

## Watch out for 1976

Before we all join in applauding the 1975 budget, which, in comparison to the sky-high budgets of some of our neighboring municipalities, is fairly reasonable; we would like to throw in a few words of caution: Watch out for 1976.

Very little of the future turn of events, budget-wise, is going to depend upon the decisions of the town's personnel and finance committee. The region and the board of education, per usual, are going to be the critical areas to watch in the next year. Things are not going to be as rosy, one year from now, as they are now, according to all indications we have been able to monitor.

The region for example: This year, through a nifty bit of book-keeping, seemingly clear only to regional treasurer, Don Farmer, the region actually lowered its demands for funds from Halton Hills. How they did it has us a little perplexed and, judging from the comments made by our regional representatives as they voted last week to accept it, we are not the only ones befuddled by it all.

The slight reduction in our regional assessment boils down to the method by which the town's sewer surcharges are collected. However, according to regional councillor Ric Morrow, the system will be all straightened out by next year. Our brief reprieve will end, come the 1976 budget.

Another signal of just how bad things might be one year from now, is the large amount of funds the province has had to pour into the region to literally bail Halton out of a

potentially serious situation. Even with the extra provincial support the Ontario Municipal Board had to step in to wield some unexpected power in order to keep a grim situation from getting any grimmer.

Few were surprised to see the province come to the aid of the region. Most, in fact, were betting on it.

After all, in this year of a very likely provincial election, it would have been very inconvenient to show the taxpayers of Halton just how much this region—the pride and joy of the provincial government—costs to maintain.

Pour in some very necessary funds from the province and you can, momentarily, ignore the impending problem. First came the "start up" funds, now must we depend on the province for "keep up" funds, to keep Halton operating?

Let's not forget the board of education. This year has been a relatively stable year for the Halton board as far as expenditures have been concerned: thus the relatively small 4.3 mill increase for Halton Hills. Not so for 1976.

Already the rumblings of discontent among teachers are worrying the board. It is going to come to some sort of a confrontation before the board settles on its next budget.

At the end of the line is the town's struggling finance committee. They have done a fine job in combining the town's needs, both present and future, with the public's ability to carry the financial load. The big job, we fear, is yet to come.



VIEWPOINT

## Aid for hyperactive children

By Gerry Landsborough

If you are the parent of one of an estimated 150,000 to 300,000 Canadian children who suffer from hyperactivity, or the condition of hyperkinesis, the research of Dr. Benjamin Feingold may be of special interest to you.

Dr. Feingold, formerly the chief of the allergy department of the Kaiser-Permanente Medical Centre in San Francisco, has developed a special diet that has had amazing results with hyperactive children.

The diet, that is now gaining recognition throughout the world is known as the Feingold K-P diet. Dr. Feingold, a

The hyperactive child often throws temper tantrums, has difficulty sleeping, eating, learning, responding to discipline or even sitting still for a few minutes. These children are often placed on strong medication as a means of controlling the condition. Dr. Feingold discovered that 50 percent of all hyperactive children could achieve normal or near normal behavior by use of the diet and, within a month, could stop the medication.

During the research, one child was found to always act up when he ate anything with artificial grape flavor in it. Another youngster had the same reaction to anything with artificial orange flavour in it. These foods included gelatins, ice-cream, lollipops, candy-coated medicine, and artificially flavoured medicine.

"One candy bar, loaded with additives, colour and flavours, can make a predisposed child hit the roof and it might take him a week to come down," said Dr. Feingold.

Dr. John MacLennan, director of the allergy clinic at Hamilton General Hospital, said, "We are being overchemicalized. This, he said, is particularly dangerous to children because of the so-called "kid foods", such as hot dogs, cereals, desserts, cake mixes, soft drinks, candies, potato chips, etc. that usually contain some form of artificial colour and artificial flavour."

The K-P diet eliminates these foods. Group 1 of the diet is made up of apples, peaches, oranges, berries and two vegetables; tomatoes and cucumbers. Group 11 is made up of all foods that contain synthetic color or flavor. Dr. Feingold, who is 74 years of age, has worked for years

designing non-allergic diets for allergic children.

One youngster who was found by an allergist to act up each year after returning from vacation was found to be allergic to the fumes of floor wax used in the school. Research has shown that since the increase in convenience foods hyperactivity has also been on the increase.

