# Are You Asking For Trouble?

by Lelerd Kordel Installment: Three

Did you eat as much now as you did when you played college football, fifteen, twenty or thirty years ago? If so, you asking for trouble - and you'll et it. First, perhaps, in form of a slight paunch. portly look," you tell yourself A well fed, filled out, successther becoming at first. Not bad string bean.



When the portly look gets out of bounds and becomes definite bay window, you try to laugh it off: "My chest must have slipped down.'

But you can't laugh off the eincreasing shortness of breath, the pangs of 'indigestion', the difficulty in tying your shoe

laces, and the constant fatigue. You can blame the high fat, high starch. American diet for much of your body degeneration. During the past fifty years, Americans have increased their fat consumption by more than 50 per cent and now est more per capita than any other people in the world. Our sugar consumption has multiplied 500

The average American male when one of the heart's two byterian Seniors); Friday (Norare all wrong. He has been told rough materials on its inner Laidlaw played on the Sunday that he should eat a high protein, low fat, low sugar diet, combined with plenty of sleep and moderate exercise. But does he do anything about it?

He does not! He rationalizes: The rules don't apply specifically to him. He's different.

Your Rusting Out Rate

is a relatively consistent se- what we eat - and how quence of events which grad- eat it. rusing out.

thusiasm he is! How clear and much in too little time. lenses of those young eye have 'This is the stress theory.

belp slow down his own rusting, these factors. As between diet Much of the deterioration seen and stress, the first is the easin human aging is not necessary, lier to control. Diet depends Authorities studying new ways (on you; stress involves many toward greater longevity think external factors, and your rethat man perhaps has the poten- action to them. tial to live 150 years. They be-Heve 100 years is a figure to All Rights Reserved. Adapted which gerontologists may reason- from the book "Late to Enjoy" ally aspire. In the United States the Money You "lake," by about 1 person in 33.000 actual- Leford Kordel. Published by

ly does live that long. Theoretically, there is nothing to prevent others from doing so. But consider this appall- Your Arteries: the deady daning fast: One many out of every ger of cholesterol. 60 now dies of a heart attack, many of the victims before they have gone even halfway to the 100-year mark.

What Price Is Success?

You're only thirty, you say. Your nerves are steel and your Bill and Joan Hunter, the for stomach is cast iron Fine! mer Joan Wedgewood of Malton. Keep them that way with pro- was held Monday, Oct. 19th in per food. adequate rest, and Snelgrove Memorial Hall regular physical examinations. Over two hundred friends to guard against the diseases and neighbours from all over

case up a bit as you grev old- of euchre. Prize winners incluer. Play a little, relax a lot, and 'ded: ladies, 1st, Mrs. W. H. so doubt you will live to be a Hunter, of Terra Cotta; 2nd,

The director of the Univer- men's, 1st Harold Parkinson, tity of Arizona Dept. of Art, 2nd Roy Westlake.

"Americans have the ugliest evening and welcomed the new faces in the world. They show bride to the community. In an the marks of strain, tension and address Mrs. Leslie Young used mner conflict that you don't the word WISHES as her topic find elsewhere And these form | defining it as W for wealth;

According to Dr. Wood, New for health and happiness; Fork is the worst city of all for endurance; and S for secfor faces marked with this par- urity. acular type of ugliness, Why? York is the busiest, most enport by Ray Anderson and

sertic in the world Imericans with these faces - of money by Roy Thompson. he harassed executive, strain- Bill Hunter thanked everyone ag every nerve to keep abreast, for the gifts and the wonderful I competition, the teacher, on evening, "illty for the future generation; and Jr. Farmers served lunch he statesman who decides the and dancing concluded the evate of the nation, and the actor ening.

who lives by his emotions. One hour of living on sheer emotion is equal to five hours

The tensions of modern business are prevalent wherever man has to keep driving hard in order to get ahead, and harder still to stay ahead.

So you are only thirty, bu years pass. So swiftly that yo hardly realize the changes that occur. Ten years - twenty twenty five --

Can this be you? It can't be This tense and harried man with the consuming ambition that will never let him rest until it destroys him? This man who has all the money he needs but won't take time to enjoy it? Who, at his present tempo, won't even live to enjoy it? Yes, it is you, and you, and

Your name is legion.

ments that spell the difference Church minister from Georgebetween a healthy and sickly town consented to the urgent old age. They are, in this or- call.

circulatory system; hyperten finally made for the week of danger. When they leave for port on this area's problem sion. hardening of the arteries, Sunday. Oct 18th. The arrange school we never know if they would be presented to council coronary thrombosis, and apo ments for such a Mission were are going to get there." Mrs. shortly. He predicted it would

