



# The Tribune



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## Editorial

### St. John Boy's School got off with rapped knuckles

The response by the administration of the St. John's Boys School to the recent decision of the coroner finding the school responsible but not guilty of criminal negligence in the tragic drowning deaths of twelve young boys and one instructor, seems entirely inappropriate.

Michael Maunder of the Claremont branch of the institution is now proposing that he write a 14 chapter instruction book to be ready for the boys to read before their next major canoe trip, which could take place as early as August. We suggest that Mr. Maunder's recently acquired expertise should be thoroughly tested before any more canoes hit the water under the auspices of that institution.

The accident that claimed 13 lives on Lake Timiskaming occurred June 11, leaving Mr. Maunder a maximum of two and one half months to accumulate and communicate in print information that will supposedly avert similar disasters in the future.

We have grave doubts that survival information on the order required by the Lake Timiskaming situation can be learned from a book.

If Mr. Maunder has this expertise why was it not employed on the last canoe trip?

We do not feel that sending boys (and we emphasize boys), some non-swimmers, all with little or no canoeing experience, onto a treacherous lake to become 'men,' is acceptable or responsible. Local residents knew the lake to be dangerous, and rangers in the area that day refused to work on the lake due to weather conditions.

The leaders of this expedition consulted no one regarding the weather, and later tried to claim that the lake was quite calm. Evidence at the coroners hearing determined that piece of information to be wrong.

It appears that the leaders of the expedition led these children off on the voyage without proper training which would enable them to handle emergencies.

The canoes that overturned were improperly handled, we are told. But, what is to be expected of inexperienced canoeists. And why was the adult to child ratio not more appropriate?

In the coroner's verdict it was stated that an accident of this magnitude was bound to happen sooner or later.

There can be no doubt that if the expedition had been handled by an organization

such as the Boy Scouts or air cadets it would have been properly prepared. And these groups are not considered to be sissies.

The boys involved were not the only inexperienced people on the trip — the instructors also had only margin training.

We are also forced to wonder about the coroner in this investigation. What does it take to be criminally responsible for the death of a child in your charge?

People go to jail for many minor offences that do not involve any injury, let alone loss of children's lives on such a massive scale.

The school escaped with nothing more than a slap on the wrist.

We concur with those who are calling for government regulations regarding safety training to prevent other tragedies on this type of expedition.

#### Editor's mail

### Prayed for safety

Dear Sir:

Mom! Dad! Perhaps this was your child. About a month ago I was driving west on Main Street toward the ninth concession when I saw a small blond headed boy attempting to cross the street in front of the car preceding me. He started to run, and then drew back. Then, to my horror, he attempted to run out in front of my car, but again withdrew himself.

Panic was written on the little fellow's face. I cried "Lord, protect that little boy." As I glanced into my rear view mirror, I finally saw him safely reach the other side.

