

# Stay Alive Longer! Will YOU Live To Enjoy Your Success?

Editor's Note: Is modern man killing himself to produce a better world for his wife and children to enjoy? Why do five times as many men die from heart attacks today as 25 years ago? To what extent is a wife responsible for her husband's untimely death? How can every woman help her husband stay alive longer? In a highly provocative series of 20 articles, Leford Kordel brings new hope and encouragement in dealing with these major problems of modern living. Don't miss even one of the 20 installments, of which this is the first.

By LELORD KORDEL (Installment One)



Once on a tour of a world-renowned cemetery in Genoa, I stopped before a large, imposing statue of a little old woman. "Who was she?" I asked, with a touch of awe. "What did she do?"

"She sold flowers in the street," said my guide.

"But that statue in her honor..." I insisted, "she must have done something heroic."

"Heroic, maybe. Foolish, more likely." The guide shrugged. "She worked hard all her life selling flowers, saved every penny, had no fun, not even enough to eat, so she could have a big monument built in her honour when she wouldn't be here to see it."

The scene changes from the quiet of a Genoa graveyard to the noisy, frenzied pace of New York. But the pattern remains the same.

I was having dinner with a friend of mine. Bob Swanson is a busy, successful executive whose company manufactures business machines. These machines are designed to operate with ease and efficiency.

A husky former all-American Bob has forgotten that the mechanism of his own body was the most delicate and efficient ever conceived. He wouldn't have thought of driving his car without gas and oil, yet he continually pushed his body to the breaking point without giving it proper food to keep it operating.

The next time I saw Bob he was lying white and still on a hospital bed after a heart attack.

"Funny thing" — he managed a feeble grin — "the office is running fine without me. Just goes to show you, no man is indispensable."

Bob was one of the lucky ones he recovered. His heart attack was a warning which he was wise enough to heed. He put himself on a five day week schedule, learned to delegate authority, bought a cottage by a lake, and spent every weekend there with his family.

"I'm learning to relax," he told me later. "I was a damn fool. For years I'd worked as though there'd never be a tomorrow. And you know something? There almost wasn't!"

The Middle-Aged Revolt "Death begins at forty!" That's what Dr. Clive M. McCay, of Cornell University, tells us. He says it's around this age that a man looks back over his first four decades, then decides to do something about the remaining three decades by re-charting his whole life.

He goes into a middle aged revolt. Fearful of getting old, he worries about his love life. But sterility and impotence are not the result of age. They stem from nutritional disorders or psychological blocks. Sexual vigor can and should last many years past middle life. Even prostate difficulties — and now treated without loss of fertility.

Don't go into the proverbial tailspin. Don't try to be a playboy without the talent for it, nor an athlete without the build for it. Moderate exercise, certainly. But don't try to outdo the lads on Muscle Beach.

It isn't old age that brings disease. Rather, it's disease that brings old age.

Stop Killing Yourself Suppose one evening you picked up your newspaper and the headlines screamed "ONE MILLION AMERICAN MEN ARE SUICIDES!"

"Fantastic," you might say. "What is this — another 'Man from Mars' hoax?" It is no hoax. It is precisely what nearly a million American men do yearly. They kill themselves just as surely as if they jumped into the East River, played Russian roulette, or swallowed poison.

Their suicides, while less spectacular, are more tortured. They suffer the crippling pain of strokes or they allow coronary thrombosis to choke off the blood supply to their hearts.

What are the reasons for this mass murder? This national tragedy that leaves millions of widows and orphans in its wake? Ignorance is one.

American men have learned to build pathways through the skies, to manufacture atoms for peace and hydrogen bombs for war, but few have learned the proper respect and treatment for the most complex creation of all — the human body.

Neglect is another reason. Too many men neglect to have physical checkups, neglect proper nutrition, until it's too late. Diseases that might have been prevented take their toll, and lives that could have been saved by early diagnosis and treatment are lost.

