

Free Press Editorial Page

A family to remember

Members of the Kenney family have been a part of Acton's history since about 1860. Just this year, with the death of Nora Kenney, that chain has been broken.

John and Eliza Kenney came to Canada from Country Antrim, Ireland, and lived for short periods of time at Arthur and Georgetown before settling in Acton.

Particularly well-known were two of their sons who had a store here for many years.

In the next generation

Dr. W. G. C. Kenney, who was a veterinarian in World War I, returned to finish high school here

and then proceed to graduate in medicine. He practiced here for many years with a devotion that is thought to be long gone. He seldom had a holiday until illness forced him to retire. He was honored as a Citizen of the Year.

Nora Kenney had a very distinguished career in nursing, following her graduation in the first public health class in Canada. She served as a nurse in World War II.

The files of the Free Press are filled with references to this respected family.

The family home will soon be sold, and memories will fade.

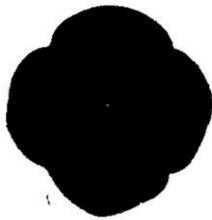
Thoughts on remembrance

Acton's remembrance day church service couldn't be called an interdenominational one, although many of the parades continue in to whichever church is chosen for the service in that particular year.

In Rockwood, the people of all denominations gather in the school on Remembrance Day, and that seems a good idea.

But, as one Legionnaire suggested, why not have our service for everybody in the new Legion hall? Clergymen of all churches could participate, probably in the afternoon of the Sunday preceding Remembrance Day.

Coffee and doughnuts afterward would add to the friendly half-hour that would follow.



The impressive Remembrance Day window at Home Furnishings store was missing this year. And many missed it.

It presented a touching reminder of the meaning of Remembrance Day for a few more days than usual.

Hope it's back again next year.

Seem to need the weed

Smoking habits of Canadians have remained relatively unchanged, according to newest statistics. The latest figures show that non-smokers outnumber smokers in Canada: 53 percent of the population 15 years of age and over does not smoke at all, and 60 percent of the population does not smoke cigarettes regularly—that is, every day.

The latest figures include 1973. A slightly greater percentage of Canadians women over the age of 15 were smokers in 1973 (36.3 percent) than in 1972 (35.7 percent), continuing a trend evident since 1956, especially in the age group 15 to 19 years. In 1956, 77.8 percent of Canadian girls in this age group were non-smokers, compared to 67

percent in 1972 and 65.9 percent in 1973. Statistics indicate that those who do smoke appear to be smoking more cigarettes per day. There has been a rise in the percentage of smokers having from 11 to 25 cigarettes a day and a decrease in the percentage of the ones smoking from 1 to 10 cigarettes a day. The change of the percentage of heavy smokers (more than 25 a day) was negligible.

The increase of the number of cigarettes smoked every day by regular smokers and the fact that few smokers are able to stay in the category of occasional smokers shows a strong dependency on the weed.

Budgeting for food

The grocery store ads in the Free Press are really inspected carefully by canny shoppers. A week ago we watched a smart looking young woman sipping coffee in one of the restaurants and checking every Acton store ad clipped out of the paper as she made her list.

She's one who doesn't need any advice from anybody on how to shop wisely.

But here are a few tips, as provided by the Food Advisory Services Agriculture Canada and the National Association of Food Chains, for the man, woman or young person in your house who does the marketing.

—establish a food budget, within which you can realistically feed your family and do not exceed it. This budget should include only food, and not those non-food items normally purchased at a supermarket.

—Make a shopping list of what you need. Organize the list by categories, i.e. canned goods, meats, fresh vegetables and fruits, dairy products and bakery items, etc. But only what you can store properly. Make sure your shopping list is complete and that you buy just what you need:

- (a) plan a week's menu in advance
- (b) check supplies already on hand
- (c) keep a scratch pad in the kitchen and note items as your supplies get low.

—Check newspaper ads for specials on foods you need.

