

# Doctor's book tells how to keep heart in good running repair

By C.M. Godfrey  
 In world that welcomes "how to" books — whether it's to keep your Volkswagen going, repair the kitchen plumbing or enjoy sex after 60 — it is only appropriate that we should now have clear directions on how to keep a healthy heart.  
 Dr. Terrence Kavanagh of the Toronto Rehabilitation Centre has established a world-wide reputation with his program of exercise, diet and sane living to repair damaged hearts and regain normal living.  
 His book, *The Healthy Heart Program* (Van Nostrand Reinhold; 313 pages; \$6.95) is a clear, humorous, description of how it is done.

After providing some clinical details on the modern plague, heart disease, the author rapidly plunges the reader into the Boston Marathon.  
 Boston Marathon? Yes, that's where eight post-coronary patients of the Toronto Rehabilitation Centre Program competed in 1972.  
 This was the natural outcome of the physical restoration process. The kernel of the TRC post-coronary program is exercise — and jogging, in a slow, relaxed manner, is the way that exercise is done.  
 The basic message is that exercise is necessary, but that it is necessary to exercise well. To do this, a series of tests is

demonstrated in the book so that each coronary victim can judge his progress and anticipate increased abilities.  
 Not that the program can be carried out without expert, professional supervision. This is necessary. However, a great deal of responsibility in decision making is placed with the patient — who gradually emerges as a person in charge of his health and capable of choosing the right path.  
 Along the route there is considerable discussion of the facts, facts and fallacies of the modern treatment of myocardial infarction.  
 Sexual activity is acceptable if you can climb two flights of

stairs, to participate.  
 Vitamin E? It most likely doesn't do any harm, and although there is no scientific evidence of its doing any good, it can be taken.  
**LEGION LINES**  
 By Tom Elliot

(However, the mega doses may result in harm under certain conditions, such as when you are taking blood-thinners.)  
 Bulk diets? There may be some indications for these, but the doctor counsels moderation, which usually adds up to two heaped dessert spoonfuls of unprocessed bran daily.  
 This moderate approach, balanced between fact and faith, characterizes the message in this book.  
 Throughout the entire work, complete with tables of ideal weight, discussion of recreational activity and fitness level and training tables, Dr. Kavanagh prescribes a leprechaun-like humor to encourage continued reading.  
 Even the cardiac who dreads the gripping vice-like angina can relax under the gentle sound of this unhurried counsel.  
 To the person who has had a heart attack, or even to the normal person interested in increasing his level of physical fitness, this book is an invaluable guide.

August 22 is Warriors Day and the tickets are in the Branch. They will be issued tomorrow (Thursday) at 8 p.m. in the club room.  
 Do not forget the Red Cross Blood Donor Clinic Monday. Blood of all types are in short supply this time of year so plan to attend and donate.  
 The Branch corn boil will be held on Aug. 29 at the Branch on Mill Street. More on this later. The grapevine has

that J.H. has offered his expert services for this event.  
 The Royals softball team are hosting the Ontario Women's Softball championship tournament this weekend. Volunteers from the Branch are needed to help with refreshments at the armories on Saturday and Sunday.  
 All volunteers to contact Denny Wright or Norm Ward for further information. The armories will have a LCBO licence for this event.

**Don't forget our blood donor clinic**

## Police probe bomb scare

Continued from page 1  
 Roduck conducted a preliminary investigation. Police also summoned Halton Hills firefighters 40 minutes later to stand by in case of an emergency.  
 After his investigation of the container, Constable Roduck decided not to tamper with it and called in the Peel Regional Police Bomb Disposal Unit. Members of the unit arrived at 4:50 a.m. and determined that the cylinder was safe to open. When the cylinder was opened they discovered it contained seven flares and 12 torpedoes.  
 (Torpedoes are placed on railway tracks by railway employees and explode when a train runs over them. This is used to warn the crews working on the tracks that a train is coming and also tells the engineer to slow down).  
 Halton Regional police were able to leave the scene at 6 a.m. but say they are still investigating the circumstances surrounding the incident and feel certain the container was placed there deliberately.

## Unique business moves

Herald Special  
 Condecor Products Ltd., manufacturers of insulation materials for residences, have left their premises on Highway 7, west of Acton, to relocate at an Armstrong Avenue building in Georgetown.  
 Mrs. Neumann, wife of company head Fred Neumann, said the company has always had its manufacturing plant in Georgetown.  
 The Acton site was only a show room. When the opportunity came along they moved to Georgetown to be closer to their source of supply. The land and buildings at Acton are up for public auction Aug. 8.

## Money, Pontiac stolen

Thieves got an added bonus when they broke into Don's Car Sales in Georgetown sometime over the weekend.  
 They entered the Guelph Street dealership through a rear window and stole \$215 in small bills and change and the keys to a 1976 Pontiac Firebird.  
 They left by the window and drove away with the car which Halton Regional police later found abandoned at Holy Cross School. No damage had been done to the car.

