

Tenants Say: "We Aim to Stay"

By RHONDA SUSSMAN

Tenants at 115-119 Winchester and 441 Sackville are considering cooperatively purchasing their building from the owner, 445238 Ontario Ltd.

Their decision came shortly after the owner issued eviction notices Oct. 13, to fall due on February 28, 1981. The owner plans to turn the connected buildings into luxury apartments.

The buildings at Winchester and Sackville are the last enclave of lower-income housing for blocks around, and tenant Jesse Fox says that the tenants "didn't want to be pushed out just because we weren't rich."

The tenants have no intention

of leaving their homes, and began to organize, incorporating themselves as the Three Streets Housing Association, and have applied for an \$8,000 "start-up" grant to look into the possibilities of setting up a co-op.

This grant would enable the Co-operative Housing Federation of Toronto to provide the Sackville/Winchester tenants with engineers and architects to assess the condition of the building, educate tenants and any future co-op staff in the responsibilities of a housing co-op, as well as helping tenants set up property management (the actual running of the buildings).

At the moment, since they are

still waiting for the owner's response to their offer to buy the buildings, the Co-operative Housing Federation is helping Sackville/Winchester tenants negotiate with the owner.

445238 Ontario also owns a large property at Metcalfe and Winchester, one block to the west. This property has a small apartment building on the corner, as well as several other buildings and vacant land.

The owner needs City approval to develop this land further. They will need either a committee adjustment, which would be minor variations on the current zoning, or rezoning — a longer process in which the community

could participate.

The strategy of the Three Streets Housing Association of Sackville/Winchester and of the Co-op Housing Federation, according to Noreen Dunphy of the Federation, is to influence the City to "sell to the tenants or else". In other words, in order to further develop the Metcalfe and Winchester property, the owner must agree to sell to tenants of both properties they own; to those in the small apartment building on the corner of Metcalfe and Winchester, as well as to the Sackville/Winchester tenants.

Aldermen David Reville and Gordon Cressy support this strategy, as do the local planners.

Tenants and the Co-op Housing Federation are now waiting for 445238 Ontario to go to City Hall with an application to develop the Metcalfe and Winchester property.

If they are able to buy their homes from the owner and set up a co-op, Sackville/Winchester tenants plan to turn the first floor into housing for the handicapped, and possibly a daycare centre as well.

The Three Streets Housing Association is having a fund-raising party Saturday, December 6 at 437 Sackville, Apt. 25.



7 NEWS

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VOLUME 11, NUMBER 12 DECEMBER 5, 1980



FREE TAKE ONE

The deadline for the next (December 19) issue of 7 News is Monday December 15. This will be the last issue until January 16. Bring or mail your stories, pictures or ads to 7 NEWS, 315 Dundas St. E., Toronto M5A 2A2 or call 363-9650.

Dammed if they didn't do it again

DAMMED IF YOU DO, Ward 7's musical winner, strikes again. Last May the creative energy of over 130 singers, dancers, musicians and technicians treated packed houses to what enthusiastic reviewers saw as professionally competitive musical comedy.

John Piper, David Reville and Brian Metcalfe had scripted and scored a sharp-edged satire directed at such Ward 7 "favourites" as Bill Davis and Paul Godfrey as well as Harold Ballard, John Sewell and Mel Lastman. There were activists, hockey players and punk rockers in a morass of misdirected social struggle.

The limited run of the play deprived many theatre goers of the chance to see the production.

Good news has arrived though because "Dammed if they Didn't Do It Again"... in stereo. In a limited edition, a full cast recording has been made available. The album package includes a photo gallery featuring play highlights both onstage and, more candidly, behind the scenes.

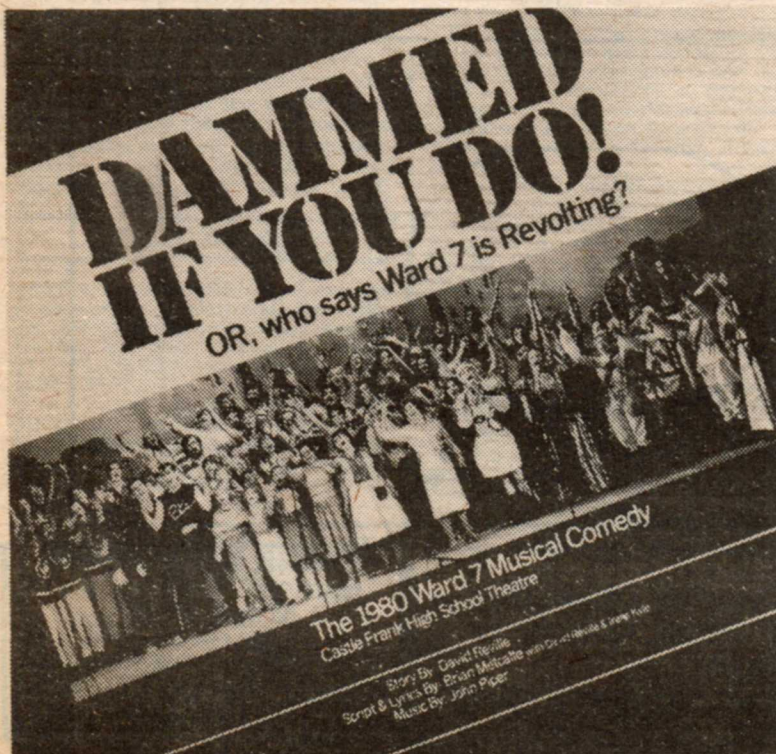
The multi-purposed effort is aimed at providing a lasting reminder of such an incredible musical experience and providing high quality entertainment to buyers. The goal foremost in everyone's thoughts though, is, once again, to raise money for 7 NEWS. All the profits, after costs, goes to 7 NEWS for its use in delivering to you the kind of community paper you want. The

support they are able to throw behind your community will, in part, reflect money raised through the record sale as well many other projects undertaken from time to time.



If you're reading this article then you appreciate this publication. If you also believe in community spirit and community growth then you support this publication. If you phone right now for a copy of the Ward 7 record then in a very real way, you support this publication.

Some records are available at Nettleship's Hardware, 576 Parliament but you may also receive one delivered to your home at no extra cost by calling 7 NEWS at 363-9650.



STOL lands again

By ULLI DIEMER

Seemingly safely buried only a month and a half ago, the proposal for a major commercial airport on the Toronto Islands appears to be back on the political agenda.

Proposed plans for a short-take-off-and-landing (STOL) airport on the islands seemed to have been thoroughly stalled by opposition from citizens' groups and Toronto city council, leading the Canadian Transport Commission in mid-October to refuse to license any applicants for a STOL service.

But Toronto's new mayor Art Eggleton has other ideas: he is in favour of STOL, and hopes to get the new city council to reverse the city's previous stand.

Opponents of the scheme are once again gearing up to try to block the scheme, which they consider would be a major environmental disruption to the islands, the waterfront, and to east-end residential Toronto. (The flight path would be directly over Ward 8 and the Beaches). The disruption would increase with time, as the initial 25 flights a day were increased and as the original propeller-driven Dash-7 plane was replaced by newer jet models.

Being in the flight path of a jet airport is not designed to improve residential neighbourhoods or to raise property values, STOL's opponents point out.

In addition to environmental concerns, the other big debating

point is economics.

STOL's proponents portray the benefits as being reduced travel time to Montreal (STOL would initially fly only between Toronto and Montreal) and a shot in the arm for Canada's aircraft manufacturing industry.

However, even in those terms there would be a net economic loss. A study done by the federal government, which has backed STOL, indicated that the net loss would be \$54 million over 10 years. Total cost of the project was estimated to be in the neighbourhood of \$200 million.

