

## Learning To Drive Doesn't Have To Be Puzzling!

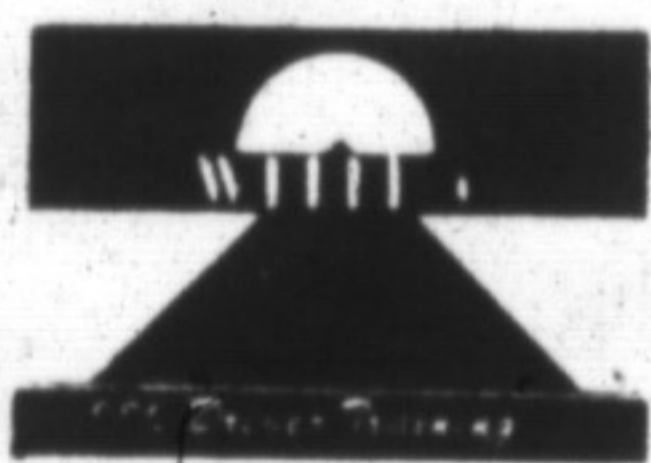
### We Put All The Pieces In Place

Our professional, personal attention ensures the best possible driver training and with over 20 years combined experience we can offer special attention for nervous beginners.

- INSURANCE REDUCTIONS
- ONTARIO SAFETY LEAGUE APPROVED
- Private one-on-one instruction
- Choice of male or female instructor
- Pick-up at your office or home
- Course consists of 25 hours in class and 10 hours in car

**COURSE DATES**  
**SPECIAL 4 DAY COURSE**  
 Course runs August 13 - 16th  
 Evening & Saturday courses available

**SIGN-UP NOW**  
 Limited Space Available  
**\$299<sup>00</sup>** per course



## Wheels Driver Training

80 Ontario St. Suite 901, Milton, Ont.  
 878-4135                      878-4136

## A variety of reading just for the health of it

All of us strive for mental and physical health and some of the latest book arrivals at the Milton Public Library may help you.

Charles Swindoll has returned to the comforting and inspiring words of the Psalms and Proverbs in *Living Beyond the Daily Grind (Book 1)*.

Mr. Swindoll's uplifting chapters can be the 'pause that refreshes' on those days when little problems pile up into crises, when exhaustion hits and happiness escapes.

The Scripture passages deal with depression, worry, discouragement, fear, domestic disharmony and many other personal troubles.

Approaching these problems from another angle, Dr. Trevor Smith provides in *Homeopathic Medicine for Mental Health* a self-help guide to remedies that can restore calm and happiness.

He states that one in three physical disorder complaints are in reality problems that are psychological in origin.

Tranquilizers and sedatives suppress the symptoms, but homeopathy looks at the person in total, giving as much time to the psyche as to the body. In so doing, the homeopathic treatments facilitate the natural healing process.

The child within is the part of ourselves that is energetic, creative and fulfilled. Most of us deny this real self and what emerges is the co-dependent or false self. Particularly vulnerable to this loss of the child within are individuals who grew up in troubled families.

According to Dr. Charles L. Whitfield, 80 to 95 per cent of us did not receive the love, guidance and other nurturing necessary to form relationships, and to feel good about ourselves and about what we do. In *Healing the Child Within*, Dr. Whitfield guides the reader on the journey towards recovering the real self.

If your son or daughter is the one

### Bookmark

with ESTHER CALDWELL

child in six who suffers from an allergy, with symptoms as mild as an occasional sneeze or as severe as a life-threatening asthma attack, then you should read *Conquering Your Child's Allergies* by M. Eric Gershwin and Edwin L. Klingelhofner.

Children with allergies frequently miss days of school, their attention span can be reduced, and their allergies can cause social, psychological and financial burdens for them and their families.

This book identifies allergy symptoms, explains what causes allergic reactions and tells readers what can be done about them.

