

Fat fad trims pounds from truth

Herald Special
Like cold remedies, weight-loss gimmicks abound. One is a body wrap that compresses fat inward and supposedly reshapes bodies in ways nature never intended.

Paul Tuz, president of the Better Business Bureau, reports that advertisements touting body wraps are flirting with the truth, and in fact, body wrapping could be dangerous to one's health for several reasons.

Typical ads claim: "Lose 5-15 inches in one

hour or pay nothing. This special solution rejuvenates the body's mineral supply while getting rid of

size reduction is desired. The wraps are usually soaked in a "magic" solution. The wrap wears a

rubber or plastic suit over the bandages to keep the body insulated and the solution from evaporating. After about one hour

indeed, work. The wrapping causes perspiring and this water loss is so indicated on the scale. However, just as soon as the wrapper drinks water the weight reappears.

As to losing inches or reshaping the body, Mr. Tuz says that a tight wrap does reduce body size and shape - at about the same extent produced by a girdle or corset. But, when the package is unwrapped, the body

returns to its former shape and size.

Health and Welfare Canada is concerned about these products because there has been no proof of safety on these body wraps for any medical purpose.

Body wrap solutions may cause heat rash, skin irritation or maceration (softening of tissue). With perspiration can come dehydration, heat exhaustion, kidney or bladder

problems, or hypothermia (unusually low body temperature).

"Obesity", adds Mr. Tuz, "is considered a medical problem. The causes are varied and complex. Therefore, obese persons should consult a qualified doctor before dieting. Weight change is determined by the amount of calories expended versus the amount of calories consumed."

Better Business Bureau

unwanted inches - permanently."

The wraps, says Mr. Tuz, are bandages pulled snugly around parts of the body where weight and

After about one hour

Does Wrapping Work? The scale may first indicate that wrapping does,

BBB plan cuts scams

Herald Special
Better Business Bureau president Paul Tuz recently announced a new service to investors. This service will be either free or at a very nominal cost and should, according to Mr. Tuz, "be effective in reducing losses due to investment scams by a good 60 per cent."

The public will see the programme in the form of "Investors Alert", a new publication introduced by the North American Better Business Bureau network and the North American Securities Administrators Association. It will warn consumers of current frauds in the investment area.

The first "Alert" will deal with a wide range of current securities frauds. The product of several months of planning, this "Alert" is expected to be released in the first week in January.

"We hope that widespread coverage in the media will be effective in warning the public in reducing the number of victims," says Mr. Tuz.

Each Better Business Bureau and any member of the North American Securities Administrators Association will receive advance copies so that distribution efforts may be coordinated.

