

Outlook on Lifestyle

DR. GOTT



Peter Gott, M.D.

Possible causes of morning pains

DEAR DR. GOTT: My husband has had lower abdominal pain and vomit-

ing every morning for five years. He has had every test imaginable. His physician said it might be pancreatitis. Could he be overlooking something?

DEAR READER: He must be overlooking something — or your husband wouldn't still be sick. Pancreatitis is usually diagnosed with a blood test, but other causes of abdominal pain and vomiting may be more elusive. I suggest that your husband ask for a referral to a gastroenterologist, a specialist in digestive disturbances, who can review your husband's tests and offer further advice.

In an average medical practice, such as mine, morning abdominal pain and vomiting are often due to al-

cohol abuse. This would be at the top of my list of probable causes, based on the little information you supply. If your husband is overindulging in alcohol, share this information with his doctor. With professional help, this situation can be corrected.

DEAR DR. GOTT: I'm 30, have children 3 months, 10 and 2. I'm 5 foot 7 and weigh 182. I really watch my diet — no sugary snacks, no fried foods. My day starts at 7 a.m., and I'm at it until 11 p.m. I have constant diarrhea, and I feel irritable, fatigued and depressed most of the time. I take Erythromycin and Imodium. What could be causing my weight problem?

DEAR READER: Diarrhea, irritability, fatigue and depression can have many causes. I am more concerned about these symptoms than I am about your weight problem, although they all may be related. You need a thorough examination and testing by physicians who will check you from stem to stern. You obviously put in a stressful day, which could certainly account for your problems. Yet infection and malnutrition are possibilities, too.

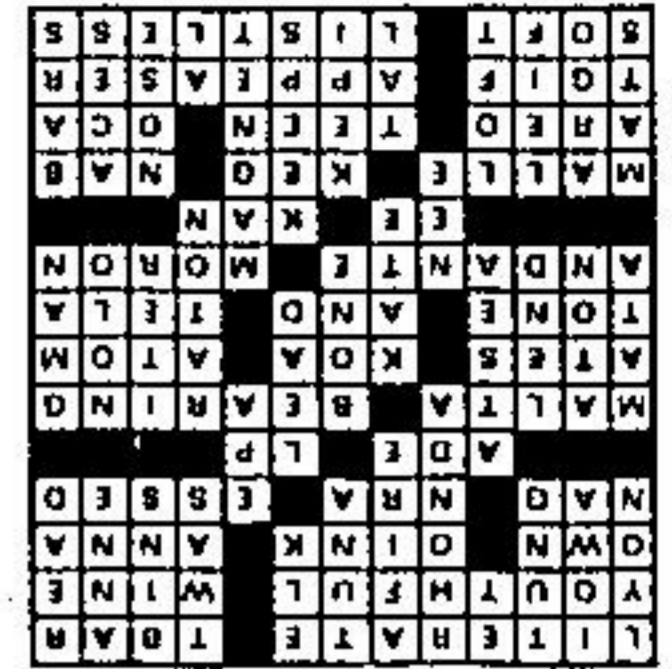
Erythromycin is an antibiotic. Why are you taking it? Imodium is a diarrhea preventative that will simply make your bowel symptoms more manageable. After you've been diagnosed, if your excessive weight is due to fluid retention, not fat, you could be helped by diuretic therapy. A good general doctor should be able to get at the cause of your problem and, along the way, give you some helpful dietary advice too. I am sending you a copy of my Health Report "Irritable Bowel Syndrome." 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.

