

No more stress today than ever—psychiatrist

by Gord Murray
 People aren't living under any more stress today than they have for generations according to an Acton area resident who is also a psychiatrist.
 Dr. John Dougan, RR 1, Acton, says every generation believes it is living under more stress than has ever been seen before.
 This week, May 4-10 is Mental Health Week in Canada and stress is the theme. The Canadian Mental Health Association has proclaimed "Stress. The more you know about it, the better you cope."
 Dr. Dougan had a number of suggestions how people can cope better with stress.
 "Exercise. People aren't doing nearly enough."
 He also urged people kick the habit and quit smoking.

ing.
 Another step in learning how to cope with stress is to switch off the TV. Dr. Dougan believes a lot of stress could be eased if people would learn to talk together again and enjoy the company of their families. Turning off the TV is a good way to get back talking.
 Director of the Community Psychiatric Hospital serving Guelph and Orangeville, Dr. Dougan says he sees some patients from the Acton area and recalled attempting to start a mental health clinic here about five years ago.
 He agrees with other experts who point to many physical ailments being stress related. It is thought by the medical profession that anywhere between 50

to 80 per cent of all diseases are stress related.
 Dr. Dougan says stress is the root of all psychosomatic illnesses. And he doesn't mean people suffering physical ailments brought on by stress are hypochondriacs. Stress on a person's mind will influence the body to produce ailments and illnesses that can even be fatal, he says.
 He points to stress created ailments like ulcers, chronic tension headaches, eczema and asthma and says there are dozens of others.
 "I don't really think stress is lingering."
 People today aren't under any more stress today than they were during the dirty depression 30s, World War II or in the 50s when the cold war brought the threat of nuclear bombs and destruction

of the earth. Dr. Dougan says he ought to know about stress in those times since he lived through them. "There was as much stress then as there is now. Today stress is just produced by other things."
 "I grew up in Ireland and there were enough stress there to curl your hair. People have always lived under stress and always will."
 The difference today is more is known about stress, especially about its effects on the human body. Dr. Dougan reports people have been getting sick and even dying from stress for centuries, it's just that nobody knew it until just the past few decades.
 Even though Hippocrates talked about stress causing physical ailments as far back as the 4th

century BC it wasn't until this century that the medical profession really began to believe it.
 Dr. Hans Selye did ground-breaking research into stress, much of it in Canada, in the 50s and soon after the medical profession began accepting the relationship between stress and disease.
 People think there is more stress today because they hear more about it, Dr. Dougan says, but it is just a case of the public and doctors being more aware of it.
 In his work he runs into some stress illness and notes the chronically ill can be helped if the doctor realizes the ailment is caused by stress. It also helps if the patient acknowledges the ailment is stress related.

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Heller's deal alive again

by Gord Murray
 The possible move by Frank Heller and Co. Ltd. into the closed Disston plant is "alive again."
 Heller's general manager Fred Dawkins revealed in an interview this week that he and partner Ron Heller met Thursday with Halton Business Development Officer William Marshall, Halton Hills Mayor Peter Pomeroy, Art Tofano of the Ontario Development Corporation and Bob Planck, Ontario Ministry of Industry and Tourism-Halton representative.
 The possible move is "alive again in the sense it is being discussed," Dawkins cautioned.
 In early April Dawkins announced the long rumored deal was off after several months of negotiations.
 He said he was encouraged by last week's meeting with the government officials and there is a chance of government aid being available.
 Another encouraging sign has been the three straight weeks of drops in the prime lending rate set by the Bank of Canada. Dawkins said the drop in interest rates is an important factor in helping re-

vive the talks.
 Disston announced it was closing its plant here last August and shutdown November 25. Over 100 people lost their jobs, though many found other work with the help of Disston's parent firm, Sandvik.
 Heller's has three plants, two in Acton and one in Georgetown and the move to Disston would have consolidated their operations.
 Negotiations got rolling last December and by January a tentative deal had been reached, but by the end of March it had fallen through.
 Dawkins pointed to high interest rates, the sluggish economy and lack of government aid as factors in causing the deal to collapse. That gloomy picture has changed a bit resulting in a glimmer of hope for the deal.
 Not long after Dawkins announced the deal was dead Marshall and Pomeroy, who had not been involved much to that point, revealed they were going to set up a meeting with Dawkins and Heller and the provincial officials to see if the negotiations could be revived.



