

5. Creative activities such as painting, drawing, pottery, carpentry, knitting, and even cooking for fun, can also give you a sense of accomplishment, as well as the peaceful relaxation of concentration on something you wish to do.
6. Whether or not the above suggestions for relaxation work in your case, a sure fire method known down through the ages is the use of a warm bath to take away bodily stress and strain. You may choose to enhance this activity by reading a good book, listening to music, or even adding some bubbles if you like.

After discovering your favorite relaxation activity, plan to devote at least one-half hour per day to pursuing it. Most people accept the responsibility to meet deadlines and duties imposed on them by others, but it is equally important for them to meet the requirements for relaxation periods demanded by their own minds and bodies. Hard-working homemakers or busy executives must give themselves opportunities for relaxation if they are to maintain their mental balance through stressful events and hectic schedules.

The third and final principle in the art of relaxation is to enter into relax-

ation activities with enthusiasm and personal commitment. Let yourself become completely involved in the relaxation activity chosen; do not hold back physically or mentally.

*Remember, finding effective techniques for personal relaxation is not merely a passtime for the idle rich. It is essential for everyone's physical and mental well-being.*

**Information provided by the Public Health Service of the U.S. Dept. of Health, Education and Welfare.**

## Landscaping your yard can pay off

Landscaping your property is a capital improvement which will increase the value of your house significantly, says Professor Maurice Nelischer of the University of Guelph's School of Landscape Architecture.

It usually involves a relatively small investment and, when well done, will bring excellent financial returns and more importantly, will make your property more comfortable, useful and relaxing - generally, a more enjoyable place to live.

Before buying the plants and digging the holes you must develop a plan or design for the property.

Described very briefly below are the steps you should follow to make sure you don't put the wrong plant in the wrong place.

You must first determine what you have and what you would like to have.

If you don't have a professional survey of your property you should use a tape measure and record the measurements of the house and lot on graph paper. Be sure to show walks, windows, existing trees and so on, as well as such things as underground utility lines, downspouts, septic tanks and steep slopes.

Make a number of copies of the plan and on one do an analysis of your property.

Draw an arrow indicating where the wind comes from, locate the sunny and shady areas, good views to keep and bad views to block, the paths you usually take, and so on.

The next step is to list all expectations and needs you have for the property.

Development of this list should involve the whole family and could include such concerns as outdoor dining and entertaining plans, types of lawn games enjoyed, the need for privacy, garbage and wood storage, a clothesline and solar access.

Don't forget the less obvious but equally important considerations such as having plants that will attract birds and provide a pleasant fragrance.

Now you can prepare various design ideas by matching your needs with the property. Because few of us have a perfect lot this means that you will have to set priorities on your needs when you find that the site will not accommodate everything.

After you have done one rough plan, analyze it to make sure compatible activity areas are close to one another (i.e. the bicycle storage area should be close to the driveway but not beside the main sidewalk).

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