

## Carrots . . . a legend or a myth?

(NC) — "Cat's Eye" Cunningham was one of Britain's legendary fighter pilots of World War II. His unusual eyesight enabled him, cat-like, to see a lot better in the dark than most. It helped him to shoot down more than 100 enemy planes.

"Cat's Eye" was also a carrot freak. While other pilots would reduce the tension by eating candy-bars, or chewing gum, Cunningham would gnaw on raw carrots, claiming the gnawing was good for the teeth.

Carrots are full of vitamin A, and without this vitamin eyesight may deteriorate. An obvious conclusion is that if a deficiency of vitamin A impairs eyesight, a supplement must improve it. This conclusion, not without substance, was quickly recognized in war-time by a young member of Britain's Ministry of Agriculture. While the country had numerous shortages, carrots was not one of them. Indeed there was a

surplus of carrots at that time.

The young man, so the legend goes, persuaded Ministry officials to promote a demand for carrots and eliminate the surplus by relating the carrot-eating-practise of "Cat's Eye" Cunningham to the British public. So successful was the campaign that there was a carrot shortage two years later.

The downside was that when a British fighter was shot down over Germany, the Germans found a cockpit full of chewed carrots and carrot tops, and no pilot. They concluded that the Brit-fighter planes were being flown by donkeys. And, as we know, they lost the war.


This column is an excerpt from Dr. Somersall's forthcoming book, *Your Very Good Health*. Dr. Somersall is now a Vice-President at Shaklee Canada Inc. If you have any questions on nutrition or diet, call Shaklee at 1-800-263-9138.



### More winners

The Terrace Bay Police Force's Bicycle Safety Program had a few more winners over the past two weeks, and these youngsters received their pla-

ques on August 15. They are, from left to right: Bonnie Brake, 12; Jeff Peters, 9; Shelly Smrke, 11; Paula Doucet, 10; and Jennifer Pichette, 9.



### SCHOOL OPENING WEDNESDAY, SEPTEMBER 3, 1986


**ENGLISH SECTION**

Senior Kindergarten - Grade 8 - Classes begin at 8:55 a.m.

Junior Kindergarten - Classes begin at 12:55 p.m.

**NEW REGISTRATIONS** — Will take place from 10:30 a.m. - 3:00 p.m. on **TUESDAY, SEPTEMBER 2, 1986.**

---



### L'OUVERTURE DES CLASSES MERCREDI, LE 3 SEPTEMBRE, 1986


**CLASSES FRANCAISES**

1 ere a 4 ieme anne - Les classes commenceront a 8:55 heure du matin

Pre Maternelle - maternelle - Les classes commenceront a 12:55 heure de l'apres-midi

Pour les nouveaux enregistrements prendront place le mardi 2 septembre 1986 a 10:30 heure a.m. Jusqu'a 15:00 heure p.m.