3. Arthritis.

dern medical facilities available ion Presbyterian), and Mrs.

wall A blood clot forms. and and Wednesday; Mrs. Davison the artery is blocked or closed, on the Monday and Tuesday. The result: blood cannot get Mrs. Beard on the Thursday and

ally become clogged. ladvanced to explain hardening happy consequence of this ag-Grandfather ate his flapjacks, of the arteries and the coron- reement that Mr. Darcie signifand then went out to chop down ary thrombosis that follows ul- led his intention to be present trees for fuel and shelter. His timately in its wake. According each night of the Mission. grandson consumes the same to the first theory, which shows high-energy meals, and sits all definite promise, hardening of all day at a desk in a well-hea- the arteries is due to a diet conted office. Grandfather needed taining too much indigestible 4,000 calories a day to chop cholesterol and fats in combin-Grandson needs only ation with high starch foods. 1,900 to be a chairwarmer. In other words we can prevent Within your life span there the hardening of our arteries by

ully adds up to a physiological The second theory is that the arteries suffer from sheer me-Watch a boy of ten at play, chanical strain, or wear and How filled with energy and en- | tear. We try to accomplish too bright his eyes appear. Yet the wear ourselves out doing it.

already begun to lose elastici- Since 97 per cent of the vic-. By the time the boy is tims of coronary thrombosis twenty, a slow continuous de-|suffer from argerial difficulty crease in the volume and acid- prior to their attacks I shall ity of the digestive juices beg. point out in subsequent chapters the effects of faulty diet and Each individual, however, can stress and how to eliminate

Next week: Stop Clogging Up

#### Presentation for Terra Cotta Couple

A presentation for newlyweds

the district attended the affair Work hard if you like, but and many enjoyed an evening Mrs. W J Wedgewood, Malton;

Dr Harry Wood, is speaking: | Rev. G. L. Royal chaired the for Interest; S for Security; H

Presentations included a day-Don Cleave; a card table set by There are at least 15 million Robert McDonald, and a purse

those shoulders rests responsi- The Union Church committee

# Preaching Mission Held in Norval Church Original Planning Started Back in 1957

A hope was realized in the Christ OR an intimate know- ming men and women to dark- ice was observed each evening conclusion of the second solo village of Norval this past week lng, of Jesus Christ as Saviour ness for ever when, on every with the singing of the Gospel a prayer of encouragement to with the holding of a "Preach- in which the Messiah of God is hand the Messiah calls mankind hymns, prayer, Scripture read- the assembled worshippers was ing Mission." Plans first got elevated in one's thoughts to from destruction and despair to ing, offertory, solo and serm- made following the Benediction, were put off until serious consideration began in the Spring of this present year. Under the convenership of the Rev. J. L. Maxwell, assisted by the Rev. I. N. Freel, and the Rev. G. L. Royal, the details were consummated and arrangemnts made. First of all overtures were made to the Kirk Session of the Presbyterian Church that the Sanctuary might be procured for the holding of services. An "affirmative reply was received and the next step was 'to get the right man for the job." Much prayerful attention was expended on this task and a selection was made. It became the responsibility of Mr. Freel to interview the Rev. ing Christ for granted was don-Morgan McFarlane of St. John's United Church, Georgetown, in the light of his taking on the immense chore as Missioner.

A number of dates came un-1. Disorders of the heart and der survey and settlement was '- "Our children are really in ported that the engineer's reters in Norval; for example, the Monday night. She was spokes the road there. But I think choosing of a special soloist and man for a deputation of Annel we can improve it some this 4. Nervous and mental disor- the inviting of various choirs to Street residents who urged bet- fall even though we can't do Heart disease tops the list of organists were secured Mr. tion of the dangerous approach! Weather was preventing corcauses of death in the United Ronald Laidlaw (Norval Uni- to the bridge enroute to their rection of the condition on Ma-States. In spipe of all the mo-, ted), Mrs. Lloyd Davison (I'n-, homes via Ontario Street. for detection and amélioration. Eric Beard (Norval Presbyter- ion were back to council after ting back shoulders to widen the heart ailments caused 45 per ian). The format for the choirs, an earlier visit some months road, the engineer reported. cent of New York's 81588 deaths was as follows: Sunday (Norval) United); Monday (Union Pres-Of all heart diseases, the No. byterian Tuesday (Anglican I killer coronary thrombosis, is, Choir). Wednesday (Norval Unthe most preventable. It occurs | ited) Thursday (Norval Preslarteries becomes clogged with val Presbyterian Juniors). Mr.

through to feed the heart, just Friday. It was unanimously agas water is unable to flow thro', reed that Mrs. Tom' Darcie, a old, rusty pipes when they fin- teacher at the Glen Williams public school and a member of Doctors and scientists are do- St. John's Church choir, be ing research on two theories contacted as soiloist. It was a

