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DIET CENTER

HOW TO WIN AT THE LOSING GAME

VISA

Solitude tanks...

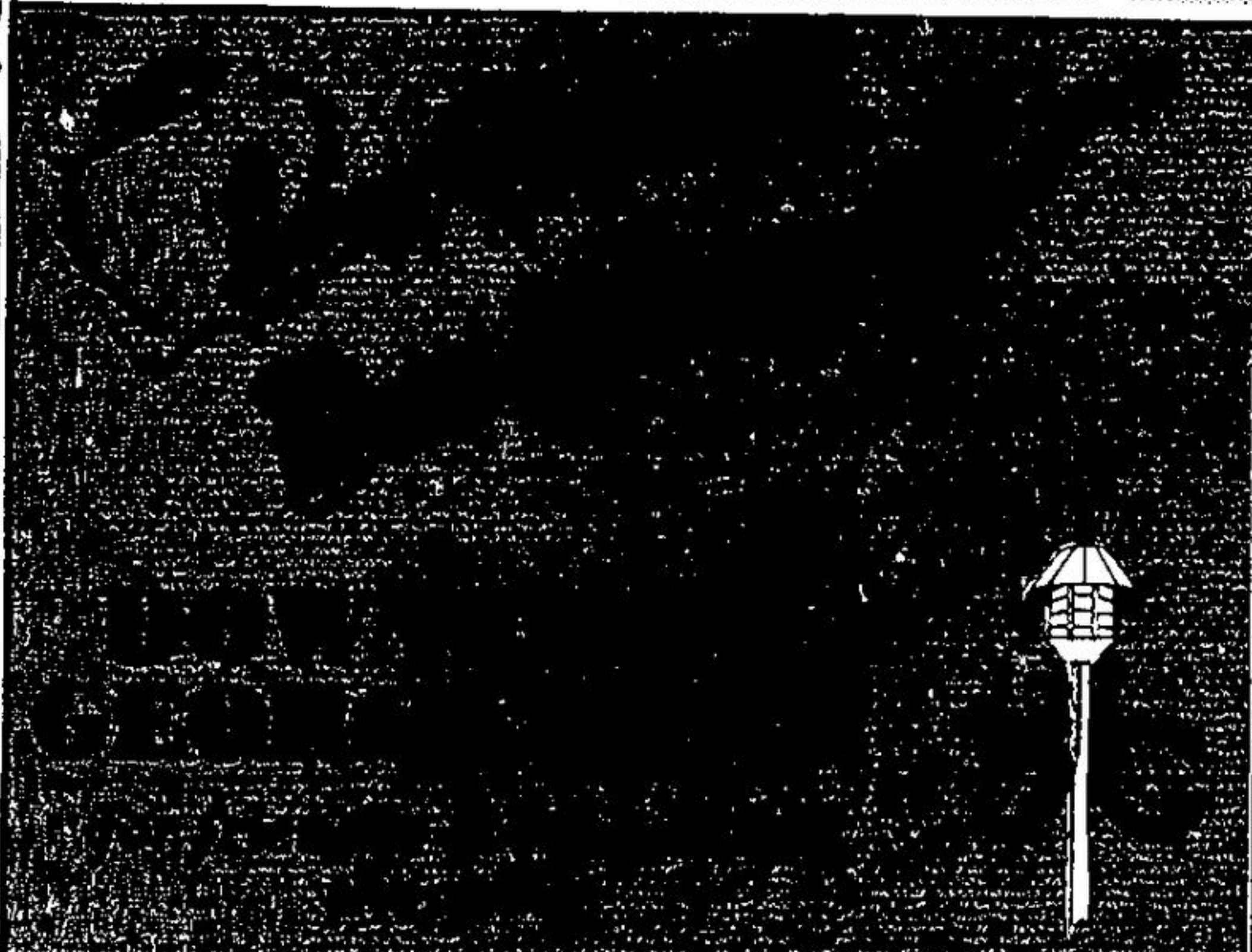
(Continued from B1)
 I was able to relax almost immediately after entering the tank while Dorsey found his neck tensing up because of the feeling his head going to sink underwater. I also fell asleep or at least into a dream-like state as the hour session slipped by so fast that it seemed as if I'd only entered the tank. Dorsey, on the other hand, became bored after a while and exited before the full hour was over. When the session was over I left the tank in a slightly disoriented and euphoric state while Dorsey was suffering a slight neck cramp from trying to keep his head out of the water. For the rest of the day I felt relaxed as if I had just had eight hours of fitful sleep.

Dorsey, who commented that he became bored waiting for something to happen to him in the tank said his experience didn't do much to make a difference in his day. However, Dorsey decided to go back the following day and much to his enjoyment he found tanking a second time more enjoyable. He found he could relax in the tank and remained inside for almost an hour and a half. Dorsey exited the tank feeling relaxed and rested and the effects lasted throughout the day. Overall, the experience was good which, as the tank is advertised to do, relaxes the user. It also creates a well rested, euphoric feeling. Both of us felt that tanking is a relatively inexpensive way to spend a meditative hour that is truly relaxing.

Bannockburn W.I.

Slides shown of Australia enjoyed

by Edith Medland
 The May meeting of Bannockburn Women's Institute was held at the home of Ada Sinclair with 17 ladies present. President Linda Cairns read a poem on the 12 rules of "How to Ruin Your Child." Roll call, "I Remember When" was answered by all the ladies. Some nostalgic memories were discussed with much merriment. The Motto, "Arithmetic," was read by Rena Morrison. It covered the adding up of all the benefits from day to day through our lives which amounts to a very tidy sum. Members were privileged to have Doris Fines show slides she took on a trip to Australia and New Zealand and they were enjoyed by all. A pleasant social period followed with refreshments served by Mary Mathews and Ruth Linham.



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