



The Tribune

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Editorials

Bouquets to post office

While the post office department in general has become possibly No. 1 target for public criticism, at least one branch, the Stouffville post office is in receipt this week of a bouquet from a Whitchurch — Stouffville resident.

Lloyd Britton, Stouffville R.R. 4 received no less than fourteen letters at Christmas time, each one carrying a different address. Despite the fact that all the addresses were wrong, the local post office saw to it that Mr. Britton received them rather than have them tossed aside into some dead letter box.

Mr. Britton would like us to pass along his commendation of a job well done to the local office. This we are pleased to do and would

add our own satisfaction at the co-operation we likewise received from the Stouffville office.

Editor's mail

Maintain roads

Dear Sir,
 I recently attended our local council meeting in Uxbridge, Jan. 19th, at which time snow removal for Goodwood was to be on the agenda and discussed.

One of the main problems in removing the snow along dangerous sections of Highway 47 and the third concession to the Goodwood School, appears to be cost, according to some councillors. It was stated that the cost for removal of snow per hour is approximately \$94, and the last time the snow was removed in Goodwood it cost the township \$700.

The argument of cost is still incomprehensible to me since Uxbridge Township has a depot approximately one half mile south of the four corners in Goodwood, with loaders, trucks and men. There shouldn't be any extra cost to the taxpayer for these men to remove the snow on dangerous sections of the third concession unless the men don't have reliable equipment.

In my opinion, our township Roads Department and the Department of Transportation and Communications are quite capable and responsible to do the job themselves without any outside help. They do need some proper direction, co-operation and assistance from the proper authorities.

If cost is the main concern to some council members, why can Repac Construction Company remove the snow free of charge "on a regular basis" and "with no strings attached" (Stouffville Tribune Thurs., Jan. 12th).

Many of us feel that the loss of one child's precious life is too much for Uxbridge Township to pay too, whether it be in Goodwood, Uxbridge or any other community in the township.

Let's be accountable to the taxpayer and maintain our own township roads.

