


THERAPY PAGE

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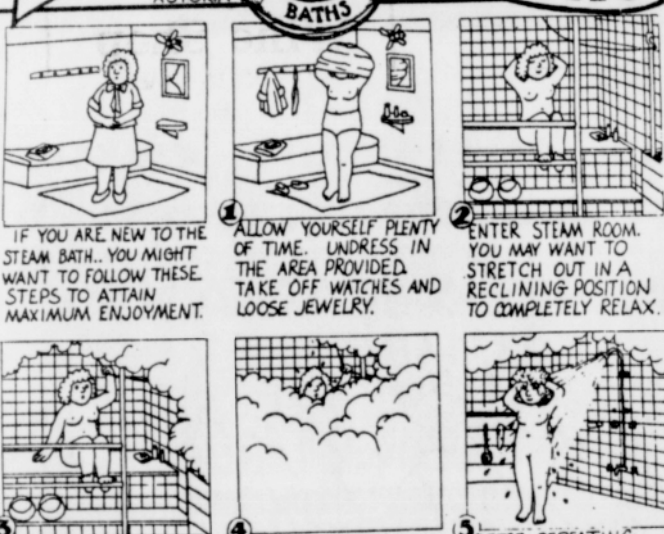


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UNION STEAM BATHS 285 W. MARINE DRIVE
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IF YOU ARE NEW TO THE STEAM BATH... YOU MIGHT WANT TO FOLLOW THESE STEPS TO ATTAIN MAXIMUM ENJOYMENT.

1. ALLOW YOURSELF PLENTY OF TIME. UNDRESS IN THE AREA PROVIDED. TAKE OFF WATCHES AND LOOSE JEWELRY.

2. ENTER STEAM ROOM. YOU MAY WANT TO STRETCH OUT IN A RECLINING POSITION TO COMPLETELY RELAX.

3. PULL STEAM CORD UNTIL DESIRED TEMPERATURE IS ACQUIRED. IF BREATHING IS DIFFICULT, BREATHE THROUGH A COLD WET WASH CLOTH. AFTER 10-15 MINUTES TAKE A REST IN THE DRESSING ROOM.

4. REENTER THE STEAM ROOM FOR ANOTHER 10 MINUTES. REPEAT THE PROCESS. USE ENOUGH STEAM FOR YOUR OWN LIKING.

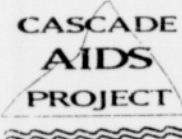
5. AFTER REPEATING THE CYCLE 2 OR 3 TIMES END WITH A SOAP AND WATER SHOWER AND KINSE WITH COOL WATER TO CLOSE PORES. DON'T GO OUT INTO COLD OR WET WEATHER UNTIL YOU ARE DRY AND HAVE FINISHED PERSPIRING. OR YOU MAY GET CHILLED.

WE HOPE YOU HAVE A WONDERFUL AFTER STEAM FEELING!

CIGARETTES AND ALCOHOL ARE NOT COMPATIBLE WITH A STEAM BATH.

WARNING! ELDERLY PERSONS OR THOSE SUFFERING FROM HEART DISEASE, HIGH OR LOW BLOOD PRESSURE OR OTHER PHYSICAL DISORDERS SHOULD CONSULT A PHYSICIAN BEFORE USING A STEAM BATH. IF YOU ARE NOT AN EXPERIENCED STEAM BATHER, DO NOT OVER DO YOUR STAY IN THE STEAM ROOM. DO NOT USE THE STEAM ROOM AS AN ENDORANCE TEST.

BUSINESS HOURS THURSDAY & SUNDAY 4:30-10:30 FRIDAY & SATURDAY 3:30-10:30



NORML

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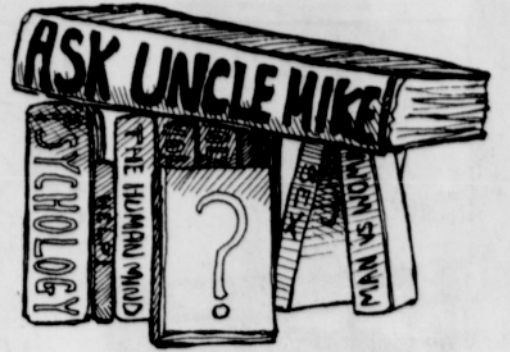
If you haven't visited us lately, you're missing a lot!!

