



**MUSICAL MERGING**

The Action Citizens Band and the Georgetown Choral Society are deep in rehearsals for their joint spring concert series this weekend. There will be a special free performance for senior citizens at Holy Cross Church Friday, as well as performances Saturday at McKenzie-Smith Middle School and Sunday back at Holy Cross. All performances begin at 8 p.m. Tickets are available by calling 877-3474. (Herald photo)

**No donations for slain guard**

An open letter to the citizens of Halton Hills:

On April 24 in Scarborough, Ontario, two Brinks Armoured Guards were shot by bandits in the performance of their duties, delivering cash to a Toronto Dominion Bank.

Guard T. Montgomery, although wounded, managed to grab two bags of money and crawl into the bank.

The other guard, Larry Roberts, is the one which concerns me: he was murdered on the spot.

Larry was actually a part-time employee of Brinks; his full-time job was with Metro Ambulance Service where I have worked with him from time to time; hence the concern.

Brinks and T.D. Bank have sponsored a fund for Larry's widow, who is left to try and care for their handicapped

child and to maintain the mortgage on their house as well as provide three square meals a day. This fund may be contributed to at any T.D. branch.

When I went to make my contribution, I was absolutely appalled to learn that in the two T.D. Banks in Georgetown there had not been a single other donation -- not ONE!!

This from an area which relies on a volunteer ambulance service?!? Nobody gives a damn? -- That's scary, I say!!

Come on Halton Hills; let's see a little caring -- not big donations, just a few dollars that won't make or break anyone but in total may very well help this widow and handicapped child.

Thanking you for a change of heart.

Ross Hennick

**Letters to the Editor**

**Too few Georgetowners at 'captivating' Dear Liar**

To the editor of The Herald: On Saturday I attended the Arts Council Benefit performance of "Dear Liar", and was, as your review suggested,

utterly captivated by this marvellous play and the glowing performances given by Mr. Tarlin and Ms. O'Connor. So good, in fact, was this produc-

tion that one tended to forget that this was a church hall in Georgetown and not off-Broadway!

The one thing that disturbed an otherwise satisfying evening of theatre was my awareness that not many of my fellow Georgetowners were there to enjoy it, to support their own Arts Council or to patronize local endeavors of this kind.

How sad it would be if the Arts Council were to have to abandon their attempts to promote and support the Arts, old and new, in Halton Hills. How sad if our new theatre is used only a few times each year because groups like Nornic Studio cannot find adequate support for a fine performance

like "Dear Liar". The Arts in Halton Hills won't just "happen". They need help and support from its citizens.

Yours very truly,  
H.A. Chase,  
Georgetown.

**Good theatre on small stage**

To the editor of The Herald: Good theatre can take place on a small, intimate stage, as those agreed who attended the Nornic Studio production of "Dear Liar" at Knox Church hall last week.

Two talented actors, Glen Tarlin and Florence O'Connor, gave a fascinating performance, portraying George Bernard Shaw and Mrs. Patrick Campbell in a clever, witty and moving play, based on the letters, spanning forty years, of their personas. Regrettably the audience was small and for those who did not attend we urge them to

do so this week on Thursday, Friday and Saturday evenings for a treat in theatre.

We understand that this fine production may go on tour to other Ontario centres.

Yours truly,  
Albert and Margaret Dewdney  
Glen Williams

**The Editor agrees**

Why not take the advice of these two theatre patrons and catch one of the remaining performances of "Dear Liar" at Knox Church hall in Georgetown? The Herald agrees that it's not a show to be missed. Shows are scheduled for 8:30 p.m. tonight (Wednesday), Friday and Saturday. Officials of Nornic Studio, which is presenting the two-act comedy-drama, reported this week that they plan to take "Dear Liar" on the road following its Knox engagement, arranging special presentations for interested organizations and agencies.

**VIEWPOINT**

**New diet found for 'hyper' kids**

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

Dr. Feingold, while working at the Kaiser-Permanente Medical Centre in San Francisco, developed a special diet that has had amazing results with hyperactive children.

The diet that has gained worldwide recognition is known as the Feingold K-P diet. Dr. Feingold, a pediatrician and allergist, discovered that by removing all artificial food coloring and artificial flavoring from the patient's diet, remarkable personality and behavioral changes occurred.

The hyperactive child often throws extreme 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 per cent of all hyperactive children began to show normal or near normal behavior by the use of the diet and, within a month, could stop all medication.

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

Dr. John MacLennan, director of the allergy clinic at Hamilton General Hospital said, "We are being over-chemicalized; this is particularly dangerous to children because of the so-called kid-foods like hot dogs, cereals, deserts, cake mixes, soft drinks, candies and potato chips. These usually contain some form of artificial color or food flavor."

The K-P diet eliminates these foods. Group I is made up of apples, peaches, oranges, berries and two vegetables, tomatoes and cucumber. Group II is made up of all foods that contain synthetic color or flavor.

Dr. Feingold devoted a lifetime to designing non-allergic diets for allergic children.

One youngster was found to act up each year after returning from vacation and was found to be allergic to the fumes from the floor wax used in the school.

Instead of devising tests to discover which substance the child was allergic to, Dr. Feingold's approach was to elimi-

nate the foods that he thought the child might be allergic to, from Group I and Group II. Because the diet eliminates many of the foods that have little nutritional 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.

The K-P diet is well worth looking into, but a word of caution: always check with your family physician before starting out. In the long run, your own family doctor always knows what's best for you and your family.

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MAY 11 - 17th

ALL CONTRIBUTIONS STAY IN NORTH HALTON  
PLEASE BE GENEROUS WHEN THE CANVASSER CALLS

OPEN HOUSE — at Tinker Bell Nursery, (9:30 - 11:30 a.m.; 6:30 - 8:00 p.m.) and Country Side Residence (2 - 5; 6 - 8 p.m.) on Wednesday, May 14th.

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