Yours sincerely
 BARB TINDALL
 Goodwood

Wants arcade open

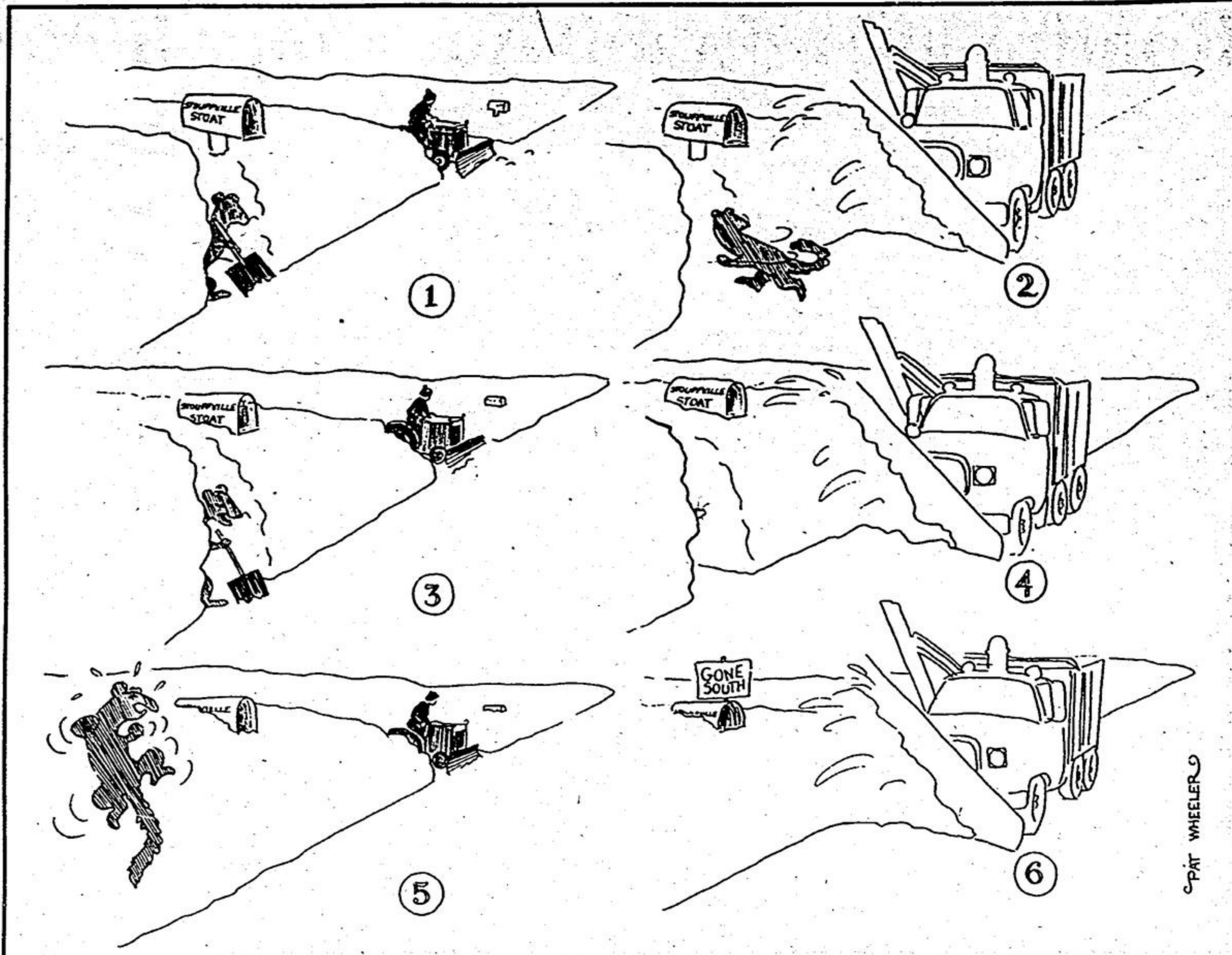
Dear Sir:
 I just want to complain about the picture on the front page of your paper of the 19th. The boy in the picture in the white coat is not Bill Watson but my 17 year old son Christopher Clarke.

Also the statements attributed to Bill are Chris' words. I'd appreciate having this corrected.

As to the closing of the arcade I'm definitely against it. These boys, my own included, are all good boys and I'm proud to say they frequent my home on many a Friday or Saturday night and are of the best behaviour.

Too bad Uxbridge feels it doesn't need a place for the teenagers to hang out. Thank you for letting me speak out.

Yours truly,
 (MRS.) PHYLIS CLARKE
 R.R. 3, Uxbridge



LIVING naturally

More about vitamins

By Kathleen O'Bannon

Two weeks ago I talked about Vitamins A, B Complex, and C. This week let's continue on with Vitamins D and E.

Vitamin D is fat-soluble, which means that it should be ingested with some form of fat or oil to be of any use. It can come from exposure to the sun, providing you do not wash or wet the skin for several hours after exposure.

Vitamin D aids in the absorption of calcium from the intestinal tract and the breakdown and assimilation of phosphorus, which is required for bone formation. It is necessary for normal growth in children, for without it bones and teeth do not calcify properly.

Vitamin D is valuable in maintaining a stable nervous system, normal heart action, and normal blood clotting because these functions are related to the body's supply and utilization of calcium and phosphorus. It is best to take it with Vitamin A in the form of fish liver oils such as cod, halibut, or tuna.

Mineral oil can destroy Vitamin D stored in the intestinal tract and is never recommended for consumption.

The daily dietary allowance for adults is 400 IU. During pregnancy or lactation women need to include extra Vitamin D in their diets.

Vitamin D deficiency includes the inability of the bones, softened by the lack of vitamin D, to withstand the stress of weight and therefore results in skeletal malformations. Rickets is a direct result of vitamin D deficiency.