Sometimes A Great Lotion
239 N. Hemlock #3 • Cannon Beach • 436-0129

Dear Uncle Mike,

This is kind of a weird question, but you write a kind of a weird column, so I thought I'd give it a shot. My problem is my girlfriend. She thinks she's fat. Not only is she not fat, she's not even overweight. In fact, she has a great body. For a while, I thought she wasn't serious, that she was just fishing for compliments or something. It's got to the point she doesn't even want me to see her naked. I'm really serious about her but it's starting to be a problem. Any suggestions?

Tony R., Eugene



Dear Tony,

Uncle Mike has many suggestions. The first is not to ask advice from those you insult. So Uncle Mike writes a weird column does he? At least he doesn't hang out with women neurotically obsessed with their weight.

No, that's a lie. If one is male, heterosexual, and unwilling to be a monk, dealing with women who think they're fat is part of the gig. It's a great life if you don't buckle.

First off, Fluffy, let's be sure we're dealing with reality. Is the woman mildly porkish or not? Of course she's beautiful to you, but if she could stand to cut back on the alfredo and bonbons, denying things won't make it less true. This does not mean you should tell her. Trust Uncle Mike, nothing lies in that direction but pain, loneliness, and the real threat of physical attack.

Know this: according to some poll taken by people who busy themselves asking strangers what they think, something like eighty percent of American women are dissatisfied with what they see in the mirror. Large industries have been built on perpetuating this hate affair. Uncle Mike believes the mirror problem can be solved by spending less time looking into them, a solution he's tested with great success on himself. He has yet to find a woman willing to embrace this discipline.

Is your friend's obsession with body tissue neurotic? You bet. It's a gender thing, like your obsession with mammary glands and gluteal muscle. Two ends, you might say, of the same stick. Her compulsion to meet standards set by those who want to sell her cosmetics, exercise machines, and liquid diets is no accident. It's a crime against humanity that will stop when we all quit buying into it.

Uncle Mike's advice is to, at every opportunity, praise your woman to the heavens. One of the few intelligent things Norman Mailer ever said was this: most of the problems between men and women would disappear if, at least once a day, men told women they were beautiful and women told men they were brave. Yes, it sounds weird and sexist but, as you were clever enough to point out, this is a weird column.

Dear Uncle Mike,

Do you think O.J. is guilty? I do.

Convinced in Portland

Dear Convinced,

Like you, Uncle Mike hasn't the foggiest notion. Unlike you, he reserves his opinion for matters he knows something about.

Guilty or innocent (legal terms, by the way), can you imagine how much fun it must be for Mr. Simpson (Uncle Mike does not know the man and so cannot call him O.J.) to have millions of halfbaked nitwits willing to hang you before the jury hears the evidence? Isn't it great to live in a country where it's okay to have opinions without benefit of facts or rational thought?

Uncle Mike knows two things about the O.J. Simpson trial. The first is that, while Russians are slaughtering Chechens, Serbs are massacring Muslims, and Mexicans are strafing Mayans, his people are watching television, munching low fat corn chips, and obsessing about a bloody glove. The second thing Uncle Mike knows is that he wants to vomit.

Dear Uncle Mike,

Where do you stand on spanking children?

Darryl P. in Portland

Dear Darryl,

Uncle Mike regards spanking as an act best restricted to consenting adults. Even then, he finds it odd. As a means of improving the behavior of children, he finds it laughable and sadistic. By the time violence against someone smaller and more innocent than you seems appropriate, the adult involved is in a state far too irrational to administer judgement. The first rule of civilization is nobody hits.

CANNON BEACH MASSAGE
LICENSED MESSAGE THERAPY

ROSALIND CUSACK, LMT
OREGON & WASHINGTON



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