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IT'S ON TOP

The Body Has A Head

What may be the world's oldest fitness plan is attracting a bevy of new disciples.

People of all ages and walks of life are turning to 'tai chi', something that is supposed to be first and most complete of the martial arts. Born in the Orient, possibly as long ago as 1,300 years, 'tai chi' is based on Taoist philosophy. Less physical than karate, more gentle than kung fu, its declared purpose is to make the whole person fit.

A series of graceful, rhythmic exercises forms the basis of the art, designed to let natural energies flow without resistance.

It's supposed to be the kind of exercise which gives energy,

rather than takes it away.

That sounds well and good, but in our mind, it still doesn't replace sensible diet and moderate exercise. If it is used to excess, it becomes nothing more than a gimmick, something we can grasp for in the hope that faithful practice will make us healthy converts. Canadians, the World Health Organization notes, are notoriously unhealthy (as are most residents of developed countries). They eat too much of the wrong foods (especially sugars) and they scarcely move about more than they have to.

Our natural energies, it has been shown, can flow quite well if we try to live right.

In Step With Inflation

In times of severe inflation it's hard to save money that will appreciate in real value. Tips for corporations, are also practical for individuals.

A few of the specific recommendations are:

- (1) Review investment policies frequently.
- (2) Borrow money on a long-term basis at a fixed rate of interest.
- (3) Buy your own home preferably mortgaged with long-term debt at a reasonable rate.
- (4) Invest a reasonable proportion of your portfolio in gold, especially as long as billions of dollars are pouring into the Middle East.
- (5) Buy objects of art, antiques, stamps, etc., if you have some specialist knowledge in one of

Mankind's People Puzzle

The population problem still is referred to as the world's biggest time bomb of all. And there is some justification in presenting such an image, although explosion of population will be gradual rather than sudden.

Nevertheless, leading statesmen and demographers around the world, as well as concerned groups and individuals, keep sounding various warnings. The United Nations estimates that the world's population was 1 billion in 1830, and took 100 years to double. By next year, world population will have doubled again to 4 billion, and by the end of the century, an additional 1 billion persons will be added every years.

Mankind cannot afford an overcrowded planet. In Bucharest, Romania, there will be a world population conference, sponsored by the United Nations, to discuss problems of overcrowding, as well

these fields.

Common shares as a hedge against inflation were adequate while inflation was less than five percent per annum but now investment habits must be changed. General insurance companies, utilities and giant companies should be regarded with great care because of possible government interference or pressure, and in vestments in corporations having long-term fixed price contracts should be avoided. Some industries, such as the construction industry and heavy equipment manufacturing industries, undertook lump sum or fixed price contracts without escalation clauses. With increases in the price of steel, cement and labor, such companies can find themselves in a severe profit squeeze.

as possible remedies. It will be held in August.

What kind of remedies can humanity seek? The main weapons are world-wide population control programs designed to educate many millions of people. It simply is not enough to tell a mother she should not have any more children. The education process has to be thorough, and preferably gradual, if there is to be success.

Better world population education programs will have to be devised. Around the world, and particularly in poorer nations that cannot afford widespread health care, more maternity and post-natal centres will have to be built. With careful planning and cooperation, the population control programs now under way can be speeded up. And with imagination, mankind's ticklish population puzzle can be solved, thus benefitting all of us who live on this planet.



OUR ALL-STAR HOUSING TEAM

BILL SMILEY

Fond Old Memories Bring Tears to Eyes



This column is going to be a little tough to write. No, there hasn't been a death in the family. Not quite. But I wasn't too sure I wasn't going to bleed to death (through the eyes) when I tottered out of bed at seven this morning just two hours after tottering into bed.

It was all that reading. My brother-in-law, Jack Buell, brought along on a visit some old high school football pictures, and we spent most of the night, barely stopping for food and drink deciphering the names under the photos.

There we were, in the late 1930's, looking so young and sweet and innocent it would make your eyes water. One picture was headed: Undeclared Champions of Lanark County.

GREAT YEAR That was a great year. I reckon. Come on, now. How many of you have ever been on a team of Undeclared Champions of anything?

We talked and laughed a lot as we identified long-forgotten faces and our wives muttered away contemptuously in the background. They thought we were behaving like a couple of schoolboys. We were.

Right in the middle of the front row, holding the ball, was Les Douglas, quarterback and team captain. He wasn't a big guy, but he was solid bone, muscle and grit. He could always claw his way that extra five inches for a touchdown, through six hundred pounds of enemy flesh.

He was a great hockey player, too. Make it to professional. But he was born twenty years too soon. There were just too many great hockey players in those days, and he didn't quite make the NHL, though he led the American Hockey League in scoring for several seasons. Today, he'd be knocking off about \$60,000 a year.

