

Outlook on Lifestyle

What's ahead in the New Year?

By Peter H. Gott, M.D.

DR. GOTT



PETER GOTT, M.D.

Tastes change.
Writing in Art and Antique magazine, author Hugh Kenner described the then-contemporary reactions to the 1913 International Exhibition of Modern Art, a collection of 1,200 works shown at the Armory of the 69th Regiment in New York City. "Not madness but leering effrontery," wrote Kenyon Cox, artist, of Matisse. The whole show was "heart rending and sickening." Ganguin was no creator, no "decorator tainted with insanity." Cezanne simply "incompetent." To have looked at the show, thought artist Cox, was "to have passed through a pathological museum where a layman has no right to go." He feared lest people form a craving for this kind of thing, as for any other "poisonous drug." Picasso and the post-impressionists were vilified because they chose, in their art, to present subjects other than landscapes, sunsets and fully attired ladies with parasols.

Today, these artists are considered to be brilliant, far-sighted, creative revolutionaries whose works command fortunes and are eagerly sought for museums. Yet few of these geniuses enjoyed recognition, popularity and success during their lifetimes.

Our diets, too, have changed. Yorkshire pudding, the pastry made with roast-beef drippings, is rapidly going the way of heavy cream, egg custard and hard sauce. Cholesterol-conscious consumers are turning to lighter foods. Mom (with her hang-ups) and apple pie (with its cholesterol) may not be as American today as diet-con-

scious stepmothers and low-fat yogurt.

The slide rule has become a curiosity, having been replaced by calculators and computers. Many people no longer possess the skills to balance their checkbooks without using electronic devices.

The diagnosis and treatment of illness have also been altered by new technology. Magnetic resonance imaging and computed tomography permit doctors to view the interior of the living body with a clarity that would have astonished practitioners a generation ago. Modern vaccines and antibiotics prevent and cure diseases that were scourges in years past. However, in some respects, physicians have become slaves to the very machines and tests that were, within recent memory, simply tools.

Will we, like the art critics almost a century ago, change our beliefs about what is beautiful and desirable? Will cream sauces and slide rules someday achieve ascendancy, as our perceptions again mutate in that most glori-

ous of human peculiarities: the cycle of styles? Will tomorrow's doctors relearn to rely on their eyes, ears and hands, instead of robotic medicine? Perhaps. Time will tell.

Some things never change, though. New Year's resolutions, for instance. People continue to make lists of resolutions — hopeful little behavioral promises — at the start of each year. In the holiday spirit of going from the sublime to the ridiculous, I herewith submit my own list of New Year's resolutions.

- Brush after meals.
- Ignore ring-around-the-collar.
- Try a little tenderness.
- Take out the garbage.
- Buy American.
- Write a fan letter to Jessica Hahn.
- Save the whales.
- Hold my head up high when I walk through a storm.

- Carry coals to Newcastle.
- Know when to say when.
- Decide whether alcoholism is a disease.
- Answer a fan letter from the American Chiropractic Association.
- Chart a collision course with destiny.
- Buckle up.
- Say I'm sorry when I'm not.
- Reach out and touch someone.
- Serve Prince spaghetti on Sunday night.
- Be kind to my web-footed friends.
- Read a diet book without laughing.
- Say no to anabolic steroids.
- To be, rather than not to be.
- Signal for a fair catch.
- Follow the yellow brick road.
- There. Now that that's done, I can sit back and see what the New Year will bring.

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Einstein comes to Brampton

Einstein, the delightful one-man show that has broken attendance records in theatres across Canada - is now in its fourth season on the road.

Starring outstanding Canadian actor, Christopher Britton as the gentle genius Albert Einstein, the show has recently returned from an engagement in Boston, Mass., where he was hailed for his "...tour de force performance..." by the Boston Examiner.

Prior to embarking on an extensive US tour, Einstein will play a few final Canadian dates during January with only one appearance in the Toronto area.

On Thursday, Jan. 26, at 8 p.m. Mr. Britton will present his engaging professor at the Heritage Theatre in Brampton for one night only.

Playwright Gabriel Emanuel, a co-founder of the Nepesh Theatre Company and director Roy Higgins, president of R.H. Entertainments, have created an entertaining evening with the famous scientist which is appropriate for audiences of all ages.

Admission is \$10 (\$8 for students and seniors) and tickets are available from the Heritage Theatre Box Office in Brampton by calling 454-4600 or 793-4600.

A sitter can help you work at home

By Polly Fisher

POLLY'S POINTERS



POLLY FISHER

DEAR READERS — Here's edition No. 2 of pointers to help moms with young children cope with household chores while still meeting the needs of their children.

