

February is Heart Month

## Why that donation is so important

Replace it or pay for it: that was the rule 35 years ago for a Canadian patient requiring a blood transfusion.

Either he found friends and relatives willing to replace two bottles of blood for every one given him or he paid an average of \$25 per bottle, plus a service charge of \$5 to \$10 per bottle.

Today, thanks to thousands of voluntary blood donors across the country, the Canadian Red Cross Society, and the financial support of the federal and provincial governments, no patient faces that dilemma. Any one in Canada who needs a transfusion of blood or a blood product receives it free-of-charge.

The move towards a blood supply system based on the voluntary donation of blood and the provision of blood to patients free-of-charge began after the Second World War.

During the war the Canadian Red Cross had collected blood from volunteer donors to supply the Canadian Armed Forces with dried plasma. More than 2.5 million bottles of blood were processed and shipped overseas for the treatment of wounded soldiers and war victims. When the war ended, the Red Cross was asked by the federal and provincial health ministries and hospital associations across the country to set up a similar peacetime blood service.

In January, 1947, the Canadian Red Cross established the first provincial unit of the national Blood Transfusion Service in

Vancouver, B. C. Later that year blood transfusion centres were set up in Edmonton and Calgary, and the following year in Halifax and Charlottetown.

Today there are 17 blood transfusion centres across Canada handling the blood needs of the entire country. The Canadian Red Cross Blood Transfusion Service has grown from a fledgling service that collected 32,072 units of blood in 1947 to one that collects more than one million units of blood annually.

The Red Cross Blood Transfusion Service has also grown in efficiency and expertise in recent years. Advances in technology have improved methods of collection, testing, storage and processing of blood. One unit of blood can now be broken down into several different components, each used to help a different person with a different condition or disease.

Red Cross staff and volunteers are continually working to improve the technical side of blood collection, methods for recruiting donors, and for maintaining the extensive records necessary for effective operation. But one thing never changes. And that's the Red Cross commitment to the voluntary blood donor system.

The system that means that blood will always be available - free-of-charge - to anyone in Canada who needs it.

Don't forget your next Blood Donor Clinic this Monday (Feb. 16) at Holy Cross Church Auditorium.

### SUMMARY OF DONOR SELECTION CRITERIA

ACCEPTABLE	18th to 66th birthday	(male and female donors between 17th and 18th birthday accepted with written parental consent)
Age		
Frequency	Every three months	
Minimum haemoglobin (blood iron content)	Females 12.5 Gm Males 13.5 Gm	
Minimum weight and height	100 lbs., 50 in. (below 100 lbs. consult nurse)	
Good general health	No significant illness or prescribed medication	
PERMANENT EXCLUSION	HEPATITIS...HEART DISEASE...ELEVATED BLOOD PRESSURE...STROKE AND OTHER CIRCULATORY DISORDERS...CANCER...KIDNEY DISEASE...DIABETES (on medication)...EPILEPSY...THYROID DISEASE (Hyper or Hypo)...BLOOD DISORDERS...PERMANENT MEDICATION (except birth control pills, non-prescription vitamins and menopausal hormone replacement).	
SHORT TERM DEFERRALS	Minor acute illness Medication (after last dose) Aspirin containing medication Flu and colds Active allergies Allergy injections Influenza vaccination Polio vaccination Tetanus, typhoid, small pox or yellow fever vaccination Rubella vaccination Travel to malaria areas	3 weeks 72 hours minimum discuss with clinic nurse 1 week minimum 72 hours minimum 1 week 48 hours 1-3 weeks 3 weeks 3 months 6 months
LONG TERM DEFERRALS	Major acute illness Major surgery Minor surgery Hepatitis contact Infectious mononucleosis (after full recovery) Pregnancy (after delivery or abortion) Blood feeding (after termination) Blood transfusion Ear piercing, tattooing, acupuncture	6 months minimum 6 months minimum 3 months minimum 6 months 6 months 3 months 6 months 6 months

Essential medications should not be discontinued for the purpose of donating blood.

Second in a series

## About exercise and cardiovascular fitness

A major phenomenon of the last decade has been the exponential growth of participation in physical activities - jogging, running, bicycling, tennis, etc. Proponents and opponents of exercise have made exaggerated claims regarding the benefits or dangers of exercise - particularly insofar as cardiovascular disease is concerned. In the course of preparing guidelines on fitness testing and exercise programmes, the Canadian Heart Foundations have had some comments to make on desirable exercise and those who wish to participate in it.