In the store:

- avoid shopping when you are in a hurry or when hungry
- follow your shopping list. Avoid impulse buying.
- select perishable items such as fresh fruits, vegetables, milk, ice cream and frozen foods last.
- read labels and learn to understand their meaning.
- important information on labels includes grade, net weight or volume, and a list of ingredients for non-standardized foods.
- compare the difference in price between name and store brands.
- select the product grade best-suited to your end purpose. Canada Standard or Choice grade are as nutritionally rich as Canada Fancy or Extra-Fancy, and can be used when appearance is not a factor in the final dish.
- compare prices of fresh, frozen, and canned foods. Depending on the season, fresh foods may be less expensive than canned goods or vice-versa.
- compare unit price — the price per ounce — of foods of equal quality.



Lest we forget . . .

FLAGS OF color party dip low, Dr. A. J. Buchanan slowly brings down the poppy flag, and The Last Post is sounded by Bandmaster George Elliott Sunday morning

at the cenotaph. Hundreds gathered for the ceremony, many of them marching in the parade. A service of remembrance followed in the United church.

OUR READERS WRITE:

Who wants Go Ask Alice?

Let's get with it, who wants "Go Ask Alice"?

Could it be we are living "back in the woods"—physically participants of log houses and paper shanties. Oh not literally, but in reason and thought—how far have we really come in this modern era?

What about the "Celsius degrees", the "Metric System", and preservation of energies that "today's" minds consider will be recaptured and come back to us with ever-increasing velocity plus resourcefulness!

Hold it! One moment before you discard the "what follows" items—with a possible wholly undisclosed or enlightening interpretation. Why turn the responsibilities of maturity to the shoulders of youth?

It is true "teens" are looking for the answers to this ever-increasing, confused, contradictory, meaningless, promiscuous, oriented society. But come now, who, after all, should make the decisions concerning

this controversial book—"Go Ask Alice"—the Educator or the Student, the Learned or the Learner, the Mature or the Novice, the Parent or the Child? Obviously it is ridiculously immature to turn to the Student and ask in essence—"tell me, what should I teach?" Methods are not so indispensable; substance is all important!

Come, faculty, school boards, parents, let's get with it and do our job! We are fied to have the answers. Why not take off our field glasses and stop peering with unreal fantasy into the far away places. A "close-up" reveals we must admit facts. The type of books such as "Nineteen Eighty-Four" or "Go Ask Alice" are not likely to work a miracle in upgrading morals or behavioural attitudes!

These books do not carry the dignity or discernment of proper omissions or additions—in other words—the bizarre, foul language, crude exposition quoted in "Go Ask Alice", is an insult and injury to the

dignity and prestige of our educational field. To implement such crude usage of the English language is to infer to the student that it is acceptable or it would not be quoted in our supplementary reading.

Many of us have indeed—grave reasons for concern. The trend in society is to accept the unacceptable! If the purpose of a book is to teach good morals and up-grade, then may we choose to refuse or omit the down-grading material, which after all, only submits contradictions and ultimately frustration. Why set our standards low? Why not accept a challenge for decency, dignity and morals?

Youth of today are looking for a challenge! Why not present the challenge of Truth, Knowledge and Experience, without the sordid mixture of compromise and error?

Mrs. S. Thoman, Acton, Ont.

Trustees shelter under umbrella

225 Felan Avenue, Oakville, Ont. Nov. 3, 1975.

"Without Prejudice".

Dear Sir,

At the October 30 Board of Education meeting, the following question was asked by a lady. "I ask each trustee personally whether in his opinion, the reading of Go Ask Alice in the English Literature class furthers the students command of the English language?"

This question, courteously asked, and directed to each member of the board should have received an individual response from each trustee. It would seem the questioner asked her question in English and the chairman of the board was listening in the Chinese. That would appear to be the only excuse for the method used in answering this perfectly straightforward query.

