

Anne got no rest at hospital

I have been in many hospitals in my time. As soon as you arrive home, friends begin to phone or call on you. When they ring off or are leaving, their parting words are "Well, you had a good rest, as you work so hard." One day after a friend left for home I just sat down to think. Did I have a rest or not?

At 6 a.m. nurses with the medicine cart wake you up to give you your medicine. After they leave to rouse some other patient you roll over thinking another snooze would be great. Then it dawns on you that breakfast

trays are delivered early. So up you get to wash your face and hands, and comb your hair. When you're snuggled in bed again you hear your name called, and there stands one of the kitchen staff with your breakfast tray.

If a warm egg is on the tray I just might eat it first, and then the hot cereal, juice and milk. Under the blanket again when in marches the day staff with clean linens and to assist with your bath. Everything is in order before the doctor makes his rounds.

Now what is next? May be a trip to the X-ray department for a

chest x-ray. Sometimes you are hardly able to stand in front of the screen on the wall. Your arms are akimbo at your back, your shoulders all humped up like the Quarry Island, and your chin is placed up on a ridge of the screen.

"Stand Still and Don't Breathe" That is some job when not feeling well. The technician goes off to develop the picture while I sit and secretly feel my throat. I'm positive that my neck is two inches longer. I watch the technician pulling the heavy machine along the ceiling, and hope it doesn't fall off its little rails and crush the both of us. Back to my room and guess what? There waits the pill cart to dish me out some more medicine.

One day a little pre-school child slipped away from his mother and decided to go exploring. He came to call on me and asked a million questions, peaking here and there. I tried to keep a watchful eye on him for fear he would help himself to something. I finally told him that his Mommy would be worried about him. Off

he went to the door, gave me a smile and a wave, did a few Judo tricks and went slithering down the freshly washed corridor. His mother finally caught up with him.

After the doctor's visit was over along came the lunch trays. At lunch and supper time the chef always gave us such luscious desserts and a nice, hot bowl of homemade soup. And of course along came more pills.

After lunch its clean your teeth, powder your nose, and comb your hair, then cuddle down for a wee sleep before visitors arrive. After a short visit off they go to cheer someone else up for a while. May be a phone call would be for me, then a bit of rest until the supper tray arrives and more pills. I often wondered about the many colored pills that were galloping around in my stomach, and which one was the winner.

I started to compare railroaders and doctors. They both are on call but there the similarity stops. The railroaders ring their train, book in at the office, glance at the

time sheet and can figure out fairly well as to how many hours he'll be home before being ready to book and take his train again.

But the doctor is on call a never knows when he'll have to answer the phone and roll out to get to an emergency. Perhaps Mrs. Green has fallen in her driveway and broken a leg, or Mr. Pink has had a heart attack. May be there has been a highway accident, an industrial accident, some child decides to arrive in this world sooner than expected. Just when does a doctor reach for a good night's sleep?

So during the day it's eating and drinking for the patient, when you're awake or asleep. Sometimes you are awakened if sound asleep the nurses will leave a glass of juice for one to enjoy when one awakens. Did I get a rest? No, I have decided that I didn't. But as soon as I get home, turn up the heat, get it something comfortable, and tuck me into my own bed, you can't win. I will.

Come & Go Shower

For Cecile Person in honour of
Brandi and Staci Person
2:00 p.m. to 4:00 p.m.

Sunday June 4th
at the St. Martin of Tours Church Basement
Everybody Welcome!

AT YOUR SERVICE



Gilles Pouliot, MPP Lake Nipigon

"Helping you is my job!"

CALL TOLL FREE 1-800-268-7192
Monday to Friday
During Business Hours

Northern Developments

By Maurice Fenelon

Northern Development Officer
Door-to-door solicitations often cause consumers unsolicited headaches. It is common sense to protect yourself.