Against these costs are set benefits, consisting primarily of an estimated \$42 million in sales for the manufacturer of the plane, and savings in time, on which the federal study put a value of between \$53 million and \$91 million. The economic value of the time saved was calculated by estimating that the average STOL traveller would be earning a salary that works out to \$19.50 an hour. (It is estimated that over 90 per cent of the users of the service would be businessmen.) In a pilot STOL service set up between Ottawa and Montreal in 1974-76, the average income of passengers, at that time, was \$30,000 per year.

One transportation researcher, Julius Lukasiewicz, summed up the economic balance sheet thusly: "In effect, STOL would provide superior service only to a

small sector of the most affluent public. But this is not all: since it would result in considerable 'net economic disbenefits', it would do so at the expense of all taxpayers, mostly the lower-income groups."

Lukasiewicz also points out that the time savings are not actually created by reduced travelling time, as is commonly supposed. The STOL airports' downtown locations would save travellers 24 minutes in ground travel time going to and from the airport. But because the plane itself is slower, they would spend an extra 25 minutes in the air, so total travelling time would actually be a minute longer. But where the time is actually to be saved is in improved terminal processing and baggage handling, which would take 20 minutes less than at conventional airports.

As Lukasiewicz notes, if such streamlined procedures are available, then why not introduce them at regular airports?

Other opponents of STOL argue that in a time where energy is becoming more and more of a scarce resource, it makes much more sense to concentrate on improving high-speed inter-city train service. (A four-hour Toronto-Montreal run is a possibility.)

Seniors' service

Clubs for Older People has answers for people who are asking: "Since I retired I'm not very active. Are there any fitness programs for adults?"

"My mother has heard of a seniors program at Harbourfront. Can you tell us where to call for details?"

"My father-in-law doesn't speak English. Is there an Italian men's club in Metro?"

Clubs for Older People has been prepared by the Community Information Centre of Metropolitan Toronto for use by organizations and groups in helping seniors select leisure time activities. Included in this publication are over 350 clubs and centres, contact names and telephone numbers, activities and special services, and dates and times of meetings.

Also provided are guides to senior citizens ethnic clubs and clubs for seniors with special health needs. Maps indicating all club locations are included.

A mailing list has also been prepared giving mailing contact

names and addresses. This information often differs from the club meeting location or contact person.

Copies of the publication and mailing list are available for \$5.00 each or \$8.00 for both. Purchases may be made in person or by mailing your request with a cheque or

money order to the Community Information Centre of Metropolitan Toronto, 34 King Street East, 3rd Floor, Toronto M5C 1E5.

Information on these clubs and centres is available at no cost by calling the Centre at 863-0505.

Another tradition gone

A local landmark at Jarvis and Dundas, the Warwick Hotel, closed its doors for the last time on November 17.

The Warwick began life in 1910 as the Royal Cecil, but soon acquired a reputation as one of the

main nightspots in Toronto's "tenderloin" district, as Jarvis and Dundas became a centre of prostitution in Toronto.

The building is to be levelled for a parking lot for Simpson-Sears.

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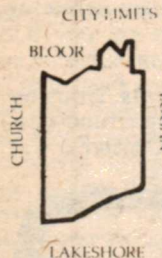
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How to keep your child safe**Playpens**

A playpen is the one place where you expect your child to be safe.

But children *have* been hurt in playpen accidents. Two infants choked to death when the shoulder buttons on their clothes got caught in the "jumbo" mesh of their playpens.

Tragedies like these can be avoided. That's why regulations for safer playpens became effective September 1, 1976, under the Hazardous Products Act.

The new regulations cover the design, construction and performance of playpens. Design standards were developed by the Product Safety Branch of Consumer and Corporate Affairs Canada, in close co-operation with playpen manufacturers.

It is now illegal to sell a playpen, new or used, which does not meet these specifications:

- The mesh must be small enough to prevent a child getting either a finger or a button caught in it.

- Walls made of mosquito-type netting and other fine meshes are acceptable.

- No playpen should have more than two wheels or castors, to prevent the playpen from rolling away.

- All playpens must pass stability tests, so that they will not tilt or fall on top of a child.

- All metal parts must be free from rough or sharp edges, and hinges should be designed to prevent pinching.

- Exposed wooden or plastic parts must be smoothly finished.

Wooden playpens are also regulated under the Hazardous Products Act.

Families who own playpens with walls of wide mesh, bought before the regulations came into effect, should not place children in them if they are wearing clothing with buttons which could become entangled in the mesh.

car seats

Thanks to 1975 regulations under the Hazardous Products Act, all children's car seats sold in Canada must comply with safety standards and bear labels to this effect.

No amount of regulation, however, can ensure that a child will be safe in the car seats available today unless the seats are installed correctly.

Seat anchoring devices must be attached to the vehicle according to the manufacturer's instructions. Shoulder straps should pass through the holes in the body of the child's car seats at approximately the level of the child's shoulders. When tightened, they should be only slack enough to allow two fingers to slip between the webbing

and the child's chest. Lap belts, if present, should be snug and low on the child's hips.

Where a car seat is not available, a lap belt should be adjusted snugly across the lower part of the child's hips. Seating the child on a cushion may make it easier to adjust the belt properly. A shoulder strap should be used only if it can be passed across the child's chest without touching any part of the head or neck. If proper fit cannot be obtained using the shoulder part of a one-piece lap and shoulder belt, only the lap belt portion should be used. The shoulder belt portion should be passed behind the child's back.

Play it safe

Your baby's favourite rattle — is it just an innocent toy? It sounds pleasant and looks colourful — but what about the size?

Baby's habit of putting everything in the mouth presents problems for parents in choosing toys such as rattles.

Although most parents watch for breakable material that could be lodged in a baby's throat, some rattles are small enough to be taken completely in the throat. Rattles of certain dimensions can block air passages and cause death by suffocation.

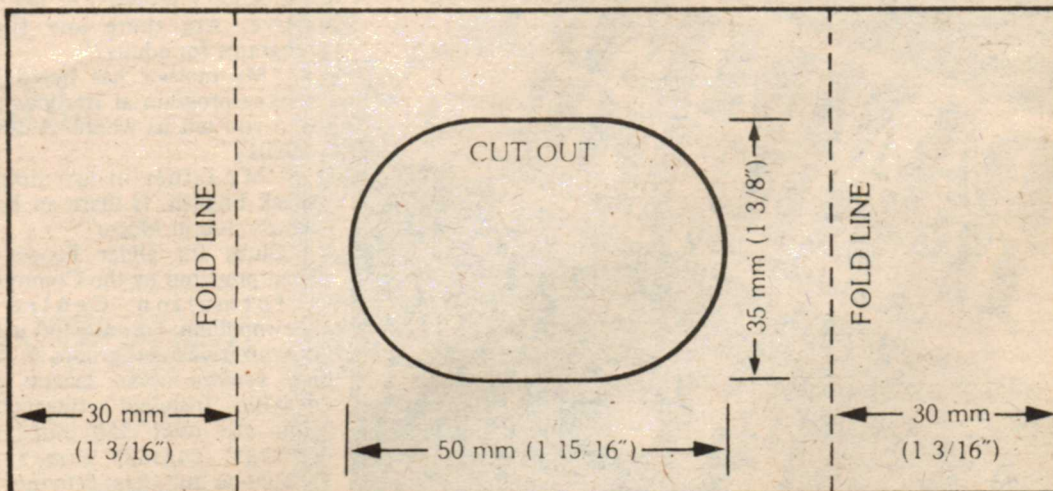
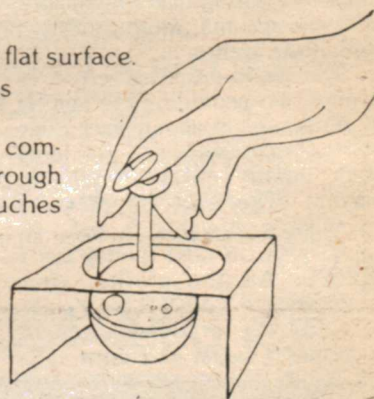
The Hazardous Products Act sets out safety requirements for baby rattles, however some families may still possess potentially dangerous rattles.