ACROSS

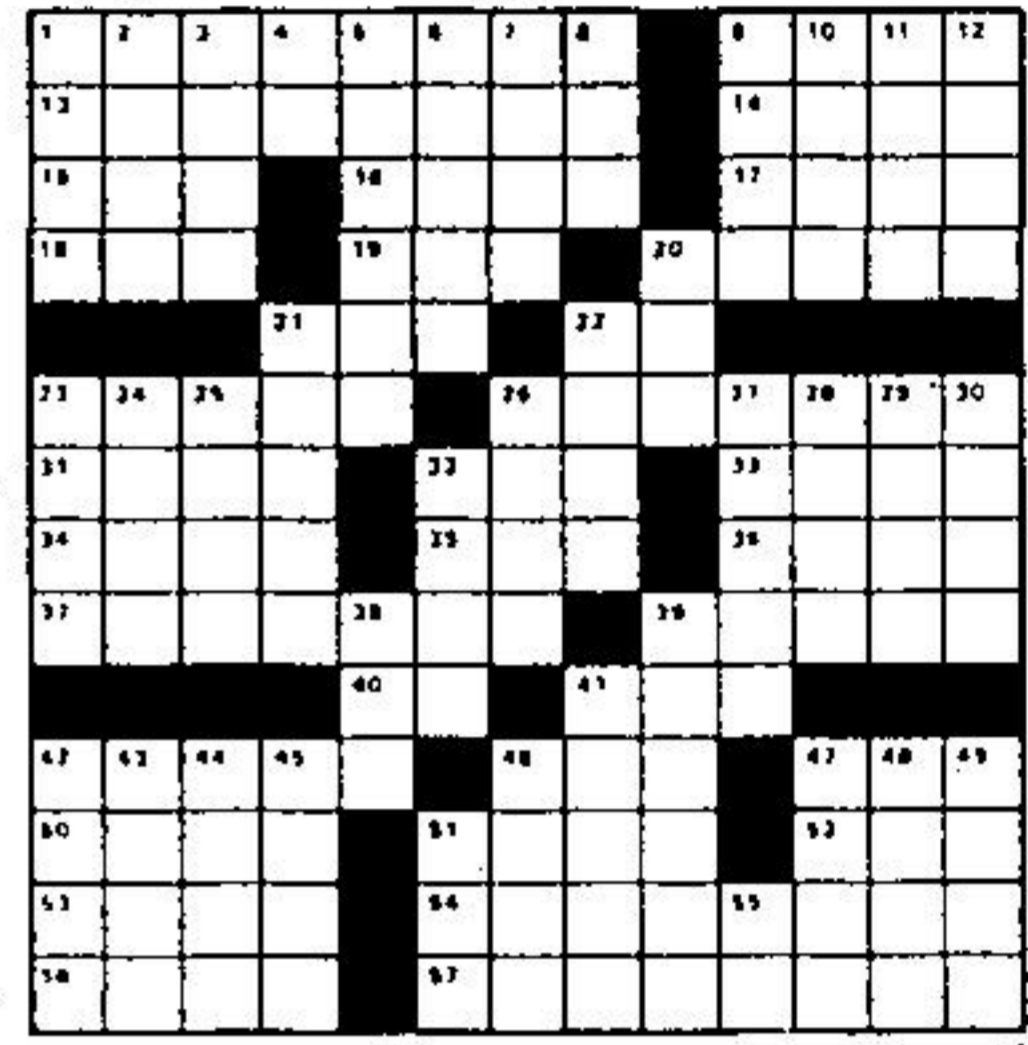
- 1 Able to read
- 9 Construction beam (comp wd)
- 13 Juvenile
- 14 Beverage
- 15 Have
- 16 Barnyard sound
- 17 ... and the King of Siam
- 18 Scold repeatedly
- 19 Firearm owners' gp.
- 20 Ancient chariot
- 21 Juice drink
- 22 Music buff's purchase
- 23 Mediterranean islands
- 26 Enduring
- 31 Sweetshop
- 32 Hawaiian timber tree
- 33 Small particle
- 34 Sound
- 35 Plus
- 36 Layer of tissue
- 37 Slow but flowing (mus.)
- 39 Fool
- 40 Engineering deg.
- 41 Between Colo. and Mo.
- 42 Film director Louis
- 46 Beer barrel
- 47 Capture
- 50 Of Mars (comb form)
- 51 Adolescent
- 52 Edible tuber
- 53 Weekend welcoming abbr.
- 54 Satisfier
- 56 Downy
- 57 Locked-alical

DOWN

- 1 Actress Sue
- 2 Hawkeye State
- 3 oil
- 4 tu. Brute



- 5 Actress Fleming
- 6 Blazing
- 7 Marine fish
- 8 Fraternal member
- 9 ... the night before Christmas
- 10 Containers
- 11 Actress Bester
- 12 Decipher
- 20 Environment agency (abbr.)
- 21 Bewildered (2 wds.)
- 22 Metal
- 23 ... Harl
- 24 ... of bricks
- 25 Grew use of
- 26 Skeleton part
- 27 Tattle about (sl. 2 wds.)
- 28 Roman road
- 29 ... contendere
- 30 Federal agent (comp. wd)
- 32 Hepburn, for short
- 38 By birth
- 39 Attractor of iron
- 41 Retains
- 42 Carpets
- 43 Ship of the Argonauts
- 44 Ericson
- 45 Golf club face
- 46 Military cap
- 47 Snoop
- 48 One-spots
- 49 Pubs
- 51 Palm fiber
- 55 Baseballer Ka-line





SCHIPPER

NOW OPEN MONDAYS DAILY LUNCH SPECIALS

Fish & Chips

NOW SERVING BEER & WINE
Licenced Under L.L.B.O.

Georgetown Market Place
Georgetown
877-0239



DIAL-A-PRO

A Directory of Services Offered in Our Community

POLLY'S POINTERS



Polly Fisher

AUTOMOBILE CONSULTING



NEW OR USED VEHICLES

— IF YOU ARE —

- BUYING OR LEASING
- ANY MAKE OR MODEL
- TRADING OR SELLING
- SAVE TIME AND MONEY

CORMAT INC. 877-4000

AUTO GLASS



Windshield Replacement
Insurance Claims Welcome
Sun Roofs Vinyl Tops
Auto Upholstery

315 Armstrong Ave. Georgetown Ontario

FOR BEST RESULTS

CALL 877-2201

DEAR POLLY — Can I use the anti-static brush, which I purchased to clean records, to do the same for my new compact discs? — V.N.

