visited the Ontario Training School at Brampton on Thursday. The trip was arranged through Vic Gunn, a local resident who is

parole officer for the school, and club members had a complete tour of the shops where students take trade training which includes mechanical, carpentry, radio and TV work, machine shop, painting and sheet metal work.

It was explained by Mr. Gunn that students at the Brampton school are chosen after a "screening" at the Guelph Reformatory, and live under much different conditions than they would in a more formal penal centre. The training school gives excellent trade training and as parole officer it is his job to place young men in industry after their release. The experiment has been a successful one to date, and there is a low incidence of graduates getting into further trouble with the law. He urged that employers

show an interest in men who have been in trouble, and a more liberal attitude toward them that can be done by releasing to employ men who have been in prison, and the good effects when an employer shows consideration.

The tour was followed by lunch served in the cafeteria, and Rev. Kenneth Richardson expressed thanks of the club for the tour.

CLYDE STEWART NEW MAN AT THOMPSON'S

A resident of Georgetown since last fall, Clyde Stewart, former manager of a Toronto branch of Alkermest Hardware Ltd., will join the regular staff of Thompson's Hardware, 3 Main Street N., Saturday.

Mr. Stewart is married with one child and has been helping at the store on the week-end since moving to town. He replaces Bob Ballagh who moved to Hamilton ten days ago where he has taken a partnership in a hardware business.

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