

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Cortisone and tennis elbow

By Peter H. Gott, M.D.

DEAR DR. GOTT: I have been diagnosed with tennis elbow. The doctor tells me I must have cortisone shots. What exactly is tennis elbow? Would

garlic extract help?

DEAR READER: Tennis elbow is known medically as lateral humeral epicondylitis, a strain of the forearm muscles where they attach to the outer lower portion of the upper arm bone (humerus). This strain produces inflammation and pain.

Some experts believe that tennis elbow is an overuse syndrome or may result from muscle stress during improperly hit backhand shots. The ailment also affects non-tennis players who overuse their forearms in repetitive rotary movements, such as turning a screwdriver.

Treatment consists of stopping the offending activity. In severe or chronic cases, physical therapy with ultrasound or the use of cortisone injections will help relieve pain by reducing inflammation. Garlic ex-

tract is of no use whatsoever.

DEAR DR. GOTT: My husband, 42, has been seeing a physician for two months for help in losing 40 pounds. So far he's lost about 20 pounds with a change in eating habits, exercise and a prescription for an appetite suppressant (Melfiat - 105 mg.). Are there any side effects to this drug?

DEAR READER: Melfiat is a prescription appetite suppressant that is similar in action to amphetamines. It can cause multiple side effects, including restlessness, insomnia, tremor, headache, blurred vision, palpitations, hypertension, nausea, diarrhea and alteration in sex drive. In short, it can have dangerous side effects and, according to the manufacturer, should not be used for more than a

few weeks. Even so, tolerance can develop, as can dependence and withdrawal symptoms.

I hope that your husband is looking for long term-solutions to obesity (such as diet) rather than short-term "cures". To help him, I'm sending you a free copy of my Health Report "Winning the Battle of the Bulge," which tells how to lose weight wisely - and keep it off. Other readers who want a copy should send \$1 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the name of the report.

DEAR DR. GOTT: I know that olive-skinned people tend to scar more easily, but in my case, the slightest scratch or bruise will scar. Could this be a mineral deficiency?

DEAR DR. GOTT: I'm told that one can only get pregnant during a 12-hour time period during the month. Is this true? If so, when?

DEAR READER: A woman is fertile during the interval between ovulation and the time the egg passes down the Fallopian tube. Conception usually occurs as the ovum enters the tube. The period of fertility varies somewhat from woman to woman, usually 12 to 24 hours.

Sperm can live for at least three days in a woman's body; thus, the fertile period begins two days before ovulation and occurs about two weeks before a menstrual period. By taking a basal temperature, a woman can determine the day of ovulation; her temperature will rise about 0.6 degrees F at that time. However, this method of contraception can be tricky; a woman should use it only after being adequately trained by a physician or family planning clinic.

To give you more information, I am sending you a free copy of my Health Report, "Contraception: An Update." Other readers who would like a copy should send \$1 and their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR MEG



Meg Whitcomb

Sex can be an addiction

By Meg Whitcomb

DEAR MEG - There must be something wrong with me.

At 30, my life should be organized, and I should have specific goals. At least that's what the books say. Instead, my life is in disarray, although

you wouldn't know it. I make good money and have nice friends.

I spend my free time watching X-rated videos, and I have an affair with anyone who comes along - women in their 50s, girls in their teens, it doesn't matter who they are or what they look like. I hang around hotel lobbies at night and get picked up by tourists or businesswomen. I go to discos to get picked up, too. I flirt, but I never make the first move. I get some kind of thrill out of being submissive.

In other words, everything except my work revolves around sex. As an adolescent, I fantasized about sex. Now I'm living out my fantasies. I'm sick of myself and my life. - GIGLO, NEW YORK

you've discovered, an obsession like yours gradually takes over your life. Instead of solving your problems - most are rooted in low self-esteem - addictive behavior spawns new and worse ones.

But there's help out there. For info on how to get it, call the National Association on Sex Addiction Problems' hot line: (800) 622-9494.

DEAR MEG - When I was in my daughter's room recently, I found a box hidden on the top shelf of her closet. Inside was a vibrator, handcuffs and a leather bullwhip. There was also a picture of her and a friend (a girl) done up in weird outfits with leather tassels.

I haven't talked to my daughter yet because I'm not sure what to say. Please help. I'm so confused and afraid I don't know what to do. The girl is only 16. - XXX, GEORGIA

DEAR XXX - Sit down alone with your daughter and ask her what she's doing with the stuff. At best, she has fallen victim to a supplier of sex material to which minors should be denied access by law. Even if she and her friend are just fooling around, there are more wholesome activities for them to focus on at this stage in their lives.

At worst, her preoccupation with these devices suggests an unhealthy approach to dealing with serious problems in her life, or an attempt to escape them. These problems could range from anxiety and stress to feelings of low self-esteem and hostility. If confronting your daughter alone is too difficult, enlist her high school counselor or your family doctor.

DEAR GIG - You're addicted to sex just as surely (and destructively) as the junkie is to his fix. And, as

DEAR POLLY - Here's a hint especially for mothers of little children. Spoon out jelly or jam into a jelly dish or similar container and use a fork to beat it until creamy. This doesn't take long, and the jelly will spread like a dream. Any child can make his or her own sandwich without tearing the bread or being messy. The jelly stays creamy and smooth until it is gone - better than jam. - BETTY

DEAR POLLY - My husband makes wooden frames, then places TV-dinner trays in them. He puts his nails, bolts, nuts and various sizes of screws in these trays. Then he can stack them neatly, and the items are easy to find. - D.W.C.

POLLY'S POINTERS



Polly Fisher

A toothbrush gets sinks shiny clean

By Polly Fisher

DEAR POLLY - A toothbrush is a great way to clean around the spigots on the kitchen sink. Mine are 30 years old and still look like new because I use the toothbrush every day. - D.J.

DEAR D.J. - That toothbrush is the best tool for getting the area around faucets clean! Your helpful pointer earns you the Pointer of the Week Award, a copy of my book "Polly's Pointers: 1,081 Helpful Hints for Making Everything Last Longer." Others who would like this book may order it for \$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93863, Cleveland, OH 44101-5863. - POLLY

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