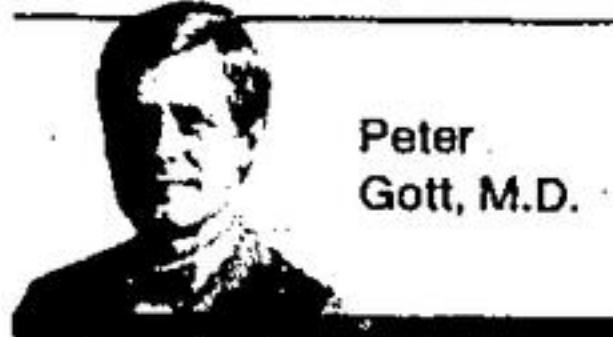


Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Which meats are high in cholesterol

By Peter H. Gott, M.D.

DEAR DR. GOTT — How do fish, fowl and red meat compare in their fat and cholesterol content?

DEAR READER — The answer to your question depends on the cut and type of these animal-source foods. Animal fat is highest in cholesterol; therefore, red meat contains more cholesterol than does fowl or fish. However, some lean cuts of unprocessed meat can be trimmed and cooked without adding excessive quantities of fat to the diet.

Bird fat also contains cholesterol, so fowl must be thoroughly cleaned and trimmed by the cholesterol-conscious consumer. Judging from the enormous amount of fat in many commercially raised chickens, this could present more of a problem than red meat to some dieters. However, in general, fowl is less rich in cholesterol than is red meat.

Several years ago, scientists were concerned that cholesterol in fish, especially shellfish, might present a problem for people with high serum cholesterol. This does not appear to be true because other components of fish oil seem to lower cholesterol and have a protective effect.

Therefore, red meat contains more potentially harmful cholesterol than fowl and fish. Yet with selective buy-

ing and prudent preparation, the cholesterol-conscious consumer can enjoy a balanced diet that contains all three substances. To give you more information, I'm sending you a copy of my Health Report on Cholesterol. Others who want a copy of this Health Report should send \$1 and your name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to ask for **UNDERSTANDING CHOLESTEROL**.

DEAR DR. GOTT — I live close to a toxic-waste disposal facility. In our area, there has been an increasing number of respiratory problems, headaches, scratchy dry throats, liver problems and bloody noses. Could these be symptoms of toxic poisoning?

DEAR READER — Yes, they could. For specific information about health hazards in your community — and how to complain about them — check with the local board of health or the Environmental Protection Agency's Toxic Waste Division.

DEAR DR. GOTT — Are there some types of foods that build muscles? My muscles are flimsy, even though I walk quite a bit.

DEAR READER — Muscles are made up primarily of protein, so eating protein provides the necessary building blocks to form muscle. However, to grow and thrive, muscles also need exercise and carbohydrates. Exercise increases muscular strength and bulk; carbohydrates provide the energy source for muscular work.

In order to improve "flimsy" muscles, you will have to eat a balanced diet and commit yourself to a program of muscular development. Such programs are available through school athletic departments, fitness centers, YMCAs, YWCAs and so forth. Walking is a good all-around exercise, but it will not appreciably build muscular strength or bulk.

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'Widow' has no place to turn

DEAR MEG



Meg Whitcomb

DEAR MEG — I lived with a wonderful man named Patrick for 26 years. He died, and now I feel like a widow. He was good to me and stayed by me through the years. We never married because of his religion. He wasn't allowed to marry me because I was divorced in my early 20s. I have no family and no one left. All I have are my faith in God and my little pool.

I'm 67 years old and have arthritis in both knees, but I can't collect Patrick's Social Security. I wrote to the governor, and he told me to classify my problems as a "special case" and make an appeal. I'm now waiting for the decision. If I'm turned down, is there someone in Washington who would listen to my problem and recognize mine as a special case so I can collect the benefits?

