JUNE MacLEOD is not frightened by reports linking saccharin with cancer. She said her family is prone to diabetes and for this reason she will continue to buy diet pop and artificial sweeteners along with her other weekly groceries.

"I'm distressed to hear

some diabetics feel they can't

get along without their diet

sweeteners," Mrs. Goeller

told The Champion. "But it is

simply a luxury to have food

sweetened. These things are

not vital to the diabetic way of

Mrs. Goeller said the

diabetic way of eating is "a

healthy plan", a way of

eating which is good for the

whole family and includes

basic food stuffs such as milk,

eggs, fish, meats, fruits and

"The doctor may refer the

for by O.H.I.P.," Mrs.

vegetables.

Many confuse words

should be more careful than always check with their

Nutrition Consultant for the hospital, but this will be paid

Goeller, National patient to the dietitian at the

labeled "diatetic" are also foods labelled "diatetic.

diabetic, diatetic

products, diabetics

safe for the diabetic.

Canadian Diabetic Associa-

banned as an ingredient in low in sodium.

tion said last week she is Goeller said.

Diet soft drinks and ar-

tifical sweeteners are not

essential to the diet of

Rather they are "a social

convenience" upon which

diabetics and others in our

society have become far too

This was the opinion ex-

pressed by Jan Goeller,

National Nutrition Consultant

for the Canadian Diabetic

Association last week when

asked to comment on how

Canada's diabetics will be

affected by the ban on sac-

dependent in recent years

diabetics.

charin.

Diabetics can do without

the artificial sweeteners

artificial

Ban on saccharin 'silly', 'unfair'

By Ann Hauprich-Nielsen

The Canadian government's recent announcement that a gradual ban on saccharin, as an ingredient in food products, will begin on July 1, 1977 has sparked a largely negative response from consumers interviewed at Milton stores last week.

Many questioned the validity of the experiments on Canadian rats that link the artificial sweetener with bladder cancer because cancer was detected only after the rats had been given doses of saccharin equivalent to 800 cans of diet drink a day.

Others asked why saccharin products should be banned when cigarettes, which are much more likely to cause cancer and lung disease, are still readily available with only a warning on the outside of the package.

Some of the reactions to the ban voiced by local consumers to The Champion follow.

drink a day before getting cancer. I have no plans of reports linking saccharin with charin bothersome. They've health. cancer are about as factual as made me think twice about the stories in the movie gossip products that contain sacmagazines."

COLLEEN CORP: "The much diet pop as I used to." reports don't really bother me. I still use saccharin tablets and drink both kinds of

said. "I recommended that he

cut down on his consumption

of the drink and suggested

natives, including soda water

On the other hand, Mrs.

Goeller said, if a person is

bound and determined to

have sweet in their beverage,

they will still be able to buy

But she suggests diabetics

check with their doctor or

phone the Canadian Diabetic

Association (962-5861) to find

out which sugar substitute is

through their pharmacy.

artificial sweetener

and iced tea."

sugarless alter-

MAUREEN LOWRIE: "The JUNE MacLEOD: "My whole excessive amounts of sac- have the highest average inthree people in our household family is prone to diabetes, so charin to the rats before come in Canada, \$12,592. Next drink the equivalent of a case we have to stay away from detecting cancer. I'm sure if come Oakville, Ontario with of diet pop a week and will sugar. I'm not paying too we all did that we could harm \$12,212 and Alberni, British continue to do so as long as we much attention to the reports ourselves, too, but I don't Columbia with \$11,659. This can buy it in the stores. I think right now. I think it's better believe saccharin is harmful if information can be found for the ban on saccharin is silly for teenagers to drink diet pop taken in moderation like a 100 selected Canadian cities because I'd have to drink the because there aren't as many tablet in a cup of coffee or an in the 1976 edition of Taxation equivalent of 800 cans of diet calories. I'll keep buying it as occasional can of diet pop. I Statistics, available from long as it's on the market."

not use a nutritive sweetener

because it has calories and

some sugar value," she said.

"In fact, some brands contain

between 85 and 94 per cent

Mrs. Goeller said she views

the ban on saccharin as a

challenge to all Canadian

people-not just diabetics-to

start learning to like the taste

cent level acts as a flavor en-

hancer," she said, "but when

people feel they need sugar in

their peanut butter and on

fruit which are naturally

sweetened, I start to question

our society's standard of

sweetness from a health point

"Sugar at a less than 10 per

dextrose and lactose."

of food as it is.

of view."

(Canadian Food and Drug Administration) are making a

MAUREEN LOWRIE

big fuss over nothing. As I understand it, they gave Sept-Iles, Quebec, residents think they'd do better to ban Supply and Services. BARBARA MORRISON: "I things like cigarettes which doing this. I think the new find the news reports on sac- are far worse for a person's

> RUTH BASKETT: "I don't drink diet pop or use saccharin. I'm not buying as charin tablets, but I do chew sugarless gum that is FAYE HIGGS: "I think they sweetened with saccharin. chew about four packs a week and I don't believe this to be

> > -Newlyweds can have wedding stories and photos published in The Champion at no charge, but the deadline is ONE MONTH after the event

bothers me that the only alternative to gum sweetened with saccharin is the type with sugar that gives you cavities. Also, I don't think it's fair to put a ban on saccharin but not on cigarettes which, in my opinion, are far more harmful to a person's health."

MRS. G. A. ERLICK: "I used to buy Tab and diet 7-Up, but I was never thrilled about them. The new reports linking saccharin with cancer just confirmed a feeling I already had that all these artificial sweeteners aren't all together good for you."