**B. Lalonde** **G. Matys**  
**Chairperson** **Director of Education**



### TOWNSHIP OF SCHREIBER PROPOSED OFFICIAL PLAN

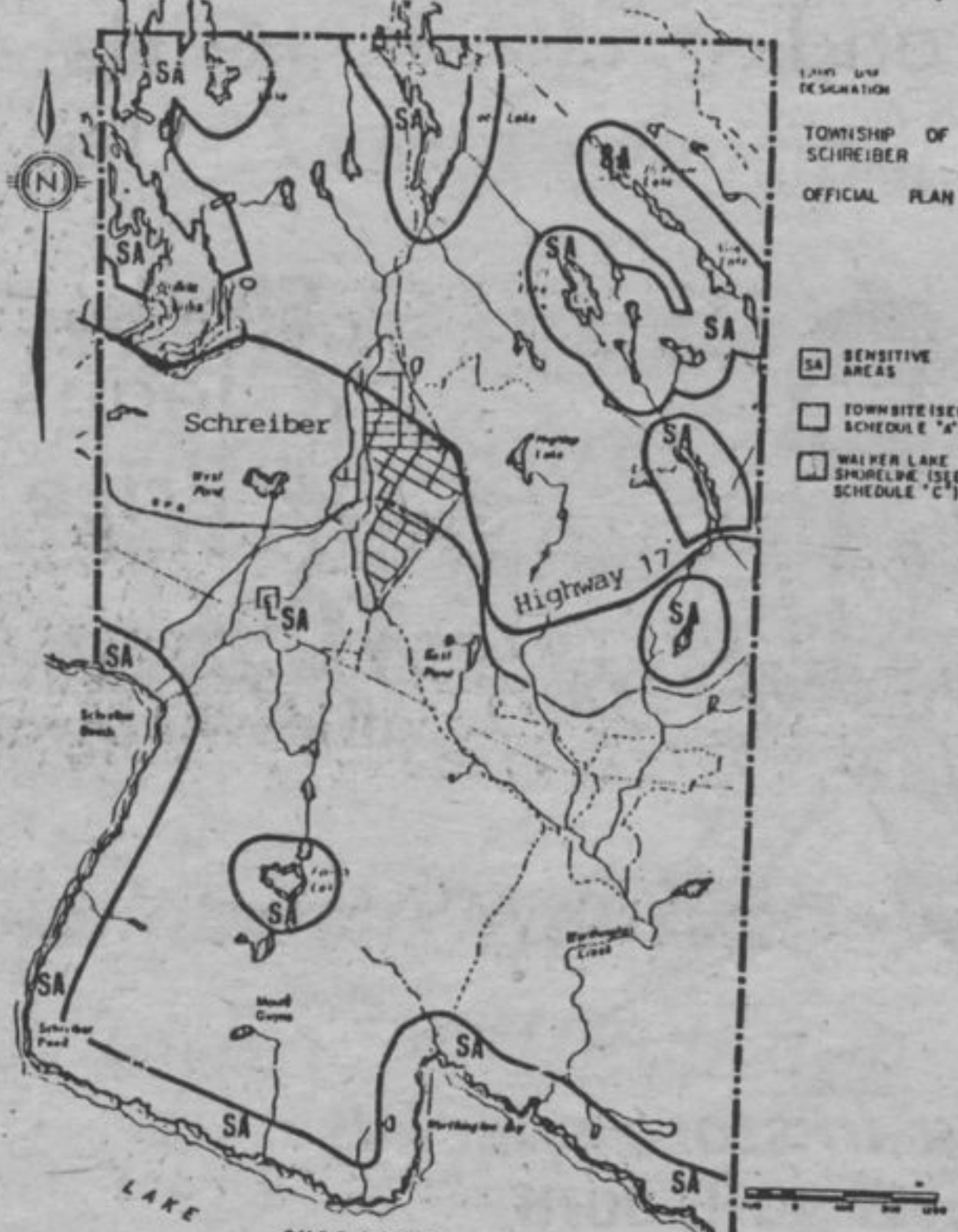
Since the Public Meeting in respect to the proposed Official Plan was held, Council has made a number of changes to the Plan's Sensitive Area designation and policies. This notice describes the new policies and designation and indicates how residents can comment on these.

The extent of the new proposed Sensitive Area designation is shown on the attached map. The depth of the designation around most lakes is 300 metres. It is intended that these lands will be placed in a Sensitive Area Zone, at a later date. Development in the Sensitive Area designation is permitted by the Plan, provided a rezoning is obtained.

Additional information in respect to this matter may be obtained at the Municipal Office between 9:00 A.M. - 12:00 P.M. and 1:00 P.M. - 4:30 P.M.

Comments in respect to the new proposed Sensitive Area policies and designation will be received at the Municipal Office until 4:30 P.M. on September 5, 1986.

Mr. A.J. Gauthier,  
Township of Schreiber



## Management plan needed

A comprehensive plan for forest research and management and a demand for free trade with the United States were just two points raised in a speech delivered on August 15 in Toronto by Abitibi-Price's Corporate Marketing and Development Vice President William W. Hall.