Periodic health checkups are the best guard against serious illness. Failure to have them is the greatest contributor to man's untimely death in middle age — or at any age.

## At the... CHURCHES

ANGLICAN  
St. Alban's, Glen Williams  
Rev. John Rathbone  
9.15 a.m.—Church School  
10.30 a.m.—Sung Eucharist  
7.00 p.m.—Young People's

The Parish of  
Norval, Stewarttown, Hornby  
Rev. J. E. Maxwell  
Prof. J. R. Rothwell, assistant  
St. Paul's, Norval  
8.30 a.m.—Holy Communion  
11.00 a.m.—Morning Prayer

St. Stephen's, Hornby  
11.00 a.m.—Morning Prayer and  
Church School  
St. John's, Stewarttown  
9.30 a.m.—Morning Prayer  
10.30 a.m.—Church school

St. George's, Georgetown  
Rev. Kenneth Richardson  
8.00 a.m.—Holy Communion  
9.30 a.m.—Holy Eucharist  
Church school (9 yrs. up)  
11.00 a.m.—Holy Communion  
Church School (3-8 yrs.)  
6.30 p.m.—Evening Song  
Conducted by AYP

PRESBYTERIAN  
Knox, Georgetown  
Rev. Alex J. Calder, B.A., B.D.  
10.00 a.m.—Church School  
11.00 a.m. & 7.00 p.m.—  
99th Anniversary  
Rev. Crawford Smith, of Knox  
Church, Guelph

Limehouse  
services withdrawn

Norval and Union  
Rev. G. L. Royal  
Norval  
1.30 p.m.—Sunday School  
2.30 p.m.—Divine Worship  
Union

10.00 a.m.—Sunday School  
11.00 a.m.—Divine Worship

UNITED  
St. John's, Georgetown  
Rev. M. G. McFarlane, B.A.  
9.45 a.m.—Sunday School  
11.00 a.m.—Church service  
Beginner's Sunday School  
6.45 p.m.—Prayer service  
7.15 p.m.—Church service

St. Andrew's United  
Sinclair Ave. at  
Mountainview Road  
Dr. Charles Donald, D.D.  
9.45 a.m.—Sunday School  
11.00 a.m.—Morning Worship  
and Beginner's Sun. School

Norval Pastoral Charge  
Rev. Lloyd N. Freel B.A., B.D.  
Glen Williams  
8.00 a.m.—Church service  
10.00 a.m.—Sunday School  
Norval  
10.15 a.m.—Sunday School  
11.15 a.m.—Church service

Home  
10.00 a.m.—Church service  
11.00 a.m.—Sunday School

Huttonville  
Rev. J. P. Ashwin, B.A., B.D.  
10.00 a.m.—Meadowdale  
11.30 a.m.—Huttonville  
2.30 p.m.—Churchville

BAPTIST  
First Baptist Church  
Rev. R. L. Whan, B.A., B.D.  
Choir Director: Douglas Peck  
Organist: Mrs. W. Townend  
10.00 a.m.—Church School  
11.00 a.m.—Worship Service  
7.00 p.m.—Evening Worship  
8.00 p.m.—Wednesday—Prayer  
Meeting  
Everyone Welcome

Grace Baptist  
In IOOF Hall  
Rev. Bruce Penny  
9.45 a.m.—Bible school  
11.00 a.m.—Morning worship  
7.00 p.m.—Evening worship

Christian Reformed Church  
Rev. D. C. Los  
9.30 a.m.—Morning Worship  
3.00 p.m.—Dutch Service

Stayer Residents  
Married 60 Years

Residents of Georgetown during their early married life, Mr. and Mrs. John Hawes recently marked a marriage milestone in Stayer — their 60th wedding anniversary. They still keep in touch with relatives and other friends here and maintain an active interest in their old home town.