It is believed that Vitamin D and parathyroid hormones work together to regulate the transportation of calcium. A deficiency may cause tetany, a condition characterized by muscle numbness, tingling, and spasm. Thyroid glands need Vitamin D to manufacture their hormones, so a Vitamin D deficiency may cause flabbiness, poor metabolism, and diabetic distress.

Myopia or nearsightedness may also be

caused by a Vitamin D deficiency.

Vitamin E is also fat-soluble. The most commonly used form Tocopherol, is obtained from cold pressed vegetable oils, all whole raw seeds and nuts, soybeans, and wheat germ.

Vitamin E is an antioxidant, which means it opposes oxidation of substances in the body. It prevents saturated fatty acids and Vitamin A from breaking down and combining with other substances that may become harmful to the body. The B Complex vitamins and ascorbic acid are also protected against oxidation when Vitamin E is present in the digestive tract. Fats and oils containing Vitamin E are less susceptible to rancidity than those devoid of Vitamin E.

Vitamin E allows the red blood cells to be more fully supplied with pure oxygen that the blood carries to the heart and other organs. Therefore when there is air pollution it helps the body make the best use of whatever amounts of oxygen there are in the body.

Vitamin E plays an essential role in the cellular respiration of all muscles, especially cardiac and skeletal. It makes it possible for these nerves to function with less oxygen, thereby increasing their endurance and stamina. It also causes flow of blood to the heart.

Vitamin E is effective in the prevention of elevated scar formation on the body surface and within the body. In ointment form it is used on burns to promote healing and lessen the formation of scars. As a diuretic it helps lower elevated blood pressure. It also has a dramatic effect on the reproductive organs; it helps prevent miscarriages, increases male and female fertility, and restore male potency.

Consuming polyunsaturated fats or oils increases the need for Vitamin E. Polyunsaturated fats are found in nuts and seed oils. Mineral oil used as a laxative depletes Vitamin E in the body. Improper absorption may be partly responsible for muscular problems such as muscular dystrophy and poor performance in athletics and digestive problems such as peptic ulcers and cancer of the colon.

The recommended daily allowance of Vitamin E is from 7 to 12 IU for children and adolescents, 15 IU for adult males, 12 IU for adult females, and 15 IU during pregnancy or lactation. Most nutritionists and doctors agree that 100 IU daily for active adults is recommended. Higher dosages should be gradually worked up to and should only be done under a doctor's care. It is not recommended in cases of high blood pressure or chronic rheumatic heart disease.

Gastrointestinal disease is the most common Vitamin E deficiency disease. Serious deficiency can lead to degeneration of tissues in the testes, ultimately causing male sterility. Women who are severely deficient cannot carry a pregnancy term successfully and often have miscarriages. Premature births frequently result from insufficient intake of Vitamin E during pregnancy, leaving the infants more susceptible to anemia.

Vitamin E deficiency appears to make red blood cells more susceptible to damage from medication and from environmental stresses. A deficiency of Vitamin E can produce heart disease. Evidence is accumulating to indicate that a lack of sufficient Vitamin E may be a contributing factor in arteriosclerosis and cancer.

Vitamin E works to treat and prevent heart diseases such as coronary thrombosis, a heart attack in which the vessels are blocked by blood clots and part of the heart is deprived of its blood supply. Vitamin E causes arterial blood clots to disintegrate. Angina pectoris, a chest pain resulting from insufficient supply of blood to the heart tissues, is successfully treated with alpha tocopherol.

Vitamin E can aid in the healing of burned tissue, skin ulcers, and abrasions. It prevents or dissolves scar tissues. Vitamin E helps remove old acne scars, particularly if x-ray treatments have been given. It is needed also to help dissolve scars in the artery walls caused by toxic substances.

Vitamin E is helpful in counteracting premature aging of the skin.