DID YOU KNOW



Manor birthday

Halton Centennial Manor is making plans for its 25th anniverssary, July 10 this year. The manor was opened July celebration will include a birthday party, and open house. Guest speakers will be invited, and souvenirs distri-

buted to mark the event. The regional Committee of Community and Social Services is appointing a committee to plan the celebration, with an expected budget of \$25,000

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Please be advised that E.G. Traversey, the Provincial Service Officer will conduct interviews

> LEGION HALL, 21 Charles St. MILTON

APRIL 4, 1977 at 3 p.m., 2nd floor

The strictest confidence will be observed in all interviews.

> HOWELL HOPKIN Service Officer

> > Branch 136

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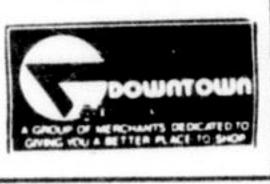
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safest for them to use, and "My reaction was that he then use it in moderation. shouldn't be drinking 10 "We prefer that diabetics bottles of diet pop a day in the Now that saccharin is being diabetics because of it being She said diabetics should ever not to assume that foods doctor before trying any

"The key to diabetic eating first place," Mrs. Goeller

is to use ordinary foods in re-

gulated quantities," Mrs.

"The problem," she ex-

plained, "is that people have

grown accustomed to having

convenience food products at

hand, and in some cases, in-

dividuals have become overly

dependent on certain pro-

As an example, she said,

she heard from a diabetic

shortly after the ban on diet

soft drinks was announced,

who didn't know what he was

going to do without his 10 cans

of diet pop a day.

Goeller said.



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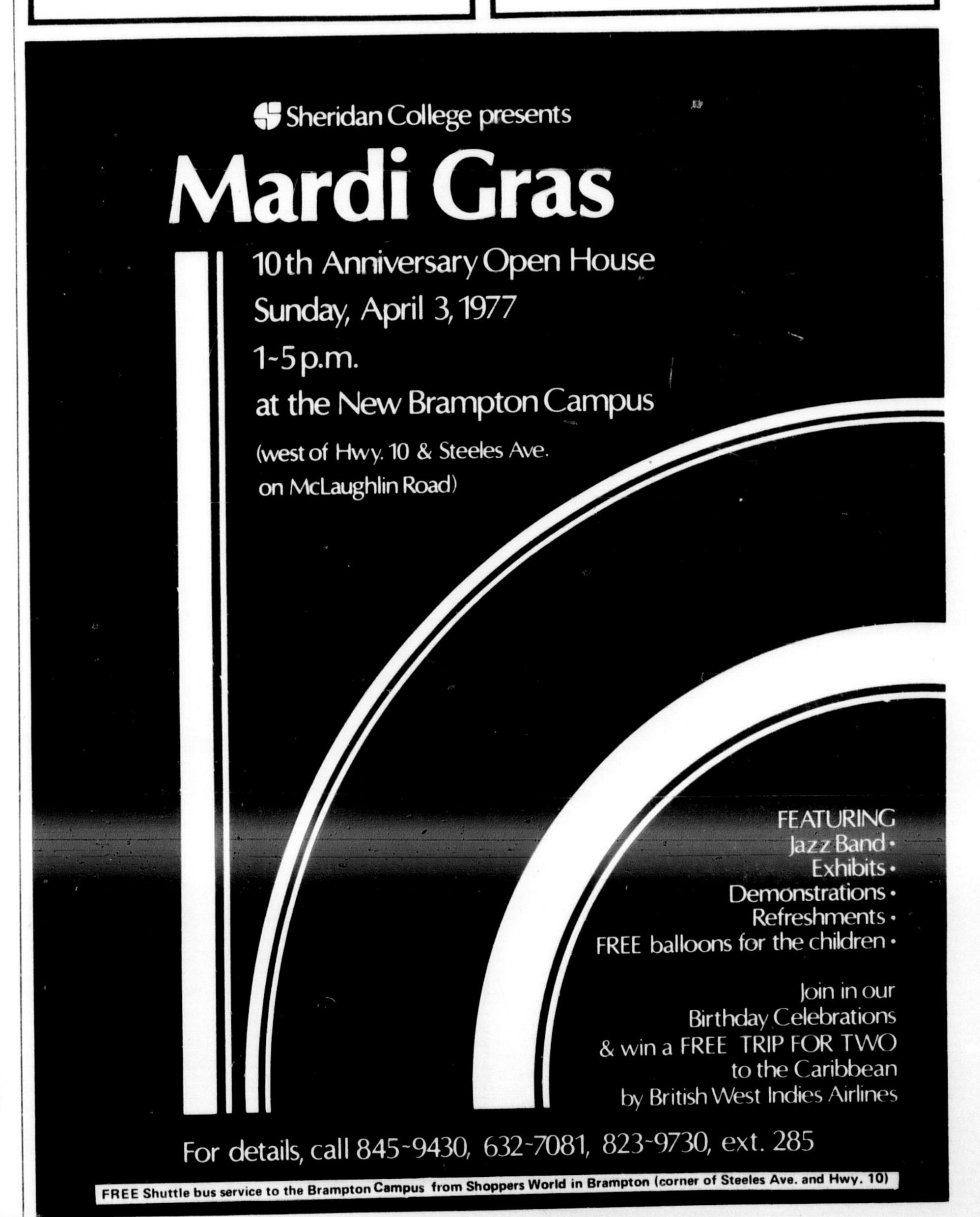
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laundry as they do in two years of vacuuming the rugs. Or in

of electric power in your home. Major appliances like clothes dryers, refrigerator-freezers, ranges, air conditioners, hot water And furnace fans can waste number month unless they are used with care.

(A kilowatt-hour is one thousand watts, used hour. For example, ten 100-watt bulbs hour.)





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