

## RIDEAU REVIEW

The Pain-Free Tryptophan Diet by Robert L. Pollack Ph.D.

Tryptophan is an amino acid believed to assist in the relief of the pain of arthritis, migraine and other ailments that cause chronic pain. Unfortunately it has been removed from general sale in Canada and is now only available on prescription and is very expensive. Even so, this book offers good advice about diet and how to increase a natural intake of tryptophen. If you seek relief it is worth reading.

BS

Wings Above the Diamantha by Arthur W. Upfield.

A reprint of the 1936 mystery involving Detective Inspector Napoleon Bonaparte, a half-caste Australian policeman, who earns the respect of white and aborigine alike. There are many "Bony" books and all of them resoundingly good stories that survive the years for the pleasure of new addicts. This one takes place in the Australian outback, and the reader is transported to that hot, sandy, fascinating place.

There are occasional oddities, the heroine accompanies her father on a drive to inspect their 1500 square mile ranch dressed in hat, tailored suit and white gloves! In other respects the story still grips the attention.

BS

Scenes From a Hysterical Life by Dorothy Baker Tarrant.

The author may have a desire to become England's Erma Bombeck. She writes as a lower class housewife recording her daily life with a stupid husband, a smart alec son, Gran who defies description, a cat that is far from house trained and assorted neighbours. Life is seldom dull in her house but it is irritating!

BS

Wycliffe and the Quiet Virgin by W.J. Burley.

While his wife is away in Kenya, Wycliffe accepts an invitation to spend Christmas in Cornwall with acquaintance Ernest Bishop, a lawyer. The house is remote, situated on a bleak cliff at the tip of Cornwall, buffeted by Atlantic gales and Wycliffe views his holiday with foreboding. A young girl disappears on Christmas Eve, Wycliffe becomes involved in the search for her, then her parents are murdered and his hosts come under suspicion. The mystery is solved, very satisfactory reading.

BS

Fatherhood by Bill Cosby.

For most of us Bill Cosby is the epitome of a laid back ideal father. In this slim novel he includes a few of his television incidents and new insight into the role of fatherhood, all light, lively and loving. For those facing or in the process

of raising a child it will put things into humorous perspective. We who have survived the struggle find many rueful chuckles and occasionally a downright belly laugh.

BS

A Fighting Chance by Mignon G. Eberhart.

Young Julie Farnham's life is shattered when just before her wedding, her fiance, Jim Wingate flees from a murder charge. He is innocent and returns years later to clear his name. It seems to be an impossible task, there are more murders, attempts on Julie's life and injured servants. All comes right in the end, of course, in this typical Eberhart light suspense novel.

BS

Tourist Season by Carl Hiaasen.

A band of idealistic terrorists decide to clean up Florida and return it to the Indians and wildlife by the simple expedient of removing what they see as the root cause of the trouble, tourists! They attack, one by one, the big tourist attractions, Orange Bowl Games, beauty queens, parades, conventions, etc. Bombs explode, not always on time, key people are abducted and murdered, a pleasure boat is attacked in a macabre manner and black humour reigns throughout. Fast and exciting.

BS

Treasure Island by Robert Louis Stevenson.

A colourful new edition of Treasure Island lavishly illustrated by British artist, Ralph Steadman. He paints a murderous Long John Silver, a dastardly crew and headings that are spelt and spattered with blood. Robert Louis Stevenson wrote Treasure Island for his stepson, Lloyd Osbourne, a hundred years ago and it has been in print ever since. It brought fame and fortune to the author and romance to countless children all over the world. R.L.S. came from a family of lighthouse builders and was always fascinated by coastlines and islands. His life was as dramatic as his books and he ended his days on a Samoan island in the South Pacific. The library also carries a good biography of him by James Pope Hennessy.

JR

A Grand Passion by Mary Mackey.

This new novel takes us from the blue and gilt splendour of the Maryinsky Theatre in Tsarist Russia to the silver screen of Hollywood and on to the stage of the Lincoln Centre. It is an enthralling story of three generations of gifted ballerinas, whose lives and loves are always in conflict with their obsession for the dance. Natasha never did marry Sergei,

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ENJOY FRESH

HONEY HARVEST

DAVIES

APIARIES

Hwy 15

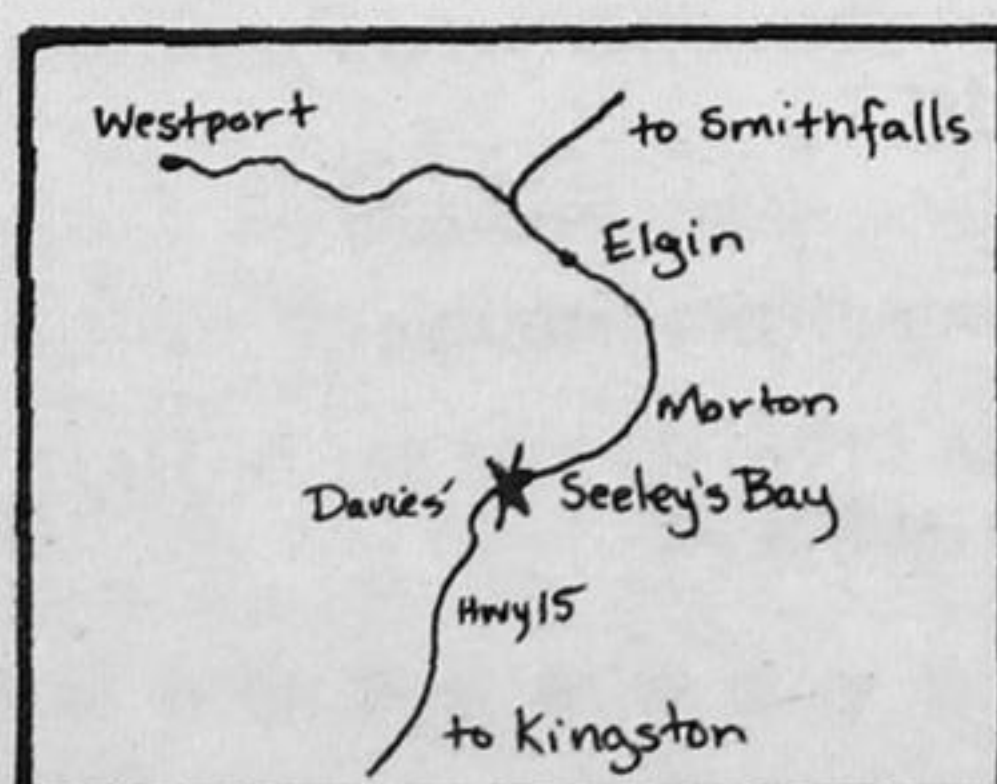
SEELEY'S BAY  
387-3171

## Summer Uses for Honey

- On fresh berries and peaches.
- As sundae topping, with nuts.
- Add to barbeque sauce for an extra flavour.
- For freezing or preserving fruits.

New Ontario Recipe Book available with many more ideas

Fresh honey is  
available around  
July 21<sup>st</sup>



Come and see us for  
Your supply of honey  
Bring your own containers  
to save

**HONEY - The true Energy Food**