DEAR V.N. — Do not use any anti-static brush, cleaner or other device made for cleaning phonograph records as a cleaner for compact discs. Nor should you use any abrasive cleaners, solvents, cleaning fluids or strong chemicals on CDs. If your CDs need cleaning, wipe them gently with a very soft, clean, dust-free, lint-free cloth. If the discs are really dirty, the cloth can be lightly moistened with a mild detergent solution, such as hand dishwashing detergent, in water. Wipe the CDs in several straight strokes from the center out to the edge.

Compact discs are long-lasting, high-quality recordings, but they are not indestructible. Handle them with care, treat them gently, and they'll continue to give you superior sound reproduction for years. — POLLY

BUILDERS

IKON GENERAL CONTRACTING LTD.

- Custom home building
- Renovations & additions

Call Eric
416-793-8042

CHIMNEY CLEANING



JACKSON'S CHIMNEY CLEANING

- consultants
- expert cleaning
- animal screens, caps
- guaranteed service
- free inspections

873-0873
Ask for Warren or Lisa

DRIVEWAYS

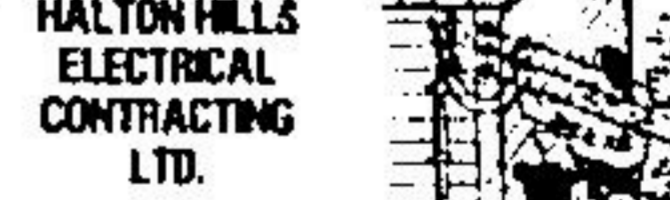


GOLDEN TOUCH DRIVEWAY SEALERS

Residential • Commercial • Farm
Protective — Asphalt Sealing
— Line Painting and Patchwork
— Foundation Sealing —
Farm Fence Sealing — Snow Plowing

Avoid The Freeze
Call us On - 24 Hr.
873-0847

ELECTRICAL



HALTON HILLS ELECTRICAL CONTRACTING LTD.

23% HRS. SERVICE

- Industrial
- Residential
- Commercial
- Rural

PROP. LYLE PRUETER
853-2572

ELECTRICAL



ELECTRICAL CONTRACTOR GLEN ERIN ELECTRIC SERVICE

Repairs and Installation

CALL
873-2511
Free Estimates

GLASS



APPLE AUTO GLASS

WINDSHIELD REPAIRS

WE HANDLE ALL INSURANCE CLAIMS

- AUTO UPHOLSTERY
- SUNROOFS
- VINYL TOPS

MOBILE EXTRA CHARGE MOBILE SERVICE

873-1655
300 QUELPH ST., UNIT 7, GEORGETOWN

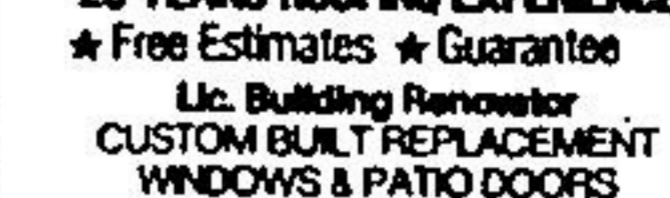
RENTALS



GEORGETOWN RENT-ALL

55 Sinclair Ave.
877-0157

ROOFING



"25 YEARS ROOFING EXPERIENCE"

★ Free Estimates ★ Guarantee

Lic. Building Renovator
CUSTOM BUILT REPLACEMENT
WINDOWS & PATIO DOORS


MEL TAYLOR
ALUMINUM LTD.
877-6772

ALCAN AUTHORIZED DEALER

DEAR POLLY — Can anything be done about rust stains in a bathtub? — DON G.

DEAR DON G. — There are commercial rust cleaners available at local hardware stores. However, if you want to try something on your own first, lemon juice or white vinegar might do the trick. Rub the stains with a little white vinegar or lemon juice, then rinse with clear water. Don't leave the acid on for more than a few minutes, as it could damage the finish.

SAND & GRAVEL



HILLSIDE SAND & GRAVEL

TOPSOIL — LIMESTONE

BUD HAINES
5 DURHAM ST., GEORGETOWN

BUD 877-3302 JEFF 877-2638

SEPTIC SERVICE



McISAAC

SEPTIC TANK PUMPING SERVICE

— Emergency Service —

MAC McISAAC
519-853-2790

"Don't Delay Pump Today"

TV REPAIRS



REPAIRS TO ALL MODEL TV'S in your home

TV's, Stereos, V.C.R.s, Microwaves

"Free Service Call With Items Repaired By Us"

J.J. ELECTRONICS
873-1820

TV REPAIRS



SALES & SERVICE

• TV • VCR • STEREO REPAIRS

All Work Guaranteed for 90 DAYS
WE SERVICE EVERYTHING WE SELL!

HITACHI
BRAMPTON COLOUR & SOUND
453-4455

I'm sending you a copy of my newsletter "Cleaning Sinks, Tubs and Tile," which offers solutions for a variety of bathroom cleaning problems, including stain removal, drain cleaners, tile restorers and more. Others who would like a copy of this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY