

# GDMH leaves saccharin use up to patients

Diane Walters, Dietician at Georgetown District Memorial Hospital is not prohibiting patients from using Saccharin, and although Mrs. Walters has not received many calls from concerned diabetics in the community, she said she will allow the patient to make a decision.

"People will be governed by what they read," she said.

"The government has not hurried the restrictions on products, banning any that contain saccharin, so common-

ly by the pharmacist with a doctor's approval. This has always been the case.

Pharmacist for the Georgetown hospital, Carol O'Byrne, said she received a newsletter from the health protection board advising pharmacists to control the sale of saccharin by placing the products behind the counter.

"It will be up to the discretion of each pharmacy, depending on the store's size, if the products will be removed," Mrs. O'Byrne said.

In any research study, no matter what the ratio of con-

sumption between animal and human is, if the study shows the animal gets cancer, the product must be banned, Mrs. Walters explained.

The government has given manufacturer's enough time to produce alternate products, "but they will probably be more expensive. I used saccharin to sweeten Kool-Aid in the hot summer months because it was cheaper than sugar," she said.

Jan Goeller, national nutrition consultant at Women's College Hospital in Toronto, is advising diabetics

to stop using Saccharin now, and products which contain Saccharin, particularly women of child-bearing age.

"The patients who call me are feeling panic stricken because there is no alternate substitute they can use," she said. "All sugar substitutes contain Saccharin, and will be banned from the shelves. However, each diabetic is given a meal plan, from a dietician in a hospital, and this meal plan is not affected by the banning of Saccharin."

"Diabetics don't need diet products, they just made life a

little easier. Everyone is concerned that diet soft drinks will be taken off the market in July, and wonder what they will drink in the hot summer months."

"Water is thirst-quenching and contains no calories. Soda water is available in public places, and a refreshing drink is made from mixing water and unsweetened FRESHIE or Kool-Aid. Unsweetened fruit juice and fruit is safe in small amounts, because unsweetened means sugar was not added, but the natural sugar was not deleted."

Ms. Goeller is answering phone calls from diabetics who have been told by a dietician so "perhaps the publicity will scare them into changing their eating and drinking habits to more healthy ways. Too many diabetics feel they are borderline or mild cases, and are simply playing with fate."

Health and Welfare Minister, Marc Lalonde, based the banning of Saccharin on the results of a three year, \$300,000 study by the Federal Health and Protection Branch.

In the study, rats were fed a diet providing 2,500 milligrams

per kilogram of body weight of sodium saccharin for two generations.

The parent generation male animals given saccharin developed both benign (non-cancerous) and malignant (cancerous) bladder tumors. In male rats of the second generation whose mothers received Saccharin during pregnancy and lactation, the bladder tumors were mostly of the malignant type.

A human would have to consume 800 bottles of 12-ounce size diet soft drinks to develop bladder cancer. But

Ms. Goeller said the department of health has to ban anything under the equivalent of 5,000 bottles administered to rats during the study.

"People don't just drink diet drinks," she said. "They consume Saccharin as a sweetener for tea or coffee, in diet dessert, in drugs to remove the bitter taste, in cosmetics, in toothpaste and mouthwash."

Saccharin is being removed from the shelves but will be available from the pharmacist.

## Report awaited on Red Cross rental request

An ideal location for Red Cross offices in Georgetown would be the building on James Street recently vacated by Georgetown Volunteer Ambulance Service, John Wickens president of the Georgetown Red Cross Society branch said.

Speaking to finance administration committee, Mr. Wickens said the society's present quarters in Cedarvale Community Centre are too small.

"We need larger quarters," he said, for office space, meeting and teaching areas and storage for the loan cupboard.

The ambulance building on James Street with its central location and close to the hospital would be useful in case of a disaster, he said. As well, it has enough space for the society's needs.

