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Ask The Professionals



Taylor Nursery
7429 Fifth Line, Milton
(right at the east end of Main St.)
905-876-4100

How do I choose the right perennials so I can have flowers and colour all season long?

Landscape Ontario has some recommendations that we pass on to our customers for six basic perennials. Each of these plants has beautiful, long lasting flowers...and together they can provide interesting focal points and colour from spring into fall.

Tall Bearded Iris—flowering in May and June—need a sunny, well drained location—very hardy

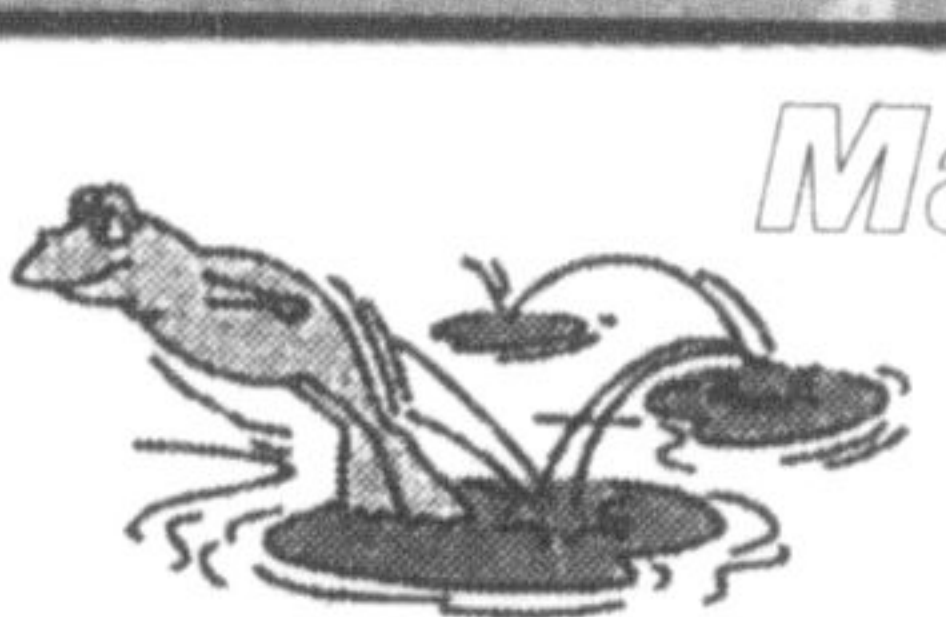
Peonies—flowering in May and June—long lived plants that will flower for generations

Oriental Poppies—flowering in June and July—will set the garden afire with a blaze of colour—do well in full sun or partial shade

Delphiniums—flowering in June and July and again in September—stately, spectacular tall plants with spikes of flowers—best if staked against wind/thunderstorms

Day Lilies—flowering in July and August—fabulous range of colours to choose from—tough, hardy, reliable

Tall Phlox—flowering in August and September—invaluable for continuing the summer-long display of colour—choose from pinks, white, oranges, purples—plant in irregular drifts



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Q: Will my pond become a breeding ground for mosquitoes?