Attending a party to honour the occasion were Georgetown relatives Mr. and Mrs. Richard Hawes, Mrs. Wilfred Mino, Miss Jessie Fryer and Mrs. William Hill.

Sid Chambers Is New  
Steinberg Manager

Succeeding Ken Marshall recently as manager of Steinberg's food store is Sid Chambers. Mr. Chambers comes to town from London, England, via Toronto where he has been employed in a company store.

Mr. Marshall is now in Hamilton where he will manage one of the firm's stores in that city.

of the 800,000 felled by heart attacks yearly — or will you decide now to survive your own success?

All Rights Reserved. Adapted from the book, "Live to Enjoy the Money You Make," by Leford Kordel. Published by World.

Next week: Why Rush Your Own Funeral? Will you be one

## DON-AMITE! By Alan Mauer



DON DEMETER, OF THE LOS ANGELES DODGERS, ONE OF THE EARLY SEASON SLUGGERS— WAS FIRST TO HIT 5 HOMERS IN ONE GAME THIS YEAR.

THIS 6-4, 23-YEAR-OLD, STARTED OFF AS IF HE INTENDED TO BE THE DODGER CENTER FIELDER OF THE FUTURE. HE WAS FIRST TO EXPLOIT THEIR HOME FIELD—IN FIRST 20 AT BATS THERE THIS YEAR GOT 12 HITS—5 OF THEM HOMERS.

Norval United Church Setting For Meadows - Fishburn Vows

Norval United Church was decorated with last standards of large white mums for the marriage of Nancy Lorraine Fishburn, daughter of Mr. and Mrs. Stanley Fishburn, Norval, when she became the bride of Arthur Gerald Meadows, son of Mr. and Mrs. Harold Meadows, R. R. 2, Cayuga. The marriage took place on Saturday, September 26th at three o'clock, with Rev. Lloyd N. Freel officiating at the double ring ceremony.

Miss Elaine Laird was organist and Joyce McLean was soloist singing the Wedding Prayer before the ceremony and O Perfect Love during the signing of the register.

The bride, given in marriage by her father, chose a formal gown of white Chantilly lace, the bodice was fashioned with a sash and long lily pointed sleeves. The bouffant over-skirt of lace was scalloped in front and opened to reveal pleated tulle. A coronet of orange blossoms studded with rhinestones held full-length veil of pure tulle illusion and she carried a full cascade of red sweetheart roses, and Stephanotis.

Miss Elizabethann Harvey, was maid of honor, for her cousin, Sharon Fishburn, sister of the bride and Colleen Grady, were bridesmaids. All the attendants wore identical gowns of crystallite, ballerina length fashioned with full skirt and cummerbunds. The maid of honor in apricot, shading to copper and the bridesmaids in autumn green. The maid of honor carried a crescent cascade of white pom poms intertwined with ivory, the other two were of yellow pom poms. Their head-dresses were gathered half-bill boxes to match their gowns with white accessories. They wore the gift of the bride heart necklaces.

Alexander (Sandy) MacDonald was groomsmen and Stanley Meadows, brother of the groom, and Douglas Fishburn, brother of the bride were ushers.

The reception was held in the church hall where the bride's mother received for her in a gown of allegro blue lace with lace jacket and blue accessories and a corsage of pink roses and white Stephanotis. She was assisted by the groom's mother in a dusty rose, nylon and lace with rose and black accessories and a corsage of pink sweetheart roses and blue mums.

For travelling to Niagara Falls, and the central states the bride wore an olive green wool suit, white green hat and brown and white accessories. Her corsage was of white gardenias and Stephanotis. She wore cultured pearls and earrings, the gift of the groom. They will make their home in Caledonia where the groom is on the staff of

FIRST FIRE PREVENTIVE WEEK WAS IN 1922

Fire prevention week, an annual observance since 1922, is set each year to include the Oct. 9th anniversary of the great Chicago fire of 1871 which caused damage estimated at \$175,000,000.