In its present quarters, Mr. Wickens said, the society pays \$35 a month rent. Treasurer Ray King told the committee that GVAS paid \$3,000 a year rent.

Coun. Roy Booth asked the society if it would consider buying the building as it is an

asset of the town and looked at as a source of revenue. He didn't feel that it should be rented at \$35 a month.

Mr. Wickens replied that buying the building would need consultation with Red Cross Ontario headquarters. No price for the building was mentioned.

Russ Miller, chairman of finance-administration committee, said he preferred that the building be kept by the town so that if the town offices at 38 Main Street S. were ever sold, the town would still have a building convenient to the downtown.

Coun. Peter Marks asked the committee to consider not only the potential profit the building could return but also the service the Red Cross provides for the community. If the town had to buy the services, it would cost more, he said.

The committee directed the treasurer to return with a report on what rent it should charge and asked Mr. Wickens to convey to the Red Cross consideration to purchase the building.

# SOME OF OUR BEST SALES PEOPLE.

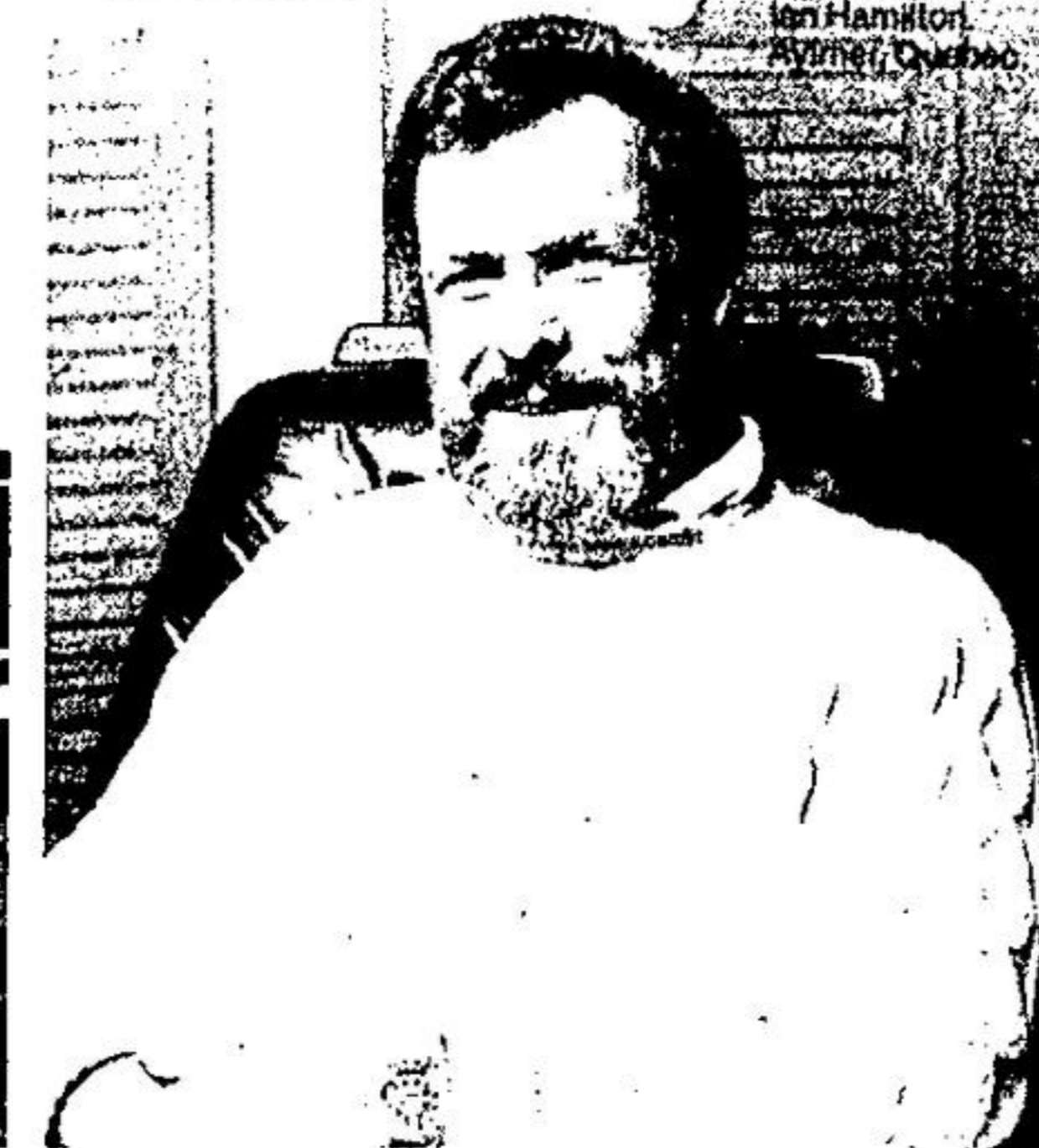
"I'm partial to the front wheel drive. I've never had a car that has the front wheel drive. I was just amazed at the handling of the car. When you turn, you can feel the car moving over. You've just got so much control."