> All things being in order the "Preaching Mission" commenced on Sunday evening, Oct. 18. at 8 30 p.m. Attendance was very representative and very encouraging Sunday, 77: Monday, 52; Tuesday, 76; Wednesday 65; Thursday, 110; Friday 116, An inspirational side of the Mission has been the morning praver meetings at 9 am, in the Presbyterian Sunday School Hall which gave added impetus and strength to those who attended Each evening at 800 om, a quiet moment of prayer was held in the vestry prior to the actual service. This was proven to be a time of fellow

The theme chosen by Mr. Mc Farlane was "Christ - Acknow ledged or Enthroned". This provocative subject, with its emphasis on the line between a nodding acquaintanceship with

NEW DIETARY

SUPPLEMENT

WAMPOLE

SOYA LECITIIN

SOYA LECITA

AVARABLE AT

ALL DRUG STORES

ship, praise and vision

ing' (St. Mark 10-13-21), Wed- Christ is indeed 'the way, the nesday, 'Growing Fast In the truth and the life.' It was ap-Kingdom of God' (St. Luke 19: parent from the rapt attention 1-27); Thursday, Playing Both of the congregation each night the world to tear the Christian from the grasp of his Lord. The wordly characteristic of tak. 18th.

the supreme place, was divid- live with Him in faith, hope on. An anthem was sung by and the six entightening and and love. Only a sincere and the choir each night and added took part that great good will energetically delivered addres whole-hearted profession could to the solemnity and joy of the be the harvest from this effort. ses. The subjects night by night save a man from the final dis- services. Prior to the sermon Many prayers ascended to God's were: Sunday 'Where To Be- aster of 'living apart from God'. Mr. Darcie sang an appropriate throne over a long period of gin?' (St. Luke 18-9-27); Mon-With diligence and in a most solo which voiced the Mission- time and now, under the banday The Most Pressing Quee- capable fashion the Missioner er's message in song and after ner of Jesus, 'Work' is the order tion' (St. John 21:16-24); Tues- drove home his points one af- the sermon another spiritual of the day for the night is fast day Seeking. But Not Accept- ter the other to reveal that or hymn was sung. On the approaching. Sides' (1 Kings 18-21); Friday, that Truth was filtering thru' 'Accentuating the Essential' to the inmost recesses of the (St. Matthew 13:34-43). On each heart' and an impact being evening the total claim of made. In the New Testament Christ to a man's life was im- you may read 'Blessed is he pressed with ample illustration | that cometh in the Name of the of the continued persistence of Lord' and this was true of Norval during the week of October

A very simple Order of Serv

WHAT COUNCIL DID

## There are four common ail and much prayer the United Rafepayers Demand Ann St. Be Widened and Lighted

carried out by the three minis- ! Thomas Gadd told council on | "cost a lot to properly fix participate. The services of 3: ter street lighting and correct a major project this year."

oncoming traffic.

Installation of better lighting waited on an agreement; with the Bell Telephone Company to use their poles. Councillor Anne Currie said. Meanwhile, she admitted: I wouldn't my daughter walking there at night." Later Deputy Reeve Gray re- days.

Mrs. Gadd said the deputat. | Hill had been improved by cutago because the bridge is still | Councillor John Elliott advised dark and dangerous, and a bend that the CNR were putting a in the road obscures a view of carload of stone on the Queen Street crossing at the station

