

Stay Alive Longer!

Are You Asking For Trouble?

by Leland Kordel
Installation: Three

Did you eat as much now as you did when you played college football, fifteen, twenty or thirty years ago? If so, you are asking for trouble — and you'll get it. First, perhaps, in the form of a slight paunch. "A portly look," you tell yourself. A well fed, filled out, successful look that you consider rather becoming at first. Not bad for a fellow who used to be a string bean.



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

But you can't laugh off the increasing 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 eat more per capita than any other people in the world. Our sugar consumption has multiplied 500 per cent.

The average American male knows when his eating habits are all wrong. He has been told 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

Grandfather ate his flapjacks, and then went out to chop down trees for fuel and shelter. His grandson consumes the same high-energy meals, and sits all day at a desk in a well-heated office. Grandfather needed 4,000 calories a day to chop wood. Grandson needs only 1,900 to be a chairwarmer.

Within your life span there is a relatively consistent sequence of events which gradually adds up to a physiological "rusting out."

Watch a boy of ten at play. How filled with energy and enthusiasm he is! How clear and bright his eyes appear. Yet the lenses of those young eyes have already begun to lose elasticity. By the time the boy is twenty, a slow continuous decrease in the volume and acidity of the digestive juices begins.

Each individual, however, can help slow down his own rusting. Much of the deterioration seen in human aging is not necessary. Authorities studying new ways toward greater longevity think that man perhaps has the potential to live 150 years. They believe 100 years is a figure to which gerontologists may reasonably aspire. In the United States about 1 person in 33,000 actually does live that long.

Theoretically, there is nothing to prevent others from doing so. But consider this appalling fact: One many out of every 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 stomach is cast iron. Fine! Keep them that way with proper food, adequate rest, and regular physical examinations to guard against the diseases that sneak up on you.

Work hard if you like, but ease up a bit as you get older. Play a little, relax a lot, and do doubt you will live to be a hundred! Unless...

The director of the University of Arizona Dept. of Art, Dr. Harry Wood, is speaking: "Americans have the ugliest faces in the world. They show the marks of strain, tension and inner conflict that you don't find elsewhere. And these form marks of ugliness."

According to Dr. Wood, New York is the ugliest city of all because it is marked with this particular type of ugliness. Why? New York is the busiest, most hectic city in the world.

There are at least 15 million Americans with these faces — he harassed executive, straining every nerve to keep abreast of competition, the teacher, on whose shoulders rests responsibility for the future generation; the statesman who decides the fate of the nation, and the actor

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

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

So you are only thirty, but years pass. So swiftly that you hardly realize the changes that occur. Ten years — twenty — twenty five —

Can this be you? It can't be! This tense and hurried man with the consuming ambition that will never let him rest until all 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 you.

Your name is legion.

A Healthy, or a Sickly Old Age

There are four common ailments that spell the difference between a healthy and sickly old age. They are, in this order:

1. Disorders of the heart and circulatory system: hypertension, hardening of the arteries, coronary thrombosis, and apoplexy.
 2. Cancer.
 3. Arthritis.
 4. Nervous and mental disorders.
- Heart disease tops the list of causes of death in the United States. In spite of all the modern medical facilities available for detection and amelioration, heart ailments caused 45 per cent of New York's 81,588 deaths in 1955.

Of all heart diseases, the No. 1 killer coronary thrombosis, is the most preventable. It occurs when one of the heart's two arteries becomes clogged with rough materials on its inner wall. A blood clot forms, and the artery is blocked or closed. The result: blood cannot get through to feed the heart, just as water is unable to flow through old, rusty pipes when they finally become clogged.

Doctors and scientists are doing research on two theories advanced to explain hardening of the arteries and the coronary thrombosis that follows immediately in its wake. According to the first theory, which shows definite promise, hardening of the arteries is due to a diet containing too much indigestible cholesterol and fats in combination with high starch foods. In other words we can prevent the hardening of our arteries by what we eat — and how we eat it.

The second theory is that the arteries suffer from sheer mechanical stress or wear and tear. We try to accomplish too much in too little time, and wear ourselves out doing it. This is the stress theory.

Since 97 per cent of the victims of coronary thrombosis suffer from arterial difficulty prior to their attacks, I shall point out in subsequent chapters the effects of faulty diet and stress and how to eliminate these factors. As between diet and stress, the first is the easier to control. Diet depends on you; stress involves many external factors, and your reaction to them.

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Next week: Stop Clogging Up Your Arteries: The deadly danger of cholesterol.

Presentation for Terra Cotta Couple

A presentation for newlyweds Bill and Joan Hunter, the former Joan Wedgewood of Malton, was held Monday, Oct. 19th in Snelgrove Memorial Hall.

Over two hundred friends and neighbours from all over the district attended the affair and many enjoyed an evening of euche. Prize winners included: ladies, 1st, Mrs. W. H. Hunter, of Terra Cotta; 2nd, Mrs. W. J. Wedgewood, Malton; men, 1st Harold Parkinson, 2nd Roy Westlake.

Rev. G. L. Royal chaired the evening and welcomed the new bride to the community. In an address Mrs. Leslie Young used the word WISHES as her topic defining it as W for wealth; I for interest; S for Security; H for health and happiness; E for endurance; and S for security.