In the light of currently available medical and scientific information, regular physical activity of the type contributing to cardiopulmonary or endurance fitness is considered to be beneficial for physical and mental health, provided that any major increase in physical activity is performed gradually. An individual who does not have known or suspected health problems, particularly of a cardiovascular nature, and who wishes to increase his or her level of physical activity, should do so gradually - either as an individual or in a structured programme of physical conditioning.

However, for those with known or suspected

heart disease, high blood pressure, palpitations, chest pain, diabetes, unusual breathlessness or other medical problems, medical clearance is essential before undertaking a major increase in physical activity. Individuals over forty years of age, who feel in good health, should also undergo an appropriate medical examination.

The type of exercise in which one should participate to improve cardiovascular fitness is a rhythmic, continuous exercise such as walking, jogging, swimming, bicycling and rope-skipping. Individuals should try to work up, over a twelve week period, to an optimal heart rate of 170 minus their age. Each session should comprise five minutes warming-up, maintaining the optimal heart rate for 15 minutes and five minutes cooling-off. This programme should be repeated at least three times a week, preferably four times a week and optimally five times a week.

Any exercise that does not raise the heart rate to the above levels may be fun, but it is not sufficient training for an improvement in cardiovascular fitness.

For free information on exercise and exercise testing, contact your provincial Heart Foundation.



## Smith must convince voters Grits can run economy better

**Queen's Park**  
By Derek Nelson

Queen's Park Bureau of The Herald

What Liberal Leader Stuart Smith has to accomplish by voting day in the provincial election is to get one succinct message across: the Conservatives have failed as Ontario's economic managers.

After 38 years it is time to give the Liberals a chance to do better. How he gets the public to perceive this Tory nonsuccess is no easy task, but Smith has practiced for four years at finding the chinks in the Tory armor.

Last week his target was the Conservatives' \$1.5 billion economic blueprint for Ontario's future (called BILD, of course), which he denounced as a political magician's trick like "pulling rabbits out of a hat," purely "good theatre, good showmanship," full of little but "sound and fury."

The hat is void of new ideas, containing only money already allocated, programs recycled or with fresh labels, in short "gloss unveiled with enough fanfare to give the impression

that it is something new and historic."

**OLD MYTH**  
Smith aims to convince Ontario that BILD is actually a "confession - a long list of items and issues for which the government failed to have policies for the past four years."

For the Liberal leader believes that it is the "myth of Tory management which over the years has kept this government in power."

Even though people would like new blood in government and the civil service, and are dubious about having one party wield power for so long; "they have always hesitated to change because of the thought that things are pretty good in Ontario," he said.

But that's changing, Smith declares, because "what we find now is a party which does not quite manage the way it used to."

Around him he sees the signs of economic decline - Ontario now stands "tenth and last" in economic growth among Canadian provinces - and an inability of the government to come to grip with the malaise.

**MORE KNOCKS**  
He notes that multi-million dollar proposed cities like North Pickering are now in suspended animation, and that education quality is on the skids. What has gone wrong is not the people but the leadership.

Grits claim polls show them neck-and-neck with the Tories right now, and that the election can be won on the hustings.

Here they count on Smith, who proved in the 1977 campaign (as I said at the time) that he could run a television-oriented race and express fresh and innovative ideas in an attractive manner.

Experts who expected the Liberals to be demolished at the polls were surprised when the party held its own in seats and moved from third to second-place in the legislature.

**NOT GOOD**  
A polished, intelligent, analytical, quick-thinking performer who turns on like a light bulb when a television camera points his way, Smith is a highly effective stump speaker.

If he can make the same impact this time, and he must to win, he could overhaul the Conservatives' main asset, which is the kind of respect that exists at the present time for Premier William Davis as man and leader.

On the other hand what sometimes come through from Smith on the tube, especially since 1977, is manufactured indignation, shouting for the sake of shouting, a shrillness to his voice when such intensity isn't required.

It turns some people off, and could do him harm. The key to Smith's success may lie in how he handles himself with Davis (and NDP Leader Michael Cassidy) if there is a televised leadership debate this campaign.

That's if the Tories are willing to give him exposure by agreeing to debate.

## NDP's 'jobs' preoccupation must overshadow Tory BILD

Queen's Park Bureau of The Herald

NDP Leader Michael Cassidy's closing line at his press conference here last week was "see you on the buses," a journalistic in-phrase that means an election is imminent and it's almost time to board the coaches that haul the party leaders around the campaign trail.

