



Nurse Miss Sally Thornton Instructs a Group of Mothers and Fathers

Health Unit's Pre-Natal Classes Help Mothers Through Childbirth

Pre-natal classes in health education are helping hundreds of Halton County women through the period of childbirth.

The classes, consisting of 10 weekly periods of instruction, are sponsored by the Halton County Health Unit and designed to assist parents to have a fuller understanding of the natural processes of childbirth and its relation to body function.

"We hope the information gives parents some significant help in developing a healthy family life," said Miss G. Leavey, Director of Nursing of the Health Unit.

Invite Fathers
Family health education is

stressed, and following the nine afternoon lessons for mothers-to-be, the fathers are invited to attend the closing lesson. Public health nurses from the Health Unit are in charge of the weekly classes.

Miss Leavey explains a written request to attend classes is signed by the family physician. The registration fee is only \$1, to cover the cost of refreshments and teaching equipment.

About 30 minutes of the class time is devoted to teaching mother relaxation techniques to help her carry her baby more comfortably, and to prepare her body for labor and a comfortable re-

turn to normal state.

10 Lessons
Lessons are titled: So you're going to have a baby!; baby and how he grows; nutrition; changes in mother's body; preparation for baby's birth day; baby's birth day (film on labor); care of the baby; the new family; and the final evening class for both parents, factors relating to family living, including a film.

There are four series of classes each year, starting in September and ending in mid-June. Milton classes are held at Milton District Hospital. The newest series of 130 p.m. classes began today (April 12).



—Staff Photos

The New Arrival Needs the Best of Care

Poet's Corner

LOST FRIENDSHIP

I had a true friend for many long years,
Who shared my sorrows and also my fears,
Together so long, each other's thoughts we knew,
It was a good friendship, I'm telling you.

But then one day, out of a clear blue sky,
We drifted apart—my friend and I.
And since then how can I tell you
How lost I feel?
It just isn't right, it doesn't seem real.

No, nothing's the same, not for me anyway,
I'd give anything to have my friend back today.
But I know that won't happen,
Until we both can atone,
So while I wait for that day, I go on alone.

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Burlington PCs Hear Sandy Best

An enthusiastic gathering of some 75 people in Burlington's Lion's Club Hall last Thursday heard informal speeches and a panel discussion, headed by Halton's Federal Member of Parliament, Sandy Best, and guest speakers, John B. Hamilton, M.P. (York West) and Bob McDonald, M.P. (Hamilton South.)

Mr. Best told the meeting 96 Winter Works projects had provided 40,000 man-days of work in Halton during the past three years. He stated that the Government had taken many strides in

various fields, but that in the end, taxpayers must realize that they have to pay for various improvements and services.

Bobby McDonald, former T-Cat football player, discussed housing and municipal aid, and pointed out the interesting fact that the Government's funds under the National Housing Act, had increased from 100 million dollars to two billion dollars in the past five years. This, plus lower down-payments on houses, had brought about a tremendous surge in construction, the greatest Canada has ever seen.

John Hamilton, former deputy leader of the House of Commons, and an expert aviation lawyer, stated that the coming election campaign might well be the most vigorous in decades.



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"Growing Animal"

Definition of a Cub

Scout and Guide Week is over now, but the following article is still rather timely. Mrs. Irene Saunders of Hornby claims she didn't write it, but located it and sent it to the Bill Deegan Show on CFRB, where it was read over the air.

DEFINITION OF A CUB

Once a male baby has grown out of dresses and triangles and has acquired pants, freckles and so much dirt that visiting aunts do not dare kiss in between meals, it becomes a Cub.

A Cub is nature's answer to that false belief that there is no such thing as perpetual motion. A Cub can swim like a fish, run like a deer, climb like a squirrel, balk like a mule, bellow like a bull, eat like a pig, or act like a jackass, according to climatic conditions.

He is a piece of skin stretched over an appetite, a voice covered with smudges. He is Mother's little helper, Dad's boy, sister's hair puller, Akela's necessary headaches.

