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HEAVY SNOWFALL

Monday's heavy snowfall meant another all-night job for the men who keep Georgetown's streets clear.

Residents woke on Tuesday to find main arteries clear again, and much of the snow removed from the downtown district.

Stress Importance of Family Doctor in Cancer

reprinted from Canadian Cancer Society News Letter

Many advances have been made in medical science in recent years. In fact, the text books of medicine and surgery must be revised extensively every few years if they are not to become obsolete. But in spite of these advances, advances which include improvements in procedures for the diagnosis and for the surgical or radiation treatment of cancer, it must be admitted that the mortality rate from cancer has not fallen. On the contrary, even after making due allowance for the increasing number of the population reaching the age group when cancer becomes more frequent, it is apparent that the toll of cancer is increasing.

Lest there be any misunderstanding, it should be made clear that the use of new chemical compounds and of knowledge about hormones, those chemical compounds which are synthesized by the body itself, have made it possible to control some kinds of cancer, for many years and to make the patient with cancer more comfortable.

But in the absence of a specific cure or a preventative vaccine, we must continue to rely on early diagnosis and early treatment to increase the number of those who are cured of this disease.

And just how is this to be done most effectively? In the view of some the answer lies in the establishment of cancer detection clinics in the major centres of population. To these clinics at intervals of six month or one year or more would come healthy people for a thorough physical examination to determine whether or not there was any evidence of cancer. There is no doubt that such a procedure would result in the early diagnosis of a number of cases of cancer. But it would do so at great cost and at considerable inconvenience to patients.

The great majority of those active in the control of cancer believe that the success of a program for earlier diagnosis of cancer must depend on the interest and support of the family doctor. The family doctor remains the key figure in the practice of medicine and in the protection of the public against disease. He is the source of sound advice on all matters affecting the health of his patients. The very words have become synonymous for those characteristics of the members of the medical profession in all countries which have won the respect and, in many instances, the affection of their patients.

Plato recognized the selflessness of the physician when he said "no physician, insofar as he is a physician, considers his own good in what he prescribes but the good of his patient; for the true physician is also a ruler having the human body as a subject and is not a mere money maker."

Such confidence, however, cannot be based on sentimentality alone. The modern family doctor or general practitioner is well prepared by training and is well equipped to carry out the type of thorough examination which will enable him to diagnose or to suspect 100 per cent of cancers

In the first place, as the family doctor, he knows much about the background and previous health history of the patient, an important part of any examination. By reason of such knowledge he is in a position to evaluate the significance of any new sign or symptom which may be troubling the patient. In fact, it is not uncommon for him to recognize a change in the patient's health which requires investigation before the patient or members of his family do so.

In the second type he is far more expert than the patient in deciding what type of specialist should be consulted and when. In this day of the super specialist in many fields of activity, it has become too common for the person with a pain or an ache to attempt self diagnosis and to consult a specialist on treating the condition he has diagnosed. Such self diagnosis can be costly and can lead to unnecessary delay in receiving proper treatment.

The Canadian Cancer Society education programme is aimed at telling Canadians what they can do to help protect themselves against cancer. By means of pamphlets, films and public discussion it is working to reduce the fear and ignorance of the disease. But it does not suggest that the patient should rely on his interpretation of the much publicized "Seven Danger Signals," These and other types of information are intended only as guides. Since it is neither profitable nor desirable to attempt to describe all possible variations of signs and symptoms which might portend cancer the Society places much emphasis on the statement that "it takes two to detect cancer — you and your doctor."

The Society believes that you should find a doctor for the family and put your trust in him, that you should report to him for a periodic check-up, even if you feel well, and he should be your first consultant if you experience any new or unusual symptoms. In short, your own doctor's office should be your cancer detection clinic.

POLICE NEWS

Hear Ye, Hear Ye, Hear Ye

First this week we welcome any new residents to Georgetown and give them a short rundown on how the Georgetown police force operates. At the present time we have seven men comprising of a chief constable, one corporal, and five constables. We have one radio equipped cruiser and one three wheeled motorcycle. The town is policed twenty four hours of every day. We haven't the men to have a permanent station duty man so if we are not in the office phone 2411 where a Mrs. Oliver will take your call, she also takes fire calls and ambulance calls.

Enough of the blarney, to the new residents and the not so new, our next item on the menu, pardon me agenda, is dogs, dogs, and more dogs, as of the 15th day of February dog tags were due, due, and more due.

Females $4; Speyed female $2; Male $2.

The above is governed by the dog tax and livestock protection act. RSO 1950 Chapter 107.

Also dogs are controlled under the Corporation of the Town of Georgetown By-Law No. 5610 which states:-

"Every person who permits his dog to run at large at any time in any year shall be liable to a fine of not less than $1.00 and not exceeding $10."

The town is patrolled weekly by the Dog Control from Oakville and any such dog picked up will be impounded at the Oakville dog pound until the costs of the Dog Control Office are paid, and at no time any longer than 72 hours.

The phone number is VIctor 5-1551, Oakville.

• • •

Diplomacy: Being able to convince your wife she looks plump in a mink coat.

• • •

Proverb: The cowl does not make the friar.

