

classified marketplace

Office Hours: Tuesday-Friday 9:00-12:00

1:00-5:00

DEADLINE: FRIDAY NOON

Mail your advertisement to P.O. Box 579, Terrace Bay, or bring it to our office at Simcoe Plaza

HEALTHY LIVING

Read this before you take your next trip by air

Along with jet lag, most businessmen and vacation travelers suffer from a malady that cuts in on their physical alertness once they get off the plane. It might be called "body let down."

Here's what happens as a result of sitting inactively for periods of time on long, and even short distance, flights. Your back hurts, your body gets stiff, your muscle tone is reduced, your joints stiffen up, your feet swell, your circulation slows down, your coordination and reaction capacity slows down, the oxygen supply to your organs is reduced, your mental alertness is dulled.

Often you get off the plane feeling tired, even though you've had a good night's sleep. Your stomach is upset. And your mind just isn't with the task at hand. What you hoped will be a

productive business trip or pleasurable social trip starts off sluggish. Headaches, nervousness, diarrhea, and constipation are not unusual.

Before you blame the inflight meal, it would be worthwhile to know that most everyone experiences the same problem. In fact, the American Astronauts did too.

The problem can be overcome by keeping fit while on the flight. Obviously you can't jog or do strenuous exercises on an aircraft. And certainly, most people would be too embarrassed to do deep knee bends in the aisle. But you can do tone-building, circulation-promoting exercises while you are sitting. You can do them without bringing attention to yourself in a plane. And if you want, you can utilize the same

method in the car, at a business conference, at your desk or in your living room.

The procedure involves muscle-tone training. It is invisible, so it can be performed anywhere and at anytime. How much time do you have to spend at it? Just 10 minutes.

Here's what you do -

1. Stand-up and walk the length of the airplane and return just to loosen up.

2. Sit down and start doing a series of tension exercises using various groups of muscles. Exercise rhythmically and systematically, subjecting each muscle group to a set containing 5 repeats of the exercise.

3. Move your feet in a circle to loosen your ankles.

4. Lift your legs from the floor to the bottom of the seat in front of you

and return without putting your feet on the floor.

5. Tighten muscles with about one half of your strength in an isometric series. Work on the legs, thighs, buttocks, chest, stomach, arms, back and shoulders.

6. Do a series of fist clenches. If you have a ball or object handy, squeeze it. Count to five while your muscle is flexed and then relax.

7. Clasp your hands together and place them against your stomach. Tense your stomach muscles. Count to five and relax.

8. Push walls. Exert strength of both hands on walls and push at shoulder length. Count to five and relax.

Of course, the recommendations above are just stop-gap steps while travelling. The Ontario Chiropractic Association recommends a

regular program of body building for health to be done on daily basis. In addition to observing diet and structural health procedures, it should include a minimum of 30 minutes of tone and circulation building exercises per day. For a spinal health examination and specific regimen for your physical needs, it is recommended you consult your family doctor or chiropractic.

Work Wanted

Painter looking for work. Call Guy at 9474. A-4

WANTED

Anyone interested in playing the organ during Sunday Services at the St. Andrew's United Church, Schreiber. Please contact Mr. W.E. D'Arcy Schreiber or phone 824-2057. A-4

Cars/Trucks

For sale: truck, camper combo; 1980 Ford 1 ton, 400 4 speed, 1979 11 ft. camper with 3 way fridge and toilet. 825-3820. M-28

REAL ESTATE

House for sale: 4 years old, 4 bedroom, 3 baths, all electric, with fireplace, finished basement. Over 1600 sq. ft. Asking \$95,000. Serious inquiries only. Call 825-9314 after 6:00 p.m. for appt. A-25

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Motorcycles

1981 Yamaha motorcycle "Special" 400 c.c. Best offer. Call 825-9544. A-25
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Misc. For Sale

To give away - orange male tabby cat, neutered, 8 months old. For sale: diamond wedding and engagement rings. Value over \$1,500, asking \$250. Call 824-3242. A-4

Boat for sale: 14 ft. Starcraft. Aluminum. Excellent condition. \$1350. Contact Tony Standowicz, Walker's Lake, Schreiber. M-28

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Electrolux Canada sales and service of vacuum cleaners, shampooers and supplies. Will consider trade-ins. Call Jacques Roy 825-9182 167 Birch Cres. Terrace Bay. A-11

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Kenora resident maintains mobility

"I never had much to do with doctors until 1969," says retired farmer Harold Jackson of Kenora, "but since then I feel like I'm seeing them all the time."

In 1969, Harold was told by his doctor that he had diabetes. He had his left leg amputated in 1978 because of related circulatory complications. "It was a very aggravating experience, with a slow process to adjust," he says.

His sudden disability meant that he had to give up his dairy farming after 50 years and move to the nearby town of Kenora. There, the Ontario March of Dimes helped him to deal with a new and different lifestyle.

At the time of the amputation of his leg, Harold was put in touch with the staff of the Ontario March of Dimes' office in Thunder Bay. Shortly thereafter, he received an artificial leg through the organization's Assistive Devices Program. Through this program, the March of Dimes provides electronic aids, walkers, wheelchairs and other pieces of specialized equipment to help physically disabled adults across Ontario experience more meaningful and dignified lives.

Circulation problems related to diabetes continued to plague Harold to the point that any long distance walking was impossible - even with his crutches. Once again his mobility was severely restricted. And once again, the March of

Dimes was there to help. In 1980, the organization provided Harold with a wheelchair which gave him new-found freedom.

As well as providing equipment, the Ontario March of Dimes also covered nearly \$600 worth of Harold's medical expenses not covered through O.H.I.P. For Harold, the organization has been a big help. "It's marvelous what they do for people - they bring them back into the mainstream of society."

Now Harold is as active as ever. He drives his car without difficulty and is out and about quite a bit. "I swim every day at the local pool just after the kids finish their lessons. I get some very interesting questions when I unstrap my artificial leg - they're always very curious," he adds.

The Ontario March of Dimes helped Harold through the provision of assistive devices. And disabled adults across the province are aided in many other ways as

well. Every summer, the organization operates residential holiday camps at three locations. The camps are designed to help disabled adults enjoy a relaxing vacation and still receive all the medical care they need.

The March of Dimes pays all or part of the fees for those who cannot afford to pay themselves. The organization also offers training and

employment opportunities at 11 Ability Centres across the province, funds medical research and assists consumer groups to achieve legislative change to benefit the disabled community.

Many of the March of Dimes' programs are dependent upon the generosity of public donations during the Ability Fund campaign and throughout the year.



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