Disney on parade

It's a small world for these kindergarten pupils of Robert Little School, who will raise their voices in the primary concert to be held Thursday, May 15. The theme is Disney and the children are dressed as favorite characters. Front row left to right: Timothy Rowe, Stephen Boulanger, Leanna Sargent. Back, Milka

Cavic, Philip Williamson, Lisa Beaton, Jennifer McNabb and Robbie Dawkins. The concert starts at 1:30 p.m. and again at 7. The Junior concert will be on Wednesday, May 14, at 1:30 p.m. and 7. The theme for that show is Canada. Photo by DIANA WALTSMANN

New plastics firm opening

A new plastics manufacturing firm is opening this month in Acton.
 Plastics Eighty Ltd. will hopefully begin production this month and initially employ five or six people, plant spokesman Don McCombe said in an interview.
 Plastics Eighty is moving into the industrial area. The firm will be manufacturing custom

vacuumed forms. Its products will be aimed at the point of purchase market and many will be used for cosmetic displays in retail outlets. In addition to displays Plastics Eighty will manufacture industrial components parts and some consumer products. The company will produce plastic fabrication, taking flat pieces of plastic, heating them and then bending them into various shapes.



100 musicians, singers perform

Conductors Dr. George Elliott and A. Dale Wood of Acton Citizens' Band and the Georgetown Choral Society respectively go over the score of one of the numbers for the third joint concert the two musical organizations will present three nights this week. The Band and Choral Society have been practicing several weeks for the performances which will take

place at Holy Cross in Georgetown Friday night, Saturday in Acton at McKenzie-Smith middle school and again in Georgetown at Holy Cross Church Sunday evening.
 Called "Holiday In Spring" the Saturday concert in Acton will feature 100 musicians and singers at the school. All performances begin at 8 p.m.

Mortgage protest at standstill

An Acton man's campaign against high mortgage interest rates is at something of a standstill. A wait and see posture has been adopted.
 In March Bill Rogers, Kingham Road, went out and collected more than 100 signatures on a petition protesting high interest rates in the Kingham area and also attended a homeowners meeting with politicians from various levels of government in Mississauga.
 The plan, hatched by a Mississauga man, was to collect signatures from across the country for presentation to Prime Minister Pierre Trudeau. It was also hoped to start a Canadian Homeowners' Association.

Recently the Homeowners' Association plan collapsed before it even got off the ground. Rogers said he thinks the petition campaign may proceed anyway. The goal is to collect half-a-million signatures Canada wide.
 He has collected only a few more signatures in the past month, noting he has been very busy with work, and everyone seems to be waiting to see what

Ottawa and Queen's Park are going to do about the situation.
 Rogers observed the province doesn't seem prepared to do much after the budget was brought down last week. Queen's Park will present some kind of a study of the matter later this spring and is also waiting to see what Ottawa will do.
 The federal government has hinted at mortgage aid for a limited number of people but has offered no concrete proposals. Rogers points out the federal government has promised more information next

Police crash Speyside bash

After staking out a Speyside area cottage, two Halton Regional Police officers apprehended four adults and one juvenile in connection with a break and enter and narcotic offence.
 Halton Regional Police say officers Ustrych and Ford were called when neighbors noticed the cottage had been entered. Upon investigation the police found beer and marijuana in the cottage.
 After waiting about an hour the group returned to have their party which was broken up by police.
 The adults aged 20, 17 and 18 are from the Burlington area and the juvenile is from Acton. The cottage is owned by a Burlington man.

Woman seeks support for mosquito spraying

An Acton woman is looking for support from residents here to help her press Halton Hills to institute a mosquito spraying program this summer.
 Christina Houston, 215 Churchhill Road went to the Ward One Councillors drop-in Friday to express her concern about the pest bugs which descend on Acton, along with much of the rest of the country, pretty soon.
 She told Councillors Terry Grubbe, Rosa Knechtel and Ed Wood that she is allergic to mosquito bites and swells up badly.
 Mrs. Houston reported she has talked to some other people in the community and finds people are anxious to have a mosquito spraying program.
 She wondered if a petition would impress council

enough to start spraying? Mrs. Houston said she was ready to start collecting signatures if it would sway council.
 Knechtel noted he has talked to town engineer Robert Austin about mosquito spraying and the municipal official has said he won't spray unless so ordered by the Halton Medical Officer of Health.
 Wood noted he was received several calls from residents who were concerned about mosquitos in the past year and reported a petition has been circulated in the Cobblehill Road-Storey Drive area.
 He observed both the region and province have gotten out of mosquito spraying because people object to damaging the environment with chemicals.
 The problem here, according to Wood, is Acton is surrounded by swampy areas, breeding grounds for mosquitos.
 She said she will be talking to others who are concerned about mosquitos and want a spraying program and then go to council.



In Acton 30 years

Jong Wong and his brother Kong Wong celebrated 30 years in Acton Thursday. The owners of Royal Cafe came to Acton May 1, 1950. They came to Canada from China March 2 of the same year.

inside
 More delays for the Senior Citizen apartment complex that won't open until late June or early July. See story on page 2.

Acton's newest residents, You'll find Profiles on two families of Boat page 2, News Digest is on People, are busy settling page 3, page 4 has On the in, and learning English. Leavell and rockwood Digest is on page 11.