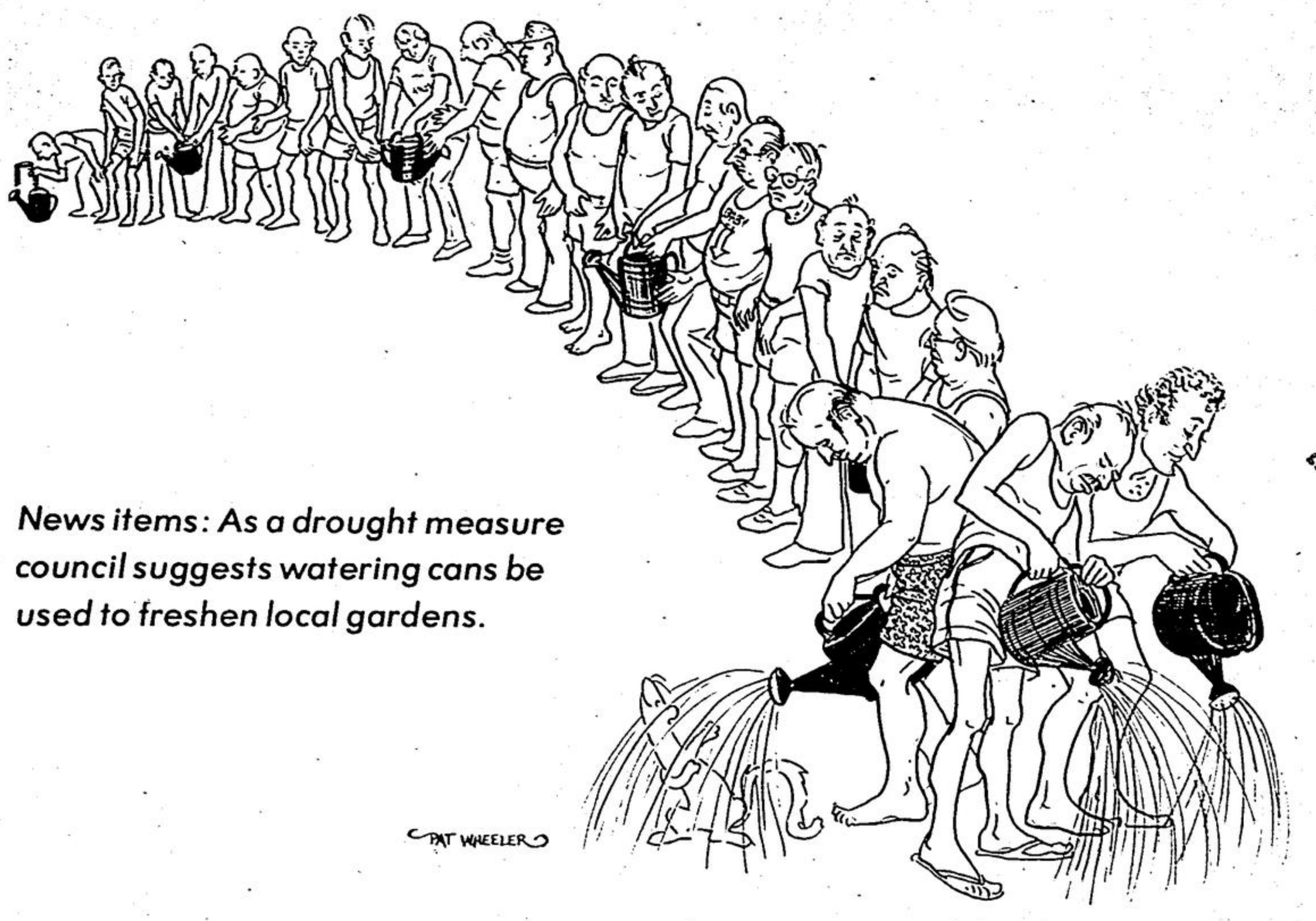
Immediately a prayer of thanksgiving went up to God on behalf of one small boy and his family, who love him.

You see, I have this Friend Who hears and answers prayers His name is Jesus. If you do not know Him, acquaint yourself with Him. For the Bible says, "whosoever shall call upon the name of the Lord, shall be saved."

May I say one last word; parents, please exhort your children to cross at the lights. That is their reason for being there!

Kids, have a good holiday and do be careful.

Yours sincerely,  
Mrs. Mary Forsyth.



### SUGAR AND SPICE

## The Golden Age of B.S.

By Bill Smiley



Don't you get a little tired of the touchiness of modern society in which, no matter where you step, it's on somebody's toes, no matter what you say or write, it's a slur on someone's background, color, creed or convictions?

About the only areas left in which one may chance a remark without fear of inflicting a wound are politics and sex.

It's extremely difficult to inflict even a bruise on a politician. He must have a fat ego in the first place, and he quickly acquires a brass hide to go with it. Add an ability to talk out of both sides of the mouth at once, and a certain skill in straddling fences, and you have cabinet material.

