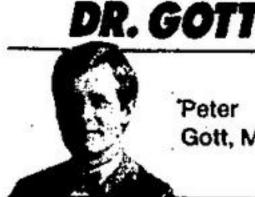
tlook on Lifestyle



Peter Gott, M.D.

Effects of branch block

DEAR DR. GOTT - An electrocar- fanlike pattern and cause the muscle cal activity. dlogram showed that I have a left bundle branch block, and reference explain this in layman's language?

DEAR READER -- Electricity Is supplied to the heart muscle through two major circuits: the right bundle and the left bundle. These collections of nerves transmit electrical discharges from the heart's natural

the cardiac muscle. When tiny electrical charges enter the bundles, they are distributed in a

to contract, producing a heartbeat.

was made to a mitral click. I did not, oxygen to the bundles is reduced. This left-bundle electricity is believed to understand the explanation. Can you can produce a type of cardiac-nerve be an accurate reflection of heart dismalfunction called a bundle branch ease. On the other hand, right bundle block, in which the flow of electricity branch block is not considered to be through the conduction system is lit. particularly serious. In fact, it can ocerally slowed; the electricity takes cur in young people who do not appear longer to reach the muscle. The mus- to have heart disease. cle will still contract as it should, but If you have left bundle branch free flow of energy to it is impeded. block, no treatment is necessary. or any other appetite suppressants. A pacemaker to the nerve fibers feeding Such electrical alterations are easily However, the electrical malfunction seen in the cardiogram, a simple test should be checked periodically, bethat measures the speed, direction cause other, treatable consequences

> DEAR L.K. - For men like Ted, a feeling of fatherhood depends more on nurturing and shared experience with the child than an innate sense of biological relationship. The decision by Ted and the boy's mother was probably a realistic one at the time. They recognized that he wasn't adult enough for marriage and raising a family. Now Ted feels be is. That's a big step forward in growing up.

Both of you should be aware, though, that Ted could still be held legally responsible for child support. And at some time in the future, whether or not he's "interested," his son may try to seek his natural father

Ordinarily, the left bundle is more As people age, the flow of blood and important than the right. Slowing of

and amplitude of the heart's electri- of poor heart circulation may appear. For instance, a mitral click could indicate an early weakness of the mitral valve in your heart. Along with the bundle branch block, this may mean that specific areas of your heart are being deprived of oxygen due to arteriosclerosis.

> See your doctor at regular intervals and heed his or her advice about diet. activity and follow-up medical

> DEAR DR. GOTT -- Some time ago, you ran a letter from a woman who wanted to try the "20/20" diet pills. They are called speed on the streets, and can be bought at stores that sell drug paraphernalia. They cause nervousness, heart palpitations and many other bad things. They are highly addictive, and a person will

Dining Guide

the Cellar

guaranteed to satisfy the palate

dressing can whet the appetite.

emmenthal

fers such delights as oysters baked

with bacon, peppers, cream and

The main dishes at The Cellar of-

fer a gourmet's choice of succulent

foods. A beef striplein with herb

and pepper butter, or stuffed

chicken breast with mustard and

cream are just a few samples of

the lunch dishes, which include

omelettes, spinach fettuccini and

Dinner can be a treat with lamb

rack, breast of duck with

raspberry sauce and breast of

chicken with cashews, rosemary and amaretto offered among the

delicious choices of the dinner

soon go from taking one a day to taking five or more.

I was on this drug - and since gultting it, I have never felt better. Please tell your readers to stay off this drug.

DEAR READER -- Your firsthand experience is a convincing argu-

ment against this type of drug. No one should use "20/20" diet pills better way to lose weight is to cut down on calories by reducing dietary fat and junk food, eliminating alcohol and refined sugar and eating more vegetables.

To give you more information, I am sending you a free copy of my Health Report, WINNING THE BATTLE OF THE BULGE, which tells you how to lose weight wisely - and keep it off. Other readers who want a copy should send I and their name and address to P.O 30:: 91428, Cleveland, OH 44101-342b. Be sure to ask for WINNING THE BATTLE OF THE BULGE.



