



Esquesing Historical Society

It's hard to imagine over 100 years later, but just before the turn of the century you could go fishing in downtown Georgetown. As shown in this photo from 1890, Lawson's Trout Pond was located on the corner of Main and James streets. Across James Street was H.P. Lawson's Planing Mill, and it was he who stocked the pond with trout. The boardwalk shown in the foreground was on Main Street. Information courtesy of Heritage Halton Hills.

OPINION

# Your are what you eat and sleep what you eat

*Getting a good night's sleep takes work, laments Ted Brown*



**TED BROWN**  
Column

There's one part of being in my 60s that can be annoying - not being able to sleep at night.

For years now, I've maintained that the problem isn't being old, but more because we've spent a lifetime without sleep.

As teens, we were out all night, socializing, hanging out with friends. As young married couples, we were awake all night... well, you know.

As a result, we became parents, and were up all night looking after babies.

And once those babies became teens, we were awake all night waiting for them to come home with the family car.

So by the time they finally moved out, we'd spent so much time being deprived of sleep, well, the explanation is obvious - we've simply forgotten how.

All kidding aside, getting up in years seems to be a time when that precious thing called sleep tends to

allude us. My problem is brain overload. My mind refuses to shut down and allow me to drift off. There was a time I'd take that quiet time in the dead of the night to 'problem-solve,' thinking out things that needed to be solved.

But that wore thin after a few years, and now that I've solved all the problems in the world, all I want is a good night's sleep. After a recent spell of sleepless nights, I started researching to find out what aids sleep.

For me, the killer is caffeine, be it in coffee, tea or any soft drinks with the name 'cola' at the end.

And chocolate, of course.

The Sidekick, on the other hand, could stop by Tim Hortons at 11 p.m.,

chug a massive double-double, and still have no problem sleeping, only momentarily pausing as her head hits the pillow, before nodding off. Not me. I gotta lay there for an hour or so, to think of reasons for NOT going to sleep.

In an effort to uncover that Holy Grail of slumber land, I began researching what makes one sleep, focusing on foods in particular.

It seems, the best foods to eat are leafy green ones, like salads and green vegetables.

Makes sense, after all, did you ever see a rabbit that didn't sleep soundly?

Second on the list were whole grains, like whole wheat, brown rice, and oats which are supposed to have a calming and soothing ef-

fect on the nervous system and the mind.

The 'bad' list suggests staying away from the obvious - caffeine fixes, and anything spicy. They also said to stay away from alcohol - wine, beer, and spirits. They stimulate, not dull the brain.

I decided to give it a shot, and for a couple weeks, I've tried to eat by the 'book' so to speak, to see if I can make it through six or seven hours without tossing and turning half the night.

The first night, I was somewhat incredulous, as I headed off to bed at 11 p.m.

I hardly heard a thing until 6 a.m. Not bad.

The next night was pretty much the same.

Either I was totally exhausted and had to catch up, or there's something to

this concept.

Bit by bit, I'm finding that eating a sensibly for dinner, instead of something spicy, might result in a better night's sleep.

I also consume a glass of cold milk (not hot) during the course of the evening. No tea or coffee, and no soft drinks.

Of course, my research is far from exact, and might only be specific for me.

But you know what? It's helped.

However, one thing continues to bug me.

The Sidekick can still knock back her half-gallon of Timmy's, and be out like a light in seconds.

And dammit I envy her.

– *Ted Brown is a freelance columnist for the Independent and can be reached at tedbit@hotmail.com.*

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