Flanking him in the photo were Bob White and Tom Harper. Tom could run with the ball like a rabbit with six guys shooting at him.

BEST FRIEND Bob White was my best

friend, through high school. He wasn't huge, either, but when we needed a few yards, there was no question of who would get the ball. Bob would take a plunge at anything the size of a doughnut hole, and always come up with the necessary yards.

We all hated school, but Bob White was bright. Today, he'd be going to college and becoming an engineer, or something equally useless. But in those days, there was no way. No student's loans, no grants, and dang few audent parents. If you got a job in a factory, you were lucky.

Last time I saw Bob was in London, England, during the war. It was in the lobby of the famous, or infamous, Strand Palace. He was checking out. I was checking in. Hello and goodbye. He had completed one tour of operations on bombers and was about to begin his second. On which he was killed.

MEMORIES

Beside Bob in the picture was Johnny Hogg. A nice guy, who was forced by his parents to maintain a much higher standard of intellectual and cultural life than the rest of us poolroom bums. He played the violin. He passed his subjects. He was a clean-living, good-looking lad, just the type you'd want for yourself, though he had a distressing habit of dropping crucial punts.

As I heard it later, they found Johnny lying in a rubber dinghy in the Mediterranean. Dead. He'd been shot down, wounded, parachuted, got into the dinghy, and died.

Then there was Les Morris, a boy with a terrible home life, a terrible birthmark, and a personality to go with both. But he was also a terrible, terrifying tackler, who could hit a fancy-dancy halfback so hard that the guy didn't know he'd been amputated at the knees until he tried to stand up.

And Norm Davis. He had the speed of a gazelle, and the grace of a guy. He didn't come back from the war either.

VIEWPOINT

BY G. LANDSBOROUGH

Summer days brings out the gypsy in me. Now I'm not sure as to the authenticity of my gypsy blood, but I sure know that gypsy urge to leave it all behind and become a summer vagabond. Routine becomes a ball and chain, from which I struggle in vain to become totally free.

When the air is fresh and sweet with the scent of summer blossoms, the sky overhead a bright summer blue, and the warm summer breeze a gentle caress, I find it almost impossible to attend to the routine of modern-day living.

BECOMES AN AFFRONT

Even the newspaper becomes an affront. I lire of reading of murders and wars and starvation, and all the

other horrors that make front page headlines. I would love to see a summertime "good news only" paper, to keep in spirit with those carefree summer days. But unfortunately the realities of life are always with us, and though I try to keep them tucked away in the back of my mind every now and again they pop up, and they're never in keeping with balmy summer afternoons.

Almost all the ills we read about in the papers stem from greed, discrimination, and intolerance for another's views, be they racial, religious or political.

COMPETITIVE GREED Dr. Peter Banks in his address to the Canadian Medical Association spoke of "competitive greed." He said "the real rip-off in our society is that we are all encouraged to take more from it than we put back."

How very true that is. We all want the best of what life has to offer, but we don't want to have to give anything in order to get it.

BUY NOW-PAY LATER

Our present inflationary economic situation owes a great deal to our "buy now" and "pay later" philosophy. We don't stop to realize, that later always comes sooner than we think. I keep a few interesting pictures taken from the newspaper and magazines, to help me keep my priorities straight. A look every now and again gets me back on the right track when I become too engrossed in my own little world. It is very easy to get lost in your own little grain of sand, and to fervently believe it's the whole beach.

There are two pictures that stand out from the rest. One is a picture of an Indian woman up north, doing the

READER'S FORUM

Ontario Nurses United To Press Wage Demands

Sir: The interpretation of the meaning of nursing has become an essential component and a matter of bitter disagreement in current salary negotiations for nurses in the province.

While the employer maintains that salary differential is a result of social compaction, if you will, based on recent reflection related to base rates and the general quality of life, the

nursing profession still weighs salary in relation to responsibilities assumed.

The nurses represented here do not wish to intend any less social concern for base wages than the employer group. It is ironic, however, that in view of a more sophisticated demand for service, responsibility for patient and staff teaching, over-all co-ordination, reporting and observation of an ever-increasing proliferation of para-medical service, the salary differential between registered nurses and auxiliary personnel, should decrease from 50 per cent differential to 14 per cent.

Nurses ask: "What have we done to become worth less?"

Auxiliary personnel received a 50 per cent salary increase. Nurses are worth only 36 per cent.

Ottawa Civic Hospital has received its arbitration award which gives nurses a starting salary of \$800 a month as of January 1974, with four increases to \$945 a month in April of 1975.

Nurses across Ontario cannot accept less. Management offered nurses \$730 a month as a starting salary in June 1974, with four increases to \$890 a month in September, 1975.

Ontario Ministry of Health earlier in 1974 recommended that RNA starting salary be 70 per cent of an RN's. Hospital management is decreasing the gap to 80.5 per cent, advancing to 86.5 per cent of an RN's salary.