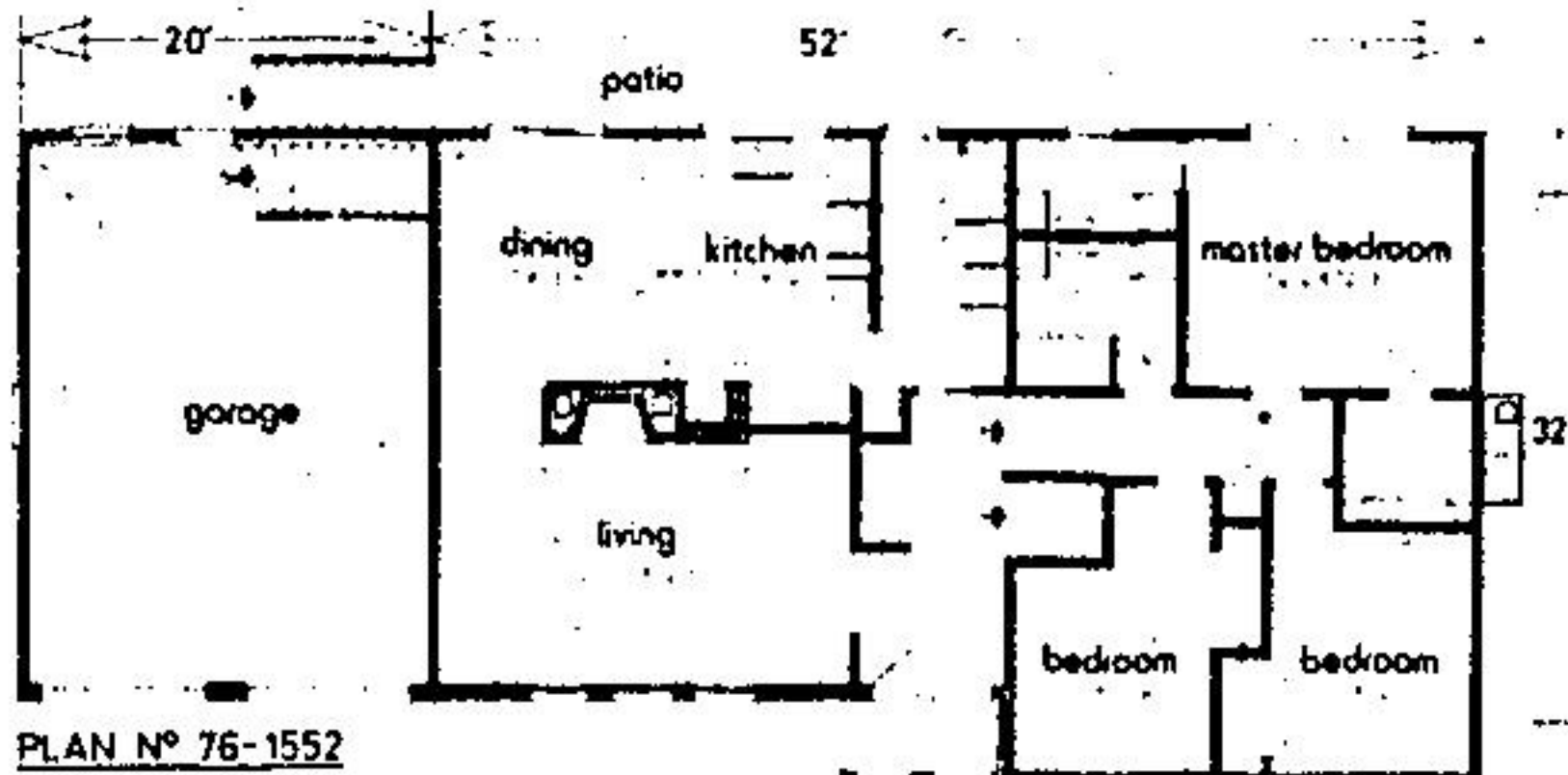
Plasmid studies

Plasmids circular molecules of DNA that free float inside bacteria cells, are increasingly responsible for new strains of disease-causing organisms which are strongly resistant to modern medicines. Plasmids obtain the ability to resist drugs, then spread the resistance to other cells as they migrate from organism to organism, often in a matter of minutes. Researchers are trying to unmask the secrets surrounding plasmids and how they operate as part of medicine's fight to stop the spread of germs that drugs can't kill.

Glenn McClure Carpentry
ALL TYPES OF CARPENTRY WORK FOR YOUR
- Home
- Farm
- Cottage
- Office
LICENSED
FREE ESTIMATES
878-4434

DELREX Aluminum Limited
Aluminum Awning Eavestroughs Siding Canopies Storm Doors Windows Soffit Fascia in Living Colours
Specializing in replacement windows & patio doors
877-5383

"HOME OF THE WEEK



PLAN No. 76-1552
AREA: 1552 sq. ft.
WIDTH: 72 ft.



SPANISH-STYLE SPLIT LEVEL HOME HAS THREE BEDROOMS

This dramatic Mediterranean-style split level home design is ideally suited to the wide frontage residential building lot and contains in excess of 1,500 square feet of finished floor area, for present use, and possesses a further area, in potential, for future development in the partial basement positioned beneath the bedroom level. The imposing exterior is finished in mixed stucco and brick veneer, with brick chimney and a tiled roof. The Spanish theme of the design is enlivened by the arched windows, entranceway and arched garage entry doors. For those who prefer, the roof could be alternately finished in either shakes or more conventional shingles.

The weather-sheltered main entry leads into a spacious entrance foyer and outerwear storage area, from whence traffic moves naturally to the left, into the spacious L-shape living-dining room combination. The living room features a wide, double-sided masonry fireplace, which latter divides the living room from the kitchen and dining room.