Check your baby's rattle with this simple gauge. Destroy any which pass through the gauge opening and touch the flat surface on which the gauge is placed.

- 1) Paste diagram on cardboard or stiff paper and cut around outer edge.
- 2) Cut out gauge opening.
- 3) Fold at dotted lines.

Use

- 1) Set gauge on flat surface.
- 2) Insert rattle as illustrated.
- 3) If rattle or component passes through gauge and touches surface — the rattle is a hazardous product unsuitable for use by an infant.



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Bob Rae meets constituents

By HOWARD HUGGETT

Bob Rae, the MP for Broadview Riding, held a public meeting in the basement of St. Barnabas Church on Sunday evening, November 30th. This was not an NDP gathering but a meet your representative meeting, and the object was to give people an opportunity to voice what was on their minds. Upwards of fifty attended and somewhere near twenty got up and spoke — a very successful undertaking.

At the very beginning the floor was thrown open for discussion on whatever topic you cared to talk about. Not surprisingly, the first subject picked was the new Canadian constitution, and that took up a large part of the evening. There were two main points of view evident in the discussion, one of which was that we had gotten along for over one hundred years without our own constitution, so why did we need one now. On the other hand, several people expressed the need for an entrenched Bill of Rights that would protect such minorities as the native Indians, the Inuit, women, etc.

Considerable time was devoted also to the energy crisis, the high cost of oil and gas, how to gain control of our own resources and limit the power of the huge multinationals.

One of the contributors from the floor gave quite a plea for the establishment of a constituent assembly as a means of drawing up a new constitution. This is an idea that comes up at meetings where the constitutional problem is discussed, and it never seems to appeal very much to the audience. Its proponents are usually very vague as to how this body is to be formed and what its exact function will be. It is very difficult to find out from the supporters of this idea how it will differ in its make-up from our present parliament, what powers it would have etc. The only constituent assembly that was ever held on this continent that I know of took place in the American colonies in 1776 when they were in revolt against the British Government. The situation in Canada today is very different, and it is difficult to understand why this idea is timely now.

After each topic had been dealt with from the floor Bob Rae made a detailed reply, outlining his ideas and the program of the NDP. It seemed to me that it was a very interesting and useful meeting because it gave people an opportunity to discuss important issues in an atmosphere that was free from the usual election situation. It would be nice to have several of such events each year.

Cressy & Reville say Thank You.

Some months ago we started our joint campaign for Aldermen in Ward 7.

Over the last month we talked to many of you at the door step. A number of you joined our campaign. On Election Day over five hundred of us were on the street bringing in the vote.

The hard work paid off. You, the voters of Ward 7 have given us a solid mandate. We thank you for that. Your support was appreciated. We have much work to do.

We plan to keep in touch regularly. We hope you will support us when we are right, and take us on when we are wrong. Together we can accomplish a great deal.

Yours sincerely,

Gordon Cressy *David Reville*

Alderman
Gordon Cressy

Alderman
David Reville

**Your
Aldermen for Ward 7**

The goods on Christmas shopping



By HOWARD HUGGETT

In case you hadn't noticed, Christmas is coming. The carols will be starting any day now, and so will the Yuletide bells. The bells on the cash registers have been ringing for weeks. The airwaves are awash with "the spirit of Christmas" and brotherly love. There is nothing wrong with that, but unfortunately nowhere near all of it is genuine. Besides, it would be much better if all that charity and compassion was more evenly distributed over the whole year.

I hope that no one will cry "Scrooge" if I point out that almost all of what is called "Christmas giving" starts out as plain old-fashioned every-day sell-

ing. So the warning "let the buyer beware" is just as timely in December as in June, perhaps more so. At this time of the year people are usually in a more generous mood and apt to be less cautious, so it isn't a wonder that many shoppers get carried away and buy a lot of inferior merchandise at inflated prices. There is a tendency when buying a gift for cousin George to decide how much you want to pay and then settle for something that looks suitable at that figure. After all, Christmas shopping is time-consuming and frustrating, and everyone wants to get it over with. But it's wiser to shop for presents just as carefully as if you were buying for yourself.

So permit me to pass on some helpful information from the Department of Consumer and Commercial Relations on the subject of warranties. Any Warranty or guarantee should specify the following:

- The name and address of the manufacturer.
 - Who is responsible for the performance of the product: the manufacturer or the retailer.
 - Whether the whole product is guaranteed, or just the parts.
 - The length of the guarantee.
 - Whether the guarantee is prorated. This enables the guarantor to offer you a depreciated settlement, taking into account the time the product has been in use.
- It would seem that the time to read the warranty is before the purchases, not after. How many of us do that? I must admit that I can't recall doing that.

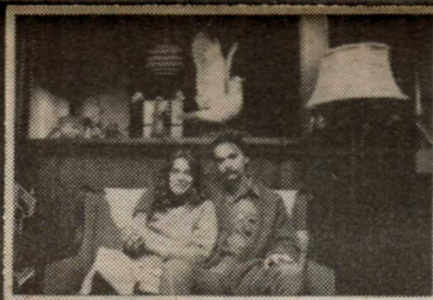
Another reminder from the Department of C. & C. R.: Merchants are not under any obligation to take back your

purchase just because you have changed your mind the next day. Many stores make a practice of doing just that, but there is no law that compels them to. Of course, if the merchandise is defective, or is not what it was claimed to be, that's different.

By the way, have you found more unpriced items in the supermarket lately? It may be that we are being softened up for the day when the optical scanners go into action at the check-out counters and charge you the latest price by reading that little rectangle of lines and numbers on the label. The store-owners, of course, are always trying to get out of the expense of pricing all those cans and packages and boxes. What is the best way to combat that? You could chase around the store and find someone to tell you the price — if you can — or let the clerk at the cash register have a try at it. Maybe it would be best to do both. It takes time, of course, but if you want to put the store-owners to some trouble in order to stop them from leaving the prices off the merchandise you should be willing to go to some trouble yourself.

Anyway, have a good Christmas.

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Dr. Paava Airola

Nutritionist has innovative ideas

By ANNE WOODS

There are numerous theories on nutrition. Some people think that a high protein diet is the best. Others insist that vegetarianism is the key to health. A third group believes that you must eat everything raw, including grains. How can you know which of the many theories has its teeth sunk deepest into the truth?

There is no hard core evidence to prove one theory over another. Of course, there is common sense. To judge a theory of nutrition, look at the person espousing it. Who would you be more inclined to believe was on the right track — a baggy-eyed, noticeably underweight drawler or a vivacious, glowing man who looked 20 years younger than his 60 years plus? Like Dr. Paava Airola?

Late in September Dr. Airola, considered by many to be one of the world's leading nutritionists, gave an informal lecture on nutrition. The Finnish-born, naturalized Canadian floored his audience with some radical ideas about food and health. Exuding calm and a warm confidence in life, Dr. Airola stimulated the crowd with more than a few new perspectives and facts.

Are you ready for a few?

1) Europeans have a stable and sound view of nutrition unlike Americans who have many different views. "Experts" on nutrition abound in America, encouraged by the profits they can



reap from their own expertise. In response to the demand for information, the experts become rich by pushing their own products.

2) There is a big difference between preventative nutrition and therapeutic nutrition.

Dr. Pritikin developed a superb diet for people with cardiovascular disorders. By limiting the fat intake to 10%, the body on a Pritikin diet cleans out arteries by eating its own fat. People who do not have heart problems and who follow the diet for a long period of time, run the risk of developing diseases, mental confusion and multiple sclerosis. Men can become impotent. Women can develop sexual disorders.