Dr. Feingold developed the K-P diet at the Kaiser-Permanente Research Institute. He devised no tests to discover which substance the child was reacting to. Instead, it is necessary to start the diet by eliminating

every food that might disturb the child from Group 1 and Group 11.

Because the diet eliminates many of the foods that have little nutritive value it is excellent for the whole family. It brings back the days before convenience foods and very often returns nutritious meals to the table with the extra benefit of calmer, happier children. It would appear to be well worth looking into.

A word of caution though, always check with your family physician before starting. In the long run, your physician always knows what is best for you and your family.

## Letters to the editor

### Students' visits help younger children

To the Editor of the Herald:

In your last issue of (May 28) Mrs. Christine Louth wrote to express concern about the recent appearance of some of our students at Howard Wrigglesworth School. Since Mrs. Louth appears to have misunderstood the reasons for our students' visit, I would like to explain how and why the visits take place.

I am sure everyone would agree that the learning situation is greatly enhanced when the students are highly interested and motivated. With this in mind, Mrs. Carol Manning of our English staff, suggested that there could be much benefit gained if the short stories for children being written by her Grade Ten students were read to some junior elementary children. Her suggestion was supported by the head of the English department, Mr. Monaghan and enthusiastically received by the elementary principals in the area.

For the last three years, Mrs. Manning's students have read their compositions to small groups of primary

grade youngsters. Without exception, the principals concerned have been pleased with the arrangement, and are happy to have our students return. We all feel that both groups of students have profited from the experience.

The high school students make the visits during the regular English class periods, and spend no more than one-half hour in the elementary school.

There are no psychological projects involved, nor is there any intention of assessing our students' potential as parents or teachers. The visits are purely and simply exercises within the English program.

Perhaps it should be pointed out that there are many instances where our students work with the elementary students. For example our students have helped to conduct track meets, have acted as game officials, have assisted in coaching, have presented musical programs and special children's theatre productions, in addition to working with the students of the Sunshine School. In every case, we are convinced that

the effort has been enjoyable and valuable for both elementary and secondary students. Surely Mrs. Louth does not suggest that all these activities should be abandoned.

There is no doubt that the schools should be criticized from time to time, for a variety of reasons. However, the system (which ultimately means the students) will benefit most if a) the criticism is first stated to the principal concerned, in a more or less private way, and b) any public criticism is based on complete and accurate information.

I am one of "those educators" who is responsible for sending the students to Wrigglesworth School. And I take pride in the efforts of our students, and in our teachers' attempts to provide a valuable educational experience.

In closing, I would like to invite any interested parents to visit our school to discuss any aspects of the school's operation.

Yours truly,  
M. J. Furlong,  
Principal.



pediatrician and allergist, discovered that, by removing all artificial food colouring and artificial flavouring from the patient's diet remarkable personality and behavioral changes occurred.

### Red Cross campaign \$1,000 short

To the Editor of the Herald: As the Georgetown and District Red Cross Branch is still \$1,000 short of their goal of \$10,000 set for their 1975 Campaign-for-Funds, may we make a last urgent plea to

those people, who have not sent in their donation to Box 108, Georgetown, as yet, so that we will be able to keep on giving the many free services to the residents of Halton Hills. Everyone's assistance is

really needed this way. Thanking you all.

Connie Neuwhof,  
Public Relations Chairman,  
Georgetown & District  
Branch,  
The Canadian Red Cross

## Tribute to Gordon

To The Editor of the Herald: As one of the "Boys of '36" who attended the opening ceremonies for the Gordon Alcott Memorial Arena May 31, I would like to thank the present-day citizens of Georgetown for honoring such a fine person with this splendid building.

No name could be more appropriate. Nothing would have pleased Gordon more.

Georgetown had only 2,400 citizens when Gord founded The Little NHL in 1936. Many who live in the greatly-expanded community known as Halton Hills today may wonder why Gord is still revered among the original 90 who made up that first league.

Perhaps a colleague at The Toronto Star, Milt Dunnell, said it best of all in these words he wrote to mark the death of Charlie Conacher in 1968.

Conacher was one of the all-time greats of The Maple Leafs and, incidentally, one of the first Leafs to referee a Little NHL game in the old John St. arena.

Why did Charlie Conacher become a legend in his time, Milt Dunnell asked on his death. And he answered his own question in this way: "It wasn't easy to be growing up in Canada then. Countless thousands had no jobs. They depended on a weekly food voucher to ward off starvation. Those who had work lived in mortal fear of the layoff."