Janice Yeo, Winnipeg, Manitoba.



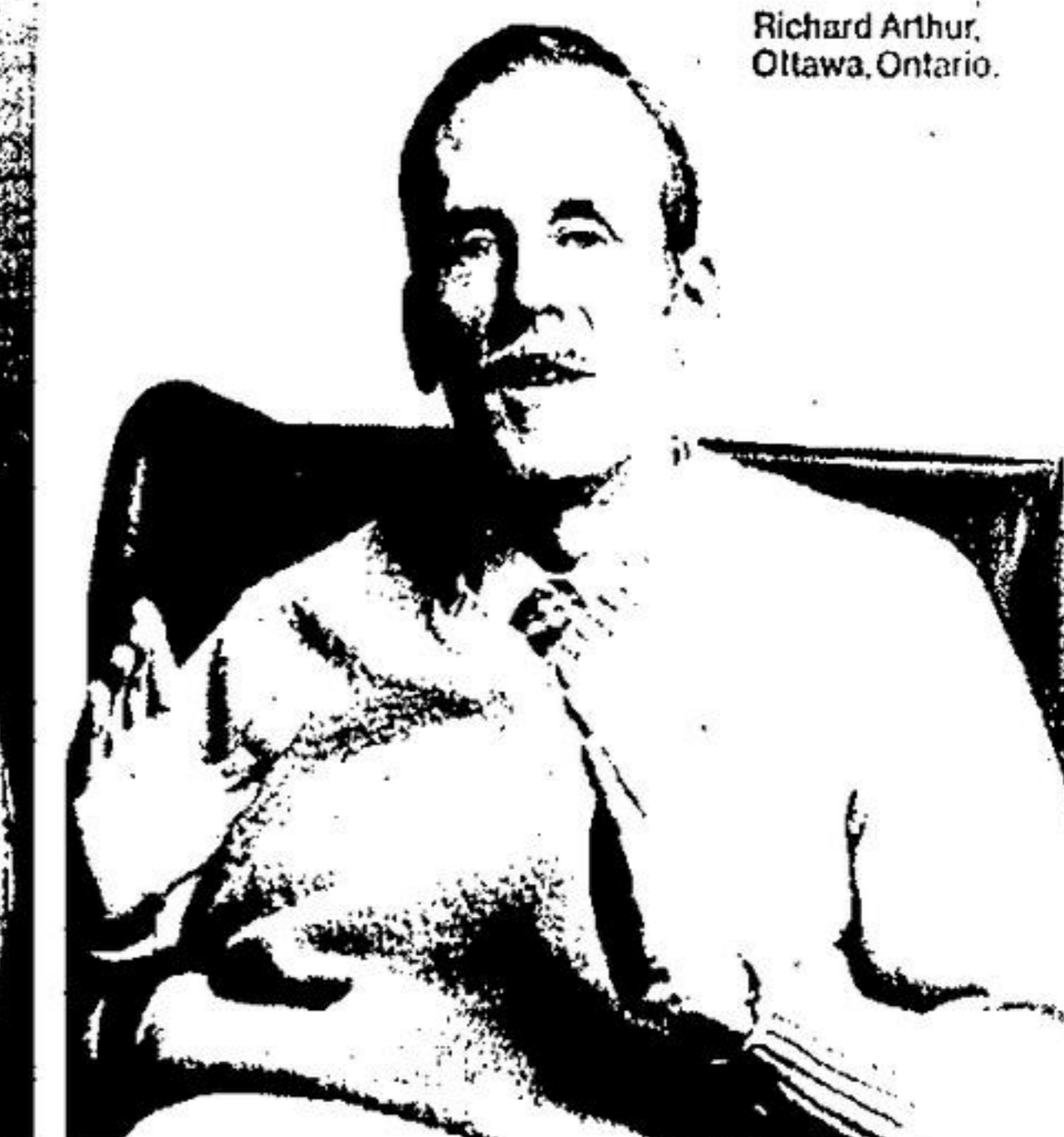
"I went to the dealer many, many times. And looked at the cars many, many times before I finally bought one. I was very impressed with the car. It's design, the price, independent suspension, vacuum-assist disc brakes. You don't get those things usually in a car at that price."