Because a therapeutic diet must always be a deficient one, it is not recommended for optimal health.

3) There is too much concern over getting enough protein in the diet. There is protein in everything we eat except highly refined foods like white sugar and white flour. If you have enough to eat, you will have enough protein.

Americans are preoccupied with meat and fish as sources of

protein. Where does a horse get his proteins? From Grass and Grains! Proper combinations of vegetables and grains will give us all the protein we need.

4) Polyunsaturate fats are as bad as, or worse, than saturates. Because they are subject to oxidation, polyunsaturates are vulnerable to damage by heat. Throw out oils and go back to butter. Restrict your fat intake to 15-20% of your diet. The best oils to use are whole pressed olive oil and sesame seed oil. You should only use a teaspoon of oil a day.

5) People should take vitamin supplements every day. The quality of our foodstuffs is declining. A good example of this is American wheat which once consisted of 18-24% protein. As Americans increased their bushels of wheat per acre, the soil became depleted. Now American wheat is only 9-10% protein.

6) Flouridation is the biggest fraud that has been perpetrated on people in the name of science. Flouridation has been solidly linked with cancer of the throat and bowels.

7) Chlorination is linked to cancer. Everything that goes on the skin gets absorbed. Chlorine is one of the strongest carcinogens.

8) Toronto water is treated with 12 different chemicals. If you think it is clean, leave a glass of it covered and sitting for a few weeks. You won't be able to wash the residue off the glass. Natural, unpolluted water is the best drinking water. The next best is distilled.

Dr. Airola believes that nutrition is the third down on the list of health building factors. The first? Oxygen!

"The most important thing the body needs", said Dr. Airola, "is oxygen." "Please don't misinterpret what I will tell you next," laughed Airola who could anticipate the wild interpretations people would take home that night. Interpretations like "Dr. Airola said I could eat all the junk food I want, as long as I exercise regularly."

"There is no health without movement," continued Airola. "It is better to eat junk foods and exercise a lot than to eat health food and exercise a little or not at all."

After the whispers in the audience subsided, Dr. Airola continued. He named a "positive frame of mind" as the second most important factor in health. "Man is a self-healing creature," said the doctor who would do well to live by the motto "Every day in every way I am getting better and better."

Airola questioned the reliability of some prominent nutritionists who call themselves experts after studying the effects of a particular diet for 3 weeks or across three generations. One has to study a diet through many generations and a thousand years to assess its long term effects on health.

In essence, this is what he has done himself. For 20 years Airola travelled over the world, studying the living and eating habits of healthy people, all of whom had been following a traditional diet that had remained the same for centuries. The doctor notices similar factors in all the diets that produced healthy people. They were low in protein. Compare their 20-30 gram quotient a day to the

American diet which recommends a daily intake of 45 grams of protein.

Not only were the healthy diets low in protein, they also consisted of lots of fresh food. Dr. Airola pointed to the fridge as a major culprit against good nutrition. People shop in bulk and store food in the fridge at the cost of vitamins and minerals. If a lettuce loses up to 50% of its Vitamin C content within 24 hours of being picked, how good is it after being in transit one week to your fridge and another week to your table?

Grains are the staff of life, said Airola. They contain proteins, minerals, fatty acids and vitamins. Since he discovered fire, man has cooked his grains. Grains should always be cooked since the body cannot break down the chemical bonds in raw grains.

After grains, vegetables and fruits are next in importance in an optimal diet. Some vegetables, like spinach, rhubarb and asparagus, should never be eaten raw. Instead, throw them in boiling water for 3-5 minutes, then throw the water away. Fruits should be eaten raw and in season. In winter, dried fruits are the best since fresh ones are too long in transit from sunny climates and frozen ones lose Vitamin C over a period of time.

Dr. Airola finished his lecture with a bit of philosophy. "Health does not assure happiness" he said. "We must perfect ourselves spiritually to become more god-like."

Health may not guarantee happiness but it certainly does aid and abet it. I am sure Dr. Airola would agree. He has plenty of both.

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& MEATS • SAUSAGES • MONTREAL SMOKED MEAT • CORNED BEEF
PASTRAMI, ETC.
CHEESES • FRESH SLICED OR PREPACKED
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CHRISTMAS GOODIES AND... YOU JUST HAVE TO COME AND SEE!

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Saturday 4 pm to 1 am; Sundays and Holidays, 4 pm to midnight. Delivery starts 4 pm.

763 Queen St. E. (at Broadview)

For reservations call 469-0700

COMMUNITY CALENDAR

Friday, December 5

The New Music Co-operative is pleased to present **Geomusic**, a collaborative concert featuring six new works created this year by thirteen Toronto-based composer-performers. **Geomusic** explores the relationships between composer, performer, audience, and performance space. Tonight at 8:30 pm at the Art Gallery of Ontario, 317 Dundas St. W. Tickets are \$4.

The Regent Park Adult Recreation Centre, 603 Whiteside Place, are holding their annual **Christmas bazaar** today between the hours of 1 pm - 4 pm. The proceeds go towards their children's Christmas party.

Fireweed, a feminist party publication, in association with Factory Theatre Lab, presents **Fireworks**, presenting plays that won Fireweed's National Women's Playwriting Competition. Performances run tonight until Sunday, Dec. 14. All performances 8:30 at the Theatre Centre, 95 Danforth Ave. Tickets \$3. For details on plays being performed, call Fireweed at 626-5465 or Theatre Centre at 461-1644.

Saturday, December 6

Harbourfront presents Mime Unlimited's production of **Confederation**, a humorous look at some of Canada's most colourful prime ministers. Adults \$2.50; children and seniors \$1.50. Today at 2:30 pm. in York Quay Centre.

Christmas Tea and Sale at St. Barnabas Church parish hall, (Chester subway stop), today from 1 to 4 pm.

The Canadian Farmworkers' Union presents a **farmworkers support dinner** with CFU president Raj Chouham as guest speaker. Trinity United Church, 271 Bloor St. W. (near Spadina). Dinner starts at 7 pm; speaker at 8:30. Childcare available. Tickets are \$3 (includes dinner), available at the door or call 694-6630.

Action Daycare Benefit tonight at the 519 Church Street Community Centre, featuring "No Frills" Dancing, cash bar. \$5.9 pm to 1 am. Phone 368-9124 for tickets.

There will be a **fundraising party** tonight at 437 Sackville St., Apt. 25, for the **Three Streets Housing Association Inc.** a non-at 437 Sackville St., Apt. 25, for the **Three Streets Housing Assoc. Inc.**, a non-profit housing partnership working to cooperatively purchase 115-119 Winchester and 441 Sackville. \$2 admission, cash bar. 8 pm to 1 am.

Boys and girls can **print their own Christmas cards** with a design they make themselves at the Jones Library, 118 Jones Ave., at 2:30 pm today. For children 10 and up.

Sunday, December 7

The St. Luke's Forum (St. Luke's Church, Sherbourne and Carlton) present Dr. Clark MacDonald today at 2:30 pm.

"A Wives Tale", a documentary film about Sudbury women and their role in support of the strike against INCO is showing at the Festival Cinema, at Yonge and Charles, at 1:30 and 3:30 pm. Admission \$3. Sponsored by the Development Education Centre. Call 964-6901 for more details.

Monday, December 8

A forum, "**Dollars and Sense for Day Care**" is being presented tonight at the St. Lawrence Centre Town Hall, 27 Front St. E. at 8 pm. There will be panelists and alderman Gordon Cressy will moderate. Free admission.

Wednesday, December 10

By-pass stress and strain and experience the joy of moving with ease and efficiency. Two **free** introductory classes will be held to day and tomorrow at 7:30 pm in the **Centre of Movement**, Danforth and Chester Ave. Call 466-9549 for more information.

