



Feminine Way owner, Marilyn Russiani, makes the final adjustments to the passive exercise table for client Frances Poirier. The exercise tables have been successful in the rehabilitating back, hip and arthritic conditions. (Herald Photo)

The Feminine Way offers rehabilitation through relaxation

The road to rehabilitation can be as easy as relaxing on a toning table at Georgetown's The Feminine Way.

The Feminine Way, located at 116 Guelph St., has been found to be an effective way to relieve back problems, various arthritic conditions and even to assist in post-natal toning.

The original tables were designed in 1947 by Dr. Bernard Stauffer, a biochemist, for his sister, who was a victim of polio. The tables made it possible for his sister to leave her wheelchair.

Over the years the tables have been modified to help individuals lose inches, tone muscles and even improve overall body posture. However, many rehabilitation successes have resulted from using the tables.

Donna Dennis, of Ballinacree, a nurse at Georgetown and District Memorial Hospital, began attending sessions at the Feminine Way in November. She injured her back in January and made numerous visits to her chiropractor. Mrs. Dennis received her doctor's approval to continue the exercise

table sessions in March.

Upon returning to the tables for even a short period of time, her doctor was surprised at her recovery speed. "He didn't know what I was doing but he said my back was really good," said Mrs. Dennis. Now she only has to visit her chiropractor once a month.

Frances Poirier, of Georgetown, has had two hip replacements as a result of arthritic conditions and a friend recommended The Feminine Way tables to help her recovery.

The tables have allowed Mrs. Poirier to move parts of her body freely that were too painful to move for years. The various tables, which make exercise effortless, have effectively relieved the pressure of built-up fluid in body joints making movement less painful for Mrs. Poirier. The exercises have also tightened loose skin around swollen joints, she said.

Mrs. Poirier would recommend The Feminine Way passive exercise tables to anyone with arthritis because she said she is picking up tiny objects off the floor she never could three years ago.

Her doctor, who monitored her health closely for years, was shocked at Mrs. Poirier's improvement after using the tables. "He was amazed, so much that I don't have to go back for a year," said Mrs. Poirier. "And further down the road I'm going to get better still."

The tables are attractive to people who don't like to feel they need to compete in aerobics classes or lift heavy weights. "I want to do exercises but I don't want to jump up and down," said Mrs. Dennis, who has lost 11 inches because of her individually designed Feminine Way program.

The exercise tables also help relieve headaches and even provide a social-like atmosphere. "You can meet new friends here and even chat with the old ones too," said Mrs. Dennis.

Timely tips to keep cool

Just when you've started fantasizing about the balmy weather ahead, meteorologists are trying to spoil your fun with predictions that summer 1990 will be a real scorcher. It's important to remember, however, that summer should be "cool" even if the temperature goes sky-high.

To make the most of the long, lazy days and weekends, heed the following tips. You'll be surprised how comfortable you'll feel even on the doggiest days this summer.

Travel wisely—The temperature is zooming past the mid-nineties and your car's air conditioning has gone kaput. You have a long drive ahead; what should you do? Here's what: Roll the windows down, turn on a jazz station (cool, right?), and enjoy a breezy ride. Don't forget to stop often at air conditioned rest stops for cool drinks.

Cool that burning skin—You've gone to the beach and forgotten your sunscreen. Of course you had a great time anyway, but so did the sun...on your skin! You can soothe the pain and cool down your burning skin with Medicated Noxzema Skin Cream. Its special greaseless formula actually reduces skin temperature and dryness on contact, easing the sting of sunburn. (It does the same for windburn too!)

Lighten up—Forget your basic black wardrobe. Wear light-colored clothing, preferably in natural cotton. (Synthetics don't "breathe" like natural fibers.) And keep those garments loose—tight, fitted clothing will make you perspire and feel sticky and miserable.

Take a powder—You'll feel consid-

erably cooler and more comfortable throughout the day if you dust on talcum powder after your morning shower. Talcum keeps your skin nice and dry, and gives it a smooth, fresh feeling for hours.

Water, water—Never underestimate the relief powers of good old cold water. Run it on your pulse points, splash it on your face and drink plenty of it to cool off your insides. You can even fill a bucket with it and soak your feet—you'll be surprised how this cools off your whole body!

This summer, be smart and savvy, keep a cool head on your shoulders and don't forget cool jazz...Noxzema for sunburn...cotton clothing...talcum for apres shower and gallons of delicious cold water.



Make your move.

Ontario passport

TORONTO - The Ministry of Tourism and Recreation, in cooperation with Attractions Ontario and Coca-Cola Ltd., is helping vacationers to maximize their summer enjoyment with The Official Ontario passport to an Incredible Summer.

Ontario Minister of Tourism and Recreation Ken Black announced today the availability of the discount coupon booklet.

Between now and Thanksgiving, passport holders can enjoy the many savings offered in the booklet. The coupons offer discounts on the general admission fees for more than 66 attractions across the province, including such offers as "buy one, get one free."

"Ontario's many tourist attractions offer vacationers exciting and varied opportunities to experience an incredible summer. This passport will introduce many vacationers to these attractions," Mr. Black said.

Copies of The Official Ontario Passport to an Incredible Summer are available at any of the province's Travel Information Centres, or by calling the province's toll-free travel information line at 1-800-ONTARIO or 965-4008 in Toronto.

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