Chairman Judy Alexander, adroitly avoiding the pinpointing of individual trustees on a specific question, suggested that the questioner contact each trustee after

the meeting was over, completely ignoring the request for each trustee to speak for themselves.

It seems to me, as an observer of the last month at board meetings that J. W. Bolch, Supt. of Education, was rescued in much the same manner by Judy Alexander as chairman, a few weeks ago when he was asked to read aloud the controversial material from "Go Ask Alice".

It would appear from J. W. Bolch's point of view, that it is perfectly acceptable for a high schooler to "study" obscenities in order to improve the students vocabulary, as long as he (Mr. Bolch) did not have to read the obscenities aloud. Not too long ago hypocrisy was a thing to be avoided if at all possible. Today it seems to be some sort of qualification.

On October 16 I asked Mrs. Gooible, my Ward 3 trustee, to give some sort of rationale in print, defending the spending of my tax dollars on paper-back sewage for school consumption. Incidentally if any parent wants his or her child to read obscenities,

be my guest. Just don't ask me to buy it for you.

Mrs. Gooible, my Ward 3 Trustee told me at a meeting following my request for a rationale in print that "she did not answer through the newspapers" and would "telephone me."

I am still waiting. As a taxpayer parent I have attended Board of Education meetings to observe methods and procedure. For the past month at these meetings I have been impressed. Not by the "Professional Educators" and their "meaningful jargonese". Not by Directors of Education reading the riot act. Not by Superintendents of Programs indulging in talkathon ego trips. But certainly impressed with how many trustees at one time can shelter under the umbrella of official Gobbledygook as happened on October 30.

If they must turn the question period into a farce they should have the decency at least to dress like clowns.

Yours truly, Eric Hurley

An unseen disease

by David Woods

Many people believe that hypertension has something to do with nervousness or anxiety. It doesn't. It simply means high blood pressure.

It's estimated that about 15 per cent of the adult population has high blood pressure. And that means somewhere around half a million people in Ontario alone. Contrary to popular opinion, these hypertensives are not all high-powered executives under stress; nor are they people who shout and scream and throw things. You can have a low profile and still have a high blood pressure.

The important thing about hypertension is that it's an invisible disease; and not only is it unseen, it's unfelt: the person with an elevated pressure usually is unaware of the fact.

Two measurements

The only way to find out if from your doctor. That band he puts around your arm is connected to a dial that records the pressure in a blood vessel. This allows measurement of two pressures, the systolic pressure which represents the pressure developed in the arteries when the heart contracts, and the diastolic pressure which represents the pressure remaining in the arteries when the heart relaxes. A normal

reading for a 35-year old man might show something close to 120/80.

Despite the fact that untreated hypertension can lead to severe damage to such "target" organs as the heart, the brain and the kidneys, people are mightily casual about it.



One Hamilton physician, specializing in preventive medicine, estimates that half the people with hypertension don't know they have it; of the half that do know, only half are being treated for it; and of these, only half again are taking the treatment consistently and properly. In other words, here we have an easily identifiable, easily controllable health problem, but it's being taken care of adequately in only one eighth of the cases.

Possibly because the disease is invisible people tend to be too casual about it. The same physician says that less than six months after medication is started to control hypertension, only about 50 per cent of the patients are taking enough of it to do any good.

Pressure can vary

In about 90 per cent of cases, high blood pressure has no known cause. We do know, however, that overweight people are somewhat more prone to it than are those of normal weight; we also know that the individual's blood pressure will vary from time to time as a result of strenuous exercise, or fear, or some traumatic experience.

Also, blood pressure increases during the normal aging process, so that a reading of 140/90 might be normal for someone in their 60s, but high for a 20-year-old.

In summary, hypertension is common, easily detected and treatable. Untreated high blood pressure can shorten a lifespan by an estimated 16 years. This is one area where you can exert a truly positive effect on your own health: have your pressure checked; if you're one of the three in 20 people with a high reading, seek treatment.