Sporting a fresh haircut and wearing a pin-stripe suit, Cassidy kicked off his campaign on the assumption Premier William Davis would make it official within a few days. He did, too. "Jobs and the economy" are the issues, Cassidy said, reversing the long-standing tendency of the NDP to concentrate on "social" issues like rent control or the environment...

**BAD RECORD**

The days of automatic economic growth, when the politicians argued solely about how to spend the wealth, have been replaced by the more vital task of generating that wealth.

The recently unveiled \$1.5 billion Tory economic blueprint for the 1980s (called, naturally, BILD) is simply an election scam in NDP eyes - "filmmaking" according to Cassidy - partly unreal to begin with, the rest to be junked once the voters are counted.

"The provincial government should be judged on its record, not on its promises," Cassidy said.

It is fine for the Tories to vow aid for the food-processing industry, the mining machinery industry, auto parts and microelectronics - but where were they during the past 38 years Conservatives have been in power, he asked?

It's all been said by the Conservatives before, he suggested. Although many of the more innovative ideas in BILD sound suspiciously like specifics the NDP have long pushed, Cassidy said he isn't worried that once again another party has stolen an NDP vote-getting plank.

Enough differences still separate the parties, he said, mentioning in particular the NDP's negative view of foreign investment and their desire to see broader aid to the auto industry.

But will the public perceive it that way?

**TAKE OVER**

The New Democrats have to worry that voters will feel the Tories have pre-empted the high ground of "aid to the economy" or "industrial strategy," and all that remains is to argue over the details.

And who best manages those details.

The Conservatives - backed by polls showing Davis is far ahead of

Cassidy (and Liberal Leader Stuart Smith) as people's first choice for provincial leader - are counting on the premier's charisma.

Cassidy has to overcome that Tory edge, but it doesn't appear to bother him. He said he's been underestimated before (which is true, although not by this corner) and believes election day will tell the tale.

**NUMBER TWO**

In response to questions Cassidy predicted a minority government, gains for the NDP and stated bluntly that the "Liberals are in decline."

Polls showing Liberal growth and NDP losses he discounts as "misleading."

At no point, however, did he volunteer that the Conservatives were in trouble, or would lose the election. Mind you, he didn't say they wouldn't, either, but it was an interesting omission.

One has the distinct impression that the NDP expect a re-run of the 1977 contest, which saw the Tories improve on their 1975 standing but fail to achieve the majority they were after.

"Jobs and the economy" is the issue the NDP hopes will overshadow leadership images and Tory "jokes" like BILD to "roll their own or improve at a time when a lot of people are writing them off."

## Halton's History

From our files

**THIRTY YEARS AGO**-Salary raises averaging \$300 each were given to teachers at Georgetown Public School when the salary schedule was revised at a board meeting last Thursday. The new schedule calls for a minimum of \$1,800 and a maximum of \$2,700, with an annual increment of \$100 during the first three years of teaching and \$200 a year thereafter.

Halton farm forums are of the unanimous opinion that agricultural production should not be controlled when surpluses seem likely to develop. After hearing the broadcast Feb. 5, all forums reported to county headquarters that with a world-wide need for food, it would not be proper to talk of controlled production. The weather, insects and plant disease exert their own controls over production without the human element.

Doug Runions, playing coach of the Walkerton Merchants and a former coach of the Georgetown Raiders, narrowly escaped serious injury in a car-train crash last week. He was returning home and proceeding down a steep grade to the tracks when he became aware the train was approaching. The brakes failed to slow the car and he leaped from the car, which continued to slide down the grade and was struck by the train. The car was thrown against him and he was knocked into the ditch, suffering a leg injury.

**TWENTY YEARS AGO**-An RR3, Georgetown man has perfected a new wrinkle in the conventional power drive principle and the result is worth the interest of farmers and industrialists. Fred Ruddle, whose 335-acre farm is located on the Seventh Line, says the new type power-drive he developed is adaptable to industrial, road or farm machinery.

Face-lifting of the downtown area is a subject which interests council. But there is scant hope that any present legislation would provide financial support from either provincial or federal government for any re-development plan. At a meeting of the Georgetown Businessmen's Association, Mayor Hyde explained that council is interested in any proposal which would create a better downtown business area, but that the final answer would have to come from merchants themselves.

A resolution from Esqueping School Area 1 asking for \$100,000 for a proposed five-room school near Silvercreek was read to Esqueping Township Council Monday night. However, the school board was split 3-2 on the question and R.J. Cunningham asked permission to present the minority report.