There will be a meeting on immigration practices and procedures at the Centre for Spanish-Speaking Peoples, 582-A College St. sponsored by the Law Union of Ontario.

The Law Union is interested in meeting with community groups and organizations to discuss problems related to Employment and Immigration Minister Lloyd Axworthy's establishment of a task force on immigration practices. Sponsorship and location of immigration offices abroad are two of the issues on the agenda. Contact the Law Union at 2 Bloor St. W. #100-203 for further details.

Thursday December 11

Bermondsey School, a senior school for mentally handicapped students aged 13-21 years, invites you to a **Multicultural Show** with entertainment, tonight at 7:00 pm at Bermondsey School, 25 Bermondsey Rd. "Passports" will be available at the door. Adults \$2; students (12-18 years) \$1.50 and children \$1. These "passports" cover admission and three food tickets. Additional food tickets available at 25¢ each or 5 for \$1.

Bingo tonight at 7:00 at Regent Park Public School, 20 Regent St. Admission 50¢ extra cards 10¢ each, specials 2 for 25¢

Saturday December 13

Mudpie, the education magazine, is holding a **Christmas benefit** at **St. Paul's Church**, 121 Avenue Rd. tonight at 8 pm. Featuring the Spadina Tabernacle Band. Food, cash bar, dancing. \$3.50 in advance, \$4 at the door. Children free.

Sunday, December 14

The St. Luke's Forum (St. Luke's Church, Carlton and Sherbourne) presents Rev. Robert Lindsay. Today at 2:30.

Monday, December 15

There will be a **blood clinic** today at the Mackenzie Building, 36 Adelaide St. E. from 9:00 am to 4:00 pm.

Tuesday, December 16

The Pape-Danforth Library, 701 Pape Ave. is having a reading of Charles Dickens' "**Scrooge**" by professional actor and playwright Warren Graves. Refreshments will be served. Today at 7:30 pm. Free.

Thursday, December 18

Eat and be entertained in a medieval manner tonight and tomorrow at Harbourfront. At 7:00 pm, dig into a medieval feast to be eaten with your fingers. Court jesters, medieval musicians and dancers provide entertainment. Showtime 9:00 pm. Minimum charge \$2; dinner and show \$6 for adults, \$3.50 for children under 13. Reservations 869-8412 or 869-8418. York Quay Centre.

Come to a **Christmas Party** at the Christian Resource Centre 20, Spruce St., tonight from 7:30 onwards. All welcome.

Friday, December 19

There will be a **Christmas Dance** at Our Place Drop-In Centre, 575 Yonge St.

Ongoing Events & Services in Regent Park

● **Rummage Sale:** every Monday and Friday morning beside the laundry room in 63 Belshaw Place — cheap prices.

● **Bingo** every Monday night at 203 Sackville Green, 7:00. Jackpot \$25, game prizes \$5. Share the wealth! Sponsored by Regent Park Services Unit and R.P.C.I.A.

● The Regent Park Adult Recreation Centre, 603 Whiteside Place, offers **ping-pong, shuffleboard, bumper pool, cribbage, and arts and crafts.** We also have a library if a quiet time is what you want. Centre hours are Monday-Friday from 1 to 4 pm, nights 7 to 10 pm (except Friday 7 to 11 pm). Phone number is 364-4915.

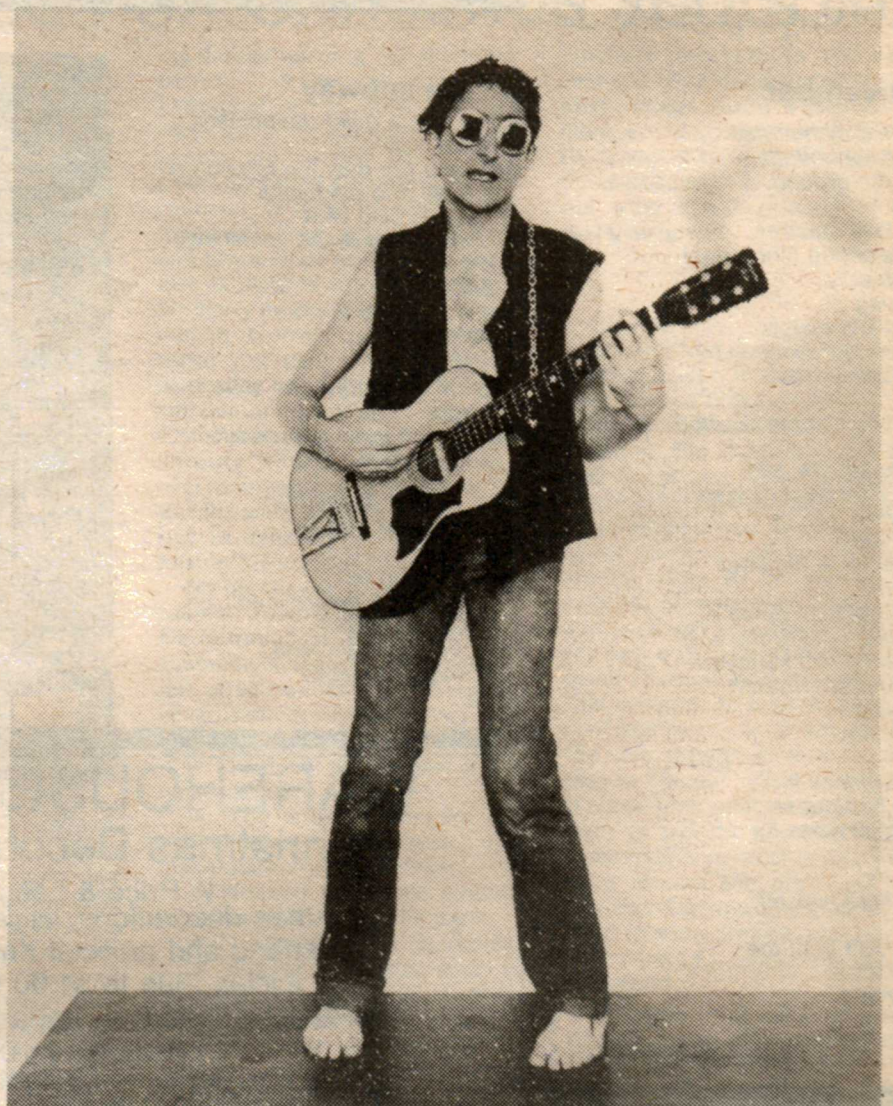
ONGOING

● **Creative Movement Class for Children** to be offered Saturdays at 11 am for ages 5-8 at the 519 Church Street Community Centre, 1 block north of Wellesley. Music and images and the children's own ideas will stimulate exercises that develop body awareness, relaxation, positive channeling of energy and creative expression. We have lots of space and music, so just bring some energy and fun ideas. (This course is free).

● There will be **bingo** every Saturday evening at 6:30 pm at the Friendship Centre in All Saints Church, 315 Dundas St. E.

● Justice for Children has opened a **Legal Aid Clinic for Kids under 18.** Lawyers are available to help kids who can't get a Legal Aid certificate from a lawyer. Kids can get help with any educational problems, adoptions, change of name, etc. Tuesdays, Wednesdays and Fridays from 2-5 pm at 455 Spadina Ave. Call 596-1349 for an appointment.

● Boys who wish to belong to the 44th **Beaver Colony** or **Cub Pack**, please contact Beaver Leader Dave Oliver at 463-9861 or Cub Leader Jim McKee at 465-4163. (Beavers are for boys aged 5-7, Cubs aged 8-10).