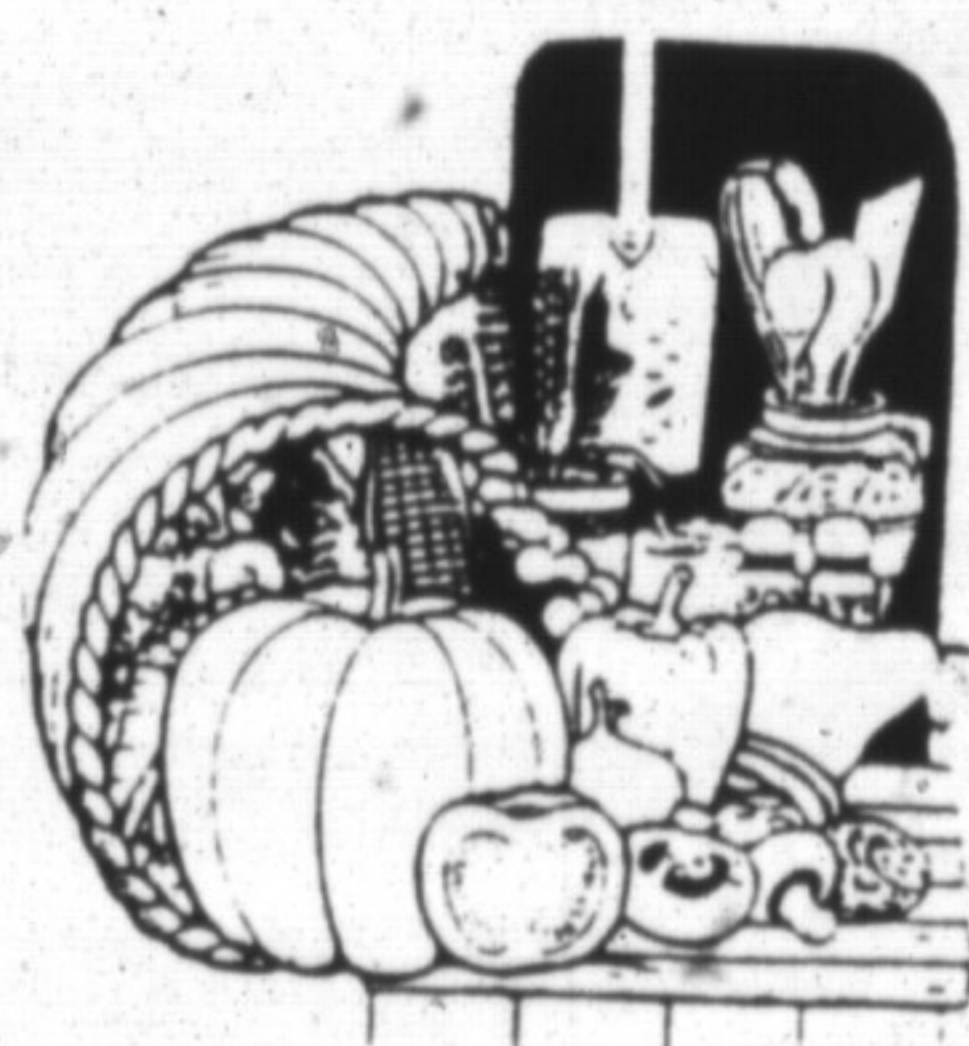
The authors describe short-term treatments and long-term care. They provide information about special diets, allergy centres and hypoallergenic products.

And still more statistics. The chances are one in five that either you or someone you know will require surgery this year. Dr. Allan Gross and Dr. Bernard Langer from the Department of Surgery at the University of Toronto, along with Penny Gross, edited *Surgery — A Complete Guide for Patients and their Families*.

In a straightforward way, the editors explain the most common surgical procedures performed in hospitals today.

The case histories and hundreds of illustrations take you through the diagnosis of the condition, alternative non-surgical treatments, the operation, and finally the post-operative care, including possible side effects and complications.

# 5 MINUTES AWAY FROM ANYWHERE IN MILTON



*Milton*

## FARMERS' MARKET

- FEATURING**
- Cherries & Peaches
  - Fruits & Vegetables
  - Specialty Items

## EVERY SATURDAY MORNING

between James & Martin Streets

## Until October 27th



A Project of the Milton Chamber of Commerce  
 in co-operation with the D.B.I.A. & Foodland Ontario