And follow your doctor's advice about it faithfully.

The Free Press Back Issues

20 years ago

Taken from the issue of the Free Press November 17, 1955

Miss Frances Oakes, the winner of the Rotary-sponsored trip in connection with the Peanut sale last spring told club members of her trip to New York. She was a special guest at the meeting this week.

Acton's men's club celebrated its 15th birthday Saturday night and congratulations included those of the International president, Malcolm Bowman of Niagara Falls who was the guest speaker. Some of those present were the local Y's Men's present Elmer Smith, district governor Pat McKenzie and Wilf Roberts, Guelph, international director for Ontario.

The North Halton public speaking competitions, including representatives of Milton, Acton and Georgetown, were held at Milton high school on Monday evening of this week, with 16 contestants participating. The two winners, both boys, are Peter Forgraves of Georgetown and Itandy Lidkea of Acton.

The Woman's Missionary Society of the United church met at the home of Miss M. Z. Bennett on Tuesday. Miss Bennett presided. The meeting opened with a hymn and prayer and the worship service was taken by Mrs. R. R. Arnold and her group, with Miss F. Brown and Mrs. Shoemaker taking the scripture readings. Mrs. Arnold's theme talk was "Coming Our Way, and Home Missions."

50 years ago

Taken from the issue of the Free Press of Thursday, November 12, 1925.

The annual Armistice Dance of the Duke of Devonshire chapter of the I.O.D.E. will be held in the town hall tonight.

The carpenters are making necessary changes to the choir gallery and pulpit platforms at Knox church for the installation of the new pipe organ.

The various officers of the High School Literary Society were installed on Friday afternoon. Honorary president Miss Craig; president George Mason; vice-president Gwen Maddock; recording secretary Olive Cooper; treasurer Muriel Crossman; editor Neville Harrop; assistant Marjorie Lawson; reporter Archie Kerr; auditor Mary Chalmers; censor Miss Newhouse; form representatives Ivan Kirkness, Fred Day, Irene Dunn, sergeant at arms Charles Bell.

At the meeting Merle Grindell recited The Song My Paddle Sings. The program was of a literary and musical nature.

Acton merchants keep their stores open about 64 hours per week. Yet the most of the employees of our factories feel that they have put in a full week when they have worked for 54 hours. If a little compromise were made the stores could close at seven on Saturday evenings, then the merchants and their clerks would be putting in 60 hours compared to the factory people's 54.

One day last week Chief McDonald decided to test the efficiency of the fire drill at the Public School. All 234 pupils were out of the school in 55 seconds. The pupils marched out in straight lines without confusion.

Acton needs a number of new houses just now. There is now a population of 2,100.

100 years ago

Taken from the issue of the Free Press of Friday, November 5, 1875.

We expect our new printing office, adjoining Mr. Matthews store, will be ready for moving into in a few days.

The news of the result of the election on Tuesday evening caused many of Mr. W. D. Lyon's friends here to wax jubilant. Wax candles were in brisk demand for illumination, and old boxes were waxed around pretty lively to build a fire with. The Lyon was rampant. He is a leading merchant in Milton.

It would seem we have committed a most grievous offense by expressing our personal views concerning the personal fitness of the two candidates. Three or four of our Conservative readers have even gone so far as to return their copies of the paper with scurrilous remarks written on the margin clearly exhibiting the narrow-minded bigotry by which they are controlled. It would be a waste of words to try to convince men of this nature that we have not published a syllable which could be the greatest strain of the imagination be construed as anything but strict political neutrality. (The messages, including spelling errors, and initials of authors, were published!) "Youe keep your paper for the luter As I do not Want it Any more. T.C."

There was quite a large attendance at the Monthly Fair. Thomas Bennett sold six head of cattle to John Storey for \$135. We also noticed a quantity of pigs and other animals but did not hear whether they were sold or not.

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