

RIDEAU LAKES UNION LIBRARY  
BOARD NEWS

Plans are well underway for the celebrations planned for the tenth anniversary of the Union library system. All councils will be requested to proclaim June 1st to 8th as Union Library Week. On June 1, & 2, a special weekend of activities, with guests from across the Province as well as the surrounding area, has been arranged. It will include special exhibits in all branches, showing the work of local artisans, as well as the various services offered by the Union library, the Regional system as well as the Provincial Library services. The participating councils will be hosting a small reception for invited guests including past Board members and staff, at Hotel Kenney, Jones Falls. The out-of-town guests will be staying at the Opinicon Hotel, where, on June 3, a workshop, planned by the Association of Small Public Libraries of Ontario will take place. Tours of all branches of the Union will be undertaken as well as visits to local tourist sites. The general public is cordially invited to participate in the open events. More information is available at YOUR branch of the Rideau Lakes Union Library. We have a lot to celebrate; ten years of service to the area residents as well as the acquisition, through the kind auspices of the Sweet family of Seeley's Bay, of a brand new building to house that village's library. Through the on-going support of councils, you, the general public, and of course, the activities of board members and staff, we have developed a library system well respected across the library community. See next month's Lantern for more detailed information or pick up an invitation sheet at YOUR library!



ASK YOUR  
PHARMACIST

"But it's only 10 lbs"

"Help! I've got to lose 10 lbs. by Saturday. My sister is getting married and my bridesmaid's dress doesn't fit."

Lose 10 lbs. by Saturday? A good seamstress, or even a corsetière, will have more luck fitting you into your bridesmaid's dress than any three-day crash diet.

As you know, there are any number of weight-reducing diet aids on the market today. None of them are magic and all are designed to be part of a total package of diet modification and regular, solid exercise. Your local pharmacy probably stocks several commercial, non-prescription diet products.

Basically there are four types. The bulk-producers are one of these. They give a feeling of fullness in order to decrease appetite. The theory here is: If you feel full, you eat less. For some people this works, for others it does not. If you eat more because you like the taste of what you eat, bulk-producing agents will be of limited assistance. Slen-dor® and Biodiet® chewable tablets are typical bulk-producing diet aids.

Then there are the products which are meant to decrease taste sensitivity. The thinking behind these is: If you cannot really taste the food you eat, you eat less. These products contain benzocaine, a local anesthetic. It numbs the mouth. Slim-Mint® gum, Appredrine® and Figure-Aid® are examples of diet products containing benzocaine.

Almost all of us have grown up with mothers who warned us not to eat before meals or "you'll spoil your appetite." There are diet aids which work on this approach, too. They contain glucose. It's a sugar and products containing it are thought to satisfy the appetite center in the brain.

Ayds® candy is a very familiar example of this sort.

Lastly, you will probably find all-in-one formula diets, such as Metrecal® and Silhouette® at your local pharmacy. Formula diets are meant to replace one, two, or three meals a day. Not only can they become very monotonous quite quickly but, if used for long periods of time, they can cause constipation. Don't use a formula diet for more than two weeks without consulting your doctor.



You've heard it said a hundred times: To lose weight, you must burn more calories than you consume. That's will power — the critical key to any successful, modest weight reduction program.

Although over-the-counter diet aids are of limited benefit, they all employ one striking psychological factor: They cost money. By spending money on a diet aid, people tend to persuade themselves that they are truly serious about losing those few pounds. For a few pounds here and there, that may be all the edge you need — just not 10 lbs. in three days.

Ask your pharmacist for advice. You'll still want to lose those pounds after the wedding. Your pharmacist can help you sort out the many products available to you.

An advisory column written by The Canadian Pharmaceutical Association, Ottawa, Ontario.

RIDEAU REVIEW

While librarians, like everyone else, eagerly await spring, it is not only to enjoy the change of seasons and the milder weather, but to get a first look at the new publisher's releases. This spring has several publishers offering top notch fare....and the following are but a few of the selection awaiting you at your Union library branch.

For the sports buffs:

**Sports: Question & Answer Book-** by Edward F. Dolan Jr. Challenge your friends with all the questions about rules, regulations, winners and losers in a wide variety of sports, including Baseball, Football, Basketball...A good reference for the Trivia enthusiasts!

**Golf** by Bernard Cooke- Perfect for the novice or the advanced golfer. Full colour pictures covering stance, grip & follow-through. Includes excellent "get ready for the season" exercises.

Some general novels:

**All the Days of My Life** by Hilary Bailey- A modern-day Moll Flanders romps through this very readable novel. Covering the era of the '40's to the late '90's, Mary Waterhouse, the heroine, will intrigue and outrage you.

**A Flower That's Free** by Sarah Harrison Using the backdrop of world events, such as the Berlin Olympics, Dunkirk etc. Harrison has created a captivating & successful novel. A must read for those who enjoyed the author's previous book "The Flowers of the Field".

**Death Watch** by Elleston Trevor - Allies, enemies, & intrigue power the reader through this novel which targets in on one of our greatest fears: the breakdown of civilization. Previous novels - "The Quiller Memorandum" & "Flight of the Phoenix".

**Shellgame** by Douglas Terman - Set in Cuba during the missile crisis, the author spins his tale in similar style to Follett or Forsyth. Exciting and suspenseful

**The Titan** by Fred Mustard Stewart Only Stewart could weave this fascinating story of power and corruption. A new high from the author of "Ellis Island" & "Century".

**Mindbend** by Robin Cook - just mention Coma, Sphinx or Brain and Cook is remembered. His latest novel has a little more message in that the author, himself a doctor, is concerned about the conflict of pharmaceutical companies owning hospitals in the United States. Interesting and thought-provoking but still full of the futuristic ideas of his previous works.

PL

SPRING CLEAN-UP!

Once again students enrolled in basic level courses at RIDEAU DISTRICT HIGH SCHOOL will be conducting a spring clean-up. Besides sweeping streets, students will rake leaves, clean windows, paint and, in fact, do just about anything you want done.

There is no set fee for work completed, but donations will be gratefully accepted. The students are trying to raise funds to pay for their exchange trip to KAMLOOPS, BRITISH COLUMBIA.

The spring clean-up will begin on April 15th, and anyone wishing to hire a student(s) should contact Jim Johnson or Leo Clark at the school. (Phone 359-5391)

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