



ASK YOUR PHARMACIST

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Probably no other drug available in prescription and non-prescription form relieves the symptoms of so many illnesses like antihistamines.

For everything from the common cold to hay fever, hives, bug bites and stings, motion sickness, even stomach ulcers, antihistamines serve an important purpose. Because they are so commonly available and used, your pharmacist wants you to be able to make smart decisions as to when and how to use antihistamines.

Before getting to antihistamines, it pays to first understand histamine, a chemical substance found in almost all body tissues. Your body's most common reactions to histamine are redness, swelling and itching. It also stimulates stomach acid production, and can cause secretions from other glands such as the sweat glands, tear ducts and sinuses.

Antihistamines stop histamine from being secreted and causing a reaction.

Symptoms which antihistamines can relieve include the sneezing, nasal congestion and watery eyes associated with colds and hay fever; certain rashes and

itchiness; motion sickness; and coughing.

Always ask your doctor or pharmacist before taking any antihistamine. Getting expert advice is even more important if you're pregnant, taking other medication, or have medical problems such as asthma, enlarged prostate (in men) or glaucoma. Children and the elderly are more sensitive to the effects of antihistamines.

Always read the label and follow instructions carefully, especially for non-prescription antihistamines. Be prepared for possible side-effects such as drowsiness, dizziness or drying of the mouth or nose.

If you feel drowsy while taking an antihistamine, do not drive or operate machinery. Avoid activities that require good balance such as boating, water and snow skiing and even some household chores.

You can also ask your pharmacist to recommend an antihistamine which will not cause drowsiness.

If you have any questions about antihistamines or other medications, ask a medication expert...your pharmacist.

Contact North being copied



Terrace Bay saw two travellers from Cali, Columbia on Oct. 24. Dr. Harold Rizo and Mr. Renato Ramirez, both from the University of Del Valle, Cali, Columbia, were in Terrace Bay visiting the Contact North site.

Contact North is the distance education system and is situated in the public elementary school and hosted by principal Don Davies.

Rizo and Ramirez have spent two months in the Thunder Bay

District examining the distance education network. Rizo is currently implementing a distance education program out of the University Del Valle in Columbia based on Contact North's model.

In Terrace Bay, the two monitored a distance education class in forestry.

Pictured above, from left to right are Sheila Kchres, Contact North site coordinator; Don Davies, principal; Harold Rizo and Renafio Ramirez.

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Brown bagging it boring you?

Do you or any of your family members brown-bag it for the midday meal?

Does peering into the lunch bag to find the usual sandwich, bring on the brown bag blues? Read on...

Lunch time should be something to look forward to, as well as re-energize us, and help us stay alert and maintain concentration.

Canada's Food Guide recommends a varied diet based on four food groups. A nutritionally sound lunch should contain selections from at least three of the four food groups - milk and milk products, fruits and vegetables, breads and cereals, and finally the meat, fish, poultry and alternates group.

Public Health nutritionists in Ontario have developed some creative ideas to liven-up your

lunches. Here are some of their ideas.

- provide foods with a variety of colors, aromas and shapes
- tuck in a special surprise - a funny napkin, special not
- add extra foods low in sugar for "snack attacks", that can double as a dessert or recess snack
- help your child decorate his brown bag or purchase a new lunch tote in bright colors. A lunch box of durable plastic or metal protects and keeps the lunch fresh.
- enlist your child's help in making lunches
- a wide mouth vacuum bottle (i.e. thermos) can expand variety to include hot and cold items
- prepare lunches ahead and freeze or refrigerate to avoid a morning rush
- to keep foods cold, use a

small ice pack or frozen small juice pack

For further tips on nutritious snacks and lunch combinations, contact your local Health Unit in Schreiber at 824-2413.

Highview Animal Clinic
Dr. Benz & Dr. Peterson
will be in Terrace Bay on
Wed., Nov. 15 & Thurs., Nov. 16 1989
For appointments please call
Cathi at 825-3330

Abortion topic of discussion

A cordial invitation is extended to all residents of our surrounding district to hear Beverly Hadland speak on Abortion and related issues.

She will be at Holy Angel's Parish Centre Sunday, Nov. 19 at 7:45 p.m.

Are you a youth, going steady, engaged, married, a grandparent? Beverly has a message to share with you. She is a dynamic continent-wide speaker.

A Christian only since 1981, Hadland is a former fashion model who founded an Abortion Crisis Centre. She speaks on birth control, chastity, and P.A.S. (post abortion syndrome). She is the founder of Straight Talk for Youth Counselling of Ontario and

producer of a film called "Chastity: a question of Choice".

Much of her talk will relate to her service for youth. Beverly was MC at the Ottawa Rally for Life September 17, 1988 and introduced Mother Teresa to the crowd of well over 25,000 on the "hill".

Hadland has spoken to over 30,000 people, most of them being teens. She has appeared on many radio and T.V. programs including 700 Club, 100 Huntly Street, and C.B.C. News Conference.

That's 7:45 p.m. Sunday, Nov. 19 at Holy Angel's Parish Centre, 103 Superior Street. See you there!

Garrity's
DINNER SPECIALS

<u>Thursday</u>	<u>Friday</u>	
Chicken Terriyaki \$9.95	Riggatoni & Meat Sauce \$8.95	
<u>Saturday</u>	<u>Sunday</u>	
Sole Almondine \$8.95	Scotia Street \$7.25	
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
Liver & Onions \$6.95	Barbecue Spareribs \$9.95	Baked Pork Chops \$8.25

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