

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

The right way to take medicine

By Peter H. Gott, M.D.

DEAR DR. GOTT: Recently, articles have appeared advising senior citizens against taking combinations of fruit, particularly orange juice, plus various calcium supplements and vitamins, with blood-pressure medications. Should calcium and vitamins be taken later in the day?

DEAR READER: I am not aware of any across-the-board prohibitions against taking medicine with fruit, juice or vitamins. It's true that calcium should not be taken with any medications; the mineral can bind with the medicine and prevent it from being absorbed in the body. Some drugs are absorbed less effectively in an acid environment; therefore, taking them simultaneously with vitamin C (ascorbic acid) is unwise. For the av-

erage elderly person, orange juice should be no problem. However, it's always best to check with your doctor or pharmacist in the event that your medicine and your dietary preferences might make for a unique situation.

I advise taking calcium (or dairy products) about an hour before or after medicine, so that the mineral will not interfere with the drug's absorption.

To give you more information on how — and what — to find out about medications, I am sending you a free copy of my Health Report, "Consumer Tips on Medicine." 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 DR. GOTT: I have overactive saliva glands, which cause very annoying, thick, sticky, large amounts of saliva. Ear, nose and throat specialists haven't been able to pinpoint a cure. I'm on antidepressants and have diverticulosis.

DEAR READER: Overproduction of saliva is a common consequence of foreign material in the mouth; this material can range from chewing gum to dentures. In addition, some particularly tense and nervous persons may have an idiosyncratic reaction: Rather than experiencing the usual dry mouth, they produce excess saliva. Some medicines, including antide-

pressants, inhibit formation of saliva. I doubt that diverticulosis, a common and harmless bowel condition, is contributing to your problem.

I suggest that you see a dentist since the ENT specialists haven't been able to diagnose your problem. Dentists are often very skilled at diagnosing conditions affecting the mouth.

DEAR DR. GOTT: I'm 51, still menstruating and have osteopenia. My doctors give me Premarin and Provera. Will the artificial hormones cause problems, since I am still producing my own?

DEAR READER: Although you are still menstruating, I am sure that your level of natural hormones is below normal. The doctors are simply replacing your hormones with a synthetic variety. At your age, the combination of your hormones plus the drugstore hormones should produce no problems whatsoever. Remember that as long as you take hormones in a regular cycle, you will have menstrual periods. In addition, remember to follow your doctor's advice with respect to how often you need checkups.

With synthetic hormones replacing your own, the natural tendency of the bones to lose calcium will be slowed. You can aid this process by eating a balanced diet and exercising regularly.

lots of money to get the necessities to care for a house. I'm sure he didn't mean she "had" to mow the lawn. They needed the mower, and he used her birthday as a chance to get it.

My parents did the same. They never knew what to get each other for birthdays, so they'd get things for themselves. For example, for my mother's birthday, Dad got her a snow blower. On his, Mom got him a microwave.

This could be the case between Jody and her husband. So rather than her holding it all in and getting upset, they should discuss it. But if she wants to play fair, she should shoot for something more than the ironing board she threatens to get him. — BEEN THERE, TEMPE, ARIZ.

DEAR BEEN — There are many philosophies of gift-giving, including the one you describe. Instead of killing two birds with one stone, Jody's husband knocked his bride's birthday dead with two blows — giving her

something she didn't want and hated the thought of using. In my book, gifts are extras that recipients would love, but wouldn't (or couldn't) get on their own.

A smart husband might say, "Look, we need so many things for our new house we can't afford to spend much money on birthdays this year. After we buy the lawn mower, I'd like to take you out for dinner for your birthday to show how much I appreciate all your work on the move." A genuine show of appreciation is more valuable than any gift in the world.

DEAR MEG



Meg Whitcomb

A gift can be too practical

By Meg Whitcomb

DEAR MEG — This letter is for Jody T., whose husband gave her a lawn mower for her birthday. She didn't regard it as a gift, but as a heavy hint she was expected to do the mowing.

Since they just moved into their first home, I hope she realizes it takes

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Home Post Scripts



By Glenda Hughes, Sales Rep.