"There wasn't much room for fun and excitement—not until Saturday night when Foster Hewitt opened the door on the greatest show in the country."

"To them (the kids) Conacher was a symbol, even more than a star. He represented the hopes and dreams of kids from Halifax to Prince Rupert... with holes in the seats of their pants and Eaton's catalogues stuffed in their woolen stockings for shin pads....

...those are the kids who are silver-thatched executives, doctors, dentists, bookkeepers and machinists today. To them, Charlie Conacher was the greatest."

Well said, Milt! That was it exactly.

And what you said so well for Charlie Conacher applies as well to Gordon Alcott.

Like Conacher, Gordon held out the hope and the dream for the kids of his day.

Even more important—he provided the help.

James W. Emmerson  
91 Eldomar Ave.  
Brampton

## New hospital under way

From the Files of the Herald:  
FIVE YEARS AGO

A Brampton man was pulled from the quarry at Waterfalls Playground. Donald Budge, 33, was pronounced dead at the scene after being discovered in the deepest section of the quarry. The man had been scuba diving.

Norm Ward has been elected as Legion President.

Gourmet, Charles Oberdorf recently visited Georgetown's own Spot on 7, operated by Gladys Fraser. His critical palate found the food to be most enjoyable and a favorable review was published by the Toronto Star.

10 YEARS AGO  
Roller skating got underway at the

Georgetown Memorial Arena and for the first time skates can be rented.

Burglars grabbed over \$300 in a hit and run theft in a string of holdups over the weekend. A drug store, service station and an industry fell prey to the thieves.

15 YEARS AGO

Construction of the long-awaited Georgetown Hospital has begun. Contract for the structure was in the amount of \$920,000. Ground breaking ceremonies took place over the weekend to get the project underway.

Georgetown's war memorial will be moved to Remembrance Park from its point on Main Street. The Angel of Peace will overlook the new park on James and Charles Streets.

## A cast of one

By Bill Johnston

All the way into the hospital I kept thinking, I've got to have a good story. There I would stand, right arm bound and bandaged from wrist to shoulder. A cast of one.

Someone would eventually ask me what happened? I had to think of an impressive story. After all, the truth wasn't too exciting.

If you recall, a couple of Saturdays ago the weather was just great. We decided to display our prowess at baseball.

I got a hit. Running for home plate I decided to slide.

Normally a slide is quite a safe move. You land your full, 165-pound body on your full six-foot, one-inch frame. Casually hurtling through the air I calmly calculated that by following the proper procedures I would land with a soft jolt of approximately 2.23 pounds per inch.

That was quite acceptable, until I realized that, while the top half of my body was falling rather quickly toward the ground, my feet were remaining in the air. Seems someone thought it would be funny to catch my feet and hold onto them.

Carrying out some hasty recalculations I realized that the new landing pattern would produce a force of approximately 5.24 pounds per inch.

Still not too bad.

Then I saw that someone was in the way. By doing a quick roll to the right I managed to avoid her.

Which left six inches of air and my elbow as the only two things separating me from hard ground.

The six inches quickly disappeared. Leaving one elbow. Which averages out to one mild fracture of the humerus bone.

But that's about it. It was such a blah accident.

Believe me, it looks more impressive than it is. Three weeks this blasted thing has to stay on.

About the only good point about the whole situation is that it has really made me appreciate my left hand. Being right handed I have never really bothered much with the other guy. But he is really coming through in fine style.

You want to know what the hardest thing to do with one hand is? No, tying a tie is not that hard, as long as you have plenty of time.

The hardest thing I've had to do so far has been to wash my left hand. Not the broken right hand, but my left one. Next time you're washing just try it. What do you rub your one hand against? There's nothing there.

You can splash the water around a bit but it won't help take the dirt off. And soap won't help. You put it in your palm and it just sits there.

Which has given me an idea. Effervescent soap! Like that toilet bowl cleaner that only needs water to be added to begin bubbling away the grime. Or that denture cleaner that acts "like a million tiny scrub brushes."

The soap that scours away the dirt by only adding water. It would sell a million. After all, how many people have you seen recently with their arms in slings?

I still haven't come up with a solution for the second most frustrating problem I've had to deal with: spraying on underarm deodorant. No problem with the right arm, but man it can be painful doing it on the arm that is hold the can. Try it tomorrow morning.