

# Outlook on Lifestyle

## DR. GOTT



Peter Gott, M.D.

### Don't believe pregnancy myths

By Peter H. Gott, M.D.

**DEAR DR. GOTT** — My boyfriend and I have begun to have intercourse. I've heard that if you have cramps, irregular periods and severe acne after intercourse, it means you can't get pregnant. Is this true?

**DEAR READER** — No, no, no! Pregnancy results whenever a sperm fertilizes an egg. This can happen at the time of first intercourse — with or without cramps, and with or without acne.

Pregnancy occurs most commonly during mid-cycle, but there is no absolutely safe period. If you choose to have intercourse, make sure that you use contraception. Contraceptive devices, such as condoms, are easily available in pharmacies, or you may wish to have a doctor prescribe oral contraceptives or a diaphragm. In any case, don't trust your luck, old wives' tales or the "right" time of the month to avoid pregnancy.

**DEAR DR. GOTT** — I want to get involved in aerobic exercise, but every time I try jumping around, doing cartwheels or jogging I feel as if I'm going to fall flat on my face. Could my asthma be affecting my energy? I'm 5 feet 2, and 118 pounds.

**DEAR READER** — Asthma is acute spasm of the muscular walls of the bronchi, or breathing passages. It is seen with increased production of mucus. The combination of spasm and mucus causes wheezing, coughing and difficulty breathing. The disease affects physical activity, since asthmatics have trouble exhaling stale air and replacing it with fresh air.

Bronchodilators are the primary treatment for asthma. These drugs release or prevent bronchial spasm, thus allowing patients to breathe. Bronchodilators are available in pill or liquid forms or as metered sprays. Asthmatic athletes are often helped by inhaling a bronchodilator spray before physical exertion. In your case, such a spray could be useful and might permit you to continue aerobics without shortness of breath. Ask your doctor about this.

**DEAR DR. GOTT** — Would a home pregnancy test be accurate if one is going through menopause?

**DEAR READER** — Home pregnancy tests measure human chorionic gonadotropin. This hormone is produced by a pregnant woman starting about two weeks after fertilization. HCG is excreted in the urine and can be identified by the chemicals in the pregnancy kit. The test results can be affected by kidney disease, certain medications and some female conditions, such as ovarian cysts. Menopause will not affect the home pregnancy test, because women who are not pregnant do not excrete HCG. However, if a woman became pregnant during early menopause, the test would be positive.

Manufacturers of the home pregnancy tests recommend that women with skipped menstrual periods check with their doctors, whether or not the pregnancy test is positive.



Fred Johnson receives his plaque for seven years of service to the Halton Cancer Society at his home on March 31. Fred has been

assembling about 450 canvas kits a year at his home in preparation for Cancer month each April.

## DEAR MEG



Meg Whitcomb

### Young man has run out of girls

By Meg Whitcomb

**DEAR MEG** — I'm 22 years old and would like some female companionship. It seems every girl in this town is taken. There are no girls my age at church, and I go to a small technical-engineering college with a minuscule female population.

I just want some companionship. I'm not into the bar and party scene, and I don't crave sex (although I wouldn't say no if the right girl came along).

I live with my parents, and we are close, but watching TV with them every Friday and Saturday night is getting me down.

Do you have any suggestions? I've run out of ideas. — SOLO IN SEATTLE

**DEAR SOLO** — It pays to advertise. More and more singles of both sexes and all ages are looking for love in the classifieds. They are using the personal columns of local newspapers or national publications to find friendship, fun, romance, even marriage.

Unlike single bars, you can spell out in advance your interests and requirements and then screen the responses.

Most publications offer help in writing the ad, so everything works in your favor. A lot of letters that cross my desk tell me about super love matches that started in the pages of a magazine. Maybe yours will, too!

**DEAR MEG** — I panic because I'm always saying the wrong thing to the wrong people. Our society has a pecking order, but everyone looks pretty much the same to me.