Request proper identification first. All door-to-door or "itinerant" sellers must be registered with the Ministry of Consumer and Commercial Relations. Ask for the company name and registration number, then call the nearest Consumer Services Bureau or the Ministry of Northern Development and Mines to confirm the information.

Never let strangers into your house, especially if you are alone.

Consumers also have to guard against impulse buying. Regardless of what is being sold, ask yourself if you have ever wanted one. Why do you suddenly need one just because it has

arrived on the doorstep? Do you know anything about the product, the seller or the manufacturer? Have you done any comparison shopping?

Assuming you are interested in the item, the next step is to get a demonstration if appropriate and ask about prices. Are any warranties provided? Is there a local services outlet or would the product have to be shipped long distances for repairs?

No matter what is being purchased, always get written receipts and copies of any warranty documents. Keep deposits as well to a maximum of 10 per cent.

With itinerant sellers do not give out credit card numbers without thoroughly checking the company's reputation.

When a service such as home renovations or lawn care work is involved a contract will have to be prepared. It should include details about what work is to be done, quantities and qualities of materials to be used and prices for each item. Extra research is generally advised for these kinds of purchases.

Never sign a contract without careful consideration. They are not easily broken except during a 48-hour cooling off period provided under provincial law. If you

have to back out of the deal, you have two clear working days - don't count Sundays or statutory holidays - from the date the contract was signed to cancel it. A reason is necessary.

Send a letter by registered mail or hand deliver it to the seller stating that you are cancelling the contract as is your right under the Consumer Protection Act. The letter should include your name and address, a description of the products, the date purchased and the price.

This legislation applies only to itinerant sales contracts valued \$50 or more, for which payment performance of services or delivery of goods will take place in the future.

If the deal has effectively been completed - full payments were made with cash, a cheque or credit card and the product or service has been provided - the contract cannot be revoked.

Brochures on the Consumer Protection Act, Business Practices Act, Home Renovations, Driveway Paving and many more are available at the office of the Ministry of Northern Development and Mines, Stevens Ave., Box 280, Marathon, Ont., or call 229-1153. For areas east of Marathon ask your operator for Zenith 33160.



THE CORPORATION OF THE TOWNSHIP OF TERRACE BAY

PUBLIC MEETING CONCERNING A PROPOSED ZONING BY-LAW AMENDMENT

TAKE NOTICE that the Council of the Corporation of the Township of Terrace Bay will hold a public meeting on Monday, June 5, 1989, at 6:30 p.m. at the Terrace Bay Municipal Office, 12 Simcoe Plaza, to consider a proposed zoning by-law amendment under Section 34 of the Planning Act.

The proposed zoning by-law amendment would change the zone category of 88.23 hectares of land east of the Kimberly-Clark of Canada Limited pulp mill from "A" (Rural) to "MP" (Paper Products Industrial) to permit the construction of an aerated lagoon to provide secondary treatment of effluent from the pulp mill.

ANY PERSON may attend the public meeting and/or make written or verbal representation either in support of or in opposition to the proposed zoning by-law amendment.

ADDITIONAL INFORMATION relating to the proposed zoning by-law amendment is available for inspection at my office between 8:00 a.m. and 4:30 p.m., Monday - Friday.

DATED AT THE TOWNSHIP OF TERRACE BAY THIS 24TH DAY OF APRIL, 1989.

DAVID C. FULTON
CLERK-TREASURER ADMINISTRATOR
TOWNSHIP OF TERRACE BAY
12 SIMCOE PLAZA
P.O. BOX 40
TERRACE BAY, ONTARIO
POT 2W0

Card of Thanks

We wish to sincerely thank our friends for sharing our sorrow in the loss of a dear daughter, sister and aunt

- Mima -

Your expression of sympathy, donations to charity, masses and prayers, food and personal kindness are appreciated and will always be remembered

A special thank you to Jewell, Bart & Kay for preparing the lovely luncheon in our home.

Mom, Tom, Mel, Spike & Babe