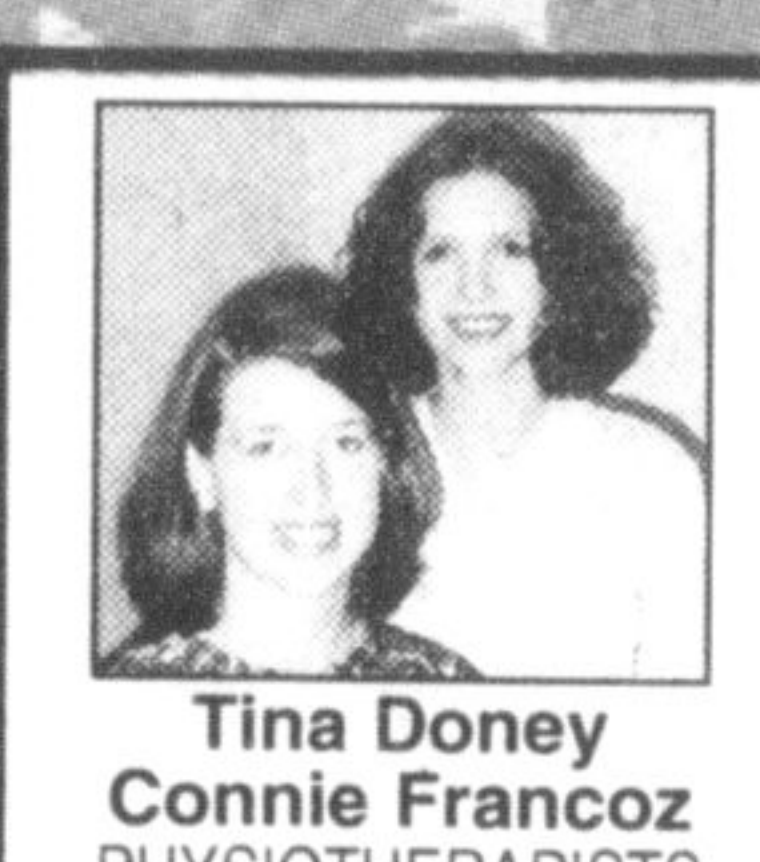
A: Mosquitoes are attracted to any still or standing water. Most ponds keep the water moving with a pump which pushes it over a waterfall or up into a fountain. Mosquitoes cannot lay their eggs in fast moving water.

Even ponds that have no moving water can still be beneficial in mosquito control if they have fish in them. The fish eat the larvae of the mosquito almost as quickly as they hatch and therefore they can actually cause a decline in their numbers.

For people who prefer not to have fish, there is a company called Natural Insect Control. (N.I.C.) This company carries and does mail order for products such as dragonfly eggs. When added to the pond the dragon fly larvae feed on the mosquito larvae. In addition to this the adult dragon fly will feed on adult mosquitoes making a very effective way to control the mosquito population.

For areas that fish don't get to or for whatever reason there may still be a problem, simply add a few drops of vegetable oil to the surface of the water. The oil will prevent the larvae from breaking the surface for air and therefore they will not hatch.

These few suggestions will greatly aid in controlling the mosquito population.



HALTON COMMUNITY REHABILITATION CENTRE
17 Wilson Avenue
(corner of Wilson & Main)
876-1515

Q. Recently, someone recommended that I go to see a physiotherapist. I don't know much about physiotherapy. Can you tell me about what a physiotherapist does?

A. Physiotherapy is a form of health care and the primary goal of a physiotherapist is to promote optimum health, function, and mobility. More specifically **physiotherapists help with any problem involving movement.** A physiotherapist will evaluate and assess the function of different body systems and how any problems with these systems lead to changes in mobility.

For example, you may not be able to walk because you have a sore knee or back from a muscle or ligament strain. You may have pain and loss of strength because you have recently had surgery or a broken bone. If you have had a stroke you may not be able to move your leg or arm in the same way. A physiotherapist can provide a complete assessment of your problem and make a treatment plan with you to help you to reduce pain, improve movement, strength, balance, and endurance, and get back to optimum health!

What training does physiotherapy require?

Physiotherapists have a university degree in physiotherapy and have to be registered with the College of Physiotherapists of Ontario, in order to practice. If anyone is providing you with physiotherapy services, you should ensure that he or she is a registered physiotherapist.

How do I find a physiotherapist?

Physiotherapists are located in the yellow pages of the telephone book. They work in hospitals, clinics in the community, or they can come to your home. In the province of Ontario, you do not need a doctor's referral to attend physiotherapy. However, it is always a good idea to let your doctor know that you are having problems and would like to attend physiotherapy. Your physician is an important team member in your health care.

Please contact Tina or Connie at the Halton Community Rehabilitation Centre, 86 Main Street East, Milton, 905-876-1515 for questions about physiotherapy.

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"
c/o The Canadian Champion
191 Main Street E.
Milton, Ontario L9T 4N9
or Fax to: 878-4943