In the field of sex, there don't seem to be any limits any more to what can be said, presented or simulated. Movies, magazines and theatre club us over the head with raw, unembellished sex; or seek to titillate the spook in each of us with highly-embellished, freaky sex until the whole once-exciting subject has become a crashing bore.

Aside from sex and politics then, there is scarcely an aspect of the human scene where even angels fear to tread, lest they step on someone's sensibilities.

Ethnic jokes are out, black is beautiful, gelfilte fish is glorious, Rhodesia is rotten, poor people are more noble than rich people, gay is gorgeous, and the only real sin is to be old.

Lord forbid that we should ever go back to the days when a Catholic was a "mick" or a "dogan," a black person was a "nigger," an Italian was a "wop," a Chinese was a "chink," and so on.

But I do get heartily sick of a society in

which you have to tippy-toe all the time for fear of offending some touchy minority, or trespassing inadvertently on someone's weird religious affiliations.

We are developing into a society with a snobbish sort of reverse prejudice in which everybody is leaning over backwards in order to appear not even to be breathing on anyone else.

As a result, we are losing much of that good old Canadian crustiness and turning into a nation of nice nannies in whose mouths, margarine wouldn't melt.

Even our media reflect this trend in our society. With few exceptions, our newspapers are as bland as blanc mange. The letters to the editor have more bite, and are often better written, than the editorials.

Our magazines are either tiresomely "liberal" or narrowly nationalistic, or both. Tied in tight bundles, they make better firewood than they do reading matter.

Television and radio news reporting, most of it culled from the late editions of newspapers, is incredibly unimaginative and repetitious. TV programs, on the

whole, are pure pap, offensive by being so inoffensive.

Public figures are so frightened of offending somebody or losing a few votes, that their public utterances come out as mush wrapped in marshmallow.

We need a Bob Edwards or a Grattan O'Leary to jolt us with some honest vituperation, some colorful name-calling, some hard facts, and some common sense.

We need some politicians with guts, who don't give a diddle for the popularity polls, and who would give us the facts of life without any sugar coating.

We need some educators with backbone to tell the people who claim that Huckleberry Finn is racist and The Merchant of Venice is anti-semitic and Catch-22 is dirty and The Diviners is disgusting, to go fly a kite.

We need about 10,000 fewer smart-ass commentators on what is wrong with this country and a few hundred honest men or women to tell us what is right with it.

Perhaps if you agree with me to some extent, you would enjoy reading The Golden Age of B.S. by Fred C. Dobbs. It's rambling and it's coarse in spots, but it's right on.

### LIVING naturally

## Natural cosmetics

By Kathleen O'Bannon



This is the second part of the article on the 'skin food and the in food,' better known as natural cosmetics.

A lot of the vitamin foods that I mentioned in the articles on vitamins can be made into cosmetic treatments. So just look at those articles and you will be able to come up with some of your own.

One of my favorites is the carrot or squash mask. Just steam or bake them until soft and then mash or blend to a paste. Apply this to your face, arms, legs, back or any part of your body that has pimples or acne. This will give vitamin A. Leave it on for 30 minutes so that it can be absorbed and then rinse off in a bath to which you have added 1/2 c apple cider vinegar. You could also add yogurt to the mashed carrots for that additional antibiotic action. If you use the squash or carrots twice a week and the yogurt daily you should see some improvement soon. Of course you will see improvement faster if you also eat the cooked carrots or squash.

Crushed fresh parsley is also good for blemishes as it is very high in vitamin A as well. It also has lots of vitamin C and is good for those little broken veins around the nose and cheeks.

Dry, damaged or falling hair is a frequent problem. It used to be only common to older people, but now more and more young people are noticing it. Many times it is an indication that the thyroid is underactive, or that there is not enough usable iodine in the diet. Some times it is an indication that there is a lack of the B complex vitamins. Also it can mean that there is not enough vitamin E in the diet, or vitamin F. The following treatment can be used once or twice a week until the condition clears up. You may also want to add these nutrients to your diet.