SILENT KNIGHT

The police officer walks alone on
the street,
Checking the doors on his long
lonely beat.
He knows all the crooks; he knows
all the rooks,
He knows the bad roads, he knows
all the nooks.
He knows all our sorrows; he
knows all our joys.
He knows all the girls who are
chasing the boys.
He knows all our troubles, he
knows all our strife,
He knows every man who ducks
out on his wife.
If the police officer told half
what he knows,
He would turn all our friends into
bitterest foes;
He could sow a small wind that
would soon be a gale,
Engulf us in trouble and land us in
jail.
He could get all our homes mixed
up in a fight,
And turn our bright days into
sorrowing night,
In fact he could keep the whole
town in a stew,
If he told one tenth of the things
that he knew;
But silent is he and never will
say,
That's just part of his job from
day to day.

OPENING SOON

"Opening soon" signs have been placed on a south Main St. store which will house Georgetown Office Supplies.

The store is moving from its present Mill Street location into what was once the hydro building, which has been renovated by its new owner, Dick Licata.

John Alan McBride, 80 Oldest Peel Ex-Warden

Oldest living ex-warden of Peel County, John Alan McBride, 80, died in Orangeville hospital on February 3rd, following a stroke suffered earlier in the day. He served as warden in 1911, while he was reeve of Caledon township. He was also a past deputy reeve and councillor of Orangeville; took an active part as a member of Westminster United Church and was a member of Harris Masonic lodge.

Son of John and Catharine McBride, he was a Caledon native. He farmed until moving to Orangeville in 1921 where he later was a realtor. He leaves his wife, Edith Cameron, one son John, an Ingersoll lawyer, and two daughters, Mrs. H. S. Randall, Vancouver and Mary, a nurse on the staff of Oakville hospital, a sister Jean (Mrs. Earl Hyatt) of Norval and a brother Albert of Terra Cotta.

Rev. R. W. Arkwright officiated at the funeral service at the Turner Funeral Home, Orangeville. Nephews Mac Hyatt, Norval and Glen McBride, Terra Cotta, were among the flower bearers at the service.

Presbytery Ladies Hear Dominion Vice-President

The 30th annual meeting of Halton Presbyterian was held at Christ United Church, Clarkson, on February 10th. In spite of dangerous road conditions, over one hundred registered before lunch, with more arrivals for the afternoon session.

Halton has a good year with an increase in membership, a new Federation and another affiliated Society. Also an increase in subscriptions to Missionary and World Friends. The allocation of $16,500 was oversubscribed by $1,615.

Mrs. O. M. Brewster, Georgetown, challenged the ladies to "Lengthen Our Cords and Strengthen our Stakes" Mrs. R. J. Penhall of Carlisle gave the answers to this challenge as found in the Scriptures.

Mrs. J. D. Mills, Burlington, brought coloured slides and first hand knowledge of places and conditions in the far east, including the Holy Land. She attended the World Convention on Christian Education in Tokyo

The guest speaker was the dynamic second vice president of the Dominion Board, Mrs. L. H. Cragg of Hamilton. She dared the delegates to live and work at top capacity in a shrinking World. "We can no longer shut our eyes to conditions in other lands," she said. "We know their needs and they know our wealth. The two thirds of the world's population who go to bed hungry every night, know that the other third are concerned about dieting." She urged ladies to study and think, to use the "muscles" of their brains as athletes do the muscles of their bodies.

A vocal duet by Mrs. Ray Connell and Mrs. Alex McArthur was much appreciated.

Mrs Ross Patterson, president of Hamilton Conference branch introduced Mrs. Cragg and conducted the election of officers and installation of officers.

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LET'S TAKE A SERIOUS LOOK AT FARM SAFETY

by W. Ross Milne
Extension Specialist

By this time you will be well aware of the Farm Accident Survey that will begin on March 1st. We all know that accidents occurring to farm people are caused by tractors, farm machinery and farm animals, etc., but until we know how many, where and when these accidents occur the most often, can we formulate an effective Farm Safety Programme.

How dangerous is farming? Extremely! In fact it is one of the most dangerous occupations there is. Only mining and industrial contracting have a higher accident rate. You would be three times safer working in a factory than farming. In the U.S. 38 to 40 farm people die each day and 3000 others are injured. No wonder we should be concerned and want to know what the farm accident picture is in Ontario.

However, we do not need to wait until the survey is completed before we can take any action. Fires always take a heavy toll in lives and property and this has been especially true this winter. Obviously all farm fires cannot be prevented, but many can be by taking a few simple precautions.

Recently in Peel county four farm homes have been burnt with loss of life in one case and close calls in others. Often when a farm house is on fire the occupants only have time to get out and have to flee to a neighbor's to phone the fire department. If the neighbour is on the same rural line it is quite often not possible to reach the operator because the wires in the phone in the burning house have fused. This give the same effect on the operator's board as someone using the line and because there is a steady light on her board she has no way of knowing that you are trying to reach her. If this happens, it is necessary to drive to another telephone line to phone the fire department.