28 Guelph St. Georgelown, Ont. 877-9896 Dirition of Hallon

Floor Feshions Lid

DEAR MEG



Whitcomb

Possessive mom is running her life

DEAR MEG - I'm the divorced mother of a 17-year-old daughter. Linda, who has gone to live with her father. She left because of her grandmother (my mother), who has lived with us since my divorce 11 years ago. Mother has always been a possessive nant, he didn't want to get married. person, and I think she is jealous of Linda. With her grandmother constantly criticizing her, and me trying to make peace, the poor girl never

knew where she stood. I want to go back to work, but mother is getting older and wants me at home. A friend in New York has of-

use of an apartment for three months. I'm dying to take her up on it, but I know I'd feel guilty if I did. It's not a question of money; mother has plenty. just don't know where my loyalties lle anymore. — SHERRY, CT.

DEAR SHERRY -- Your loyalties lle with yourself. Your mother has already run Linda out of the house. Now she's in hog heaven because she's got you all to herself. You are letting a selfish, possessive woman run your life. Your mother is counting on your guilt to keep you in line. If you don't make the break, you'll end up a caretaker till she goes to her grave.

DEAR MEG - A month ago I

started dating Ted. He's 26, I'm 23. I think I'm falling in love with him, but one thing upsets me. Ted has a 4-year- out. old son he's never seen and has no interest in seeing.

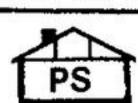
When Ted's old girlfriend got preg-She had the baby anyway and moved to Boston to start a new life. Ted says he loves me, and this is the

first time he has thought of marriage. He's the perfect guy, but I think it's terrible not wanting to know your own child. I'd like your opinion, Meg. You always show such good sense. fered me a job in her business and the L.K., ALBERTA, CANADA

Developers issued certificate

Greystone Manor Estates Inc., developers of the 16 lot subdivision on Adams Count, will be issued a subdivision completion certificate and their letter of credit will be reduced, town council decided

Greystone's letter of credit will be reduced to 25 per cent of the initlal letter or \$5,000, whichever is greater during the two year maintenance period.



HOME POST SCRIPTS

Glenda Hughes

It looks very much like our wonderful warm weather has arrived. Many families are now spending their evenings and weekends on their patios and decks, barbequing and entertaining. What a wonderful way to get rid of winter palor and "cabin fever". If by chance you have a cedar deck that is showing signs of discoloration in the form of black stains, there is a way to improve this problem - in fact in most cases. you can fix it. The black stains are mildew or mould, which can generally be climinated by scrubbing the area with a mixture of one cup chlorine laundry bleach, one-quarter cup of dishwasher detergent and one quart of water. Let this dry after attacking it, and then treat the wood with pentachlorophenol wood preservative, which will prevent further mould growth. Have fun on your deck this summer!

THIS WEEK'S MORTGAGE RATES

As of May 21/87 3 0 0

	VARIASI	0 100	0113	1 TR.	1 YR. CLOSED	2	3	4	5	7	10
Bank of Nova Scotla	-		-	ì	9%	10	101/2	10%	11%	-	-
Bank of Montreal	9%.	9	_	10	9%	10	10%	10%	11%	11%	-
Canada Trusi		9.		: -	94	10	10%	10%	11	-	11%
C.I.B.C.		94	-	10%	9%	10%	10%	10%	11	-	-
Halton Comm. Cr. Union	- -	_		10	94	-	-	-		-	-
T.D. Bank	-	-	9%	10%	914	10%	10%	11	11%	_	11%
Royal Bank	9%	94	-	10%	9%	10%	10%	10%	11%	-	-



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NAME..... ADDRESS

LAST WEEK'S WINNER JEAN DUNLOP -- NORVAL

advertisers and landles not obable.

Moret he 15 years of age or older.

Tucked into a convenient location in downtown Georgetown The The Terra Cotta Inn Cellar Restaurant offers a variety of dishes for lunch and dinner, CHARMING VICTORIAN INN ON THE For those in the mood for a BANKS OF THE CREDIT RIVER lunch, the fine array of soups and salads can lease the taste buds Fresh and smoked fish chowder -- OPEN TUESDAY TO SUNDAY -and Boston lettuce with peach Four Licenced Dining Rooms With Banquet Facilities For 100 or Less Hot funchtime appetizers include snails in pastry with tomato and garlie, while the dinner menu of-

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