Presentations included a day-entire by Ray Anderson and Don Cleave; a card table set by Robert McDonald, and a purse of money by Roy Thompson. Bill Hunter thanked everyone for the gifts and the wonderful evening.

The Union Church committee and Jr. Farmers served lunch and dancing concluded the evening.

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

A hope was realized in the village of Norval this past week with the holding of a "Preaching Mission." Plans first got underway in 1957 for holding such a venture "in faith" but were put off until serious consideration began in the Spring of this present year. Under the convener'ship of the Rev. J. E. Maxwell, assisted by the Rev. I. N. Free, and the Rev. G. L. Royal, the details were consummated and arrangements 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. Free to interview the Rev. Morgan McFarlane of St. John's United Church, Georgetown, in the light of his taking on the immense chore as Missioner.

After lengthy conversations and much prayer the United Church minister from Georgetown consented to the urgent call.

A number of dates came under survey and settlement was finally made for the week of Sunday, Oct. 18th. The arrangements for such a Mission were carried out by the three ministers in Norval; for example, the choosing of a special soloist and the inviting of various choirs to participate. The services of 3 organists were secured. Mr. Ronald Laiglaw (Norval United), Mrs. Lloyd Davison (Union Presbyterian), and Mrs. Eric Beard (Norval Presbyterian). The format for the choirs was as follows: Sunday (Norval United); Monday (Union Presbyterian); Tuesday (Anglican Choir); Wednesday (Norval United); Thursday (Norval Presbyterian Seniors); Friday (Norval Presbyterian Juniors). Mr. Laiglaw played on the Sunday and Wednesday; Mrs. Davison on the Monday and Tuesday; Mrs. Beard on the Thursday and Friday. It was unanimously agreed that Mrs. Tom Darcie, a teacher at the Glen Williams public school and a member of St. John's Church choir, be contacted as soloist. It was a happy consequence of this agreement that Mr. Darcie stipulated his intention to be present each night of the Mission.

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 prayer meetings at 9 a.m., in the Presbyterian Sunday School Hall which gave added impetus and strength to those who attended. Each evening at 8:00 p.m. a quiet moment of prayer was held in the vestry prior to the actual service. This was proven to be a time of fellowship, praise and vision.

The theme chosen by Mr. McFarlane was "Christ - Acknowledged or Enthroned?" This provocative subject, with its emphasis on the line between a nodding acquaintance with

Christ or an intimate "knowing" of Jesus Christ as Saviour in which the Messiah of God is elevated in one's thoughts to the supreme place, was divided into six enlightening and energetically delivered addresses. The subjects night by night were: Sunday "Where To Begin?" (St. Luke 18-27); Monday "The Most Pressing Question" (St. John 21:15-24); Tuesday "Seeking, But Not Accepting" (St. Mark 10:13-21); Wednesday "Growing Fast in the Kingdom of God" (St. Luke 19:1-27); Thursday "Playing Both Sides" (1 Kings 18-21); Friday "Accentuating the Essential" (St. Matthew 13:34-43). On each evening the total claim of Christ to a man's life was impressed with ample illustration of the continuing persistence of the world to tear the Christian from the grasp of his Lord. The wordly characteristic of taking Christ for granted was demonstrated each evening with the singing of the Gospel hymns, prayer, Scripture reading, offertory, solo and sermon. An anthem was sung by the choir each night and added to the solemnity and joy of the services. Prior to the sermon Mr. Darcie sang an appropriate solo which voiced the Missioner's message in song and after the sermon another spiritual or hymn was sung. On the

conclusion of the second solo a prayer of encouragement to the assembled worshippers was made following the Benediction. It is the prayer of those who took part that — great good will be the harvest from this effort. Many prayers ascended to God's throne over a long period of time and now, under the banner of Jesus, "Work" is the order of the day for the night is fast approaching.

WHAT COUNCIL DID

Ratepayers Demand Ann St. Be Widened and Lighted

"Our children are really in danger. When they leave for school we never know if they are going to get there." Mrs. Thomas Gadd told council on Monday night. She was spokesman for a deputation of Anne Street residents who urged better street lighting and correction of the dangerous approach to the bridge enroute to their homes via Ontario Street.

Mrs. Gadd said the deputation were back to council after an earlier visit some months ago because the bridge is still dark and dangerous, and a bend in the road obscures a view of oncoming traffic.

Installation of better lighting waited on an agreement with the Bell Telephone Company to use their poles. Councilor Anne Currie said, "Meanwhile, she admitted, I would like my daughter walking there at night."

Later Deputy Reeve Gray reported that the engineer's report on this area's problem would be presented to council shortly. He predicted it would "cost a lot to properly fix the road there. But I think we can improve it some this fall even though we can't do a major project this year."

Weather was preventing correction of the condition on Maple Avenue Hill but the Glen Hill had been improved by cutting back shoulders to widen the road, the engineer reported. Councilor John Elliott advised that the CNR were putting a carload of stone on the Queen Street crossing at the station this week.

FRIDAY DISH

The halibut or halybut was so named in early centuries because it was the common dish on holy days.

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Pin Ups High in 50-50 Bowling

The Pin Ups showed surprising 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 throne 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 8.

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