

ADVERTISING FEATURE

HEALTH & FITNESS

Nearly two-thirds of all car seats are improperly installed

Most parents spend considerable time selecting just the right bed, toys and food for their child, yet when it comes to travelling in a vehicle, many parents may unintentionally be putting their children at risk.

According to the recent Ministry of Transportation surveys, nearly two-thirds of all children are not protected — their car seats are installed incorrectly.

Crashes can happen anytime, regardless of how good a driver is. In 1995, close to 1,500 children under five years were injured (includes all motor vehicle crashes) and 20 children were killed in vehicles in Ontario. Those collisions occurred on trips to the grocery store, to work, to drop a child off at daycare and to school. It's vital children are protected by using a child seat whenever trav-

elling in a vehicle — and the key is to use it correctly.

Child safety seats are engineered to strict government standards that provide a high level of injury protection for their small passengers.

Installation mistakes are often made because the manufacturers instructions are not followed exactly. Each child seat on the market has its own method of installation.

Caregivers should never assume if they've installed one seat that they know how to install every child safety seat. The lap belt must be properly fastened through the base of the child seat, securing it to the vehicle. By law, the tether strap, found at the top of forward-facing child seats, must be connected to a special bolt attached to the car body. Extra bolts can be purchased inex-

pensively wherever child seats are sold and installed in a short time.

Put a bolt in every car the child commonly travels in so that the seat can be moved between them with ease.

If a child is not properly harnessed into the child seat it will not offer much

protection. Take time to do up all the buckles so the straps are laying flat and snug to child's body. That extra minute may save a child's life.

Also, check and adjust the straps every day to accommodate bulky clothing.

Eye examination should be part of overall health plan

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SUNGLASSES

has been changed to once every two years.

Because it's important to catch vision problems before the vision system finishes developing, the government still pays for a yearly examination for people 19 and under, said Pafomow. "An eye exam should be part of the overall health plan."

GLASSES

Gone are the days of horrible glasses for children. Children glasses are now available in the same styles and colours as their teenager and adult counterparts.

"The frames are small and very light, but strong and durable."

Sunglasses are equally important.

"Everyone should have protection against cancer from UV rays. Sunglasses should state that they shield out 100 per cent of the UVA and UVB rays. Lenses should also be free of scratches, bubbles and distortions."

SUNGLASSES TIPS

- Check the sunglasses periodically to make sure they fit well and are not damaged.
- Have your children try on the sunglasses. The lenses should be large enough to shield the eyes from most angles and to block light that leaks in around the frames. The sunglasses also should fit snugly against the bridge of the nose.



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SUGGESTIONS FOR BETTER LIVING FOR OLDER ADULTS

As one of today's "older adults" you probably enjoy a more active lifestyle than people of your age ever have before. And your eyes and vision play a major role in your lifestyle. You use your eyes while driving, enjoying recreational activities, reading, watching television, and performing many tasks that keep you living independently and productively.

But, as you mature, you may begin noticing subtle changes in your vision. Although they may cause some concern, some vision changes are normal and only a few conditions are sight-threatening.

Here are some suggestions to help you understand your age-related vision limitations and compensate for them:

- You will probably need more light for reading and other close tasks. Move a lamp closer to you or use a stronger wattage bulb.
- When taking medication, be sure to read the label carefully and follow directions. Take your medication in a well-lit room to avoid confusing or mixing up medications.
- Side vision and reaction time may reduce with age, so keep this in mind while you are driving or walking near traffic.
- Limit night driving to well-lighted roads; keep headlights and windshields clean; and be sure to keep your eyeglasses clean.



Age-related vision changes can't be prevented, but they need not mean you must give up activities like driving or reading. By practicing good general health habits and having regular optometric eye examinations, you should be able to continue enjoying an active, productive and independent life.

For more information on your vision needs and eye health, contact us today.

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- Natural Health Products • Live Well Health Clinics • Delivery
- Gift Wrapping Services and Custom Made Gift Baskets

PHARMASAVE would like to invite you to the Grand Opening of our new pharmacy in UNIONVILLE.

Join Mayor Don Cousens on September 12th at 9:30 a.m. for the Ribbon Cutting. There will be coffee, donuts, balloons for the kids and a chance to win one of the many prizes in our Grand Opening Draw.

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