

# Opinion

## Water can be fatal attraction for kids

More than 1,200 Canadians drown every year. Drowning is the second leading cause of accidental death among people under 55.

Water can be a fatal attraction for toddlers in particular, and the Royal Canadian Life Saving Society, whose president - Susan Glover-Takahashi - lives right here in town, is warning parents through its Water Smart campaign to be especially vigilant now that the hot weather is here.

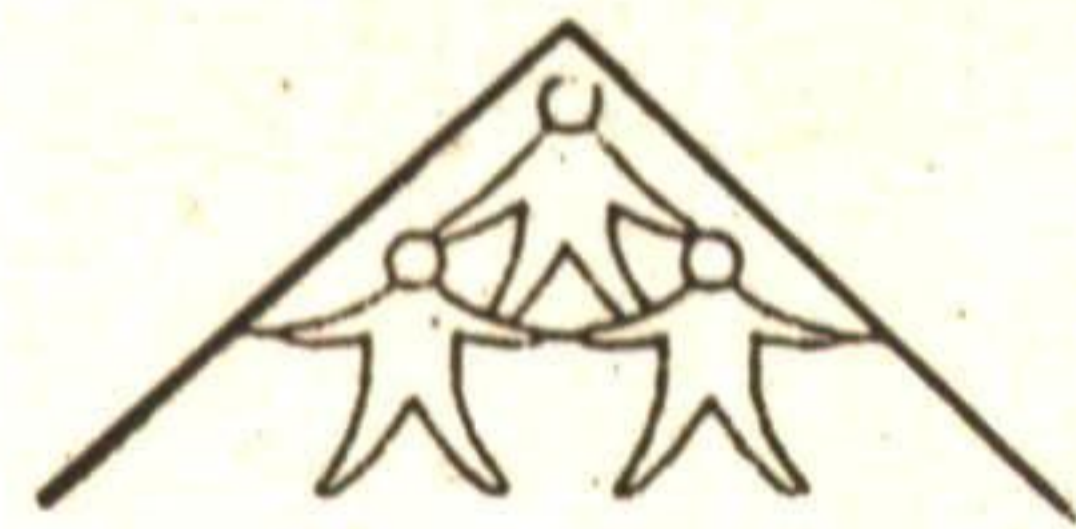
The backyard pool and summer cottage are the riskiest sites, Society program director Michael Shane notes, and young children are "particularly vulnerable."

"They have no fear. Water fascinates them. It can be a fatal attraction."

Every parent understands how fast toddlers can move - and how close innocent playtime is to potential disaster. A momentary lapse in parental supervision puts young children at risk of drowning.

Every year, we hear tragic stories of parents who left their toddler unattended "just for a moment," or of the parents who thought that someone else was watching the child.

The Society trains more than 10,000 lifeguards annually to supervise public beaches and pools, but when it comes to the summer cottage or the water in their own backyard, parents need to remember they're the toddler's own best lifeguard.



## ASSIC Alert

### Get a good night's sleep

If you want to live an active lifestyle, you need a good night's sleep!

#### Do's and don'ts for good sleep

- Do - maintain a daily schedule of activity, meals and sleep.
  - Do - exercise regularly in the late afternoon or early evening.
  - Do - set aside a special time during the day to: collect your thoughts, mull over the day's events, plan for the future, and work out unsolved problems. Leave the day's problems at your bedroom door.
  - Do - relax in evening before bedtime in whatever way is enjoyable for you.
  - Do - eat a light snack in evening if hungry, milk and ovaltine and tuna fish are especially soothing.
  - Do - make your bedroom as quiet and comfortable as possible. Room temperature between 64 and 66 degrees F tends to consolidate sleep.
  - Do - have a regular routine for preparing for bed.
  - Do - get up at the same time every morning no matter how much sleep you have gotten.
  - Don't - nap during the day. If sleepy relax, breathe fresh air and get "second wind."
  - Don't - use bedroom for any activity other than sleeping (and sex).
  - Don't - go to bed until you feel sleepy.
  - Don't - stay in bed more than 15-20 minutes if you do not fall asleep. Staying in bed makes you become more anxious and stressed.
  - Don't - take sleeping pills as part of your regular routine. Although sleeping pills have their place at times of great stress, their use should be limited to not more than twice in one week.
- "Sleeping pills have not been shown to be effective for more than four weeks of nightly use... the sleep they produce is not normal sleep, but is very light, restless and with many awakenings." Sleeping pills may: make you feel groggy in the morning, dull your thinking, slow your reflexes.

Elliot Phillips "Get a good night's sleep": Prentice Hall



ITEM-STATISTICS SHOW CANADIAN DOLLAR CONTINUES TO TAKE A BEATING FROM RECESSION.

## Budget criticism wearies MPP

In view of the interest - both positive and negative - shown toward our first budget, I believe it deserves a few more comments.

Although the opposition parties have responded negatively to a document designed to help us out of the worst recession in 50 years, they have neglected to offer any realistic alternative. The Liberals called the election last summer because they realized the impending recession would decrease provincial revenues and create enormous pressures upon our services and wanted a mandate to take them through the worst of it. The Conservatives talk about restraint but wasted time and money holding up the business of the legislature.

Of course we are concerned about the size of the deficit, but we could not abandon people who had lost their jobs nor close our hospitals and schools. New spending accounts for only \$1.5 billion of the budget and has been geared toward job creation programs and projects that will be enduring assets - such as the necessary improvements to the Milton and Georgetown hospitals. Lower provincial revenues, an initial \$3 billion deficit, federal cutbacks in funding, and the maintenance of existing services account for the balance.

### Queen's Park Report

By NOEL DUIGNAN  
Halton NorthMPP

It is certainly our intention to reduce the size of the deficit as the economy recovers, but I tend to agree with the comments of the Treasurer that he was "getting a little tired of having the Conservatives in this Legislature and the ones in Ottawa, the very ones who created the recession and gave us this deficit, telling us that we are not doing the right thing."

We have been listening to your concerns and are trying to address them. For example, after meeting with auto industry representatives and environmental groups, the Treasurer modified the earlier budget proposal to double the existing gas guzzler tax rates. The new initiative has since been renamed the "Tax for Fuel Conservation" in recognition of its changed nature and will take effect on August 1.

The new policy retains the doubling of rates on cars with poor fuel economy ratings (those with ratings of 9.5 litres per 100 kilometres or worse) but offers a rebate of \$100 to pur-

chasers of new cars that use less than 6.0 litres per 100 kilometres. Cars that have fuel economy ratings between 6.0 to 8.9 will be subject to a \$75 tax.

Vehicles which fall in the range of the \$75 tax include cars such as the Ford Festiva, Honda Civic, and Toyota Tercel. If you buy one of the most fuel efficient cars such as the Pontiac Firefly, Subaru Justy, or the Chevrolet Sprint, you should be entitled to the \$100 rebate. For more information on the different rates, please call my Milton office at 878-1729.

I would also like to remind you that we have set up the Fair Taxation Commission in a cooperative effort to look at specific tax issues and work out a fair system of taxation. The Commission may be reached by writing to their office at 1075 Bay Street, 6th Floor, Toronto, Ontario M5S 2B1 or by telephoning (416) 325-8222.

And finally, since the Legislative Assembly has recessed for the summer - except for committee meetings - I will not be bringing you any news from Queen's Park for the next few weeks. In the meantime, I wish you a safe and pleasant summer and ask that you call my Milton office at 878-1729 or my Georgetown office at 873-7417 if you have any concerns or questions.

Halton Hills

# WEEKEND

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