

# Halton Region Health Nurses practise prevention.



HALTON NORTH public health nurse Susan Robinson examines David Forbes of Poplar Avenue. The nurses give helpful advice and discuss the maturation and development of the children with the parent.

By Peter McCusker  
Health attendants at Acton and area schools are now under the Halton Regional Health Unit Services located in Milton. The school health nurses were under the board of education until Jan. 1.  
The Halton Regional Health Service has two teams designated to work in the North Halton district. Each team employs three public health nurses, one registered nurse, an audio visual technician and a secretary.  
The North Halton team serving Acton-Campbellville-Esqueping area are Betty Mercer, Jackie Winkill and Susan Robinson, public health nurses. Gerry Greenham, registered nurse for immunization inoculations, Marjorie Bylsma, audiovisual technician, and Marie Knight, secretary.  
Susan Robinson, one of the public health nurses serving North Halton, works individually through the area and discusses case plans in group sessions, with other members of the team.  
She said she has a highly unpredictable day and the only time that is predictable is 25 percent of the weekly time spent in the schools.  
The health nurse works a seven hour day, sometimes over the 4.30 deadline. Her job consists of visiting pre- and post-natal mothers, checking on both mother and child, and offering suggestions on health, training and psychological development.  
Her home cases vary daily and she often visits past cases to check on progress. In a recent visit to Mrs. Forbes on Poplar Ave., Acton, she engaged in casual conversation with the patient and discussed the stages of maturation and development of the children.  
She gives hints on toilet training, food preparation, and discusses sleeping and feeding habits.  
If and when a situation ever arises that becomes difficult, Mrs. Robinson can consult Dr. Chamberlain and other supervisors at the health unit. They also have the services of Provincial nutritionists and consultants.  
Mrs. Robinson's day begins as she arranges her schedule. The registered nurse in the teams is the only one authorized to give inoculations. Mrs. Robinson and other public health nurses do not give any injections or medication.  
Mrs. Robinson has her B.Sc., a year of training at a recognized University, and her current registration as a public health nurse.  
Mrs. Robinson said the work of the public health nurse is along the prevention and education line and unlike the work of the Victorian Order of Nurses, who can apply dressings and take medical care with patients as well.  
The Halton Regional Health Unit offers classes and programs to educate parents of young children, expectant parents, and weight control clinics. It provides comprehensive preventative and corrective service for the health of all residents within the Halton Region.

## M.S. hosts volunteers

Volunteer workers for the Halton County Multiple Sclerosis Society were the guests of the Society and its patients at a pot luck supper last month.  
The central location of Milton proved to be ideal for the occasion, which attracted more than 100 people.  
The town of Milton got behind the function with flowers donated by florists, and the Milton Lions club donating door prizes.  
The Mountain Women's Institute, the Association of Canadian Travelers and the Delta Phi Chapter of Beta Sigma Phi sorority all donated the Halton County Society.



REV. V. J. MORGAN studies his prize amaryllis which has two flowers of five inches each. It stands almost one yard tall.

## Presbytery changes

Since January 1, Trinity United Church is a member of the Dufferin and Peel Presbytery in the Toronto conference. The church has previously been in Halton Presbytery. Letters of good wishes were read Sunday morning commenting on the change.

## 4010 ounces of liquor

By Helen Leavell  
Acton residents started the new year with a "splash". The sound was that of an ice cube dropping into a drink.  
There were four in-town dances on New Year's eve with 800 people ringing in the new year. These people all helped drink a total of more than 4,000 ounces of liquor, not to mention beer, and whatever they had prior to the dances.  
These figures do not include private parties or the golf club dance. What they do include are the dances at the legion with 400 people in attendance, the arena with 135 celebrators, the music centre with 120 and the curling club with 140.  
We won't tell you which dance averaged the most drinks per person, but we will tell you that all over town, live drinks would safely be considered the average.  
This figure does not necessarily mean that everyone drank that much. Several of you know you didn't have any, but then there are a lot who had more than five. It all averages out.

## CWL euchre last Friday

There were 11 tables in play at Catholic Women's League euchre last Friday at the church.  
Winners were men's first Mac Spratt, second Louise Papillon, ladies first Mary Matthews, second Mrs. Berry, top Jim Jessemann and averages out.

## Baptism

On Sunday, December 29, Terri Ann Patricia Leslie, daughter of Mr. and Mrs. Robert Leslie of Guelph, was baptized in Trinity United Church.



*the painted box*  
By Wendy Thomson

If, by some odd chance, my New Year's Day had come on or about December 21, I think I would have enjoyed the winter holiday much more. As it was, my vacation was the kind that made my mind go blank wherever some one asked what kind of holiday we had.  
I should have known better than to plan on days sitting in front of the fire with my husband, watching snow drift past the window. Or evenings in front of the same fire (same husband, too) with a cat drowsing in my lap.

