

What Caught My Eye - cont'd

The \$280,000 expense comes under external affairs. The French city is the birthplace of famous French explorer Jacques Cartier, and the organ is a "gift" from Canada to commemorate the fact that the explorer was one of the founders of Canada.

Whoopee!!!

They showed the old movie classic, The Ten Commandments, on TV here recently. One guy who hadn't seen it before, commented, after sitting through all 3½ hours of the movie: "Holy Moses"!!!

Eleven persons from Bradford, England were fined up to \$125 apiece recently for attending quail fights and betting on the outcome. Quail, you see, are usually placid birds. But it seems these folks decided to feed the birds brandy-soaked seeds and made them (the quails) drunk enough to fight each other. The fighting had just started when the police moved in. They arrested the eleven persons and seized the twenty-four quail, which, in turn, were handed over to the SPCA to get over their hangovers

You're often reminded to lock your car, for fear of having it stolen. One woman in Joplin, Missouri recently forgot to lock hers, but wound up with a pleasant surprise. Mrs. Elizabeth Holland not only forgot to lock it, but also left the keys inside. On her return she found the car missing. Naturally, she assumed the 1965 late model car had been stolen. The next day, however, she got her car back -- with a new transmission. It seems an employee of a nearby transmission service shop had gone to the lot to pick up a 1965 Plymouth left there by a customer. When he saw Mrs. Holland's 1965 Plymouth left he took it to the garage and installed the transmission -- which had been ordered by another customer.

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given to Judy Rogers to be used to buy supplies for the Tuck Shop.

It was reported, with regret, that Mrs. Todesco resigned as Fund Raising Convener due to ill health, but is still to act on the committee. It was decided to postpone the Bakeless Bake Sale planned for the end of February until it is more convenient to have it. Fern MacDonald has stepped in as Fund Raising Convener.

Alice Farrow reported that herself and Helen Wallace audited the books and found everything in order. It was decided that the

Tuck Shop would be audited every six months.

The Auxiliary is in the process of buying a special light for the emergency room. We are checking on the price of cupboards for that room and plan to buy these if it is within our means at this time.

Marg Spillane donated a rocking chair to the childrens ward to help the nurses in carrying for the young ones.

ADELAIDE DANIELS



SAYS

BEWARE OF HEALTH FOOD FADS

Buying so-called health foods can prove a costly way to obtain a balanced diet despite what the food faddists preach.

In case you're wondering whether your family wouldn't be better off on these 'healthier' foods, consider the following statement:

Organically grown health foods are neither safer nor more nutritious than any other food, according to Dr. James F. Richards, associate professor of food science at the University of British Columbia and president of the Canadian Institute of Food Science and Technology.

Dr. Richards made that statement in Vancouver, during November, and went on to say that people are being scared away from the ordinary food on market shelves by misinformation spread by food faddists. These people contend that certain health foods are also wonder foods and that additives placed in ordinary food to prolong shelf life are harmful.

And you know what? It's just not true — the traditional approach to nutrition isn't outdated. A balanced diet of fresh meat, fruit and vegetables is still a balanced diet.

Let's take a look at some wonder foods recently resurrected as nature's cure-alls. You know the ones — brewers' yeast, blackstrap molasses, sunflower seeds, wheat germ, honey, cider vinegar and the like.

For a start, blackstrap molasses, according to the Health Protection Branch of the Department of National Health and Welfare, is a source of available iron but offers little else. Meat, eggs and green vegetables are just as good and rather more appealing, as well as superior sources of other nutrients. And there is *no* substantiation for claims that blackstrap molasses can cure ulcers, cancer, varicose veins or arthritis.

And so on with the others in that list. They're fine as foods if you like them, but there are more appetising sources of essential nutrients. Now for additives, used to improve the texture and stability of foods and to preserve them by controlling the growth of yeast, bacteria and mold, prevent fats from turning rancid and prolonging shelf life.

"Some people like to make statements that additives in commercial food are poisonous. Well . . . most chemicals are if used wrongly," says Dr. Richards.

But the Health Protection Branch safeguards what additives can be used in what foods and for what purpose in what amounts after carefully studying the results of many tests — and if an additive might prove harmful, the manufacturer is not permitted to use it. Moral of the story: nutrition is a science and it's essential to health, especially for anyone losing weight.

Your questions are invited.

Write Adelaide Daniels Says,

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