Jan Hamilton, Ottawa, Ontario.



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Richard Arthur, Ottawa, Ontario.



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Mike Froislie, Ottawa, Ontario.



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Teena Andrichuk, Burnaby, British Columbia.



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Bill Andrichuk, Burnaby, British Columbia.



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JOYCE BEATON

## Hang in there

Sometimes we "older women" tend to think today's young woman has it made. She seems to be enjoying the freedom we didn't experience and we're inclined to envy her. I received a letter from a 25-year-old woman I find very revealing and I'd like to share it with you.

"I am a woman struggling to achieve some recognition in a man's world. I hold a college diploma in what is generally considered a male-dominated industry. I am intelligent, industrious and capable, and above all I am not embarrassed to say so and to give myself credit where it is due.

**Business ethics**

"During my four years in the working world I have begun to question some of the accepted business ethics.

"Why am I expected to answer a ringing phone when I have a college diploma and my male counterpart a grade 12 education? He sits next to me waiting for me to pick it up as if that's a woman's job.

"Why do new clients prefer to speak to the male member of the organization when making an initial business contact? Does it make them feel more secure? When business is established they deal with me without question.

**Why indeed!**

"Why am I called "dear" and my male counterpart Mr. Doe?

"Why am I complimented on my hairdo while my male counterpart is commended for his diligence?

"Why do I make \$100 a week less than my male counterpart?"

"Why am I expected to type when my male counterpart is not?"

"Why are important company decisions related first to my co-worker, then to me as an afterthought?"

"Why can he (co-worker) never remember the name of my college?"

"Sex integration in the business world cannot exist as long as it is generally accepted that it is to the female's advantage alone!"

**Equality**

"It is extremely difficult to change the assertions that society has made concerning a woman's position in commerce. Even the word woman has developed a connotation of weakness, frailty and fragility. If coexistence is ever to be achieved, it must be established that women are equally as capable as men.

"It appears that the fate of womankind is in the hands of people, men, and women a people to whom sexual prejudice is woven into the fabric of our entire society. The weave is rigid."

**Ageless problem**

My advice to my sister is to hang in there. If she is seeing the problem as clearly as she seems to, and is realizing she's not fighting the battle alone, she's much further ahead than I was at her age.

Perhaps there are other young women in business who would like to get together and talk over their problems. Perhaps some of the older women would like to do the same. I offer myself as a clearing house and this column as a vehicle for airing some views.

Get on the trail to the

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