



BEV CHRISTENSEN

By the way . . .

Although I enjoy summer it seems to me there is no other season that is so likely to destroy an average-size ego.

The first injury to my fragile summer self-esteem comes on the first hot day when all the other women in the world emerge in the latest wispy summer fashions.

The death blow is dealt the day I go shopping for some wispy fashions in which I can join the parade.

There is absolutely nothing so likely to shatter my self image as standing in my underwear in front of three full-length mirrors in one of those tiny fitting rooms. To make matters worse, these rooms are usually fitted with fluorescent lights which have been carefully chosen to make my skin look like pale green putty.

"Who's that fat woman?" I asked on my most recent visit to a fitting room.

The plump matron in the mirrors shuddered sympathetically.

"What's the matter?" asked my friend, Irma, who'd spared herself the shock of seeing the quadruple image of me standing nearly nude before three mirrors.

"I can't see my toes," I said.

That's it, I'm going on a diet.

"No more barbecued steaks, I'll give away all my ice cream and stop making bread, it's cottage cheese and water for me from now on."

"I could stand to lose a few pounds too," she said.

"We'll diet together and the first person to lose 10 pounds wins \$10 from the other."

That's how the diet race began. We agreed to a weigh-in at the end of a week.

The first day I counted calories carefully to make sure I had no more than 800. Irma, by her own admission, consumed 2,850 calories.

On the second day I ate only cottage cheese, and a dill pickle. Irma confessed she'd lost control and eaten a medium-sized pineapple pizza on top of her regular three meals a day.

The third day I had a bowl of bran flakes, two oranges, poached fish and a salad with low-calorie dressing. Irma ate with her family and took them all out for a chocolate milkshake in the evening.

At the end of the first week we had our first weigh-in.

I'd lost two pounds and Irma had lost eight.

That's been the story of my life. While I diet my way into larger sizes, everyone around me is dieting themselves into a size four.

But I've got the answer now. I'm going to stop buying recipe books. I think I'm gaining weight just looking at the picture of trout in aspic, triple cream cakes and vegetables slathered in cream sauce.

volunteer helpline

This column is provided free to all non-profit organizations who need volunteer workers to carry out their programs.

To arrange to have your group's volunteer needs advertised in this space, send a brief resume of your requirements, including information on the training offered, the type of work to be done and the hours and days a volunteer may work plus any other relevant information to: Volunteer Help Line, care of The Citizen.

The Prince George Mardi Gras Society is looking for volunteers to assist at the North American Open Armwrestling Championships and the August-fest '82 Hoot Night dance to be held in Prince George July 31. Anyone willing to help is asked to phone Kim MacDonald at 562-5551 or the Mardi Gras office at 564-3737.

Any outgoing volunteers who enjoy working with elderly or infirm adults is invited to contact Ann Colban or Sheila Middleton at 563-3413, during the day. Their help is required in the Simon Fraser Lodge craft program, working in the

coming events

HIKING CLUB: The Caledonia Ramblers lead a four day strenuous backpacking trip to the backridges of Lucille Mountain beginning Thursday. For further information phone Bob at 563-6928.

HERBAL WORKSHOP: A Herbal workshop investigating the curing and toning powers of herbs is held from 10 a.m. to 5 p.m. July 10 at the College of New Caledonia. Lunch included. For more information phone Alma at 563-4917 or Carol at 962-2044.

BASEBALL: The Evergreen Chapter of the One Parent Family Association of Canada holds a baseball game from 7 to 9 p.m. Wednesday at Harry Doder Park, across from Rainbow Park, by Lakewood Elementary school. For more information phone Kathy at 964-4053. Baseball is held from 7 to 9 p.m. Wednesday throughout the summer.

CONSUMER HINTS

CSA issues heating pad fire warning

Owners of Solaray heating pads manufactured prior to 1976 are advised to stop using them immediately.

According to the Canadian Standards Association (CSA) these older heating pads have caused several fires after the insulating material used in their construction broke down.

You can identify the older models by the fact they are ink-stamped in English only, while new models are stamped in both French and English.

CSA advises if you have an older heating pad manufactured by this company, discard it immediately. For further information contact: Mr. D. Bowden, Solaray, Div. of Sunbeam Corp. (Canada) Ltd., P.O. Box 673, 268 Granda River Ave., Brantford, Ont. N3T 5P9.

Don't plant table potatoes in your garden.