3 - CABS - 3 RADIO EQUIPPED RELIABLE DRIVERS

GLEN TAXI Operated by Jim Bell TR. 7-2432 Service Every Day including Sundays

## Mother Of Mrs. Howat Dies In Calgary, Alta.

Sudden death of her mother called Mrs. Ken Howat, 32 Henry Street home to Calgary, Alberta, when she received word of a fatal heart attack suffered by Mrs. G. A. Kinder, 71, a Calgary resident since 1917.

Mrs. Kinder, the former Ruth Rowden was a native of Midland. With her husband who survives, she lived in Winnipeg and Moose Jaw after their marriage, before taking up permanent residence in Calgary. She also leaves another daughter, Mrs. D. Malin of Calgary; two sons, R. A. Kinder, Calgary, and Captain Bruce Kinder, Camp Wainwright, Alberta, 12 grandchildren and a sister Mrs. J. C. McKay of Toronto.

THE GEORGETOWN HERALD Thursday, October 15th, 1959. PAGE 3

Mrs. Howat flew west after receiving the sad news, in time to attend her mother's funeral.

# SAVE PINKY STAMPS FOR FREE GIFTS!

Steinberg's

...PLUS THESE LOW PRICED FOOD VALUES!

ORCHARD KING CHOICE — SAVE 4c	TOMATOES	3 20 oz. tins	49c
ORCHARD KING CHOICE — SAVE 4c	PEAS	15 oz. tins	2 for 25c
ORCHARD KING FANCY — SAVE 2c	TOMATO JUICE	48 oz. tin	27c
ORCHARD KING CHOICE — SAVE 4c	PEACH HALVES	2 20 oz. tins	43c

GEORGETOWN — ONTARIO  
Store Hours: Closed all day Monday . . . 9 a.m. to 6 p.m. Tuesday, Wed., Thurs. . . 8.30 a.m. to 9 p.m. Friday . . . 8.30 a.m. to 6 p.m. Saturday

## BEAVER LUMBER

# A Kitchen PERSONALIZED . . . Just For You!

Planned Step Saving Convenience Beautifully Prefinished Birch!

Handsome, prefinished Birchwood kitchen units permit complete planning flexibility — giving you everything you want in up to the minute styling, space-saving accommodation and step-saving convenience, readily fitted to your plans — completely installed.

Your Birchwood Kitchen is designed to fit your kitchen exactly! — sink, drawers, lazy susan and upper cupboards located where you want them. Modern built-ins (counter tops, built in ovens, under counter dishwashers, etc.) can all be included — yet the smart compact styling of today's kitchens is retained. And the counter tops of contoured Arborite with quality stainless steel sinks will make "clean up time" a pleasure.

PREFINISHED In Beautiful Natural Birch Your Choice Of 4 Furniture Finishes

Vista (natural), Nutmeg (spicy brown), Cherry (reddish brown), Wild Plum All four are wonderfully rich-grained.

Your BIRCHWOOD KITCHENS CAN BE INSTALLED IN LESS THAN A DAY! Ordinary installation takes at least 3 days or longer with many family inconveniences. With Birchwood Kitchens there is no delay, no painting odours or mess. They are installed completely prefinished. ALSO AVAILABLE: UNFINISHED UNITS SANDED AND READY-TO-PAINT OR STAIN!

PERSONALIZED Whether you're remodeling your old kitchen or planning a new one, we will provide you with a custom plan and complete estimate. Phone Beaver Lumber today.

HANOVER BIRCHWOOD KITCHENS With a Hanover kitchen you will enjoy for a house-time the beauty of fine wood grains — beautifully finished by careful Hanover craftsmen.

### BUDGET TERMS

AS LOW AS \$9 A MONTH

Convenient budget terms can be arranged directly and confidentially with Beaver Lumber. No outside financing — no down payment.

## PHONE TODAY

### BEAVER LUMBER

11 Water St. TR. 7-2234