As things turned out, I spent each day alternating between the living room (feeding, cleaning up after, and keeping track of the nine pups) and the kitchen (feeding, cleaning up after, and keeping track of the rest of the family.) It seemed that far too much of each day was spent elbow deep in soap-suds (and self-pity) grimly scrubbing cooking pots, while the rest went out hunting, shooting pool, going to auctions, and such. It didn't matter that those activities were ones I wasn't particularly interested in myself; I still felt unloved, forgotten, and miserable.

So I scrubbed another floor, baked another pie, and glowered at everybody. Still, with all that misbegotten energy, everything was clean and shining for Christmas, which I spent in front of that fire with a pup.  
Slump  
However, with the 26th came another slump. It's a wonder my long-suffering husband didn't pick me up by the scruff of the neck and sit me out in the snow.

Each day, less and less got done around the house and I sunk lower in gloom. There was no particular reason—I just seemed to rush around in circles accomplishing nothing and feeling terrible about it.  
Then came New Year's Day. I started out at 10 a.m. by driving my husband to the hospital. A sister he was loading knocked him off the truck which was bad enough, but then it jumped off on top of him.

Again  
All day long, I went around in a daze as though I was just waking up (Gord was all right, but I felt I'd been kicked in the head.) And at 10 p.m. we had to rush my hour in to Doc Oakes. Ky just can't get it through his head that he's no match for a porcupine. By the look of him when he slunk in the door, he thought that if he tackled it with no holds barred, he'd emerge the winner this time.  
I'll bet that he had more quills in him than the porcupine did. At the rate he's going (this is about the eighth episode) porcy is going to be bald before too long and will freeze to death, but that surely must be doing things the

hard way.  
Fish and chips  
And somewhere between Gord and Ky, I realized there was nothing out of the freezer for supper (I forgot completely about a New Year's dinner) and rushed into town for fish and chips.  
Anyhow, as I write this, it's January second. Ky is still unconscious on the floor by my feet. Gord is sitting with a broken foot up on a cushion, and the pups have found a roll of paper towelling and are happily shredding it to pieces all over the living room.  
Me, I'm going to finish this, wash up just enough dishes for supper, and help the boys put together a picture puzzle.

Wasted  
The house is just the same as when the holidays started—no better, no worse. If I had any sense, I would have closed my eyes to everything, let the house go to pot, and enjoyed myself doing puzzles, listening to Swan Lake with the new stereo carphones or maybe even joining the guys at the auctions! I wasted a lot of days in that dishwater.  
Incidentally, the hour or so spent in the hospital's emergency waiting room was quite thought-provoking—maybe that helped me decide to loosen up a bit. There was a constant flow of problems through the swing doors—some were obvious, some you could only guess at.  
But what was a lift to all there was seeing the glow on the face of the mother of the first New Year baby as she was wheeled through after having her baby unexpectedly at home.  
Anyhow, my year is off to a slam-bang start. Here's hoping it isn't an indication of what's to come!

Good things to hospital  
There was a good response to the local Cancer Society's appeal for baking to go to Princess Margaret Hospital at Christmas time. Many good things were packed and delivered again this year.

Illness  
Due to so much illness, the C.W.L. is cancelling its regular meeting for this month.

## Annual meeting held January 6

The Daughters of Knox held their annual meeting in the Mary Ellen Anderson room of the Presbyterian church, on Monday evening, Jan. 6, with president Mrs. Brian Moore in the chair. The meeting was opened with the singing of Living For Jesus and the repeating of the club motto.  
After the various yearly reports were given, the by-laws were read. It was suggested that all the members should save stamps from envelopes, and answer roll-call each month by stating how many had been collected. These stamps, would then be sent to the leprosy missions.  
Explorers  
Mrs. Moore requested that a suitable leader be found to organize and take charge of an Explorers group in the church. This would be for girls, aged nine to 11.  
It was announced that the next dessert-euchre would be held at the church hall on Friday, Jan. 31. Mrs. Tom Watson and her group then directed the worship portion of the meeting.  
Installation  
The Rev. A.H. McKenzie conducted the installation of officers of the Daughters of Knox for the following year.  
All joined in the closing prayer, and refreshments were served by Mrs. Watson and her group.

## District president hosted by Greenock W.I.

The Christmas meeting of the Greenock W.I. was held in Dec. at the home of Mrs. Gordon Johnston. Mrs. J. McCulloch opened the meeting with a Christmas poem. The roll call was a Christmas Tradition in Your Home. Miss Elva Pearen gave the meditation followed by the Lords Prayer.  
Mrs. McCulloch introduced Mrs. Sobol, district president, and Mrs. Brett, district secretary of Wellington center. Mrs. Sobol remarked that it was a privilege to listen in at a meeting at branch level. She conveyed greetings from the district and stressed that W.I. members know what to say when asked, "What does the W.I. do?" She concluded with a Christmas verse.  
Home meetings  
Mrs. Brett said it was nice to have meetings held in a home as some are too large for a home. She felt it gave a friendlier atmosphere. In her short speech she said that before reporting a story, one may have heard about someone, to first decide if true, second, if it is necessary to tell, and third if it is kind. This was the thought the district secretary left with us.  
Mrs. W. Aitken and Mrs. J. Addison were conveners of the program. It opened with singing Winter Wonderland. Mrs. W. Aitken read Sixty Days of Christmas taken from the Readers Digest.