Hire a young teenager for an hour or two each week to watch your children while you do some housework. You're right there in case of emergencies or if your children need you, but you'll have the freedom to get some work done. We're talking about an investment of a few dollars only. This is especially helpful in keeping your 2-year-old occupied for an hour or so. (This has been a lifesaver for me in getting this column written each week!)

Trade housekeeping days with a friend with small children. She (or he!) comes over with her kids and plays with all the children while you do housework. You share a nice lunch or tea break and some chitchat. Then on another day, you bring your children to her house while she works and you baby-sit. I don't like to see moms and kids separated, and this way you're there if the children need you, but you can get some work done unhindered.

Enlist your husband's help by asking him to run a load of laundry, do a quick dusting or pick up food from the supermarket on the way home from work on those days when there's just no way you can get to these chores.

Learn to do things in bits and pieces, whenever you have a few moments. I might let a load of clean laundry sit on my bed for most of a day, folding a few pieces here and there when I get a chance. By the end of the day, it's done — and no one's been neglected. (Of course, I may have to pick up child-scattered laundry from the floor six or seven times a day, but they sure have fun tossing it about!)

Be creative in thinking up ways to squeeze household tasks in while still caring for your children by doubling up. For example, while your 2-year-old's splashing about in the bathtub, grab a sponge and some spray cleaner and wipe out the sink or scrub down the toilet. You can even spritz and wipe the bathroom floor while keeping your child company. While a small child is eating breakfast, you can wash up a few dishes or vacuum the

kitchen floor. While I'm paying bills or writing this column, my 4-year-old likes to type on my computer or typewriter or "add" up numbers on my calculator. And I'm not too proud to type with one finger while the other arm is occupied supporting a nursing baby!

These are just a few ideas to get started. Now, please readers, help me and all other moms with young children by sending in your own pointers for getting housekeeping essentials accomplished. I'll be eager to read your letters — in between nursing the baby, folding laundry and running the vacuum, of course! — POLLY

Making baby food, getting a child to sleep and traveling with baby are just a few of the topics covered in Polly's newsletter "Bringing Up Baby." Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title.

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fabric forum
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Sour Drapes?

If you are considering buying new draperies or perhaps trying your hand at sewing them at home, the following suggestions should give you some ideas as to what to look for so that your draperies will give you better performance and wearability.

Pick the right fabrics for the job. For sunny locations use fabrics that are resistant to sunlight deterioration. Do not use fabrics as substitutes for shades or blinds. Synthetics are more resistant than cellulose fibers while silk is least resistant. Most drapery fabric can shrink 1-3% in drycleaning and even more in washing. Keep this in

mind when ordering draperies. Line all draperies to protect against fading and fiber rotting. Use good colorfast fabrics to obtain satisfactory resistance to fading, laundering and drycleaning. If you want an exact floor or sill fit, include an allowance to compensate for "up and down" changes in cotton and rayon caused by the atmosphere. Clean or launder curtains and draperies at least once a year and they will last longer and look better. If you have other questions about draperies see your IFI member professional drycleaner.

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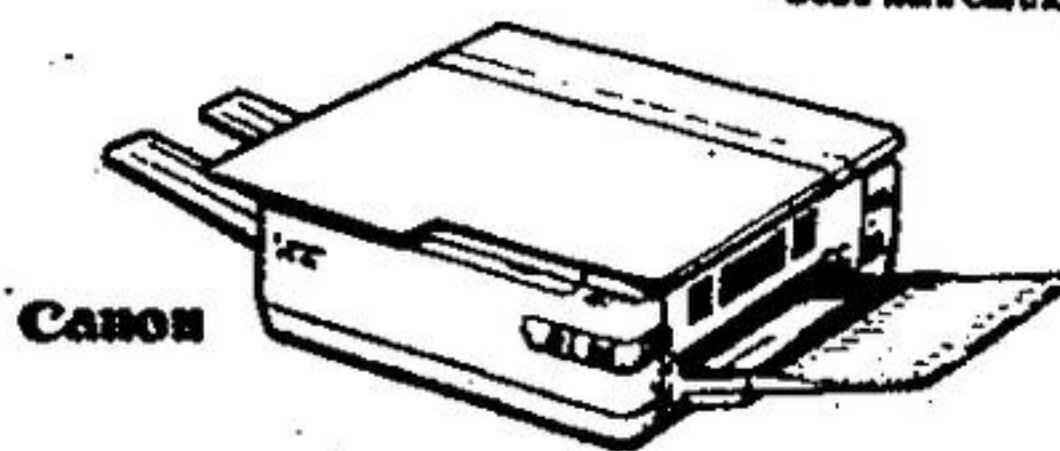
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