

Donor Gives Transportation, Heat Storage Systems & a Bodyguard

Every minute the heart pumps out two to four quarts of blood through the many miles of arteries, veins and capillaries that make up the circulation. As it passes through the circulation the blood does many things to keep the billions of cells in the body alive and healthy.

First of all, every cell in the body must be fed to give it energy for its many activities. One of the main functions of the blood is to act as a transport system to carry nutrition to the cells. When food is eaten, it is partially digested in the intestinal tract to form fats, carbohydrates and proteins.

STORED

These basic food constituents are absorbed into the blood as it passes through

the blood vessels adjacent to the intestines and carried to the liver where further digestion may take place. They are then stored in the body for future use or transported through the blood stream to the cells which need them.

For the body cells to metabolize the food they receive, a supply of oxygen is needed. Oxygen is brought from the air to the cells by the blood which takes it up in the lungs and transports it to where it is needed. In the cell metabolism, carbon dioxide is produced which must be removed to keep the cell healthy. The blood picks up the carbon dioxide from the cells and carries it to the lungs where the body can get rid of it. Heat is also produced in this reaction and this is distributed through the blood and then released from the body

through the lungs and by evaporation from the skin surface.

TRANSPORTED

Another important function of the blood is to keep the water content of the cells unchanged; there is a constant transfer of water between the cells, the tissues and the circulation. Excess water is brought by the blood to the lungs, the skin and the kidneys where it can be eliminated.

To regulate the many chemical reactions in the body, certain chemicals, known as hormones, are produced in many glands of the body. These are transported through the blood from the glands to the tissues where their action takes place.

BODY GUARD

As well as these activities in transporting chemicals, foods and hormones throughout the body the blood also serves as a bodyguard against infection. This is done by transporting white cells and antibodies from where they are produced to the tissue which needs them to combat infection.

Since blood has all these actions, and indeed many more, it is no wonder that it is important for the normal functioning of our own body, and also that the transfusion of blood, which has been donated by a healthy person, can be of such great importance to a patient who receives it.

Be a blood donor in Georgetown on Monday, Dec. 7!

NO DICE ON SALARY REQUEST

Other than his regular yearly increase no salary hike will be given to Dr. Samuel Green, director of county dental services.

County Council approved personnel committee minutes which made the recommendation that no other increase be given the dentist. He had earlier requested a review of his yearly salary.

"Dr. Green has received \$1,500 as his regular increase," commented Warden Allan Day, "even before asking for a review of his salary."

The services of the public dental health specialist are shared by four municipalities and his salary is split between the four on an equal basis. Halton's salary schedule was adapted for use by the four.

The four, including the Boroughs of Etobicoke and York and the County of Peel were polled by Halton's personnel officer J. H. Watson and he told the committee only one other municipality had agreed to grant an adjustment to his salary over and above the normal increment.

Three Will Sit On Esqueing Council



LEN COXE



GEORGE MALTBY



ELWOOD SNOW



WILFRID LESLIE



DICK HOWITT

Prizes, Awards at GGCC Closing Day

The prizes and awards were showered on Georgetown Golf & Country Club's victors at that club's 'putting out' ceremony Saturday night.

It was the club's 10th annual closing dinner and dance and included a roast beef menu, followed by presentations, speeches and dancing to the Al Dermott orchestra.

House chairman Stan Binsel introduced the head table and various awards were presented by ladies' section captain Iris Howell, men's vice president Pete Mininch, junior chairman Terry Hay, ladies' president Bev Breen, greens chairman Don White, men's captain Ron Breen, men's president Fred Dalziel and Doug Bruton on behalf of the directors.

RECEIVED AWARDS

The large attendance saw awards won during the season go to:

Club champion Terry Hay; B Flight Champ Stan Binsel; C flight champ Don Jarman; Junior A flight champ Paul Presswood; Junior B flight champ Ken Hancock; Junior C flight champ Gary McCawl; Junior girls champ Cheryl

Breen; handicap champion Terry Hancock; men's best ball winner Phil Bludd and Lee Yerxa, husband and wife champs Ron and Bev Breen, ladies section champion Marilyn Ferguson runner up Terry Fisher, ladies' handicap champion Iris Howell, runner up Bev Breen, consolation round winner Bev Breen handicap consolation round winner Ruth Derbyshire, nine hole ladies' champ Joyce Sullivan, runner up Dovie Fleibig and field day winner Bev Breen

Georgetown Man Creates TV Football Short Course

A cable program being shown this week in some Toronto area communities will make for fewer football widows this Saturday (Grey Cup Day) and for the balance of the TV football season thanks to a Georgetown man John Cruickshank.

Mr. Cruickshank, a member of the Sheridan College faculty, put together the series entitled Football for Fun, which consists of five 15 minute sessions. During the fifth session viewers will be given a football quiz to test their knowledge of the game. They will answer the questions at home and may submit their answers to Mr. Cruickshank, director of athletics at Sheridan's Oakville campus.

Those who are successful will receive an 'armchair quarterback' proficiency award. With the Grey Cup game and a number of other football games yet to be played this season, Mr. Cruickshank saw the need to inaugurate such a program.

"It is my hope to reduce the number of football widows who suffer from now until the January 10 Superbowl," Mr. Cruickshank said.

The program will be presented in a comical vein while clarifying the fine points of the game.

FIST THRU POLICE WINDOW

A 19-year old told Judge James Black "I was not in my right mind" when he put his fist through a window of Georgetown Police Station. He was remanded till Jan. 20.

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NORVAL NEWS

A special enrollment and fly-up evening for the 1st Norval Brownie Pack and the Norval Guides was held on Wednesday evening Nov. 18 at Norval Presbyterian Church.

The four little Tweenies who were enrolled as Brownies were Christa Pettingill, Pamela Kaufman, Shannon Crawford, and Linda White. The four Brownies who flow up to Guides and welcomed by them were Heather Kaufman, Penny Davis, Sonja Pettingill and Diane Robinson.

The L. A. for Guides and Brownies with Mrs. Elaine Crawford and Mrs. Kitty Hetherington in charge served lunch to bring an enjoyable evening to a close.

— Mrs. Ed McLean