LUNCHEON THEATRE PRESENTS PROFESSOR WOMBUG'S MEDICINE SHOW A Musical Tragicomedy Written, directed and performed by D. Forsythe

Held at:
Pathways College
591 Parliament St.
Toronto

Friday Dec. 13, 8:30 pm
Admission \$1 (coffee included)
For information call: 967-4668

Professor Wombug, searching for the elusive Quark, accidentally becomes trapped within his own Quark-capturing device. His wife, Professor Gladys Wombug and his assistant, Dr. Goodhead, are forced to relinquish prestigious university positions and join the private sector. They hit on the idea of using the 12 tons of waste plutonium on the planet to make a series of plutonium-based products: Plutodont toothpaste (for that light-up smile); Plutobismatol laxative, or suppositories (use with caution!); Radon 222 perfume (knock your man out); and Bran muffins from Mars (are they radioactive?).

Meanwhile, Sid Wombug, Professor Wombug's pseudo-punk rocker son, is grappling with his own personal dilemma: should he have a chocolate donut or a wainut cruller? The three characters are played by Dr. Paul Forsythe, one time tutor/research associate at the University of Toronto, Queen's University (Atomic Energy Grant) and Ryerson (Mechanical Engineering). Each character appears for about 15 minutes, recounts his/her version of the intrigue and sings some songs. All the material is original except for "Blue Suede Shoes", "Ain't Misbehavin'" and "Jailhouse Rock".

SONGS: Bran Muffins from Mars
Radon's Daughters
Sanctuary

\$10 Worth of Groceries
Giulia

PROFESSOR WOMBUG'S MEDICINE SHOW

Community Calendar is a free community service. If you have an upcoming event that you want printed in the next (December 19) issue, fill out the coupon below and mail or bring your notice to 7 News, 315 Dundas St. E., Toronto M5A 2A2 or phone 363-9650. The next issue is the last until January 16, so all events between December 19 and January 16 inclusive should go in that issue.

DATE OF EVENT
DETAILS OF EVENT (include time, place, & what the event

is, in 2-3 sentences)

.....
.....
.....
.....

DO-IT-ALL Construction

- Renovation
- Porches
- Rec Room
- Floor
- Re-finished
- Insulating
- Additions
- Dry Wall
- Fences
- Painting
- General Repairs

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WOMEN

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Free Legal Advice
Qualified Criminal Lawyer
The Toronto Elizabeth
Fry Society
Thursday 7:00-8:30 p.m.
215 Wellesley St. E.

W. Frank Robinson

Denture Therapy Clinic

2 College Street Suite 204
(Corner Yonge & College)

Monday to Friday

923-7558

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● Perfect Comb-Out Perm \$15
● Wella Perms \$18
(Hair Cuts Included)

Home Repairs & Renovations
concrete and brickwork
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Free estimates
Angelo Poidomani
B1-553 112 Bellefair Ave. 691-5322

POETRY

November

It is a dismal day
the rain splatters
to the ground.

A lone squirrel
sits on the fence post
hurriedly
taking
the last morsel
from the dying
chestnut tree.

the leaves are no more

The squirrel sits
as if he doesn't want
myself
to see
and turns his back
to me
his tail fans upward
swings out at the end
and he sits hunched
two paws in front
eating
quickly.

It looks as if
he has put on
a high class fur
coat
to try
to hide himself

to hide from the
winter
coming.

— Anonymous

QUALITY STATS
FOR GRAPHIC ARTISTS

THE STAT CELLAR
466-7940

CANADA
Oxfam
People
To
People
Development



OXFAM supports small, self-help projects in developing communities around the world. OXFAM projects stress self-reliance and seek maximum participation by the local population. OXFAM is more than a charity. It is a movement for social justice.

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On the subway

There was a quiet desperation
about her.
After you got past the turned up
nose and disdainful
discerning view.
She looked as if she somehow
knew
better
But was going to go on
believing
Anyway.
She sat there as if she were
afraid.
Holding on to an oversized
bag — on the floor
As if it were an anchor.
And her hair was
straight
and hanging out
of its place determined
by bobby pin
And the roots showed.
But she had a soft
face

To match her soft
(somewhat matronly)
plump

body
And one hoped as she
clenched her fist about
her hand bag handle

That everything would be alright.

— Anonymous

A lady

The man walked by
with his big nose
Hanging his pretty
little lady
By his hand
as if on a dog lead.

She bubbled along
with curls
and frills
and smiling.

followed what
he looked at.

— Anonymous

WAREHOUSE SALE Christmas Decorations

1/2 Price & Less

Xmas decorations, icicles, tinsel
garland and artificial Xmas tress
Icicles (69¢ to \$1.00 a box)

SPECIAL PRICE — garland or icicles
4 boxes for \$1.00

Xmas tree lights — 25 light outdoor set

SPECIAL PRICE — \$8.95

Styrofoam (all shapes or sizes — green & white)

UP TO 75% OFF

Giftware, chinaware, toys, games etc.

AT DISCOUNT PRICES

653 Queen East (across from Edwin Hotel)

Open Friday 10-8 and Sat. 10-6

OR

888 Queen East (at Booth)

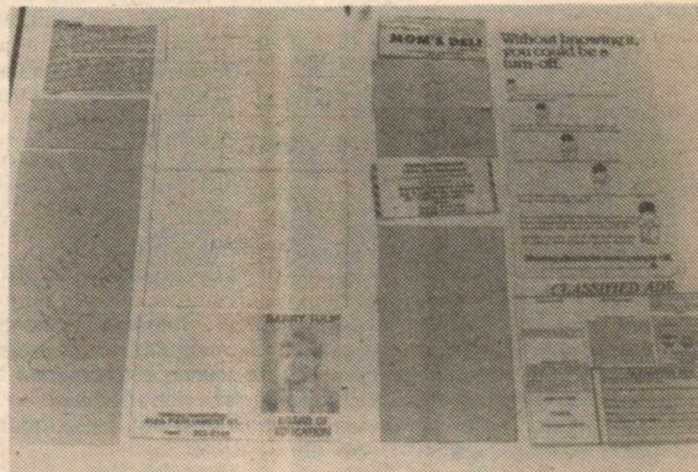
Mon.-Wed.,

Sat. 10-6

Thurs.-Fri.

10-8

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Have you ever wanted to try
your hand at putting a news-
paper together? 7 News is look-
ing for several or two volun-
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how — and times are flexible,

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Limit: One per customer

Mon.-Fri. 11-8 pm
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- Citizenship
- Restoration
- Photo Frames

Ask about our Christmas packages.
Call now to avoid delay!



YOU DON'T HAVE TO SHOUT MERRY CHRISTMAS.

1. If you decorate your house with Christmas lights, keep it simple. Too much of a good thing is a waste of electricity.
2. Turn your Christmas display on after 7 pm, when the demand for electricity is lighter. And please, remember to switch it off at bedtime.
3. A happy Christmas is a safe Christmas. Discard old lights that show wear or damage and make sure lights are marked C.S.A. (Canadian Standards Association) for safety.

OUR BEST WISH-DON'T WASTE YOUR ENERGY. USE IT WISELY.



Artists' original prints on view here

The art community is rapidly becoming a visible part of Cabbagetown. The last few years have seen many galleries and studios move into the area. One of the earlier members of the Cabbagetown community to be involved in art, though relatively anonymous until recently, is **Sword Street Press**. Tucked away in a factory at the bottom of Sword Street, Canada's first private lithography studio has been in business for just over two years.

Begun in 1978 by two printmakers, Don Phillips and Geraldine Davis, Sword Street Press has been doing a great deal

to change people's conceptions about the expensive nature of original art. Well known Canadian artist of such calibre as Robert Markle, Graham Coughtry, and Gordon Rayner have come to the studio to draw on the huge slabs of limestone. They were all intrigued by the medium (most had never made prints before) and, with the help of master printer, Don Phillips, created beautiful editions of colourful lithographs on rich papers. Because the stones are so large, the artists are able to work on a scale that they are accustomed to, and create more painterly work.

