

ADVERTISING FEATURE

**HEALTH & FITNESS**

**Hikers can see a 200-year-old Carolinian red oak tree and unique limestone formations while hiking the Maitland Trail**

Economist & Sun  
Stouffville Tribune

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The interior is well-forested with spruce, fir and cedar, mixed with birch and aspen. Beneath the forest cover, the soil is blanketed by thick and fragrant moss. Lake Superior, the largest freshwater lake in the world, exerts its icy influence along the shore. Here, rare arctic plants can be found, as a consequence of Superior's cold climate. There is approximately 50 kilometres of coastal hiking trails.

For details: Pukaskwa National Park Heron Bay, ON P0T 1R0. 1-807-229-0801.

The magnificent Scarborough Bluffs, among the most striking features of Lake Ontario's north shore, form most of Scarborough's waterfront.

Created and continually evolving through the interplay of sand, water and waves, they are the remnants of the Lake Iroquois shoreline. The 90 metre high bluffs mark the place where old shore meets the more recent Lake

Ontario. For details: The Waterfront Regeneration Trust, 207 Queen's Quay W. Ste. 580 Toronto, ON M5J 1A2. 416-314-9490.

The 450 kilometre Ganaraska Trail, completed in 1989, passes through a tremendous variety of country, from Lake Ontario, north through the sand hills of the Ganaraska Forest, past the lakes and drumlin fields of the Kawartha to the rugged wilderness of the Canadian Shield, then west through the rolling hills of Simcoe County and the shores of Georgian Bay to the edge of the Niagara Escarpment.

For details: Ganaraska Trail Association 12 King St. box 19 Orillia,

**Trail Users' Code**

- Hike only on marked trails.
- Do not climb fences, use the stiles.
- Respect the privacy of people living on the trail.
- Leave the trail cleaner than you found it.
- Do not start fires.
- Leave flowers and plants for others to enjoy.
- Do not damage live trees or strip off bark.
- Keep dogs on a leash.
- Leave only thanks and take only photographs.

ON13C 1R1. The Maitland Trail follows the Maitland River in Huron County from Goderich through the hamlet of Benmiller to the village of Auburn. Special features of the trail include a 200-year-old Carolinian red oak tree, the

Maitland Trail Association Box 443 Goderich, ON N7A 4C7. 519-524-6988.

Oak Ridges Moraine appears to have been continuously occupied since shortly after the glaciers receded.

A number of Paleo-Indian sites dating from 11,000 years ago have been identified. Excavations have unearthed remains of hearths, burial grounds, middens, outlines of long-houses and palisades as well as many artifacts.

Permanent settlements of the Moraine began in earnest in 1783 with the arrival of United Empire Loyalists from the United States who were granted land or purchased it in newly surveyed townships.

Oak Ridges trail Association, Box 28544 Aurora, ON L4G 6S6. 905-833-5775.

Menesetung Bridge, an abandoned CPR bridge and passages through unique limestone formations and hardwood and pine forests. It is approximately 37 kilometres.

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**Before Ortho K      After Ortho K**  
*See the world through your own eyes!*

If you're tired of the inconvenience of wearing glasses, but you're not interested in eye surgery, Ortho-K may be able to bring your world into focus.

Ortho-Keratology is a proven, safe, non-surgical contact lens process to reduce or eliminate nearsightedness (myopia) and astigmatism. Since its development in 1963, Ortho-K has helped over a million patients through the therapeutic use of contact lenses.

Ortho-K is the only way I know to stop the spiral of increasing myopia, said Dr. Hafiz H. Walji, a local optometrist who has earned the title of Fellow of the International Orthokeratology Society. Comparing it to a more common procedure in the field of dentistry, he added, "It's like having braces for the eyes."

The most common cause of myopia is a bulging cornea and astigmatism is caused by an irregular or warped cornea. In the same way that teeth may be straightened by the use of braces, these structural irregularities of the eye can be corrected through Ortho-K, resulting in often dramatically improved vision.

The Ortho-K procedure involves a series of special semi-rigid, highly gas permeable contact lenses fitted in progressive stages to gently re-shape the pliable cornea towards less curvature and a more spherical shape. The procedure normally takes three to six months, with adjustments in the lenses occurring every two to eight weeks. Once the vision has been improved to its optimum level, retainer lenses are worn part-time to keep the cornea in its new shape, often while you sleep. The procedure is painless

and the lenses are often more comfortable than regular contact lenses, Dr. Walji stated.

The Ortho-K process is safe for children, and in fact can often stop the degenerative process of myopia for life. Adults can usually expect to have their myopia reversed, and in most cases, eliminated. Patients with more severe vision problems of this type can expect a dramatic improvement in their prescription eyeglasses or contacts.

According to Dr. Walji, Ortho-K has allowed many patients to pursue careers that were otherwise not available to them due to their eyesight. Professionals such as firefighters, police officers and pilots have benefited from the non-surgical technique.

"It's like giving up a handicap of some kind," said Dr. Walji. "Other than better vision, there are no side effects. And unlike Laser or LASIK surgery, which have not been around long enough to do long-term studies, Ortho-K has been proven safe and effective in four university research studies for nearly forty years."

"If you have considered surgery for myopia, you owe it to yourself to look into this procedure," said Dr. Walji. "It is considerably less expensive than surgery, and it shows much respect for the eyes," he pointed out.

"Nearsightedness is not a disease. Why would you have surgery on healthy eyes?" he asked. "Like a camera that is out of focus, they just need a little adjustment."

Dr. Walji's office is conveniently located right on Highway 7, just west of the Ninth Line.

**Dr. Hafiz H. Walji** (Hons. BSc, MSc, OD, FIOS)  
**(905) 471-EYES (3937) 6633 Highway #7, Markham**

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