Like most natural treatments this is a treatment to bring hair to good health so it is good for dry hair as well as oily. This is because they are each a symptom of faulty nutrition or absorption.

#### HAIR TREATMENT

1 Tbsp molasses (B vit.), 1 tsp Engevita or brewers yeast (B vit.), 1 tsp kelp powder (iodine, minerals), 1 egg yolk (protein, vit. F), 1 tsp apple cider vinegar (acid balance), 1 tsp wheat germ oil or 1 cap vitamin E. Mix together to form a paste that you can spread onto the hair but that won't run off. If it is too runny you could add whole wheat flour to thicken it or whip up the egg white and add it

to the mixture to make a stiffer mixture. Apply to the hair and massage into the roots and ends. Cover with a towel that has been rung out from hot water and leave it for 20 or 30 minutes. Rinse off with warm water and wash with a mild shampoo if desired.

One of the worst things that you can do to your hair is wash it until it is 'Squeaky clean'. That is the point at which you have destroyed the acid mantle, stripped it of all its natural oils and left it with the cuticles of the hair open which will cause it to tangle and break easily. This can be the main cause of 'split ends.' The more you strip the oil from your skin and hair the more your body will manufacture the oil to maintain the balance and the sooner you will notice an oil problem.

Of course you may eat any of the nutrients mentioned in the hair treatment to help prevent the same problem from occurring.

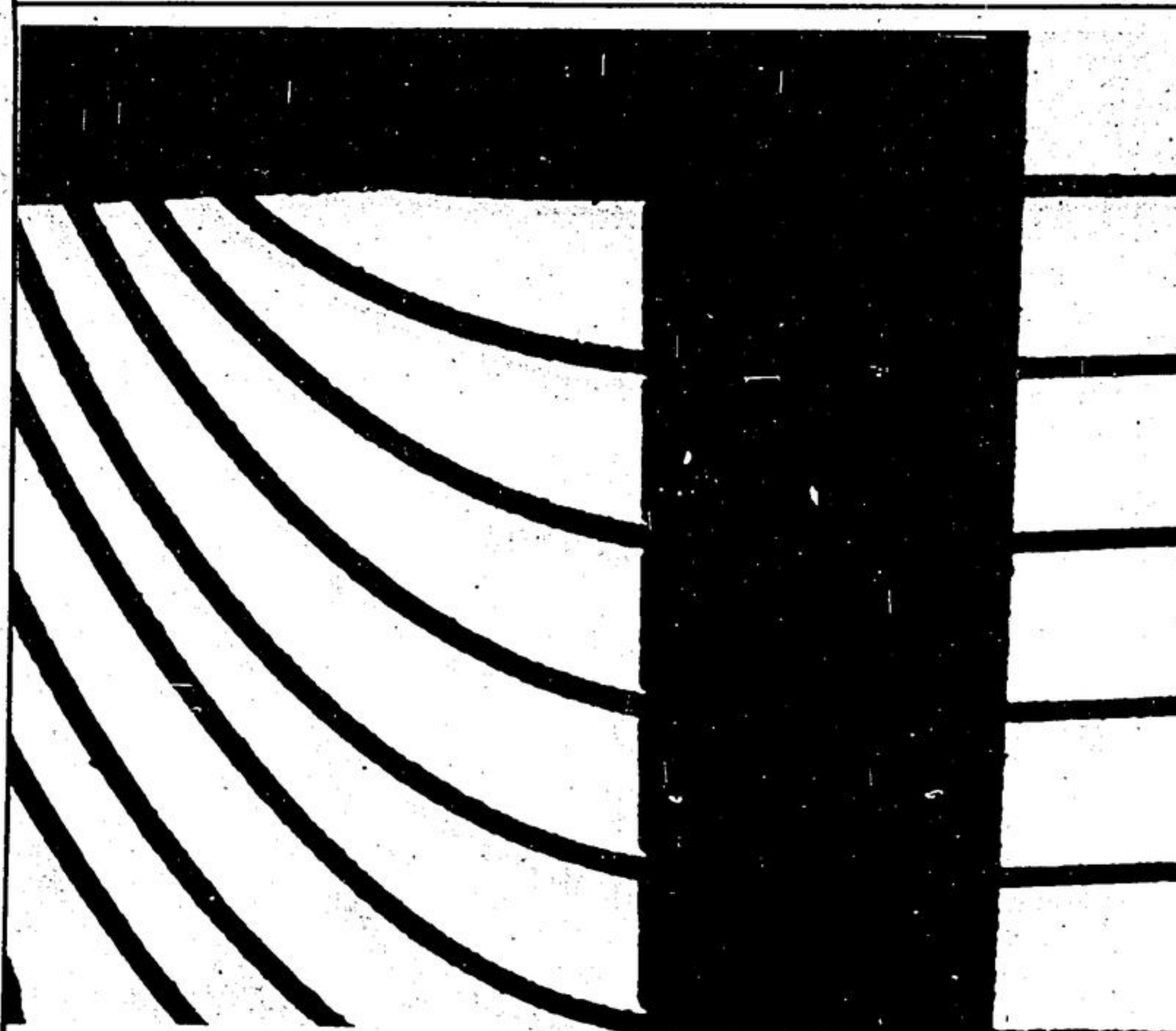
Dry skin can often be the result of lack of oil or stripping of the acid mantle. A bath preparation for dry skin can be made in the form of a sachet and used several times. Take a thin cloth, such as sheeting or a handkerchief, in the centre place a heaping tablespoon of oat meal and wheat germ and 1/2 tsp kelp granules or a few pieces of kelp or dulse. Draw the ends together so that it is closed with enough room for the oat meal to expand but so that none leaks out through the opening. Tie a string around the opening. For each bath pour boiling water over the sachet and let it steep for 15 minutes, then pour water and sachet into the bath. Use the sachet to rub your entire body for a soothing emollient action. This sachet can be used several times in this way.