My problem became so bad that I took early retirement from a government job. I was expected to give the big shots on the organizational chart

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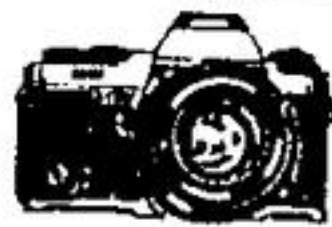
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## Photo Tips

by Peter Moss

This week we will skip our planned portrait instalment in order to help you prepare for one of our community's great events; Saturday, April 11th is Crazy Boat Race day. In order for you to be properly prepared for this major sporting spectacle, a few minutes careful planning now will make the difference when shooting this action packed race.

First, a word of warning: with recent heavy rains and misting snow the Credit River is flowing very fast and is exceptionally high and deep; therefore, take your shots from the shore areas or higher vantage points only. Stay clear of the immediate river bank areas, the last place you want to wind up is in the river.

1. Although shooting outdoors is usually more stable with your tripod, this type of action event will be much easier to photograph by shooting hand held. Leave your tripod at home for this one.

2. The Long Lens: This is the opportunity, if you own or have access to a longer focal length lens, to realize its versatility. By longer lens I am referring to focal lengths from 70 mm to approximately 250/280 mm. The choice of lenses could be a zoom lens such as a 70-210 or 80-200 or a fixed focal length lens such as a 135 mm or 200 mm. The idea of the longer lens is to allow you to fill the frame with your subject while keeping your physical distance from that subject, (because you have a rather substantial water obstacle between you and the subject). The longer lens will now allow you (especially if you have a zoom lens whereby you can vary your focal length) to compose a tight subject area in your frame and to stay with the action.

3. Film Speeds: As your subjects will be moving rather rapidly, faster shutter speeds will be the order of the day. One safe method of ensuring faster shutter speed (assuming reasonable lighting conditions) is to choose films of higher ASA (I.S.O.). Film speeds of 200 or 400 ASA should work best. Also remember to have lots of film on hand, if you run out, the race is all but over photographically.

4. Angles: Your best viewpoint for shooting will be first to shoot with the light, NOT into the light; and secondly, shoot at 45 to 90 degrees to the subject. By shooting at these angles you will not have to constantly make major adjustments to your focus. A subject rushing straight towards you will be extremely difficult to focus on, therefore, it will be easier to try and eliminate as many major encumbrances as possible before you shoot and this is one problem that you can definitely live without.



Peter G Moss Photography

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PETER MOSS

DARLENE MOSS

## THE GOURMET'S ALMANAC

SPRING EDITION

### Dining Guide

Featured Restaurant Of The Week!

#### THE RAVINE

The Ravine Dining Lounge is located at 357 Guelph St. next to Capital Ford. Once known as the Spot On 7, it is now owned and operated by Ann and Edwin Bischoff. Mr. Bischoff attended the Hotel School in Lausanne, Switzerland and his culinary training is evident in the refined cuisine offered by the restaurant. Entrees ranging price from \$8.50 to \$16.50 include sirloin steak topped with mushrooms, lamb chops with mint sauce and a variety of dishes to tempt the seafood lover; scallops, shrimp and lobster tail. In addition to the excellent food, the warmth and hospitality of the Bischoffs adds charm to the Ravine.

WIN \$25.00

WHO'S AT 175 KING STREET?

- MAKES:
1. Empty answer the above questions and fill out the form below and you could have a chance of receiving a \$25.00 voucher to be used at the Featured Restaurant of The Week.
  2. Answers must be received each week on or before the Monday of 12 noon following publication.
  3. Send your answers to the Herald, c/o The Gourmets Almanac, 48 Guelph St., Georgetown, Ontario L7B 3Z5.
  4. First correct answer will be selected. Judges' decision will be final.
  5. Voucher employers and immediate families and participating advertisers and families not eligible.
  6. Must be 18 years of age or older.

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