



Hospital fund \$10,000 richer

The Markham District Veterans Association and the Markham District Veterans Ladies Auxiliary recently presented the Markham Stouffville Hospital with a cheque for \$10,000. The money will be used for furning rooms. Dorothy Fallon made the presentation on behalf of the Veterans Association to Hospital President Michael Butcher. — Bill Lanning

Lifeline

Dr. James Carson



Professionals: what they can do for you

I would like to thank the staff and students of William Berczy school for the warm welcome I received last week when I spoke to grade eight students during "career week".

This opportunity makes me think beyond the medical profession as many of the questions from the students relate to other careers within the health care field.

In the next few months I would like to bring you my perspective of the various people you may encounter in the health care field and what I feel they can do for you. I am treading on dangerous turf as many of these areas overlap.

Who does a "better" job is often controversial, and their opinion of what they really do for you may differ from my opinion.

Still I feel this may be an illuminating discussion that will allow me to discuss various areas of "holistic" medicine in more detail. As I mentioned in my first column, I can't wear too many hats, so if you the reader have a bone to pick with my opinion, I will try to rectify the situation as soon as possible.

I have just returned from the grocery checkout where a tabloid screams yet another unsubstantiated "cure" for "this week's disease". They sell a lot of these tabloids and someone makes a tidy profit on the gullibility of the unfortunate. I have often heard of one homespun cure or another, but I don't knock the ones that can't harm you. After all many of the decisions I have to make are a choice between which is worse, the treatment or the disease. In the lines ahead I will only mention those people who actually help you.

I often tell patients that when you consider an illness, the only way to separate the mind and the body is with a guillotine. The mind interprets signals from the body and vice versa. Many therapies work only because you believe they will.

Health professionals range from the people who concentrate on the top of your head to those who know about the tips of your toes. There are those who advise regarding what goes in and people who analyze what comes out. Who you go to is a personal decision. It depends upon your knowledge, upbringing, and often how much the therapy costs.

Let's say your foot hurts. You can go to any one of the following and they will examine you and suggest or perform a treatment.

Your family doctor, orthopedic surgeon, rheumatologist, podiatrist, chiropractor, physiotherapist, chiropodist, osteopath, reflexologist, massage therapist, acupuncturist, and naturopath will all have an opinion. Many nurses will give you the right idea. Yet the path from pain to no pain travels along a variety of routes.

You may encounter along these "routes" pills, bloodtests, x-rays, lotions, potions, and notions, ultrasound, electrical stimulation, needles, heat, ice, hands-on and hands-off therapy. Which therapy or practitioner is best? My prejudice is obvious, however, my message is important. You must be your "own best doctor".

If you take good care of yourself you will suffer fewer illnesses, have less pain, look better and feel better. Stress reduction, good nutrition, exercise, attention to preventive medicine, and limiting self abuse will give any health professional a much easier task when you do need help.

EDITOR'S NOTE: Dr. Carson is a Unionville physician with a special interest in sports and preventative medicine.

TIME'S RUNNING OUT! ON TRUCK & VAN MADNESS

WITH THE PURCHASE OF ANY
TRUCK OR VAN FROM STOCK ...



YOU COULD WIN A
**HOME
VIDEO CENTRE**

TELEVISION AND V.C.R. ASK ONE OF OUR SALES REPS
FOR DETAILS. DRAW WILL BE HELD NOV. 30TH.

FANTASTIC DEALS

SUCH AS ...



BRAND
NEW '86 TOYOTA
1/2 TON PICKUP
DELUXE EXTRA CAB WITH PS, LONG
BED, 5 SPD. STK. #1745.

\$8999



1985 TOYOTA
LAND CRUISER

Hardtop - 5 spd. Stk. #1268.
Over \$17,000 NEW.

MADNESS PRICE

\$12,999

**Markville
Toyota**

222 WELLINGTON
STREET WEST
(HWY. 7 EAST OF MARKVILLE)
294-8100

"INSTALLING A SMOKE DETECTOR WAS JUST ONE OF THE IDEAS LIBERTY GAVE US TO SAVE MONEY."

Les and Susan Shelton,
Homeowner Policyholders.



Liberty Mutual understands our need to get the best protection for the best possible price. They recognize our safety efforts with lower premiums on our homeowners insurance. That's what we call real savings. They have lots of different programs. So, call your local Liberty Mutual office and compare. You'll see why we believe in Liberty.

CANADA BELIEVES IN
LIBERTY MUTUAL INSURANCE.



Liberty Mutual Insurance Company, 1200 Markham Road
Scarborough, Ontario M1H 3C3 431-5710