

# Classified Ads

CARDS OF THANKS & ANNOUNCEMENTS

MINIMUM CHARGE

\$1.00 (25 words and under)  
 \$1.25 (if charged)  
 3¢ PER WORD AFTER 25

**NOTICE** - The CHIMO Club, Schreiber, would be interested in hearing from anyone who wishes living quarters above the club in return for light janitorial services. The quarters would consist of bedroom, living room, kitchen and bathroom facilities, unfurnished. Write: CHIMO Club, Box 147, Schreiber, Ontario.

**CARD OF THANKS** - I wish to thank Dr. M. Spacik, nurses and staff of McCausland Hospital, my relatives and all those who sent cards, flowers, gifts and visited me during my illness.  
 Louella McColeman

**CARD OF THANKS** - Grades 3 & 4 of Lake Superior Public School (Schreiber Campus) would like to thank those who supported us for our recent trip to Thunder Bay. Special thanks to Mr. and Mrs. D. May.

## Finding Security In Retirement

Could computers replace doctors?

Modern technology has progressed to the point, according to Dr. George E. Ehrlich, professor of Medicine at Temple University, where it has finally caught up with the family physician.

In his place, says Dr. Ehrlich, also director of rheumatology at Albert Einstein Medical Center, will be a shiny, impersonal, but deadly accurate computer.

The computer of the future will diagnose the ills of the patient and prescribe a cure. The doctor's role will be to act on computer data.

Dr. Ehrlich's view is disputed by other authorities. "Automation in patient care," declares author - surgeon Alex Gerber, "just hasn't worked out as well as enthusiasts were predicting

five years ago."

Stephen M. Morris, past president of the American Hospital Association, makes this prognosis:

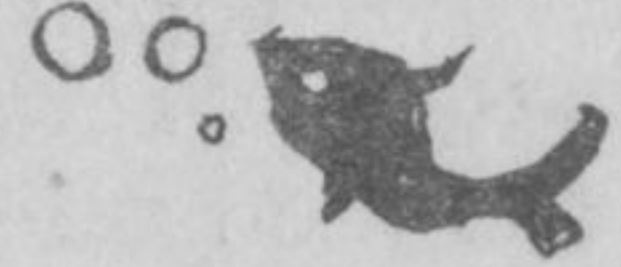
"You can automate some of the peripheral things—clinical labs and so on—but a personal service as direct and as intimate as medical care will never be completely automated. The American people just won't stand for it."

Nonetheless, Dr. Ehrlich reports that the age of computer medicine is at hand. He explains:

"While the new systems of health care may militate against the development of human bonds—which we call the doctor-patient relationship—they will offer more medical care to more people."



Red Dog Inn



FRESH LAKE TROUT  
 NOW AVAILABLE

# BUSINESS DIRECTORY

TERRACE BAY CLEANERS

DRYCLEANING & LAUNDRY

PHONE: Terrace Bay 825-3335

Schreiber 824-2639

In Canada it's

**TILDEN** RENT-A-CAR

CHEVROLET IMPALA



SPADONI BROS. LTD.

CALL LARRY AT 824-2304

## Thought For Food



### Mushroom Meat Ball Stroganoff

In a large mixing bowl combine 1/4 cup soft bread crumbs with 3/4 cup of tomato sauce (from an 8 oz. can); mix lightly. Add 1 1/2 pounds ground lean beef, 1/4 cup finely chopped onion, 1 teaspoon salt, 1/4 teaspoon nutmeg and 1/8 teaspoon ground black pepper; mix well but do not overmix. Shape into 1 1/2-inch meat balls. In a large skillet heat 1 tablespoon oil. Add meat balls, turning to brown on all sides, about 8 minutes. Remove meat balls to serving dish; keep warm. To oil remaining in skillet stir in 1 tablespoon flour. Gradually add the liquid from 1 can (6 to 8 oz.) sliced mushrooms; blend well. Add mushrooms, remaining 1/4 cup tomato sauce and 1/4 teaspoon salt along with 1 cup dairy sour cream and 1/2 teaspoon chopped fresh dill or dill weed. Cook until hot but do not boil. Return meat balls to skillet; heat only until hot. Serve with cooked rice or noodles. Yields 6 portions.

## SUGGESTED EDITORIAL - RED CROSS WATER SAFETY

S = F + F\*

What sport requires a minimum investment, can be enjoyed by every member of the family, and is a great way to keep fit? Swimming.

"Don't tell Canadians swimming is good for them," says Al Thiessen, national director, Red Cross Water Safety. "They might stop doing it."

"Fitness is not one of our national strong points, although we seem to be improving a bit. Swimming is one of the best 'keep-fit' activities for a number of reasons. The cost is minimal, especially when compared to the outlay necessary for golf, or skiing, or a health club membership. Age and ability are no barriers either. And as for facilities — well, Canada abounds with swimming areas in the summer months and more and more communities are building indoor pools.

"Disabled people have known for a long time that swimming is a marvellous keep-fit activity. What began for them as therapy, became an enjoyable recreation which helped them maintain a fitness level they could not achieve otherwise. Red Cross Water Safety has developed swimming programmes for those with almost any type of disability.

"Red Cross works closely with municipal parks and recreation groups to create suitable fitness programmes in pool facilities. The dissemination of Water Safety knowledge is one of our objectives, but it is not the only objective. The improvement of national health and fitness has always been a prime aim of Red Cross Water Safety."

Remember New Zealand and the Commonwealth Games when all those lithe young Canadian bodies splashed to gold medals in the Olympic pool? Can there possibly be a better advertisement for swimming as a keep-fit activity than those faces shining with health — and sometimes tears of happiness?

The great thing about swimming as a sport, is that you don't have to compete unless you want to. It's pure fun, at its very best.

\*Oh yes — S = F + F is an equation that's easy to solve: Swimming equals Fun and Fitness. What are you waiting for? Come on in.