

DR. MERRYMAN

“The physician must have at his command a certain ready wit as dourness is repulsive both to the healthy and the sick”

HIPPOCRATES 400BC

“Time off” is probably the most cost effective Medical Defence we can sign up for. I believe it was Einstein that said, “The definition of insanity is doing the same thing over and over again and expecting a different outcome”. So leave the pile of paperwork, the phone calls to demanding patients for a bit. Even half a day. Clear your mind for a while and you will return with a brighter outlook, a fresh approach, a greater tolerance (a least for a couple of hours till it all gets to you again!) Take your friend, your kids, your partner, your colleague and rediscover what it is to “Have a life”.

TRY THESE.....

BURDETT’S McLelland Dve., Langwarrin. A magnificent Nursery set in glorious grounds with a fantastic café and top class chef. Even if gardening is not your passion, this is a wonderful place to “lose yourself”.

BORDER’S BOOKSTORE The original Melbourne Borders is in Chapel St, Prahran (Park at the Jam Factory). Borders has any book, CD, tape you could ever want and you are encouraged to sit on the couches, lounge in the café, plug into the music and spend time browsing. Right nearby is the Pancake Parlour (see Dr. Diet for choices!), and smoothie bars. The Cinemas are in the same complex, or if you like to watch the world go by, there is plenty of diversity to be had as you sit in a Chapel St Café for a coffee.

ROYAL BOTANICAL GARDENS By all means, “Run the Tan” but, there are plenty of other ways to enjoy the “Bot”. Go to the Observatory where there are some great eating ideas and a range of amazing Bush Chutneys and other produces. Walk around and look at the bats, or in summer, find out when the Twilight Cinemas are. A balmy evening picnicking and watching old classics like “The Party” with Peter Sellers is hard to beat.

CERES 8 Lee St., Brunswick East. www.ceres.org.au This 10 acre environmental park has biodynamic produce growing, workshops on growing and using the produce, an excellent organic café everyday, bush foods and an organic market on Saturdays. Wear your overalls and pony tail.

MACCLESFIELD TROUT FARM A beautiful drive through the hills. It can’t get any fresher. Here, you catch your own healthy dinner, with as much or as little “hands on” as you like. Those who like a challenge fish in the lake, but if you love reeling in 2kg beasts faster than you can bait the hook, stay in the pondages. (Don’t forget though that at the end, you have to pay for what you catch- about \$10-12 per kg). When done, the delightful staff clean, gut, fillet and /or sashimi for you. Open every day of the year (except Christmas).

FALUN DAFA Dandenong Neighbourhood House, Wed.6.30-9.00. Free Tai-Chi type exercises that relieve stress, create harmony and improve health.

QUEEN VIC MARKET FOODIES TOUR Some weekdays and weekends. An excellent way to learn how to choose the right produce- what the pink writing on meat means, what some of the bizarre looking vegetables can be used for and never to try and eat red bananas raw. Tastings along the way. Takes about 2-3 hours and well worthwhile.

POINT NEPEAN NATIONAL PARK Put your bikes in the back for this pleasant drive to the tip of the Mornington Peninsula. You may choose to walk the 5-6km track. The pushbike ride, though, is pleasant and you can stop along the way and walk to vantage points, the Harold Holt Memorial etc. The scenery is stunning and you could stand for hours watching huge ships take it in turns to pass through the heads. On your way back home, stop in Sorrento for a healthy bite to eat- plenty of choices, or grab a picnic and find a spot at Sorrento back beach.