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Food, chemicals and our health

Most people eat three meals a day and in the process ingest possibly hundreds of chemicals, organic and inorganic.

All food was once a living thing, and living things are composed of chemicals. Other chemicals not found naturally in plants, meats and fish are additives added by man, and are usually synthetic or in-

organic. Just reading the labels on jars and packages with their lists of six syllable words is enough to make one very apprehensive about eating the contents. There is always that question mark: Are all these additives really necessary?

Food has to travel great distances, from farm to marketplace. Some food is imported from faraway lands. We insist that it be in fresh condition when it reaches our table.

Modern society is demanding foods that don't deteriorate quickly. We want variety. We also want foods that are quick and easy to prepare. The food must have eye appeal, taste good and smell good. It stands to reason the only way this can be achieved is by the use of additives.

RIGHT TO KNOW

Do we have a right to know what is added to our food and why it is being used? I think so.

Some additives are quite harmless, but what about all those others? We have to depend on our department of health and welfare, and that special branch, the food and drug directorate, to protect us from all health hazards, be it adulterants, contaminants, or additives.

With hundreds of new chemicals being introduced by industry to the market every year, it is a formidable task to evaluate each and every one as to its safety for use in food. A manufacturer of food products wishing to add a chemical to his product must meet certain requirements, such as justification for use, amount to be used and labelling.

While it is mandatory that all additives be listed on the label, not all ingredients are so listed. Our labelling laws fall short on this point. This is something the food and drug directorate hope to rectify in the near future.

It is recognized that many people are allergic to this or that substance, and it can sometimes be a case of life or death knowing beforehand what is in a food product.

It would, of course take pages to list all the chemicals used as additives. We have to realize they are here to stay; there is no way one can avoid eating some of them. Many can be avoided by giving up ready prepared foods, snack foods, and instant foods. That means spending more time shopping and preparing meals, if you think it is worth being concerned about.

MPP asks farm-land inventory

Speaking in the legislature as "an agrologist who hasn't practiced agrology lately," Peel South MPP Doug Kennedy has called for an inventory of vacant farm land.

Kennedy says this would help in determining what should be used for housing, agriculture, or possibly be returned to farming uses.

He said statements by the opposition and some agriculturists that prime agricultural land is disappearing at the rate of 26 acres an hour are inaccurate and misleading.

Kennedy said 2.3 acres of agricultural land are going out of production every hour. He said loss of prime agricultural land should be stopped.



Luncheon at Cawthra Park centre to mark first anniversary of Peel Seniors' Regional Newspaper.

Seniors' paper marks its first birthday

A luncheon has been held at Cawthra Park senior citizens centre to celebrate the first

birthday of the Peel Seniors Regional Newspaper.

The paper is being funded by an 18-month, \$8,100 government grant and was started last May.

Copies of the paper are available at the centre, through the 11 local Zone Clubs, barber shops, hairdressers, churches and libraries.

"We already are getting advertising and some clubs and individuals are donating small amounts towards the paper."

The late Sybil Jacobs, who was one of the founding members of the paper, was the paper's first editor.

"We're always glad to have anything of interest, whether written by a senior or not. It doesn't necessarily have to be about seniors either, just as long as it's interesting," says Mrs. Thrower.

For further information, contact Catherine Dobson at 822-2613.