The following is a statement by Jean Lowery, Reg. N., president of the newly formed Ontario Nurses' Association (ONA):

"We know we have the support of the nurses across the province, in hospitals, health units, visiting nurses organizations, industry, nursing homes and doctors' offices, and also the support of other unions involving auxiliary hospital staff."

If no settlement is reached by July 22, 1974, nurses across Ontario will have no alternative but to withdraw their services July 23. Mrs. Yvonne Reid, Reg. N., Alderwood

Big Hazard From Fumes Of Exhaust

Ontario Safety League has issued a warning to all motorists regarding the dangers of carbon monoxide poisoning and summer driving. Recently in California, one child was killed and a second blinded by exhaust fumes sucked into a station wagon through an open tailgate window.

The same type of hazard is present when packing the car trunk so full that the lid cannot be properly closed and locked. In both cases, the open rear window and the partly closed trunk lid, exhaust fumes can be sucked into the passenger section. Unless adequate ventilation is provided, the League says, the colorless, odorless, tasteless, non-irritating gas can do its deadly work.

Vehicles that have been examined after a carbon monoxide fatality have also shown that a point of entry for exhaust fumes had been found in holes in the floor of the passenger compartment, fender panels or holes in the trunk or spare tire well. Rust is a major factor, states the League, causing a combination of exhaust system defects plus holes in the body. In a few cases, gas had been drawn into the passenger compartment by air conditioning units. In older vehicles and poorly maintained vehicles, the tail pipe of the exhaust system may have rusted off or fallen off and not been replaced. In some cases, the original tail pipe may be too short or positioned so that the gases exiting the pipe strike adjacent vehicular components making exhaust fumes accumulate under the vehicle.

SYMPTOMS—

How can you tell if carbon monoxide is present? The Ontario Safety League lists the following symptoms: tightness across the forehead, followed by throbbing temples, headache, weariness, weakness, dizziness, nausea, loss of muscular control and increased pulse and respiration. If the concentration of carbon monoxide in the air is great enough, it is possible to fall unconscious without any warning at all.

Carbon monoxide has a special effect at night. If you're driving at night and the darkness seems blacker than usual, if the glare of oncoming lights seems brighter than usual, there's a good chance carbon monoxide can be the cause.

You are not completely defenseless against this killer. Here are some ways to avoid a carbon monoxide accident:

Exhaust systems should be checked regularly, especially for blown out gaskets, loose manifolds, leaking exhaust pipe connections, holes in the muffler.

If it's necessary for you to be in a garage or enclosed space with a motor running be sure the doors are open and you have cross ventilation.

If you're parking for more than a few minutes and you're going to be sitting in the car during this time, shut off the engine or at least open the windows.

Experience, and not only here but in most parliaments, seems to indicate that there usually is a last-minute crash—perhaps through the fact that houses of assembly tend to be disorderly in scheduling their business and also that members can be verbose in their debating, particularly in the early stages when there seems to be lots of time for everything.

ROWDY, REBELLIOUS!

However, whatever the reason or whether right or wrong, it was almost certainly fitting that this spring sitting ended in a shambles. For the sitting had very much of a shambles character. In the first place it was the

Support For System By Parent Volunteer

Sir: Upon reading a letter submitted to The Herald this past week from a resident of Norval concerned by the closing of the public school, I cannot help but take issue with a few of her comments. Pertaining to her reference regarding "Parent Volunteers", and the "open concept system", I am proud to state that I have been and will continue to be a Parent Volunteer for a public school in Georgetown employing just such a system.

I realize to most parents it is a vast departure from the method in which we, as children, were taught but until you become involved with the school and see the over-all benefits to a great majority of the students it could possibly be difficult to accept the value of this system of education.

With regard to the comment concerning the "terrible state of our country by the adults of tomorrow" and "not being able to fight the 'system'", I can only offer this

suggestion in that the attitudes of our children are formulated in the most part by the examples and attitudes expressed by us, their parents. I would, therefore, suggest that concerned people become involved, if possible, with their community at all levels, thereby contributing in a constructive way to the benefit of all.

I can sympathize with the Norval residents at the fear of losing their community identity but with the ever increasing cost of living and rising taxes which we all bear today it is imperative that we cut corners.

In following the campaign of some of our politicians this obvious that the answer to our inflationary problems is still beyond their solving, so in the meantime, it seems we must accept certain situations which may not be personally pleasing to us.

Mrs. V. A. Norris
Georgetown, Ontario

QUEEN'S PARK

Ends Session Usual Shambles



BY DON O'HEARN
Queen's Park Bureau
Of The Herald

TORONTO—The session ended in the usual shambles. Out of the last 26 hours the members were at their desks for some 25, following bitter opposition complaints that the government was putting on a pressure play and forcing legislation through at the last possible moment.