The stones are inked by hand and printed under tremendous pressure, squeezing each colour into the paper with such force that the resulting image is unusually vivid. The editions are extremely limited, maintaining a high degree of exclusivity for their prospective collectors. Depending upon the amount of work involved and the notoriety of the artist, the prices range from \$200 to \$750.

These prints have brought original work by well known artists into the range of most budgets. Davis and Phillips stress original because prints are often thought to be the same thing as reproductions, which is absolutely not so. Reproductions are photographically copied, mechanically reproduced copies of an already existing work of art. Original prints are created only from an idea or sketch and the prints themselves are the only form that that image takes.

The motto of the shop is a quote from Tatyana Grosman, an American woman who almost single-handedly created the print revival in North America with her studio, Universal Limited Art Editions "We don't do prints...We create art".

Having published all of this art, Sword Street Press needed a way of reaching people. Though their work appears in many corporate collections, Davis and Phillips were interested in having the general public aware of them. The solution was the Sword Street Gallery. In late September the gallery was opened, their first exhibition being a show of all of the published work. The exhibitions are not confined to their own work, however, since they have begun representing many young printmakers and artists in other media.

Presently, Sword Street Gallery is showing work by printmakers

which will run until January 6th, at which time Rick McCarthy will begin his exhibition of prints and paintings.

Because they are somewhat off the beaten track, Sword Street Press has relatively little neighbourhood trade and would welcome the opportunity to show the work and the shop to interested people. They are the only printshop in Toronto to have a gallery on the premises, which allows browsers to see how the work is made, as well as the finished pieces.

The gallery hours are Tuesday to Saturday from 12:00 until 6:00 and any other time by appointment. Please drop by and have a look for yourself.

Sword Street Press, 10 Sword Street, 924-0182.

Dear Friends:

My name is Gaston Beaudry and I am the blind salesman who comes to your home every couple of months. Although I have many useful household items that you may wish to buy, I appreciate the fact that many people are nervous about opening their door to a stranger. In this letter, I will describe some products I sell, and I will suggest an alternative way for us to do business and for me to serve you.

- Terry Cloth Tea Towels
- Large Sized Tea Towels
- Key Rings
- Men's and Women's Leather Wallets
- Playing Cards
- Pillow Cases (size 20 x 32" with embroidered design)
- Wall Plaques (Serenity Prayer Plaque)
- Men's Socks
- Postage Stamps — 17¢ and 35¢
- Lead Pencils in various colours and Coloured Markers

FOR CHILDREN

- Folding Toothbrushes
- Cigarette Pens and Calculator Pens
- Clown Balloons

AND ALSO:

- The book, "No Dogs Allowed", written by a blind couple about their travels through Europe, and the adventures (and discrimination) encountered.

I would be very pleased to visit your apartment at your request in order to demonstrate any of these items. In the meantime, if you would like to place an order or discuss with me my merchandise, you may phone my home in St. Jamestown by calling 924-3271. For your convenience, I have installed an answering machine, and I will promptly return your call.

Thank you very much for reading this letter and I hope to hear from you in the near future.

Sincerely yours,
Gaston Beaudry
924-3271

A Cabbagetown Christmas

An old-fashioned community Christmas party with carols, choirs, stories, a Christmas tree and good things to eat will be held in the Parliament Street Library branch at Parliament and Gerrard on Wednesday, December 17.

Everyone is invited to the party, which is co-sponsored by the library and Neighbourhood Information Post. It will be held from 7 to 9:30 p.m.

Actor Alex Jeffries will be giving readings and there will also be stories for children. Local school choirs will perform and guests will be provided with song sheets to

sing along. As well John Piper, co-producer of the popular Ward Seven musical "Dammied if You Do" will play Christmas favourites. A handsome Christmas tree will be decorated by the party-goers, who will make their own decorations. Staff at the

library and N.I.P. hope this neighbourhood get-together will become a Christmas tradition.

For further information telephone the Parliament Street Library at 924-7122 or Neighbourhood Information Post at 924-2544.

Daycare data

The Community Information Centre of Metropolitan Toronto (863-0505) provides free day care information, including:

- licensed day care centres;
- private-home care;

- programs for handicapped children;
- mothers and tots programs;
- where to apply for financial assistance with the cost of day care.



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DEADLINE FOR DECEMBER 19 ISSUE — MONDAY DECEMBER 15, 5 PM.

7 NEWS CLASSIFIED ADS cost \$2.50 for 25 words or less, and 10¢ for each additional word. Semi-display ads are \$5 per column inch. All classified ads MUST be paid in advance. (The ONLY exceptions are ads advertising jobs available and lost and found ads — these are free). Ads are not accepted by phone. Your ad, along with your payment, should be sent to Classifieds, 7 News, 315 Dundas St. E.

HELP WANTED

BAIN AVE. CO-OP skilled help. Maintenance service worker experienced in building maintenance, carpentry, plumbing and electrical repairs. Apply Bain Co-op, Monday-Friday, 1-5 p.m., 100 Bain Ave., Toronto M4K 1E8, 466-2186. (11-12)

BLIND SALESMAN seeking to hire Grade 7 or 8 student to assist me in my work. Good experience. \$1.50 per hour plus bus fare, about 3 hours a night. 924-3271. (11-12)

DEVELOPMENT OFFICER: SOUTH DON COMMUNITY DEVELOPMENT CORPORATION

South Don Community Development Corporation is a recently founded non-profit corporation whose object is to stimulate local economic development in the "South Don" area of Toronto. (South end of Ward 7). South Don requires a full-time staff person as of January 1981, or as soon as possible

thereafter, to work with the Board of Directors and with others in the area, to begin to implement the Corporation's objectives.

This person must have some knowledge of and be sympathetic to the concept of community economic development, and must have practical experience in community development. Applicants with small business management experience are preferred.

Basic Salary Level: \$16,000, including benefits.

This position is available through the auspices of the Downtown Churchworkers' Association, working jointly with the South Don C.D.C. For further information, contact: The Rev. J.E. Burke, The Downtown Churchworkers' Association, 145 Adelaide Street East, Toronto, Ontario, M5C 1L8, or phone: 366-7797.

Deadline for application: December 20, 1980. (11-12)

VOLUNTEERS WANTED

WOULD YOU LIKE to develop the skills needed to help an individual learn to read and write? We are looking for 10 volunteers who are willing to take 12 hours of free tutor training. Your newly acquired skills would be put to use assisting a mentally retarded adult living in Ward 7 or 8 gain functional literacy. For more information, please phone, Volunteer Services, Metropolitan Toronto Association for the Mentally Retarded, 968-0650, ext. 10 (11-12).

OXFAM NEEDS VOLUNTEERS for general office duties, writing, fundraising, etc. Hours flexible. Call Wendy at 961-3935. (11-13).

DAYCARE/BABYSITTING

BABYSITTING — on weekends, in St. Jamestown/Sherbourne area. 923-7157. (11-12)

RESPONSIBLE MATURE PERSON to provide day care for six month old baby. Preferably in my own home but will consider in your home in mutually convenient. Claire, 591-7187; after 6: 466-4522. (11-12)

Pape Children's House in Pape Ave. School (Riverdale and Pape), a **daycare centre offering a Montessori program** has openings for children 2½-3½ years. For further information phone Lorraine Ponce at 485-1891. (11-14).

DOMESTIC SERVICES

RENT-A-WIFE to think with or for you about home-making concerns; cleaning, painting, repairs, playing with the kids, etc. Christmas special: address your Christmas cards in calligraphy, \$10 per dozen. Also original watercolour/calligraphy cards. Free estimates. Call Judith at 964-8913. (11-13).

