

Campaigns Against Chemical Additives In Food

While the powers that be and the public generally have only recently become aware of the possible dangers of chemical sprays and additives, one doughty resident of Thornhill has been carrying on one-man, or rather one woman, campaign against them for 25 years.

She is Mrs. Douglas H. Morris of Longbridge Rd., a resident of Thornhill for the past eight years.

Mrs. Morris first became interested in the question when she developed arthritis many years ago and doctors

were able to give her very little help. She noticed that her affliction became worse after eating foods with chemical additives and began eliminating them one by one from her diet. At the present time she is bothered very little with arthritis. "You might say it is 95% gone" she stated.

A maraschino cherry sundae was at one time Mrs. Morris's favorite delicacy. She noticed, however, that after eating one her arthritis became much worse. When these and other foods preserved with benzoate of soda were eliminated

from her diet she felt much better.

Over the years Mrs. Morris has formed the habit of careful label reading and avoids any pickles, jams, cereals or baked goods whose labels show that preservatives or chemicals have been added. About 10 years ago she stopped eating bread, and found this made a dramatic improvement in her condition.

Mrs. Morris does not impose all her dietary strictures on her family, which consists of her husband and a son and daughter. They eat bread, although not much, and such cereals as Mrs.

Morris finds that have no preservatives added.

Prominent in the family's diet are well-washed fruits and berries, which Mrs. Morris tries to buy from small growers who are not so apt to spray their produce heavily. These Mrs. Morris freezes for winter use.

But even in her search for pure foods, Mrs. Morris practises moderation. "You can't worry about everything, or you'd go mad" she said. "I just do the best I can to see that my family gets a balanced diet of the purest foods I can

find."

She feels that the big food companies have a vested interest in keeping the additives and preservatives in their products and it would be very difficult for the government to demand they be removed. But if the consumer refuses to take them off the grocers' shelves, things would change drastically.

And each time she sees a new product appear with the words "pure" on the label, Mrs. Morris feels a small sense of achievement, that her long campaign is having some effect.

Public School Board To Pay The Teachers' Costs At Conference

Richmond Hill Public School Board will pick up the tab for four teachers who will be attending conferences next month, it was decided at last Thursday night's meeting of the Richmond Hill Public School Board.

Principal Robert Newman, Mrs. Frances Kelly and Ronald Hyde, opportunity class teachers at MacKillop Public School will be attending the Council for Exceptional Children in Port Credit on October 29, 30 and 31. Cost of registration and meals is estimated at \$15 each, and transportation at \$25, making a total estimated cost of \$70. Two supply teachers will also be needed for October 30.

Mrs. M. Vanderbergh will attend the fall conference of the Ontario Speech and Hearing Association at Toronto General Hospital on October 22 and 23, at an estimated cost of \$30. Mrs. Vanderbergh is the speech therapist working in Richmond Hill Public Schools.

Superintendent Gordon McIntyre will attend the fall conference of the Ontario Association of Public School Superintendents and Directors of Education in Toronto on November 2 and 3. Much of the attention of this conference will be directed to "Teaching Aids" and the work being done in the teaching aids centre in the Toronto Education Building. It is also planned to visit the Bendale Vocational School in Scarborough.

STOUFFVILLE: A report from Ontario Water Resources to council recently indicated that for the first four months of this year, average water consumption in Stouffville was 90 gallons per person per day. Deputy-reeve Ken Laushway differed with Reeve Win Timbers suggestion that this was a figure comparable to other municipalities.



They Will Lead Kinsmen Kinettes

Richmond Hill Kinsmen and Kinettes held their annual installation of officers in a joint ceremony recently in the Maple Leaf Room of the Legion Court.

For the coming season the Kinsmen will be headed by (top photo left to right), front row: Nick Robinson, director; Ted Hopkins, vice-president; Harold Van Dyke, president; Ollie Swanson, past president. Back row: Gord Bryan, registrar; Grant Kellough, treasurer; Jack Williams, secretary; and Keith Sanderson, director.

The Kinettes' new executive (bottom picture, same order) will be: Peggy Hopkins, bulletin editor; Gina Morlock, registrar; Gina Sanderson, treasurer; Jacky Bellamy, secretary; Ann Maddocks, vice-president and Mae Thomson, president.

Both groups have ambitious plans for serving their community during the coming season.



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