



HALTON PUBLIC STORAGE

- **PERSONAL**
 - Furniture, Cottages, Valuables
 - Boats, Motorcycles
 - Snowmobiles
- **INDUSTRIAL**
 - Extra Inventory
 - Dead Files, etc., etc., etc.
- **COMMERCIAL**
 - Surplus Stock, Off-Season Inventory

**140 ARMSTRONG AVE.,
GEORGETOWN, ONT. L7G 4S3**
416-873-4666

Smoking can aggravate symptoms

Parents who smoke at home aggravate symptoms in asthmatic children and can even trigger asthma attacks.

Respiratory illnesses happen about twice as often to young children whose parents smoke at home compared to those with non-smoking parents.

Canadian researchers, through a study conducted in Hamilton, Ontario, found that parental smoking was more important than outdoor air pollution in causing impaired lung function in children. Involuntary exposure to tobacco smoke is estimated to cause about 3% of all lung cancer deaths annually in Canada.

Pregnant women and parents should be aware of the effects of

smoking on their unborn children and infants. Before birth, an unborn child practices some motions of breathing.

The effects of cigarette smoke are so immediate, and so powerful, that the unborn child's movements slow down after the mother smokes just two cigarettes.

Also, some of the harmful gases and poisonous substances in smoke actually pass from the mother's blood through the placenta and into the baby's blood.

One of these gases is carbon monoxide, which forces oxygen out of the red blood cells - both the mother's and child's. Nicotine, a chemical in cigarette smoke, adds to the damage by narrowing blood vessels, including those in the pla-

centa itself. This means not as much oxygen and food is delivered to the developing child.

The children born to smoking mothers are more likely to be born undersized. These children have a greater chance of dying soon after birth.

Studies clearly demonstrate that women who smoke during pregnancy also have more still births, spontaneous abortions, and premature deliveries than women who don't smoke.

Infants and young children also breathe much faster than adults. They inhale more air - and more pollution - in comparison to their total body weight. Many of their lungs' defenses have not been developed yet.

"We also want parents to be aware of their enormous influences on their child's behavior. Parental smoking is a major factor motivating children to smoke", said Dr. John Kirby, Medical Advisor. "The Lung Association offers some of the most effective stop smoking programs and self help materials available."

Cold Turkey Support Program, Milton District Hospital, January 26, 27, 28, 29 and February 3; Time: 7 - 8 p.m.; Cost \$10.

First aid courses

St. John Ambulance is offering courses in Standard First Aid on Feb. 15, 17, 22, 14 from 6:30 p.m. to 9:30 p.m. CPR courses will be available Feb. 13, 14 from 9 a.m. to 4 p.m.

For more information call Yvon Essiembre 853-4889, David Burke 877-1045, Carol Merten 873-1425.

Free Car Wash

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FINANCIAL PLANNING SEMINAR

free



NOTICE

Due to the tremendous response, SunLife will be running a second seminar on Tuesday, January 26 7:30 pm at the John Elliott Theatre Georgetown. - CALL TODAY -

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- Harry Gregg
- Cary Kreuzwiesner
- Rick Dixon
- Alec Munro

PLAN TO ATTEND

Our agenda will include simple solutions to your complex problems

- how the new RRSPs rules affect you
- understand the new RRIF rules
- will you outlive your savings
- annuities - advantages - disadvantages
- ensure your RRSP funds are in the best type of investment
- how can you reduce the effect of taxes
- the strength and security of Sun Life

For information and reservations call

416-873-7324
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