30 years ago this week

Excerpts from the January 22, 1948 issue of The Tribune

Cattlemen protest sale of margarine
 Considerable controversy has been caused and considerable controversy has been shown to the recent proposal in Ottawa of a possible relaxation in the restriction in the sale of margarine. The most recent outburst against the plan has come from the Pickering Jersey Cattle Club in the form of a resolution to the Minister of Agriculture in Ottawa.

In the resolution the Club has attempted to point out the inferiority of the product when compared to real butter and the fact that most of the oils used in its manufacture come from Africa where the native workers are vastly underpaid and where illiteracy is almost complete.

Not eggs-actly
 We haven't enquired of Banker Thompson if it happened here, but the story we get is this: A member of the Ladies Aid Society is reported to have been at the bank making a deposit as she told the teller, "of some aid money." Unfortunately, the teller thought she said "egg money," and replied: "Remarkable, isn't it, how the old hens are doing these days?" Then the teller was shocked when the woman gathered up her papers and hurried out looking rather annoyed.

Be taller - wear tin can stompers



Kids' stuff

By ANNETRET LAMURE
 Did you ever wish that you were bigger than your brother? Wonder what it would be like to be taller? Get tired of being your own size?

Hop on a pair of tin can stilts and see if they make any difference.

To make them you will need a pair of empty tin cans (the bigger the better), some strong cord, and, if you have a fussy mother, some tape.

Punch two holes on opposite sides of the tin top. If you were lucky enough to snag some large juice cans the holes will already be there, but you'll have to cut out the bottoms. Wash the tins, thread some cord through the holes and tie the ends together for handles. Now you're ready to stomp around the kitchen. The stilts make a neat clunking noise as you walk and sound quite important. If your mother is worried about marks on the floor, you can tape the edges of the cans. While you're at it, you might also like to jazz up the 'stilts' a bit by stripping them with tape.

When you're tired of clunking around on them, you can turn the stilts into a pair of bongo drums. Simply stretch a piece of brown paper tightly over the open end of each tin and fasten with a big elastic. Hold the two 'drums' together with another big elastic or some tape and you're ready to roll.



I met the monkey the monkey is me

By John Montgomery

While I have always accepted the theory of evolution, in a more or less abstract and detached manner, it was recently brought home to me with a rude shock.

I had occasion to visit a chiropractor and as I was complaining about discomfort in my neck and the base of my spine, several x-rays of my upper torso were taken.

The rude shock came when I went back to view the life-size x-rays - they had - how should I say it - a disconcertingly simian quality about them.

The first picture showed a straight on view of my back. There was a definite ape-like slope to the shoulders and there was something about the under-slung jaw that made me slightly fidgety.

These revelations were bad enough but unfortunately the worst was still to come. The chiropractor put up another x-ray on the lighted screen and there was this creature with a short, but prominent tail projecting out, off the end of the spine.

I was strongly tempted to ask him if he hadn't, perhaps, been doing some work at the Metro Zoo and inadvertently pulled a switch but as he continued seriously pointing out the problem areas on my back, I decided to hold my tongue.

I brooded on these ape-like charac-

teristics for some time and eventually found myself absent-minded doing an inventory of my physiognomy to see if there were any other primate features.

It was a tremendous relief to discover that I do walk erect but the satisfaction I received was more than a little marred when I discovered I have, basically, a Cro-Magnon Man forehead.

I never noticed it before, but there seems to be this ridge along the line of my eyebrows that slopes back into my forehead. Thankfully I didn't see a full x-ray of the side of my head or I would undoubtedly have been forced to admit that I, in fact, haven't really evolved all that far.

The rest of the inventory worked out all right and eventually I made a downright heartening discovery. My baby toes are very small and they kind of tuck in under the next toes. The toenail is almost non-existent.

Some time ago I read an article, conveniently, I don't remember where, which said that man is still evolving and that loss of the baby toes is an indication that man is adapting to walking on the earth instead of hanging around in trees.

It was quite edifying to discover I have made some progress. Enough said on this topic - I think I'll break for a banana.