This, of course, is a situation which has now been going on so long that it's difficult to get very excited about it.

Experience, and not only here but in most parliaments, seems to indicate that there usually is a last-minute crash—perhaps through the fact that houses of assembly tend to be disorderly in scheduling their business and also that members can be verbose in their debating, particularly in the early stages when there seems to be lots of time for everything.

However, whatever the reason or whether right or wrong, it was almost certainly fitting that this spring sitting ended in a shambles. For the sitting had very much of a shambles character. In the first place it was the

rowdiest sitting we have seen in a long time. The hardest working member was probably Mr. Speaker, Hon. Alan Reuter, who was in a continuous battle to keep order.

And then the legislation which took up by far the most time of the house was the land speculation tax. And not much needs to be said about it.

If you have been reading about the legislation at all you know that the argument went on interminably, and that the government looked very poorly on the tax.

It appeared slovenly, ill-prepared and a lot of the time arrogant (though Revenue Minister Arthur Meen, who piloted the bill, was not guilty of this last failing).

Again, there were important bills such as the Guaranteed Annual Income measure, improvements in the Workmen's Compensation payments, and various regional government measures which were brought down at the last moment and which, it seemed, could have been presented earlier.

Then, of course, the house is only about half through. There is a big volume of business lying over for the fall.

ECHOES FROM THE PAST

10 YEARS AGO

An oil strike was made at Hornby, producing about 100 barrels a day. Oil find was made on the farm of George Hall, about seven miles south of Georgetown.

A district farm that was purchased from the Crown 100 years ago was sold, and left the Moore name. The farm, owned by Mary Moore at the time of the sale, had been in the Moore family for the entire century. It was located on the 3rd Line of Esquesing. Roy West, Toronto broker and businessman, bought the property.

Coun. Donald Powers, chairman of the town water committee, predicted an increase in water rates. A \$37,000 deficit was recorded by the water department.

Rev. Kelvin Johnston of St. Andrew's United Church, newly installed chaplain to 4th Georgetown Cubs and Scouts, presented a life and religion emblem to cub Wayne Farrow.

Dr. Robert Gaskin joined Dr. Vicki Zavitz in operating the Georgetown Animal Clinic. Dr. Peter Conklin of the Animal Clinic, took over Dr. Gaskin's practice in Yorkton, Sask.

Two drowning alarms at Terra Cotta Conservation Area were caused by careless parents, who didn't know where their children were. No drownings occurred.

20 YEARS AGO

Completion of a new \$500,000 plastics division of Smith and Stone in Georgetown was announced by company president Col. W.E. Phillips. Simultaneously, facilities of an associated company, Duplate Canada Ltd., of Oshawa, were transferred to Georgetown.

Silverwood Women's Institute held a picnic lunch at the home of institute president Mrs. R.R. Corbett.

Stone School pupils held a picnic at the home of Mr. and Mrs. R.E. Souther. Swimming and boating were enjoyed in a creek, and a treasure hunt was staged. Miss Joan Rundle presented teacher Miss Marjorie Shaw with a group gift.

About 50 persons gathered at the Stewart-town public school for a presentation for Mr. and Mrs. John Dickerson, to welcome the couple to the community. Mrs. Bob Preston assisted during the ceremony.

Ballinfad's Young Peoples' Group held a picnic at Guelph's Old Mill.

Mrs. W.G.O. Thompson was guest of honor at a garden tea tendered by the Daughters of St. George's Church. Party was held at the home of Mrs. J.L. Lambert on Normandy Boulevard.

Annual Mystery Trip for members of Georgetown Women's Institute took 28 members on a tour of historical places in Brant. Special guests of the trip were two sisters of Mrs. Sam Harrison, who were visiting from Scotland.

Annual garden party of Union Presbyterian Church was held at the home of Mr. and Mrs. Wilfrid Leslie. Rev. G.L. Royal opened the festivities.

Stewart G. Bennett of Toronto and Georgetown was elected to the board of directors of Canadian Bronze Co. Ltd.

Esquesing council turned down a township school area after 10 of 16 schools refused to join. Reeve G.H. May presided at the meeting where opposition was recorded.

Cpl. George Bayliss, hockey star of the 1938-39 championship Acton team, was reported wounded in action during the invasion in Normandy.

About 40 members of the Women's Missionary Society of the Georgetown United Church met at the home of Miss Anne Staunton. Mrs. A.M. Nielsen, president, took charge of the meeting.

Rebekah War Services Committee met at the home of Mrs. T.E. Hewson to plan programs of comforts for local soldiers serving overseas.

Mrs. Herbert Robinson of Glen Williams received news that her husband, Tpr. Robinson, arrived safely in England.