

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Effects of branch block

DEAR DR. GOTT — An electrocardiogram showed that I have a left bundle branch block, and reference was made to a mitral click. I did not understand the explanation. Can you 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 pacemaker to the nerve fibers feeding the cardiac muscle.

When tiny electrical charges enter the bundles, they are distributed in a fanlike pattern and cause the muscle to contract, producing a heartbeat.

As people age, the flow of blood and oxygen to the bundles is reduced. This can produce a type of cardiac-nerve malfunction called a bundle branch block, in which the flow of electricity through the conduction system is literally slowed; the electricity takes longer to reach the muscle. The muscle will still contract as it should, but free flow of energy to it is impeded. Such electrical alterations are easily seen in the cardiogram, a simple test that measures the speed, direction and amplitude of the heart's electrical activity.

Ordinarily, the left bundle is more important than the right. Slowing of left-bundle electricity is believed to be an accurate reflection of heart disease. On the other hand, right bundle branch block is not considered to be particularly serious. In fact, it can occur in young people who do not appear to have heart disease.

If you have left bundle branch block, no treatment is necessary. However, the electrical malfunction should be checked periodically, because other, treatable consequences 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 testing.

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

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

DEAR READER — Your firsthand experience is a convincing argument against this type of drug.

No one should use "20/20" diet pills or any other appetite suppressants. A 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 me their name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to ask for WINNING THE BATTLE OF THE BULGE.

DEAR MEG



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 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 offered me a job in her business and the

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. I just don't know where my loyalties lie anymore. — SHERRY, CT.

DEAR SHERRY — Your loyalties lie 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-old son he's never seen and has no interest in seeing.

When Ted's old girlfriend got pregnant, he didn't want to get married. 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. — L.K., ALBERTA, CANADA

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 he 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 out.

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

Developers issued certificate

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

Greystone's letter of credit will be reduced to 25 per cent of the initial letter or \$3,000, whichever is greater during the two year maintenance period.

HOME POST SCRIPTS

By
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, barbecuing and entertaining. What a wonderful way to get rid of winter pangs 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 eliminated 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

	VARIABLE	3 MO. OPEN	6 MO. OPEN	1 YR. OPEN	1 YR. CLOSED	2	3	4	5	7	10
Bank of Nova Scotia	—	—	—	—	9%	10	10 1/2	10 1/2	11%	—	—
Bank of Montreal	9%	9	—	10	9 1/2	10	10 1/2	10 1/2	11%	11 1/2	—
Canada Trust	—	9	—	—	9 1/2	10	10 1/2	10 1/2	11	—	11 1/2
C.I.B.C.	—	9%	—	10%	9%	10%	10 1/2	10 1/2	11	—	—
Halton Comm. Cr. Union	—	—	—	10	9%	—	—	—	—	—	—
T.D. Bank	—	—	9%	10%	9%	10%	10%	11	11 1/2	—	11 1/2
Royal Bank	9 1/2	9%	—	10%	9%	10%	10%	10%	11%	—	—

ROYAL CITY REALTY LIMITED

LEASING THE BEST

HOMES SOLD CREATIVELY

By
Glenda Hughes

328 Guelph St., Georgetown 877-5298

THE GOURMET'S ALMANAC

SPRING EDITION

Dining Guide

Featured Restaurant Of The Week!

COME AND ENJOY
MONDAY TO THURSDAY
DINNER 6:95 TO 7:95
SPECIALS 6:95 TO 7:95
FROM 5:00 P.M. ON

265 Guelph St.
Georgetown
873-1868

the Cellar

Tucked into a convenient location in downtown Georgetown The Cellar Restaurant offers a variety of dishes for lunch and dinner, guaranteed to satisfy the palate.

For those in the mood for a lunch, the fine array of soups and salads can tease the taste buds. Fresh and smoked fish chowder and Boston lettuce with peach dressing can whet the appetite.

Hot lunchtime appetizers include snails in pastry with tomato and garlic, while the dinner menu offers such delights as oysters baked with bacon, peppers, cream and emmenthal.

The main dishes at The Cellar offer a gourmet's choice of succulent foods. A beef striploin 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 salmon.

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 menu.

But no meal at The Cellar is complete without a sample of a fine wine from France, Italy, Germany, Spain, California or Canada.

WIN \$25.00

WHO IS OPEN 7 DAYS
A WEEK TO SERVE YOU

the Cellar
78 MAIN ST. GEORGETOWN

Lobsters ARE HERE!

877-0652 or 846-8811

28 Guelph St.
Georgetown, Ont.

877-9896

Division of Halton
Floor Finishing Ltd.

The Terra Cotta Inn

CHARMING VICTORIAN INN ON THE BANKS OF THE CREDIT RIVER

— OPEN TUESDAY TO SUNDAY —
Four Licensed Dining Rooms With Banquet Facilities For 100 or Less

175 King St.
TERRA COTTA
453-8261

The Colonel's taste is best.

Kentucky Fried Chicken

Inquire about our "do-it-yourself" BUFFET

116-A GUELPH ST.
877-5241

Enjoy the fine food these businesses have to offer!

THE RAVINE

IS NOW OPEN FOR DINNER

HOURS WEDNESDAY TO SUNDAY From 5 p.m. on
NOW LICENSED UNDER 11 B D

873-0113 or 457-2240
267 GUELPH ST. GEORGETOWN

RULES:

- Simply answer the above question 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.
- Answers must be received each week no later than the Monday of 12 noon following publication.
- Send your answers to The Herald, c/o The Gourmets Almanac, 45 Guelph St., Georgetown, Ontario L7B 2E2.
- First correct answer will be selected. Judges' decision will be final.
- Not all employees and immediate families and participating restaurants and families not eligible.
- Must be 18 years of age or older.

ANSWER:

NAME:

ADDRESS:

PHONE NO.:

LAST WEEK'S WINNER: JEAN DUNLOP — NORVAL