Viewers on Channel 6 television Monday night have noticed a local touch in the commercials on the Don Messer show. A TV crew spent a day last week at the Messer-Ferguson dealership of Murt Allison on Highway 7 making commercials for the show. They were filmed on videotape.

**TEN YEARS AGO**-After a lapse of several years, court will again be held in Georgetown, starting April 6, according to a letter received by council from Provincial Court Judge James Black. Provincial Court will be held every other Tuesday at 10 a.m. in the new Masonic Temple on Highway 7, with Judge Black presiding.

Georgetown Midnets were still progressing in the Drummondville, Quebec, Midget Hockey Tournament at press time. The locals took Replintyne 3-2 in overtime in their first test yesterday morning. Beaumont scored the winning goal after Elnesky and Robinson had scored in regulation time for Georgetown.

One Toronto man is dead and another is in Halton County Jail in Milton charged with non-capital murder as a result of a shooting Friday. Dead is Kelvin Gordon Peddie, 32, of Toronto. A post mortem revealed he had died of a single small-calibre gunshot wound in the head. The murder was the third in Acton's history.

There will be no increase in the mayor's salary during this term, Mayor Bill Smith made this quite clear at a council meeting Monday night when the bylaw to set the mayor's salary came up for renewal. The mayor's salary is \$4,500 a year.

The Herald learned this week that a local group has plans for a medical centre which would be built on a four-acre parcel of land on Princess Anne Drive owned by Nell Investments.

A Georgetown youth was arrested at gunpoint late last Wednesday afternoon after firing four shotgun blasts on the high school grounds. One shot narrowly missed Georgetown police Sergeant Frank Arthurs and another shattered a glass door near where a high school teacher was standing. The youth was armed with a 20-gauge double-barrelled shotgun and had extra ammunition. Police did not fire their guns in making the arrest.

**ONE YEAR AGO**-Despite investigative efforts by town works employees, a critical situation continues regarding discarded garbage alongside Halton Hills' rural roads, according to town officials. Town works superintendent Frank Morette told The Herald last week that the closing of the Georgetown landfill site on Armstrong Avenue, the amount of garbage strewn along the shoulders of Halton Hills country roads has increased dramatically.

The price tag on alterations to the paper mill dam in Glen Williams may go up another \$35,000. The design firm of Totten, Sims, Hubicki, Consultant Associates Ltd., which is designing the alterations to the dam, is recommending the addition of a second sluice to the dam, partly to permit the passage of fish, and to further alleviate the ice-jamming problem.

The rustic bridge north of the Norval intersection will be demolished and replaced with a more modern structure probably next year. However, the new bridge will be of the same "quaint structure," according to Don Tefft, vice-president of Philippe Planning and Engineering, the consulting firm that researched alternatives to the existing one-lane bridge on Regional Road 19 (Winston Churchill Boulevard).

A controlled deer hunt will be held in Halton Region this November despite the determined opposition of some members of regional council. The hunt, set for November 3, 4 and 5, was approved following a volatile debate last Wednesday.

The expansion of its wiring parts division and the subsequent hiring of 100 additional employees has enabled Smith and Stone Ltd. to capture the Georgetown Chamber of Commerce's first annual Business of the Year award. The expansion, commemorated at last Wednesday's Chamber banquet, was the direct result of a merger between Smith and Stone's parent company, Duplate Canada, and General Electric of Canada last April.

### POET'S CORNER

## Man's pedigree

Three monkeys sat on a coconut tree  
Discussing things as they're said to be  
Said one to the others - Now listen you two,  
There's a certain rumour that can't be true,  
That man descended from our noble race -  
The very idea is sure a disgrace,  
No monkey ever deserted his wife,  
Starved her babies and ruined her life;

And you've never known another monk  
To leave her babies with others to bunk,  
Or pass them on from one to another  
Till they hardly know which one is their mother.  
And another thing you will never see -  
A monk build a fence around a coconut tree  
And let the cocoanuts go to waste,  
Forbidding all other monks a taste.

Why, if I put a fence around this tree  
Starvation would force you to steal from me  
And here's something else a monk  
won't do:  
Go out at night and get on a "stew,"  
Or use a gun or a club or knife  
To take some other poor monkey's life.  
Yes, man descended - the ornery cuss -  
But, brother, he didn't descend from us!"

-Submitted by MRS. L. BUNTON,  
RR2, Georgetown.