



SMOKING SAM TO VISIT INDUSTRY

Sharon Leitch, a registered nurse who works for the Canadian Cancer Society, poses with Smoking Sam, a working model which demonstrates the amount of tar and nicotine inhaled with a single cigarette. Miss Leitch will be visiting industries in the Halton Hills area over the next month to talk about cancer and answer questions about the ways in which people can protect their health. (Herald photo)

A registered nurse from the Canadian Cancer Society will be visiting industries in Halton Hills to talk to employees about cancer for the next month.

Sharon Leitch is one of five nurses in the province of Ontario who visits industries to talk to employees. Two are stationed in Toronto, two in Hamilton and one in Ottawa. These nurses give a half-hour presentation, which includes a talk on how cancer starts, a film on cancer and the seven steps to health and a demonstration of the damage which can be caused to one's health by cigarette smoking.

Following the presentation, the nurse will stay in the building for a while for personal interviews, so that the employees can ask any questions they might wish. Miss Leitch said the presentation itself doesn't permit time for questions because it's being done on the company's time.

Miss Leitch said she visits one or two companies a day, depending on the size of the firms and the companies in Halton Hills have been enthusiastic about the presentation. She said she only makes it to specific areas about once every four years.

The presentation doesn't cost the companies anything, she said, because the service is offered by the cancer society free of charge.

Happier Homes

A Bedtime Story

In bed we laugh, in bed we cry. And born in bed, in bed we die. The near approach a bed may show Of human bliss to human foe.

Isaac de Benzerade, 1684.

The sleeping place has always played an important part in human life. As the marriage bed, the sick bed, the death bed, the bed is more intimately related to our lives than any other household article. It's the one we come in closest personal contact with for fully one-third of our lives each day.

Early "beds" were really mattresses. When men lived in caves, they slept on the skins of animals. Skins were later replaced by a group of bags filled with rushes, leaves or straw.

But as time passed, people became more concerned with the design of the bed than with the materials they slept on.

A bed frame was originally a luxury of urban civilization. The Romans and Greeks created large, carved frames with gilt and ivory upon which they piled cushions of wool, feathers, fur and other materials.

Innovation

During a big evolution in the 18th century, feathers — which were most commonly used in mattresses — were replaced by horse hair as people found that it had more spring.

Eventually, it was discovered that horse hair was also unsanitary and it was replaced by felted cotton which could be sterilized.

Next on the scene was the inner spring, long a mattress staple. But it is being challenged in popularity today by foam bedding. Sears, Roebuck and Co. reports that one of its most popular mattresses is its Imperial mattress, made of highly resilient polymeric foam. It suspends the sleeper on 9.2 billion air cells for the ultimate in sleeping comfort. With the scientific breakthroughs of chemistry technology it appears as if foam may be the next standard of bedding.

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REALTOR

 AT \$59,900. YOU CAN'T GO WRONG Above is a picture of a 2 storey brick home which has been remodeled completely inside. Here are just a few features. Rewired, new plumbing, new kitchen, (windows & cupboards), new bathroom, all original woodwork. If you're thinking antiques, you'll love this home. Super location. Call Trudy Simmons at 877-0173 for all the other information.	 COUNTRY "FAMILY" HOME Located east of Acton - plenty of fresh air to breathe on this half acre, floor to ceiling fireplace in living room, 3 spacious bedrooms, bath ensuite off master bedroom, huge kitchen, walk-out from dining room to pool and patio. Call Susan Carrier to see this well-cared for home. Priced at \$77,900.	 GEORGETOWN 10% MORTGAGE Georgetown is a unique planned community of custom built homes in which this brick bungalow is located. Ideal for children and large family. Situated on one of the quiet Crescents in town, this home has 2 washrooms, 5 bedrooms or an in-law suite. An excellent 10% percent mortgage, low down payment. Call Mike for any more information on this home. 877-0173.	 WELCOME TO OPEN COUNTRY Discover the beautiful surroundings that beckon you to the good life and where nature still exists close by. Here we have a gorgeous 5 bedroom solid brick home awaiting your inspection. Solid oak flooring, 2 fireplaces, 2 washrooms, extra large 2 car garage, plus a lot more. Call Mike at 877-0173.
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