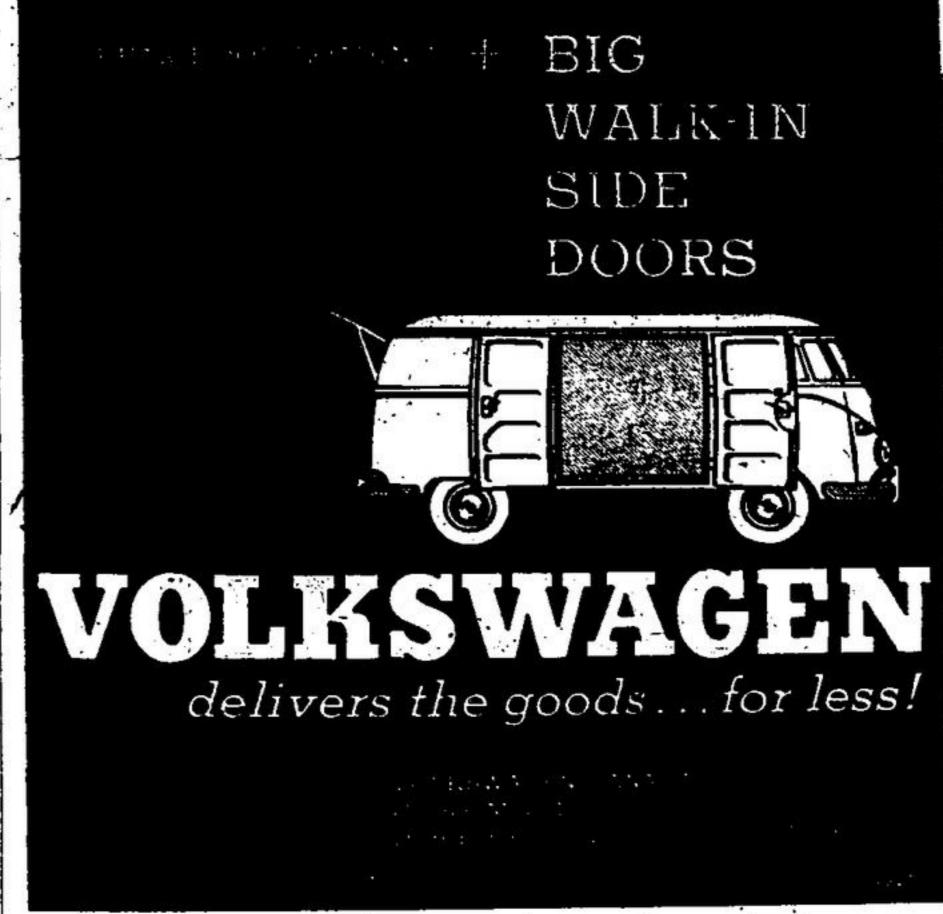
It was the common dish on holy | Main & Guelph Sts.

THE STORGETOWN HERALD Thursday, Oct. 29th, 1959

### Pin Ups High in 50-50 Bowling

The Pin Ups showed surprise ing strength as standings in the 50-50 Bowling League closed up considerably this week. The Pin-Ups took five big points from the Blowers, and the Alley Cats stayed on the upset thome dumping the league leading Jokers 5 to 2

Jokers still head the pack with 23 points. Alley-Cats take over second with 20. Blowers are in third with 19 and the Pin-Ups still trail with just



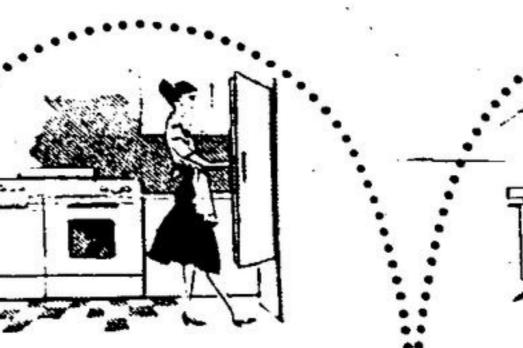
Main & Guelph Motors

Georgetown

TRiangle 7-3092

Are you dreaming of the day when you will have every modern major electric appliance in your home?

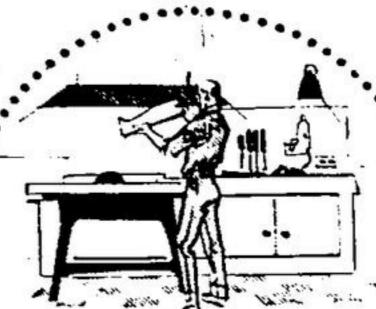
are built with your dreams in mind!



### LIVE IN A MEDALLION HOME

Plan, right now, to live in a Medallion Home. It's appliance conditioned when it is built . . . designed and planned to make room for

a complete electric laundry; a complete electric kitchen. You'll find at least one major electric appliance included in the purchase price of a Medallion Home, and outlets provided for at least five more.



#### ADD THE JOY OF LIGHT FOR LIVING!

Imagine the convenience, the comfort, the safety of a home where all the lighting is planned! That's the truly modern lighting system you get

in a Medallion Home. No more "making do" with awkwardly-placed electric outlets. You'll have planned light for every activity centre in your home; decorative lighting to enhance the decor of your rooms: and proper lighting in all areas

that require the safety of light . both indoor and out!



#### ADD THE SATISFACTION THAT **FULL HOUSEPOWER GIVES!**

A Medallion Home is ready . . . right from the day you move in . . with safe, adequate wiring: completely equipped with circuits. outlets and switches to enable you to live better electrically today and it the future. That's what full housepower means to you and your family-the complete satisfaction that comes of hiving safely, comfortably, the modern electric way.

Tell your builder that you want a Medallion home FOR COMPLETE INFORMATION ON HOW YOU CAN OWN A MEDALLION HOME ... CALL YOUR LOCAL HYDRO OFFICE

HYDRO is yours