HAIR CARE

UNWANTED HAIR — Vanished away with Saca Pelo. Saca-Pelo is different. It does not remove or dissolve hair from the surface, but penetrates and retards growth of UNWANTED HAIR. Lor-Beer Labs Ltd., 9-712 Robson St., Vancouver, B.C. V6Z 1A2. (11-13).

INSTRUCTION

BYPASS STRESS AND HEALTH and experience the job of moving with ease and efficiency! Free introductory classes in Movement Essentials at the Centre of Movement, December 10 and 11, 7:30 p.m., 175 Hampton Ave. 466-9549. (11-12)

SPEAK EFFECTIVELY with confidence and clarity. Speech communications skills for executives, public speakers, actors, teachers, clergy and the indistinct dialects. Speech Arts and Drama Studio, (private tuition). Stephen Litchen, A.R.C.T., L.T.C.L., Vice-President S.C. Assoc. Ont., O.S.H.A., ACTRA, EQUITY, C.S.A., 922-2996. (11-17)

BURGESS' CORDON BLEU Cooking School. Full participation lessons in basic and advanced French cooking. Call 366-0464 for winter program. (11-12).

SCHOOL OF BALLET, 302 Broadview Ave., offers small classes for children, teens and adults based on the syllabus of the Royal Academy of Dancing. Theresa M. Dee, A.R.A.D. Call 757-0471 or 461-8711 (6-10 pm). (11-12).

BUSINESS LISTINGS

NEW ISSUE STAMP SERVICE — Collect Canada, New Zealand, Ireland and other Commonwealth stamps. Our low service areas are 20% or face value or imported cost plus postage. We also buy. J & F CAIN PHILATELY, 181 First Ave. Toronto M4M 1X3. (11-13).

NOW OPEN IN CABBAGETOWN Après-vous Better Family Clothing on Consignment at 212 Carlton St. (Clothing taken in daily). Call 968-2515. (11-13).

LE CENTRE ACADIEN/Acadian Secretariat, 20 Spruce St., does bilingual typing and translation. Accurate handling of large or small orders. Please call Veronica at 923-8713. (11-13).

SERVICES

HAVE A DRAWING of your home reproduced on greeting cards. 100 cards for \$50. Call Jean Frances at 626-5465 and leave a message. (11-13).

PETS

PUREBRED COCKER SPANIEL puppy, female, 9 weeks. (Papers to come in 4-5 months). Has distemper shot, is paper-trained. Very affectionate and good-tempered. \$250. Call Sue at 482-0947. (11-14).

PERSONAL

HAPPY BIRTHDAY, Carol! (And a Merry Christmas, and a Happy New Year!) — The "staff". (11-12).

ITEMS FOR SALE

FOR SALE Old-fashioned wooden barber pole. Best offer. Call Carol 463-9050. (11-13).

Eat, drink — and try these

By ANNE WOODS

Getting into shape is like learning to follow a diet — it's hellish hard work at first but well worth it in the end.

Why bother you may ask. You're 25, just gave up smoking, are gaining a little weight, sure, but feel good nonetheless. No aches, no pains, no problems. Right! You have no problems now and if you are very lucky, may have none for the rest of your life. But time has a way of decking the lazy with ailments like obesity, high blood pressure, high serum cholesterol levels and coronary heart disease to name a few. The physically fit individual runs a much lower risk of developing any of these. He also looks forward to enjoying a workout which leaves him with skin that tingles, an appetite that drops, a tendency to smoke less. And not only that. He looks better and feels great!

There are other pluses. All that oxygen storming through your body during a workout replenishes your system and creates a reservoir of energy. This energy will carry you through your round of daily activities with enough left over to let you enjoy your family and friends at night.

It also makes you more resistant to fatigue which in turn makes you less susceptible to stress. And stress, as you may have heard, can be a cripple. Some doctors speculate that between 60-80% of our disease and illness is caused by the

stress in our daily lives.

How can you tell if you are physically fit? One of the best ways is to go to the Y for a fitness test. Trained and knowledgeable consultants will test you in the three areas of fitness: flexibility, endurance and strength. Angela Arenberg, a former instructor at the North York Y who used to put the CBC Metro Morning crew through their daily paces, defines the terms in the following way:

"Flexibility means your muscles are pliant and you have a large range of motion about the joints," said Angela. "Strength indicates that you are able to perform at the very least your daily activities without possible injury or strain to the body and are able to recover from the activity while resisting fatigue. Endurance means being able to perform an activity for a long period of time while experiencing no fatigue or only a minimum of fatigue."



There are four basic kinds of exercises and they are designed for a) flexibility b) cardiovascular fitness c) small muscle endurance

and d) strength. Yoga and stretching promote flexibility. Fast paced activities like running, jogging and swimming help to achieve and sustain cardiovascular fitness which means fitness of the heart, lungs, blood and vessels. Repetitions of exercises, like sit-ups and push ups, encourage small muscle endurance. Weightlifting, which involves the contraction of muscles, promotes strength.

Women need not shy away from weightlifting for fear of developing bulging biceps. They don't develop bulk the way men do. Both men and women should get instruction on weightlifting so they can choose the type best suited to their ends. Endurance weightlifting involves the repetitive lifting of light weights to firm muscles. Bulk weightlifting involves lifting and holding weights in position for a period of time to develop muscle.

A good physical fitness program includes exercises from each of the four categories and involves all muscles of the body. A good program also demands consistency. To develop and maintain cardiovascular fitness, for instance, a person must perform aerobic exercises for at least fifteen minutes every other day at the training heart range. The training heart range is defined through a fitness test and refers to the optimal level a person at which a person should work to develop cardiovascular fitness.

Technology has put mankind in a funny bind. It frees us from the

very exertion we need to keep us healthy. As a species we evolved with the capacities for the strength and endurance necessary to survive in a hostile environment. Although we no longer use those capacities to the same degree, our bodies are equipped with them and so we must exercise to stay healthy. We're still built for hard work and hard work we must do.



"Our body needs regular activity", said Angela emphatically. "Since we don't get it in our daily lives, we have to structure it in."

Angela suggested that if someone is interested in becoming fit, the first thing she should do is set time aside for her exercise program. One half to one hour a day would be great. Whether in the morning, afternoon or evening is irrelevant.

"Any time is a good time to exercise," said Angela a trim and spunky example of her own keeping fit philosophy. "Do it at your convenience."

Rule number one for a beginner? Go slowly! Enter the program gradually. Let the body become accustomed to the fact that you're going to work with it. Don't go out and try to jog five miles as your first attempt at fitness. You'll hate yourself for fail-

ing and will be discouraged. Walk your miles instead. It takes longer but you burn as many calories. Set your goals around time rather than performance. A beginner should count the minutes spent working out instead of her number of sit-ups or laps around the gym. Working in the allotted time, doing very little at first and gradually working up to higher standards is the best route for a novice to pursue.

If a beginner signed up in her course, Angela would put her through a low intensity program of stretching and walking to warm up the body. Then the person would do cardiovascular exercises at her training heart range, walking or jogging for 20 minutes and judging her performance by minutes not miles. She would continue with a series of strength and small muscle endurance exercises like sit-ups, push ups and side leg raises. Along with weightlifting, exercises like these, promote strength. Finally, the person would go through a cooldown consisting of stretching and flexibility-type exercises.

Although there are prescribed methods for achieving physical fitness, you can always devise your own. Physical fitness, like that darn diet, must appeal to you enough that you'll want to follow through. If you are totally turned off the rigidity of fitness programs and gym workouts, plan out alternatives according to your lifestyle and preferences. If you like walking, hop off the TTC a mile before your destination and boot it to work. If you like hockey, sign up for the neighbourhood team. Some activity is better than none and will probably whet your appetite for more.

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