I'm alone and have trouble getting around. I don't know where to turn. — **WIDOW IN SPIRIT, N.Y.**

DEAR W.I.S. — I'm sad to say, if your appeal is turned down, you'll have to live with the verdict. In the eyes of the Social Security Administration, you must have been legally married in order to be eligible for widow's benefits. But there is help available for your health, transportation and loneliness problems.

Contact your local senior-citizens associations, the county Office for the Aging or call the State Senior Citizens Hotline.

DEAR MEG — Randy's the only guy I've been to bed with during the three years we've been going together. I love having sex with him. I feel

secure when we are being intimate.

My feelings toward Randy have changed, but I still love going to bed with him. Could this be the reason I won't let go? — **DON'T KNOW IN N.Y.**

DEAR DON'T — Yes, sex, like many other activities, from work to gambling, can be addictive. It then becomes a mechanical, loveless compulsion that's hard to give up. "Sexaholics" use sex as a substitute for real intimacy or as a way to relieve anxiety and feelings of inadequacy.

If you can't quit sex with Randy now that he no longer meets your emotional needs, you may be a victim. Look in the phone book for Sexaholics Anonymous. Their meetings will help you deal with feelings of inadequacy.

TOP TEN MOVIE RENTALS

- | | |
|-----------------------------------|------------------------------------|
| 1 st Maximum Overdrive | 6 th Police Academy III |
| 2 nd Blue City | 7 th Raw Deal |
| 3 rd Cobra | 8 th Delta Force |
| 4 th Howard The Duck | 9 th Murphy's Law |
| 5 th Manhattan Project | 10 th The Money Pit |



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Brothers AGM

Big Brothers of Halton Inc. is holding its annual general meeting March 30 at 7:30 p.m. at the E.C. Drury High School's Fireplace Room. The school is located at 215 Ontario St. S., Milton. There'll be refreshments served following the meeting.

THE COLLECTOR'S CORNER

ACID-FREE MATS

When you have a limited edition print framed, you will have to choose mats to enhance the image. Usually we put two or three mats, but as many as four or even five can be used. Your framer will then tell you that only certain mats can go next to the print. These mats are "acid-free" and are used to prevent deterioration of your print.

There are two types of "acid-free" mats. The first is a rag mat, made from cotton which is naturally acid-free. The second type of mat is made from pulp, and has had the acid extracted. Although this mat is acid-free, it has not been in use long enough for us to be sure that after 75 or 80 years the acid will not return. Therefore, you should be sure that a naturally acid-free or rag mat is next to your print.

What's New in Prints: Baleman's "The Wise One" and "Sylvan Stream - Mute Swan"; Parker's "Aretic Spring - White Gyrfalcon", and "Winter Encounter Wolf".

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 NEW NEED MORE ELBOW ROOM? Have a look at this family sized livingroom, diningroom and kitchen in this roomy 2 story home featuring 2 baths, rec room, den, master semi ensuite plus garage. Call Anne or Ab to view. 7078	 NEW NEED A CLOSING DATE? Spiffy boys raised bungalow finished from head to toe, has walkout from diningroom to private rear yard, finished rec room with bar, 2 baths, garage. Many upgrades. To view call Anne or Ab 7097	 NEW TOWNHOUSE SPECIAL Squeaky clean and tastefully decorated describes this unit tucked away on a private lot, has extra insulation, built-in dishwasher, walkout to private yard and deck. To view call Anne or Ab 7087
 NEW AFFORDABLE STARTER HOME — \$102,900 QUICK! For this money where else can you get 3 bedrooms, livingroom, diningroom, kitchen with built-in stove and oven unit, main floor laundry room, good sized lot. Call Anne or Ab to have a look. 7084	 NEW SILVERCREEK COUNTRY SPECIAL! Quality built brick bungalow situated on approx one acre mature treed lot, loaded with extras such as covered patio, fireplace in livingroom, new country kitchen, finished lower level, plus plus plus! Don't miss this one. Call Anne or Ab to view. 7088	 NEW REAL COOL POOL! Spacious bungalow set up for the large family or simply for fun and entertainment. For full details call Anne or Abe 7076

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