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ANGLICAN	THE UNITED CHURCH OF CANADA	
Clarkson Church of St. Bride, Clarkson Road — 822-0422 Services 8:00 - 9:30 and 11:00 a.m. Nursery & Sunday School 9:30 & 11:00 a.m.	Cooksville United Church Mimoso Row & Floradale Dr. 277-2338 Rev. H. Wyman, B.A. 11 a.m. — Morning Worship and Church School Nursery & Baby Care	Bethesda United Church 3311 Fieldgate Dr. (1 Block South Of Bloor) Rev. J.A. Gazzard, B.A., B.D. 9:30 a.m. - Sunday School 11:00 a.m. - Sunday Worship (Jr. Service and Nursery School) Off. 625-7923 Mans. 625-2336
Cooksville Church of St. Hilary, 2055 Hurontario St. 279-2304 SUMMER SUNDAY SERVICE 11:00 A.M.	First United 151 Lakeshore Road West 278-3714 Ministers Rev. F. H. Joblin, B.A., B.D., D.D. Rev. R. Catherine McKeen, B.A., B.D., Th.M. Morning Worship—10:30 a.m. Church School Up To 11 Years Of Age—10:30 a.m. 12 Years And Over 11:45 a.m.	LUTHERAN Christ Our King Lutheran Church 2150 Dundas St. W. Erindale, Ont. William A. Gatz, Pastor Phone—Church 822-8931 Parsonage—822-9949 Sunday School 9:45 a.m. Sunday Worship 11 a.m. Weekday Nursery School
Lorne Park St. Pauls Church 1190 Lorne Park Rd. 278-4765 Sunday Service 8:30 & 10:30 a.m.	Mississauga Applewood, 2067 Stanfield 277-4162 Rev. Donald V. Stirling, B.A., B.D. 11:00 a.m. Church Service 11 a.m. — Sunday School Upper Church School Meet Every Sunday 9:30 a.m. Nursery to Grade 4	Church of St. Mark Lutheran 130 Mineola Rd. E. Mississauga Weekly Nursery School Sunday Worship 11 a.m. Sunday School & Bible Classes 9:30 a.m. Week-Day Nursery School Rev. Neville Mirtschin, Pastor 278-2122
St. John the Baptist Church 719 Dundas St. E. Dixie Mississauga 277-0462 Sunday Services 8: 9:15 and 11 a.m. Nursery & Sunday School 9:15 and 11 a.m. 7 p.m. First Sunday of Each Month.	Clarkson Christ Church, 1700 Mazo Crescent 822-9834 Ministers Rev. T.A. Morgan Rev. J.L. Shearmon Gifford Mitchell Minister of Music Morning Worship and Church School 10:30 a.m. Nursery Provided	BAPTIST Mississauga Churches of the Baptist Convention of Ontario and Quebec LORNE PARK: 1500 Indian Road 9:45 a.m. Family Church School 11:00 p.m. Worship Evening Service — 7 p.m. The Clarkson Opera Group Special Musical Program Minister: Rev. C.W. Lohnes 278-7833
Trinity Church—Port Credit 26 Stavebank Rd. N. 278-1992 Service Hours 8 a.m. and 11 a.m. Church School at 11 a.m. (All Ages)	Erindale United Church Rev. Lynne Curtin, B.A., B.D. M.Sc. 1444 Dundas Crescent 277-4837 Sunday Service and Sunday School — 11:00 a.m.	MISSISSAUGA CITY: Canadian Martyr's Schopol 1185 Mississauga Valley at Central Pkwy 10:30 a.m. Sunday School & Family Worship 7:00 p.m. Sunday Evening Worship Minister: Rev. F. Beerman 279-0083 CREDIT VALLEY (Erin Mills): Brookmeade P.S. Council Ring Road 10:00 a.m. Family Bible Hour 11:00 a.m. Morning Worship & Children's Church 6:30 p.m. Study Hour at 3255 Martins Pine Cres. Minister: Rev. W. N. Hooper 828-9669
St. Peter's Erindale Dundas St. W. at Mississauga Road 277-3251 Sunday Services 8:30 a.m. - 10:30 a.m. Church School 10:30 a.m.	St. Luke's-on-the-Hill 3101 Constitution Blvd. Applewood Heights Junior Congregation 9:30 a.m. & 11 a.m. Service of Praise Sunday 11 a.m.	CHURCH AT THE CROSSROADS (A Congregation of the Church Camps & Erin Mills South) Brookmeade Public School Council Ring Road Erin Mills 10:30 a.m. Worship, Nursery Kindergarten, Junior Congregation Arch McCurdy Minister 828-6666 Combining the Christian Church (Disciples of Christ) and The United Church of Canada
PENTECOSTAL United Pentecostal Church 1155 Indian Rd., Mississauga Sunday Services 10:00 a.m. Sunday School & Bible Class 11:00 a.m. Morning Worship 7:00 p.m. Evening Worship Wed. 7:30 p.m. Bible Study Fri. 7:00 p.m. — Youth Fellowship (8 yrs. up) Pastor: Allan Shalm—822-6809 A Friendly Welcome	PRESBYTERIAN Clarkson Road Presbyterian Church Clarkson Road North Rev. E. F. Dutcher, B.A. 11 a.m. Morning Worship 11 a.m. Church School Babies To Grade 4 9:45 a.m. Grade 5 to High School	CHURCH DIRECTORY DEADLINE FRIDAY — 4 P.M. CALL 270-4040

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For more information, telephone us (free of charge) by dialing "0" and asking the operator for Zenith 8-2000. Residents within the Metro Toronto local calling area should dial 965-8470.



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