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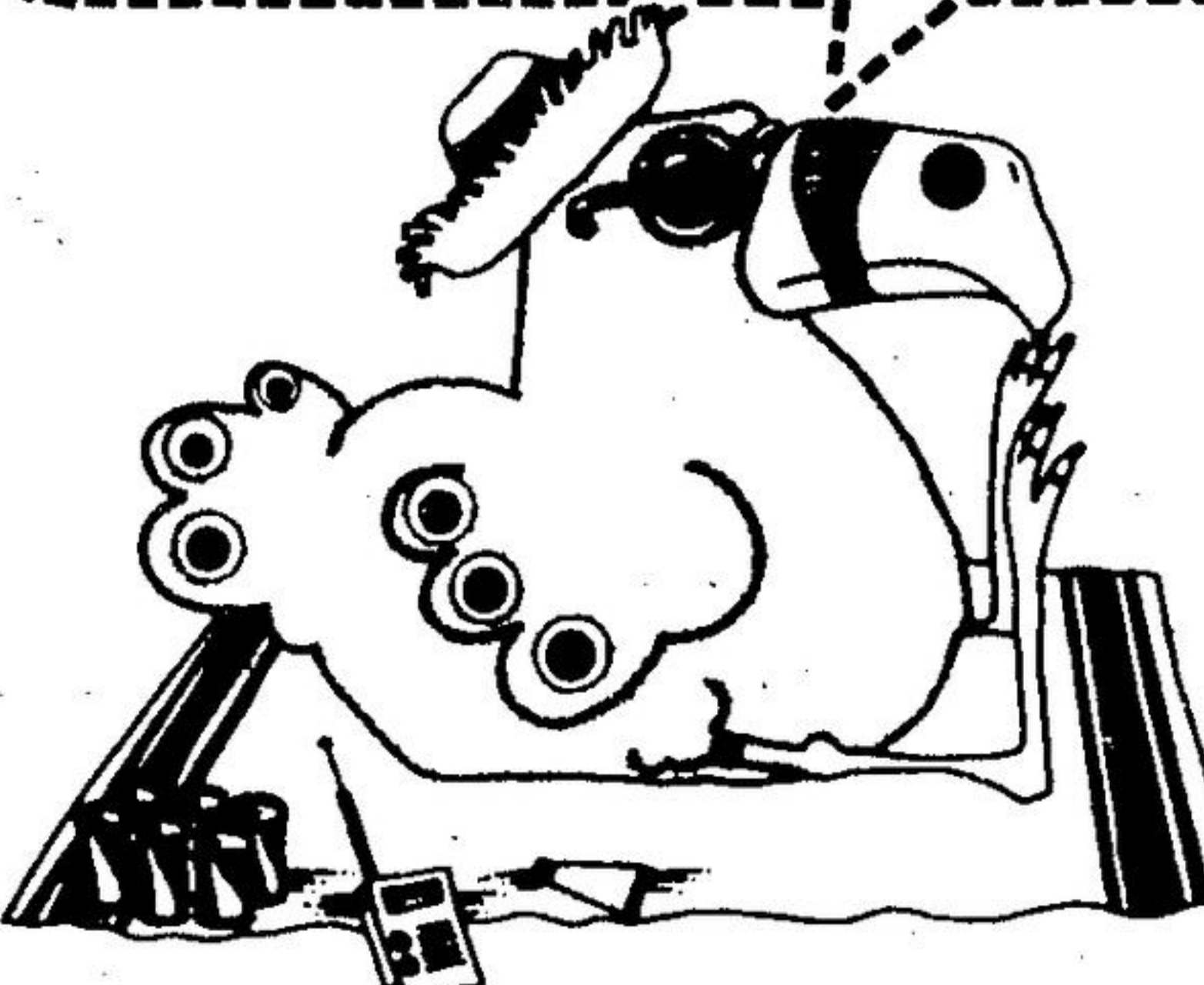


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**MONDAY, AUGUST 17TH**  
 AT THE  
**HOLY CROSS CHURCH AUDITORIUM**  
 MAPLE AVENUE  
 HEALTHY PERSONS, ages 18 to 65 and 17 year olds (with written parental consent EACH time they donate) are URGENTLY needed to give BLOOD.  
 HELP THE RED CROSS OBTAIN A SUFFICIENT SUPPLY OF BLOOD  
 AVOID evening waiting periods, HOUSEWIVES attend the clinic in the afternoon, preferably from 3:00 to 5:30 p.m.  
 TRANSPORTATION and BABYSITTING at the clinic available to donors. If a ride is needed, phone Mrs. Jean Girvan 877-2877 or Mrs. Flo Street 877-4626. On clinic day phone 877-9056.  
 SERVICE CLUBS — REMEMBER THE KINSMEN'S BUCKET OF BLOOD CHALLENGE AWARD  
 PLEASE MAKE A NOTE OF CLINIC DAY, AUGUST 17TH ON YOUR CALENDAR!

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