Avocado is also very good when eaten or applied to the skin. It is rich in vitamins F and A as well as protein. Mashed up and used as a mask it will work wonders on wrinkles or tired looking skin. It is also helpful for weight reduction when eaten instead of the meat course at a meal.

About the only health giving food that I can't think of a cosmetic application for is garlic. It has been used for 3,000 years for its medicinal properties, especially in combating high blood pressure, stomach problems, and blood problems, even anemia. But how it can be used for external application I have never been able to figure out. Many people claim that it helps the complexion by cleaning out the blood and clearing up anemia, thus giving a person a rosier appearance, but.....

### Kids' corner

## Stuff and nonsense



### Jumbled joke

When is a house like a bird?  
For the answer unscramble the letters and put them in the proper order.

hewn -----

ti -----

ash -----

snigw -----

### My dog doesn't go to fires

By Angela Urquhart  
Kindergarten, Goodwood P.S.

I have a dog that looks like a fire dog but my dog doesn't go to fires. He likes to chase ski-dooes and bark at them. I call my dog Sparky, and he sleeps in our house at night. Sparky likes to do exercises. He rolls on his back and stretches his legs away up in the air. When he comes in he likes to get on the couch, and just stay there.

#### YOUR STUFF WANTED

If you have a poem, story or joke that you think other kids might enjoy send it to The Tribune. "Stuff and Nonsense" welcomes contributions from young readers. Pieces can be of any length and on any topic, and illustrated stories are welcome. Why not mail us your work and see your name in print?

The Tribune, Box 40, Stouffville, L0H 1H0.

### What have we here?

This distinctive silhouette is part of a larger object. Can you guess what it is? If you

## Mishmash

Mad macabre mamma mashes mauve mangy male mackerels manfully many mawkish matted matrons maintain maliciously.

think you've figured it out, send us your answer. (Only one guess allowed per person) Who knows, your discerning eye may earn you the \$5 prize. In the event of more than one correct guess, the winner will be chosen by draw. All entries have to be in by noon on Tuesday, Aug 1.