Closing  
The carol Wassailing was sung. Mrs. J. Addison read a short history of Wassailing and a poem entitled I Did Not Send Out Christmas Cards This Year. Deck The Halls was the next carol. After its singing Mrs. W. Aitken read a history of the yule log. She closed with prayer.  
Mrs. C. Allan will be the hostess for the Jan. meeting. Everyone was reminded to bring their Christmas card stamps to be used for the lepers. A gift exchange took place with Mrs. McGeragle directing parcels to the members.  
A bountiful lunch was served by Mrs. C. Allan, Mrs. G. Leslie and Mrs. E. Winter. Mrs. A. Gates was courtesy convener.

## Free Press Personals

Custom Cleaners has closed up shop in town. The Hurleys are returning to the last of the clothing to its owners and will close the door for the final time. They have given years of cheery service and customers wish them well in the future.

Mr. and Mrs. John Williams of Toronto visited with his parents, Mr. and Mrs. Bill Williams, Mowbray Place, for Christmas.

Mr. Jack Mainprize of Montreal, who has been working in the interior of Brazil, paid a flying visit to relatives here during the week. He is installing power generating equipment at new dam sites in Brazil.

Mrs. John Kingshott of Rockwood received word of the passing of her brother-in-law, Roy McCartney of Ladysmith B.C., husband of the former Ivy Holmes. Mrs. McCartney was born in Acton and went to school here. She is the daughter of Mr. and Mrs. Charles Holmes Sr.

Holiday visitor with the James O'Rourke family was Mrs. J. E. Lamb, teacher and conductor from Guelph. Also visiting with Mr. and Mrs. Jack Doughty and Mrs. Greta Carnochan were Dorothy O'Rourke and Kimberley Anne.

Holiday visitors at the home of Mr. and Mrs. Chester Allan and Wayne. Mr. and Mrs. Tony Vos celebrated their 19th wedding anniversary with a happy gathering at their home in Eden Mills on December 28.

Mr. and Mrs. C. Rogvaldson spent Christmas and New Year's with their daughter Mrs. Nansi Coquard and her husband and daughter Catherine in Dakar, Senegal, Africa.

**4th Line Flower Shop**  
1.8 Miles North of No. 7 Hwy. on Esqueping 4th. Line  
• FRESH CUT FLOWERS  
• POTTED PLANTS  
• FLOWER ARRANGEMENTS  
For Weddings, Funerals, etc.

**You Depend on Your Eyesight . . . . .**  
**More than all your senses combined**  
VISION . . . . . 87%  
SOUND . . . . . 7%  
SMELL . . . . . 3 1/2%  
TOUCH . . . . . 1 1/2%  
TASTE . . . . . 1%  
**ARE YOU GETTING YOUR FULL 87%?**  
**BRING THE WHOLE FAMILY FOR EYE EXAMINATIONS REGULARLY**  
**John Ross Opticians**  
54 Mill St. E. - Acton - 853-2211  
★ EYE EXAMINATIONS ARRANGED  
★ DR.'s Rx PRESCRIPTIONS FILLED  
★ FAST ACCURATE SERVICE  
Ask for Senior Citizen and Student Discount  
**OPEN 5 DAYS A WEEK**  
Tues., Wed., Thurs. 10.00 a.m. to 6.00 p.m.  
Fri. 10.00 a.m. to 7.00 p.m.  
Sat. 10.00 a.m. to 3.00 p.m.

**ACTON MERCHANTS**  
**NASSAU TRIP**  
**WINNER**  
  
**Linda McMillan - Acton**  
**THE FOLLOWING ACTON MERCHANTS**  
**THANK EVERYONE WHO PARTICIPATED**  
\*A-B Supermarket  
\*Acton Delicatessen  
\*Acton Home Hardware  
\*Acton Pharmacy Ltd.  
\*Acton Toddlers to Teens  
\*Cam & Bet Catering  
\*Double Happiness Restaurant  
\*Ed's In 'N Out Variety  
\*Family Cleaners  
\*Family Pool Sales  
\*First Line Television  
\*Foodland Store  
\*Glenlea Drug Mart  
\*Halton Hills Furn. & App.  
\*Hinton's 5c to \$1 Store  
\*Hotchens Bakery  
\*Huisman Holland Shop  
\*IGA Foodliner  
\*Lovell Bros.  
\*J. B. Mackenzie and Son, Ltd.  
\*Moss Pro Hardware  
\*Music Stop  
\*Nielsen's Clothing  
\*Profile Beauty Salon  
\*Rachlin Jewellers  
\*Sears Agency  
\*Swatman's Shoes  
\*Ted Tyler Travel  
\*Wil-Print

**HOMESTEAD FURNITURE**  
GEORGETOWN MARKET CENTRE  
**JANUARY STOCK LIQUIDATION SALE**  
**BED CHESTERFIELDS**  
By Restonic in 100% Herculon Fabric  
Reg \$329.00 **NOW \$250.00**