873-0300

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Light! Light! Light! I guess if I ever use a string of words more often, I don't know what it is. You have probably heard that the three most important factors in real estate are: location, location, location, and although I agree for the most part - I think "light" would sure give "location" a run for its money. Showing a house that is dark inside, leaves the prospective purchaser with a gloomy feeling about that house. It is very difficult to overcome that feeling, even if we agents are great at using our imagination - the average purchaser is not.

Some of the worst problems we see, are walls with dark panelling. If you are about to ready your house for sale, and you have some walls that are covered with that devil, do yourself a favour, take it off, and just fill up the nail holes and paint the walls a nice light color. If the walls underneath are not in good shape and you know it, just paint the panelling instead. Anything to get that dark wall out of there. Next, we have the second most popular mistake in the "light department" - and that is heavy drapes on the windows. As much as I would love to tell you take down those prize drapes, discretion is the better part of valour. However, you can open those drapes to their very widest, clean the window, and let the sun shine in. Now there is one more little trick, and it is very important! While your house is on the market, please turn on every light in the house, including in the basement, even during the day. You can do this just before you know you are going to have a "showing", but if you are going out or you work all day, you won't have the notice that is necessary to do this. I can hear you screaming now about your hydro costs, but can you honestly not justify a few extra dollars during this important time, that could well result in a faster sale? As an aside, the real estate will love you, because, we spend quite a lot of time trying to find light switches, tripping over belongings in the basement as we fight for hanging cords et. and it looks mighty silly when we just can't locate a light switch that has been neatly hidden behind your potted palm!

Take a look around your house, with new eyes, before you put it on the market, and let the sun shine in.

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Georgetown

Employment and Immigration Canada

Halton Hills job board

The Canada Employment Centre is located at 232 Guelph St. Georgetown and is open Monday to Friday from 8:30 a.m. to 4:30 p.m. The following represents only a few of the Career Opportunities listed on CEC's job boards.

ORDER 0694281: Factory Machine Operator: Permanent full time shift work. Must have own safety glasses. Op will provide non-prescription glasses. Must be able to lift 100 lbs. and have own safety boot. \$9.15/hour.

ORDER 0691679: Material Handler, saw mill: Must have own safety boots and previous experience working for a lumber manufacturer would be an asset. Must be capable of standing for long periods of time. \$7/hr. with review after 2 weeks.

ORDER 0682427: Sand Blaster: Experience in sandblasting preferred. No fear of heights. Clean "G" license and be able to drive a standard 5 ton truck. Must be mechanically inclined and willing to learn. \$9.50/hr.

ORDER 0693045: Material Handler. Permanent full time (4 p.m. to 2:30 a.m.) May occasionally work from 7:30 a.m. to 4 p.m. Must be able to do heavy lifting and lots of bending. Must be reliable and have a good work history. Own transportation a must \$10.33/hr. \$11.09 in 3 months.

ORDER 0693771: Delivery Driver. Permanent full time. Days to be arranged. Must have clean class "G" license and be neat and tidy in appearance. Must be flexible re assigned tasks. \$6.00/hr.

ORDER 0694291: Gas Fitter/Gas Fitter Helper: Permanent fulltime. Licensed Gas Fitter preferred or will consider someone with a mechanical background to work as a gas fitter helper. Own transportation and good work attitude. Salary up to \$42/hour if licensed.

ORDER 0692748: Kill Operator: Permanent full time: Production experience an asset. Must be reliable and responsible. Willing to work 3 rotating shifts. Employer willing to train. Heavy lifting involved \$9.53/hour plus COLA after probation.

ORDER 0694969: Truck Driver/Yardperson: Permanent fulltime, day off during the week. Must be capable of heavy lifting and "G" license. Employer is willing to train. \$6.76/hour.

ORDER 0692667: Production assistant/Operator: Permanent fulltime. Employer is willing to train a reliable person with a mechanical aptitude. Previous experience with injection moulding equipment an asset. Approx. \$7.50/hour depending on experience.

ORDER 0692477: Assembler: Permanent full time. Must have a steady work history and mechanical aptitude, good manual dexterity and be quality conscious. Occasional lifting up to 80 lbs. Involved. \$7.50/hour or more depending on experience.

If you are interested in any of the above positions, visit the Georgetown CEC.

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