Cubs faithfully imitate their dads in spite of all efforts to teach them good manners. A Cub, if not washed too often, and if kept in a cool, quiet place after each accident, will survive broken bones, hornets, swimming holes, fights, nine helpings of pie and three energetic Cub leaders.

At camp, a Cub is never homesick, though he sometimes suffers from "Here-sickness." All day, he keeps the leaders and the cook busy. For lunch, he will settle for three helpings of beef stew, and holler "Gee, that was good. When do we eat?" At night he sleeps like a rock — unless, of course, there are Martians outside his tent or inside his sleeping bag.

A new chum will joyfully announce to his parents that he will be "investigated" at the next Pack meeting; or when transferred to a new Pack will write that his new Akela is "only a woman".

If asked to empty his pockets at inspection, he will produce: a key, 5 pennies, 3 stamps, his lost woggle, 2 love notes to the girl next door, bubble gum wrappers, 1 fire-cracker without a wick, last week's good turn, and a gracefully folded handkerchief (which he seldom uses).

A Cub can break a flag, break a window, or "break" his Cub-master with equal easiness.

Every Cub invested is evidence that there are still countless wonderfully patient, enterprising men (known as old Wolves) who keep trying to co-ordinate and control these young bundles of vitality.

Every boy born is a potential Cub, and, as such, concrete evidence that God is not yet discouraged of men.

A Cub is a growing animal of superlative promise, to be fed, watered, and kept warm. A joy forever, a periodic nuisance, the problem of our times, the Hope of our Nation.

Crippled Children Our Responsibility

If we sincerely believe in the basic humanitarian concepts of our Society, then we all have a responsibility to make certain that crippled children do not suffer unnecessary hardships, due to lack of medical advice, care and treatment facilities. That they deserve all the help they need, is irrefutable.

The 1962 Easter Seal Campaign is now being conducted in 226 communities throughout Ontario, and sponsors are the Ontario Society for Crippled Children and its Rotary, Lion, Kiwanis, Kinsmen, and other Service Club representatives.

The financial goal is \$1,000,000. Full support will be attained, but only with full support from all quarters — individuals — companies — employee groups — community organizations — in fact from all throughout Ontario.

The Ontario Society for Crippled Children is a voluntary organization comprised of 10,000 members having no barriers. Race, colour, religious faith, or lack of funds are unimportant statistics on a crippled child's medical chart.

Many Ways To Help
All children require help. We acknowledge this fact in a multitude of ways, by law, by love, by moral obligation, by pure instinct.

In brief, Easter Seals extend a helpful protective hand to our crippled children — help them to overcome their fears and to instill in them hope, courage and self-reliance. A needy crippled child right in your community awaits help. Your Easter Seal contribution today could have a life long affect.

—Yes, that was real snow that fell for a few minutes Monday. Some spring, eh?

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\$30 Million Program On District Highways

Toronto and Hamilton area provincial highways will receive approximately \$30 million this year. Highways Minister William A. Goodfellow announced in his 1962 budget.

Among the improvements that will affect local motorists are: A new road from Malton airport to Highway 401, around Renforth Dr.; widening of the Queen Elizabeth Highway west of Highway 10; construction on part of Highway 403 from Burlington to Highway 401 at Brantford; and completion of another 79 miles of Highway 401, including 24 miles west of London, 28 miles east of Tilbury, 24 miles between Odesa and Marysville, and three miles at Prescott. The trans-pro-

BRIEFS

—Forrest Lee, presiding minister of the local Jehovah's Witness congregation, reports several of the Milton congregation attended a three-day assembly of Witnesses in Hamilton last week.

—There's still a bit of snow, lying in sheltered spots in the country.

—District trout streams look inviting to the angler who's waiting the opening of trout season on April 28.

—It's time to put away the shovels and take out the rake and lawnmower.

vincial highway is to be open from the Quebec border through to Windsor in the fall of 1963 and open to four lanes of traffic by 1966.

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