The well-planned U-shape kitchen separates from the dining room by means of a spacious work counter. The kitchen faces a raised-hearth masonry fireplace and adjacent storage shelf. The kitchen provides generous countertop work surfaces, abundant cupboard storage facilities and a stop-saving work triangle configuration.

All three bedrooms are positioned to the right of the floor plan, on the topmost level, for freedom from disturbance when entertaining. Each has generous closet storage and abundant natural light. The spacious master bedroom has a full walk-in closet and a two-piece vanity bathroom ensuite behind a convenient pocket door.

A half-stair from the entrance hallway leads down to the partial basement which lies beneath the bedroom level. Additional accommodations and/or recreational facilities could be developed here at a later date, and the space beneath the kitchen-dining room area could be reserved for storage space and a workshop. This latter area is also accessible via stairway from the double enclosed garage. Were this home to be built on a sloping lot, this area could be a windowed basement with an exterior patio and overhead deck.

Plans for design No. 76-1552 may be purchased either by the single set, at a cost of \$135.00 for the first set and \$28.00 for each additional set, or by the package. A five-set plan package, including the first set, is economically priced at \$195.00 and an eight-set package, also including the first set, is only \$235.00.

Whichever method you choose, please include \$9.00 for postage and handling.

Send for the current edition of Select Homes magazine, series 53, featuring imaginative decorating and home improvement ideas, plus 130 quality home and cottage plans of every type. Available for \$3.25 (\$2.00 plus \$2.00 postage and handling.)

To order any of these items please send cheque or money order, payable to the Home of the Week. Address to: Home of the Week, c/o The Halton Hills Herald, Unit 1, 151 Carlingview Drive, Rexdale, Ontario, M9W 5E7.

ANTIQUE REFINISHING
★ Furniture
★ Piano's
From Old to Young again!
All refinishing Guaranteed Beautifully
Call Ed at 853-1818 ANYTIME

Muirhead Insulation
GEORGETOWN
- Attics
- Walls
- Thermo Replacement Windows
YOUR LOCAL CONTRACTOR
877-7447

W.C.H. PAINTER AND DECORATOR
Installation of Ceramic Tile Work
NO JOB TOO SMALL
Rebuild Bathrooms & Kitchens
FREE ESTIMATES
877-5530

CHATELAINE LIGHTING
SEE IT ON DISPLAY NOT IN A CATALOGUE
WE ARE SHOWING OVER 1000 FIXTURES
- FULL RANGE OF TRACK LIGHTING SYSTEMS
- COMPLETE LINE OF BULB AND HOUSING PRODUCTS
519 824-0401 240 YORK RD. QUELPH

CUSTOM INSTALLED CENTRAL VACUUM SYSTEMS
G.K. THOMPSON & CO.
877-7454

SOLARI DECORATING
Specializing in RESIDENTIAL INTERIOR
Free Estimates
Workmanship Guaranteed
Call Jim 453-0398

HALTON Door SYSTEMS Ltd.
Sales & Service to all types of overhead garage doors and electric operators, radio controls and accessories
All Work Fully Guaranteed
877-1764

BUDWISER
WINDOWS AND DOORS
FACTORY OUTLET
Complete Line of Energy Saving WINDOWS AND DOORS
- WE INSTALL -
"The Place To Save!"
71 MOUNTAINVIEW RD. N UNIT 5, GEORGETOWN
877-1186

E & R SHOPPING SERVICES
★ TOO BUSY?
★ HOUSEBOUND?
★ BAD WEATHER?
Let us do your shopping and errands for you -
- Pay on Delivery -
For More Information Call 877-8542

If You Would Like To Advertise In this Section
★
Just Call 877-2201

AQUAPINE WATER REFINERS
WATER SOFTENERS AND WATER TREATMENT EQUIPMENT
LOW MONTHLY RENTALS FREE WATER TESTING & SERVICE
348 Guelph St. 877-6242

E.S.L. CARPENTRY
Specializing in HOME RENOVATIONS
Experts in Kitchen & Rec Rooms
Reasonable Prices
878-5104