The forest plan, Hall explained, is needed to help the resources industry, especially newsprint producers in Canada.

"the fewer of these we have, the better off our industry will be...we need all the free trade we can get."

Hall had harsh words, though, for government intervention in the industry.

"Money from federal and provincial governments has been used to prop up operations that aren't profitable," he said. "Government money has also been used to expand or

build new mills with little regard as to whether the market really needs them."

He added that these government grants do more harm than good as they create an imbalance in supply and demand.

"Rather than creating jobs, they dislocate them from one region to another...to be blunt, they don't contribute to the long-term viability of our industry."

Hall hinted that things would be better with a tax-based system that rewards risk-takers who use their own money to back up their assessment of market forces.

Abitibi-Price is primarily a newsprint producer. The title of Hall's speech was *The Newsprint World of the 80's--And Beyond*.

## Rosspport Report

**By Anne Todesco**

Judge George Paradice and Mrs. Paradice have left for their home in Sioux City, Iowa, after spending a holiday at their summer cottage here in Rosspport where they enjoyed some good fishing.

Miss Della Mushqush has returned to Dryden after holidaying with her parents, Dave and Hilda Mushqush. Mr. and Mrs. Peter King of Sudbury were guests of Mr. and Mrs. Eugene Gerow over the past week.

Mrs. Emma Molinski and son Michael were business visitors to Thunder Bay during the week. Lorne Molinski of Hearst is visiting his mother, Emma Molinski.

Mr. and Mrs. William Chapman and son Brian of Winnipeg visited their Aunt, Mrs. Anne Todesco, this week. John C. Tod-

**SINGLETON** - Mr. Terrence George, age 37 years of Terrace Bay, died at The McCausland Hospital, Monday, July 28, 1986. Terry is survived by his wife, Elizabeth and son Terry, Ryan, Rory, and by daughter Shauna, his parents Edward and Simone Singleton, sisters Diane Long and Linda Bryson all of Schreiber, Marilyn Raymond, Capreol, and brother Lawrence of Mississauga. He is sadly missed by nieces and nephews; Shannon, Shane, Kyle, Benji, Tracy, Judy, Mike, Pat, and Larry.

Funeral Services were held on July 30, 1986, at St. John's Anglican Church with Father Bill Legrande. Honorary pallbearers were Jim Bonazzo, Rod Thompson, Jack Paterson, Roger Fournier, Fred Renette, Danny Riley and Harold Prill. Active Pallbearers were Tom Long, D'arcy Furlonger, Lloyd Dejonghe, Bob Weaver, Jim Speziale and Ted Wilson. Memorials may be made to the North Shore Disability Action Group, c/o Elizabeth McLean, Terrace Bay, Ontario, The Multiple Sclerosis Society, or The McCausland Hospital Building Fund.

*To everything there is a season,  
and a time to every purpose  
under the heaven:  
A time to be born, and a time to die;  
a time to plant, and a time to pluck up  
that which is planted;  
A time to kill, and a time to heal;  
a time to break down, and a time to build up;  
A time to weep, and a time to laugh;  
a time to mourn, and a time to dance;  
A time to cast away stones, and  
a time to gather stones together; a time to  
embrace, and a time to refrain from embracing;  
A time to get, and a time to lose;  
a time to keep, and a time to cast away;  
A time to rend, and a time to sew;  
a time to keep silence, and a time to speak;  
A time to love, and a time to hate;  
a time of war, and a time of peace.*

*Ecclesiastes 3: 1-8  
The Old Testament*

 **Keep Canada Beautiful**

**WANTED**

A reliable & dependable cleaning woman two days a week. Please have references and state your fees.

Call  
**824-2080**

**PROPERTY FOR SALE**

Walkers Lake  
Approx. 1 acre of land  
Good location  
For more information interested persons phone  
**825-3669**