

Library News

# Some weighty advice for any concerned individuals

It's no surprise that more books on diet and exercise are checked out at the beginning of the year than at any other time.

It's a reading binge that follows in the wake of weighty festive food and resolutions to scale down and shape up.

Anyone resolved to do just that, will find inspiration on our library shelves.

Our books on health and fitness have more advice on space tires and sagging rear-ends than the Mechanic's Manual!

"Weight Watchers" is synonymous with dieting and we have a number of this organization's books (as well as its monthly magazine) that set out food plans and recipes for sensible weight loss.

Dr. Atkins, the guru of the high-caloric diet of the 70s, is back in the 90s with "a fresh new look at weight loss."

The book is New Diet Revolution. Doctors are prevalent among our list of diet book authors: Dr. Solomon, Dr. Ornish, Dr. Wright... and, of course, Dr. Tarnower whose Complete Scarsdale Medical Diet is still popular.

Celebrities with taut tummies

are particularly anxious to help us follow in their step ups.

There's advice from Jane Fonda who finds time between career, home and bend and stretch to write workout books.

We have three of them.

We also have her workout video as well as other videos on fitness by Richard Simmons,

Kathy Smith and Angela Lansbury.

Excellent Canadian publications promoting good eating habits include: The Ministry of Health and Welfare's Food Guide (which is in the Vertical File); Anne Lindsay's The Light-hearted Cookbook and Eat Well, Lie Well, the Canadian Dietetic

Association's guide to healthy eating.

The advice that is implicit to all responsible publications is that serious dieting should not be done by-the-book or by-the-video alone, but should be monitored by a professional and geared to the individual.

We love the optimistic titles in

our diet section: Fat Liberation; Eat More, Weigh Less; Have Your Cake and Eat It Too! We also admire the optimism of the patrons who take them out.

"I expect," said one determined patron as we waded through a diet book, "that only three-fourths of me will bring this back!"

## Here's What's Happening at THE MARKHAM

# SUPER CENTRE MALL

**Zellers**  
513-6244  
**Bi Way**  
946-1905  
**Fortino's**  
479-5967

### FASHION

SHEER ELEGANCE LADIES FASHION 940-9063  
JOGGERS SHOE ZONE 479-0715  
BONNIE ACCESSORIES 470-8578  
BONNE SHOES 513-6572

### FOOD/ REFRESHMENTS

C-C SNACK BAR 477-6938  
FRANK GOODNESS 513-1718  
2-4-1 PIZZA 513-0140  
DONUT HOUSE 477-0713  
MIMMARVELOUS MMMUFFINS 479-6135  
SWISS CHALET 475-0368  
YOUR SUPER BURGER 470-7630  
SUBWAY SANDWICHES 940-8987  
TAI PAN CAKE HOUSE 513-9217  
HUNG FOOD COURT 513-8886

### MEDICAL

HEALTH ONE CLINIC 479-6666

## January Home Show

January 19 - 20 - 21 - 22



We have a bushel full of ideas for your home

**Shoppers**  
**Drug Mart**  
946-8000  
**Postal Outlet**  
946-1275

### SPECIALTY

BULK BARN 475-3299  
RADIO SHACK 475-6935  
BELGIUM DIAMONDS 479-1972  
PET VALU 946-8881  
DOLLAR MART 513-0702  
ONE HOUR PHOTO PLUS 415-8903

### FINANCIAL & LEGAL

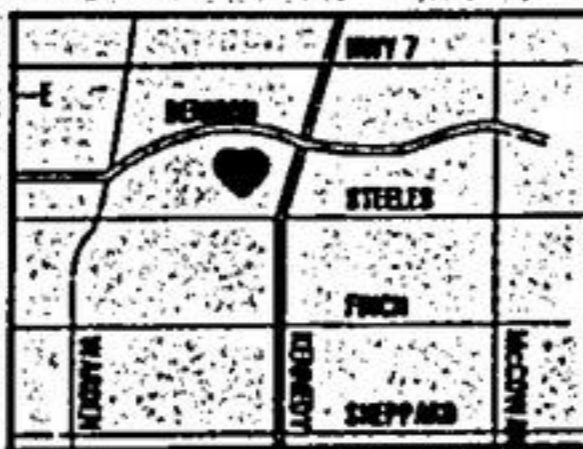
MACKAY & ASSOCIATES 475-5297  
TORONTO DOMINION BANK 475-3535

### SERVICES

CADET CLEANERS 475-3097  
SUPERTOCH HAIR DESIGN 479-4063  
SUPERTICKETS 477-7086  
GOLDEN PACIFIC (MARKHAM) TRAVEL 513-9988  
MR. PRO SHOE REPAIR 513-6314  
OPTICAL SHOP 477-2383  
CHINESE MULTICULTURAL CENTRE 513-7878

## OPEN SUNDAYS

Kennedy Road and Denison Street, Markham



**WHICH WINDOW WORKS FOR YOU?**

Custom made blinds have never been more affordable! Exclusive fabrics, superior quality and colour selection of 100% Canadian Made, Vertical, Venetian, Roller & Pleated Blinds... that's Window Works.

**WINDOW**

NOW ON SALE AT:  
**Camden Carpet & Interiors**

4261 Hwy. #7  
Shoppes of Unionville  
513-1657

More than 100 frames to choose from. + Single vision spectacle lenses. + Cleaner Kit. + One year warranty. + Protective case. = \$59. No taxes apply.

**Want to pay too much for your glasses? You're in the wrong ad.**

If you want to pay less for your glasses, you've come to the right place. We only offer great package prices on a wide selection of eyewear. Because we believe you shouldn't have to pay more to get more.

**OPTICAL FACTORY**  
Owner Operated • 100% Canadian

**CONTACTS FROM \$89** MARKVILLE SHOPPING CENTRE 477-6446 5000 HWY. #7 AT McCOWAN