According to the Ministry of Agriculture and Food they may infest your garden with plant viruses which, although they're not harmful to humans, could dramatically reduce yields and quality of future crops of potatoes, tomatoes and other vegetables. Also most table potatoes have been treated with sprout inhibitors which prevent them from growing normally.

After a long, sweltering day, don't step into a cold shower because it will trick your brain into thinking you're chilled and, as a result, your body will make an effort to warm itself up instead of cooling off. Instead, enjoy a lukewarm bath or showers lasting 10 to 15 minutes.

Fresh mushrooms will remain firmer and whiter if stored in the refrigerator in a brown paper bag instead of the plastic bags in which you brought them home from the store.

Pamper yourself a little during the hot weather by adding a half a cup or more of baking soda to your bath water. It will make your skin feel fresher and smoother and at the same time relieve the itchiness and irritation of minor heat rashes, insect bites and sunburn.

Problem drinking on the rise

by JOHN GODDARD

YELLOWKNIFE, N.W.T. (CP) — Problem drinking is on the rise from coast to coast, a University of Toronto professor told the annual conference of the Canadian Public Health Association recently.

Mary Jane Ashley, chairman of preventive medicine and biostatistics, said the heaviest drinkers on average are in the Yukon and Northwest Territories.

Among the provinces, statistics show British Columbians to be the heaviest drinkers and Maritimers the lightest.

Ashley said problem drinkers are those who have six or more drinks a day.

"We must curtail increasing consumption of alcohol," she told several hundred delegates to the Northern Medical Research Unit in Edmonton.

Otto Schaefer, director of the Northern Medical Research Unit in Edmonton, said the effect of alcohol on the health of native Indians in the Northwest Territories "is nothing short of disastrous."

"Drinking to the amount now done by the Indian population is not just killing the drinkers, but killing the children as well," he said.

In comparative studies of Indians, Inuit and Whites in the N.W.T., Schaefer said he found congenital damage from alcohol to be threefold among Indians compared with the other groups.

He also found that women drinkers are more sensitive than men to liver damage.

Larry Fry, deputy minister of Health and Welfare, told delegates to the three-day convention that Canadians must change their living habits.

"We have been socialized to become a nation of risk-takers," he said, referring chiefly to the health risks related to drinking and smoking.

He urged professional health-care workers to set an example by not smoking on duty.

A recent study at a hospital in Peterborough, Ont., showed that of the doctors and nurses who smoked, most did so on the job.

He said Health and Welfare has launched an advertising campaign aimed at keeping young people from adopting the smoking habit.

"It is an objective that might seem impossible," he said.

Moments later, many delegates were seen lighting up outside the lecture hall.

Licence ruled joint property

WHITE PLAINS, N.Y. (AP) — A licence to practise medicine is "marital property" and a woman who put her husband through medical school is entitled to a share, a judge has ruled in a divorce case.

State Supreme Court Justice Richard Daranco said Friday that Loretta O'Brien, 36, was entitled to \$188,800 for working throughout her marriage while her husband, Michael, 34, finished college, medical school and met state licensing requirements.

He said O'Brien's licence added almost \$500,000 to what he might reasonably have expected to earn without it.

O'Brien got his licence and filed for divorce last year. The couple married in April, 1971.

"The only valuable surviving asset acquired by either spouse during their marriage is the professional licence to practise medicine," the judge wrote in his 15-page ruling. He called the licence "marital property ... subject to equitable distribution."

"When a spouse finances another's education, and thus his high earning capacity, it is unfair to deny her a share of this asset which would not exist but for her efforts," he said.

Mrs. O'Brien's lawyer, Albert Emanuele, said his client worked throughout the marriage as "a teacher, sometimes working nights and doing two or three jobs on occasion."

"Everything she made went into the common pot," he said.

In granting a divorce, the judge based the amount of his award to Mrs. O'Brien on trial testimony by Stanley Goodman, a lawyer and accountant.

Goodman put the value of Mrs. O'Brien's contribution to the marriage at \$103,390, and testified that the current value of the medical degree was \$472,000, given O'Brien's age and what he could expect to earn compared to college graduates without medical degrees.

MARRIAGE

Frank and Anne Werbeck of Prince George are happy to announce the marriage of their daughter Judy Anne to John Suttie son of Kate and Charles Suttie of Merrit, B.C. The wedding took place on May 27, 1982 at Sacred Heart Cathedral in Prince George, B.C.

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