On rural lines if you are forced to vacate your house because of fire, pull down the telephone lines on the outside of the house before going to the neighbour to call the fire department. If the wires are cut back to the point where they are not fused it will leave the line open and in operation.

Do you and every member in your family know the telephone number of the fire department? Remember, when a fire occurs it is easy to panic. All members of the family should know the number and it should be placed right on the phone. Also remember when talking to the fire department to take time to give them a clear description of the location of your property and how to get there. They can't help you very much if they can't find your place.

Every farm should have a good strong ladder that will reach the top story of the house. Quite often the stairway is filled with fire and prevents anyone from going upstairs to rescue children when thye could be safely and easily taken from the house by means of a ladder. This, of course, means a ladder in excellent repair and strong enough to hold two people This could easily mean the difference between life and death for you and your family in a fire. Have you got one?

Almost every year we add more appliances to our farm wiring. In buildings that have been wired for some time it is easy to reach the safe load limit. This should be checked frequently. The Ontaro Hydro will do this for a very nominal charge.

Heat lamps offer a great many advantages around the barn but unless well installed offer a severe fire hazard. Remember, they will set straw on fire if they come in contact with it. Heat lamps should be of the pyrex type that will not break if splashed with water. They should be installed in a porcelain receptacle rather than a metal one. The lamps should be covered with a shield which if knocked down will upset and point the lamp up.

Do not suspend the lamps by their cords. They should be held by a chain or heavy wire. An outlet should be placed directly over the place the lamps are being used rather than run off a long extension cord. Then if the lamp is pulled down it will come unplugged. Finally, no more than 7-250 watt brooders should be installed on a No. 12 wire circuit. Remember, a good installation is a safe installation.

There are just a few things that can be done to prevent fires and to do during fires that can be helpful. There are many more.

The loss of a building is costly and tragic to the farm operation. Fire insurance softens the blow but never does anyone recover the total loss through insurance. Just as important as insurance itself is to know what your policy covers and what it doesn't. It is easy to renew your insurance year after year without bringing it up to date. I am sure if many farmers had a fire today they would be surprised how inadequate their coverage is.

In fire insurance the fine print is just as important as any other part of the policy. After a fire many farmers are surprised to learn what the word contents means, for example. Any reputable insurance company's agent would be glad to explain in detail the fine print of your policy to you. Policies should be brought up to date every year.

Discuss Education at Home & School Panel

Traffic safety, study habits and parent-teacher relationships were some of the subjects discussed by a panel at a meeting of Glen Williams Home & School association last Tuesday in the school.

Rev. Alex Calder acted as panel moderator and those participating were Rev. Lloyd Freel, who is minister of the United Church in the village, Alex Dobson, a teacher at Georgetown High School, Ted Scott of the town police force and Herald editor Walter Biehn.

Association vice president Desmond Earl conducted a business meeting, a highlight of which was presentation of a prize to Karen Korzack, whose essay on weed control won second prize in Esquesing township. County weed inspector Vern McArthur was present to present the award. Principal Ralph McKeown announced that a school paper will be issued soon, with proceeds going to the Junior Red Cross. In a game of name bingo, Mrs. John Rathbone was winner. Tea and cookies were served afterwards.

D. GAY, D.C.

KIDNEY DISORDERS

Kidney disorder symptoms are often so slight they are hardly noticed. Early signs such as fatigue and listlessness are often passed off by those suffering as "being out of sorts." Dull headaches, puffiness under the eyes and poor appetite are more advanced clues while vision disturbances and a rise in blood pressure are real danger signs.

Simply explained, the kidney's main job is excretion of the wastes from the body. Through its miles and miles of minute filter chambers, some hundreds of quarts of blood are pumped daily. From this tremendous amount of blood, a delicately balanced mechanism accurately arranges to excrete the correct amount of waste acid, alkali, and water. A malfunctioning kidney for example, would allow the body to absorb too much water resulting in water-logging of tissues (dropsy.) Or, in the reverse, dehydration results. Other conditions too numerous to mention may result when diseased kidneys upset the balance in acid or alkali content.

It is a lengthy subject far from completely covered here. Often abused by bad living habits, kidneys are also affected by nerve impulses distributed from the central portion of the spinal cord.

Chiropractors know that good health is a combination of good living habits, posture and food. Neglect these and the pressure of daily living can lead to trouble. The observant person at the first sign of trouble, consults a chiropractor to find out if spinal adjustments are needed for continued good health.

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An Important Message To Ontario Farm People....

A FARM ACCIDENT - SURVEY -
will be conducted throughout Ontario from March 1st, 1959 to February 29th, 1960

This survey will record all farm accidents and fires during the year and seek to determine their causes. The objective of this survey is to provide the basis of a Farm Safety Program designed for your benefit.

The Farm Accident Survey in the County of Halton
Is under the direction of your Agricultural Representative J. A. Francis, assisted by Halton District Women's Institutes

An accident reporter will collect details of all accidents for each community in your County. The success of a farm safety program will depend on the full cooperation and assistance of all Ontario farm people in this survey.

ONTARIO DEPT. OF AGRICULTURE
Dr. C. D. Graham, Deputy Minister
Hon. W. A. Goodfellow, Minister