

# Children susceptible

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"Their body surface area is much larger compared to their size," he said. "They end up getting into trouble without anyone realizing it."

He said it's important for children to stay covered with hats, long sleeves and sunscreen.

Joy McCarron, an educator with Southlake Regional Health Centre, said the hospital treated a lot more people during last week's hot spell.

"Our numbers are definitely up," she said, "with people having symptoms of heat exhaustion. They come in with a headache or feeling dizzy or nauseated."

She said many young children are out playing in the sun.

"They're out playing soccer and exerting themselves. They don't understand when to slow down when they're too hot or too dry."

Ms McCarron said children should drink water or fruit juice every half-hour to one hour. Sports drinks are also good because they replace lost salt in the body.

In addition to drinking plenty of cool liquids, other tactics can ward off the worst effects of the heat. Vicki Morley, manager of the

chronic diseases program with York Region Health Services, said it's important for people to avoid strenuous activities and exercise. If you have to do something outside, try to do it before 10 a.m. or after 4 p.m.

Heat exhaustion is marked by heavy sweating, dizziness, nausea and vomiting. It can lead to heat stroke, when the body's natural cooling system fails.

If you notice someone is red or hot in the face, convince them to stop their activity, move to a cool place and loosen their clothing. Give the person lots of warm or tepid water to drink — not ice cold — and wait for emergency services to arrive.

Ms Morley said the heat may create problems for people on diuretics or other medications for blood pressure or hypertension who should contact their doctors for advice.

In this heat, she said, parents should watch for hazards associated with hot cars and metal playground equipment. Let the car cool down before children get in.

Anyone wanting advice from a health professional about how to cope with the heat can call the York Region Health Services hotline at 1-800-361-5653.

# Camp mixes fun, intense therapy

From page 14.

gardening, music, transportation, occupations and pets.

But along with the fun, campers receive intense speech therapy, said Ms Cranmer-Smith, the camp director.

The camp is geared to children between ages three and 10 who have disorders or delays in speech, those experiencing difficulties with reading and writing and also those who are too shy to feel comfortable communicating with others.

*'It's something I've always wanted to do, a speech camp.'*

The camp, which will be held at Newmarket's Country Garden Montessori Academy and will have a ratio of 2.5 children to one employee, will be staffed by experts in speech pathology, teaching and social work.

*'It's something I've*

always wanted to do, a speech camp," Ms Cranmer-Smith said.

Jeanine Cardinali said Mark, who is in nursery school, is looking forward to attending the camp.

"We wouldn't miss it. We're so excited," she said.

"We're excited that he will have an opportunity for intense speech therapy and it will be a lot of fun."

"Mark is looking forward to it. He likes camping and singing and having fun with his friends."

Preschool camps for children three to six will run weekly from 9 a.m. to noon. Camps for youngsters in grades 1 to 3 will run in the afternoons.

Literacy camps run in the afternoons for the weeks of July 8 to 12, July 22 to 26 and Aug. 19 to 23 only.

The cost is \$285 for the first week and \$250 for subsequent weeks.

The fees include pre-screening and determination of each camper's goals by Ms Cranmer-Smith, as well as all materials.

For more information, call 1-905-954-1312.

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