

# Outlook on Lifestyle

Weather Facts & Fancies



## 1989 Canadian weather trivia calendar

### ASK KATHY

Dear KATHY

I have dieted for years. I used to lose weight easily and found it pretty easy to keep it off for a few months. Now, however, I really have to struggle to lose my weight and it seems as if I regain it easily. Is there an explanation for this?

Reply:

What you are describing is called the yo-yo syndrome. This cycle of losing weight, only to regain it, is not only frustrating, but it can also be dangerous to your health. By dieting hard to reduce your weight and then returning to your former eating habits and regaining your weight, you are telling your body to prepare for a cyclical "famine." Your dieting periods correspond to seasonal famines faced by early man. Each time you enter a new "famine" phase your body becomes a little more protective of its fat stores and losing weight becomes more difficult.

At Diet Center we teach you how to lose weight permanently. You diet



once and go on to maintain your weight for the rest of your life. More than half of our Program is dedicated to seeing that you never have to experience the frustration and health hazards of yo-yo dieting again. If you would like to lose weight permanently or if you would just like to know more about the yo-yo syndrome, call or come in to Diet Center today for a free consultation.

(NC)—With the 1989 edition, the Canadian Weather Trivia Calendar marks its fifth anniversary. It was first produced in 1984 as a Christmas gift for Canada's 2500 volunteer weather observers. The inspiration for it came from Dave Phillips, a climatologist at the Canadian Climate Centre, who wished to acknowledge the contributions made by the weather observers. Subsequent versions of the calendar were produced in ever-increasing quantities to attain sales of over 40,000 copies for the 1988 edition.

What accounts for the calendar's popularity?

According to Dave Phillips, it's because we're all interested in the weather. "It's almost a Canadian pas-

sion." Several thousand copies were bought in the United States after Harry Reasoner of CBS News gave it an enthusiastic plug. Requests for it have also come from Australia, Africa and Europe.

This wall calendar includes dramatic colour photographs of unusual natural phenomena. The month-at-a-glance format, featuring informative and amusing weather stories for each day of the year, contains adequate space for jotting down appointments. This fifth edition also incorporates weather trivia from other parts of the world.

#### WEATHER FLASHES

The magazine section, Weather Flashes, contains a weather-wise quiz, a gardener's corner, and information

on the ozone layer and the potential impact of the greenhouse effect on Canada.

\$8.25 (Shipping and handling extra)  
Available from associated bookstores or by mail from:  
Canadian Government Publishing Centre  
Ottawa, Canada  
K1A 0S9

The Mariana Trench in the Pacific Ocean is the world's deepest point at 35,840 feet below sea level.

There are over 1.5 million Native Americans in the United States.

## HOW WOULD YOU LIKE TO LOOK YEARS YOUNGER??

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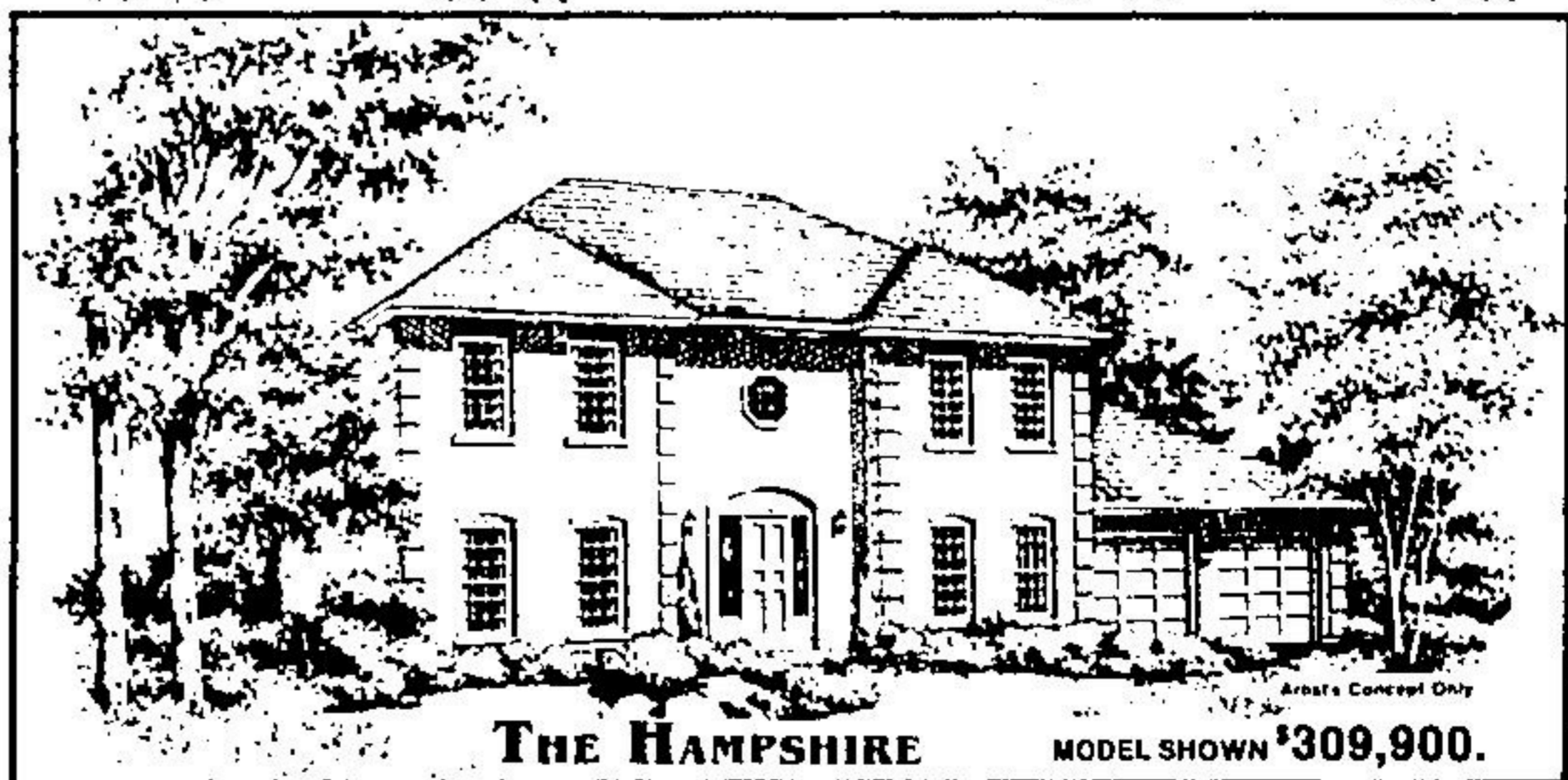
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