



A PUBLICATION OF THE MANITOBA HEALTH LIBRARIES ASSOCIATION

mhla news

VOLUME 21, NUMBER 3 SPRING 1999

The NRC INFORMATION CENTRE

The NRC Information Centre is located on the first floor of the Institute for Biodiagnostics at 435 Ellice Avenue. We are a branch of the Canada Institute for Scientific and Technical Information (CISTI) and our primary function is to serve the researchers and their collaborators working at the institute. The research areas of the institute are divided into four major areas: biosystems -- which includes the study of cancer, Alzheimer's disease, and cerebrovascular disorders; nuclear magnetic resonance (NMR) and magnetic resonance imaging (MRI); medical informatics; and finally medical applications of infrared spectroscopy.

The NRC Information Centre also has a mandate to serve other divisions of the National Research Council. These include the Industrial Research Assistance Program (IRAP) and the Canadian Technology Network (CTN). Both of these groups provide assistance to small and medium-sized Canadian enterprises. The Canadian Technology Network provides Canadian businesses with access to a wide range of technology and related business assistance through a cross-country network of advisors. IRAP helps small and medium-sized Canadian firms create and adopt innovative technologies that yield new products, create high quality jobs, and make industry more competitive. IRAP's Industrial Technology Advisors (ITAs) provide direct technical assistance to the latest technological advances, expertise, facilities, and resources, as well as cost-shared financing of innovative technical projects. CISTI provides ITAs with business, scientific, and patent information to help them help their clients.

The original librarian here at the NRC Information Centre was David Colborne. He set-up CISTI's first "virtual library" branch back in 1993. Since that time, CISTI has continued to expand into the virtual realm. CISTI has developed (and continues to develop) the "Virtual Library" that provides NRC staff with access to numerous literature and full-text databases, electronic reference tools, access to 1600 full-text journals and of course CISTI's world class document delivery system.

The staff at IBD have been exposed to the concept of a virtual library since the inception of the institute and the library. This has made the transition from print to electronic sources a rather painless one for us in the library. The majority of the staff at IBD are heavy library users, however, we rarely see them physically in the library. (con't on p. 4)

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PRESIDENT'S MESSAGE

Lilly Tomlin once quipped, "I always wanted to be someone, but I should have been more specific." Perhaps this could be said of MHLA today as we face the most turbulent period of change in the organization's history. In the past year we have seen the closing of the Manitoba Health Library Services and the transfer of its collection to the Neil John Maclean Health Sciences Library. The Winnipeg Community and Long Term Care Authority has made agreements with some MHLA libraries for contracted services. The Winnipeg Hospital Authority is still in negotiations with the University of Manitoba Libraries. Victoria General Hospital has opted to transfer its library to the University, along the lines of the pattern established with the consolidation of the HSC and SBGH hospital libraries. So much is changing within the Manitoba healthcare system, and changing so fast, that we have yet to fully realize how this will affect our ability to deliver information services to our various clientele.

The Annual General Meeting held on March 11 provided an opportunity for MHLA members to discuss the important issues that face us. The membership reviewed developments in negotiations between the Winnipeg Hospital Authority and the University of Manitoba Libraries. There was also a discussion of the issues raised in last year's MHLA Position Paper and a debate about the relevance of MHLA in the light of current developments. The membership were given the opportunity to come up with strategies for the most effective future organization of health library services in Winnipeg.

The Annual General Meeting was also our opportunity to elect a new Executive. Christine Shaw-Daigle from the J.W. Crane Memorial Library at Deer Lodge accepted the position of Treasurer. Analyn Baker, librarian at Seven Oaks General Hospital, graciously offered to continue as Secretary. Although there was general agreement about the continuing importance of MHLA, no one came forward to fill the position of President-Elect. This leaves the organization in a difficult situation as we look to continuing MHLA's work in the coming months.

The membership agreed to participate in a Year 2000 Conference to be jointly sponsored by the Manitoba Library Association, Public Library Services, and several other groups. We also voted to contribute \$500 towards expenses. Scheduled to take place in May 2000, the conference theme will be "Manitoba Libraries: Acting Locally, Connecting Globally." Further information about the conference will be available at the MLA web site: www.mla.mb.ca. Programs at the conference will give MHLA members opportunities for professional development.

In March and April Carol Cooke of the Neil John Maclean Health Sciences Library gave two stimulating workshops on HTML coding. "Hand Coding HTML", held on March 27, was a full-day session on the basics of web page design and coding. The Ross Learning Resource Centre was a good venue for the workshop, and its networked computers functioned well for the hands-on training. As a follow-up Carol gave an overview of Microsoft *FrontPage 98* on April 9, explaining the pros and cons of this web site design package. Our thanks to Carol for her interesting and well-prepared presentations.

The *MHLA News* continues to publish three times a year. Diana Stojanovic-Lewis of the Neil John Maclean Health Sciences Library has

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1999-2000 membership dues in MHLA ARE AS FOLLOWS :

PERSONAL	\$15.00
INSTITUTIONAL	50.00
ASSOCIATE	20.00

This issue of the News was produced using Microsoft Office97. It was printed in Korina BT using a HP Laserjet 5. Submissions for the Fall issue should be received by September 10, 1999, at the following address:

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Kanchan Sthankiya

assumed editorial responsibility for the newsletter. As editor she has worked to develop theme issues. The past issue was focused on consumer health and highlighted some of these resources within Manitoba. The upcoming issue covers fitness and health. Kanchan Sthankiya, also of NJM Library, has lent valuable editorial assistance. Their efforts are greatly appreciated by all.

The Networking Committee faced disappointment over the difficulties of maintaining a web site. The expense and labour involved have made such an initiative unfeasible at this time. There were further problems in planning a new version of the Union List. CISTI is unable to provide us with our holdings information in electronic format. Instead, MHLA libraries will be receiving their holdings in large printouts. It is unclear at the moment how we are to proceed, but the membership agreed that a printed union list is still a worthy goal if the means exist to create one. DOCLINE continues to be used effectively by MHLA libraries, and we have been able to save much time and effort in providing quality document delivery services.

We have, I believe, tacitly agreed amongst ourselves that this will not be a very active year for MHLA. Nevertheless, if it is to remain viable as an organization, MHLA cannot avoid facing the real challenges ahead. The nature and pace of the changes occurring in our midst make it imperative that we continue to come together to discuss and find solutions to the problems we share. These are just some of the issues that confront us:

- the multiprofessional use of information
- the growing need for consumer health information services
- information skills development for health professionals
- managing the transition from paper-based to electronic access to information
- ensuring value for money through coordinated provision of library services
- joint working with other sectors (health authorities, post-secondary educational institutions, local government)
- rethinking how knowledge-based health information is best organized and distributed throughout the province

The MHLA can play a role in ensuring progress by providing strategic direction and leadership, continuing professional development, coordination of stakeholder policies and local strategies, and providing research and innovation. It depends on what we want to be.

Mark Rabnett
MHLA President

MHLA EXECUTIVE FOR 1999-2000

President	Mark Rabnett
Vice-President	Vacant
Treasurer	Christine Shaw-Daigle
Secretary	Analyn Baker

(con't from p. 1)



Instead, most prefer to search the literature databases such as Medline, Inspec, Current Contents, and Biological Abstracts from their desktops. In most cases, they can order citations directly from their search results, without having to re-type information. Access to CISTI Source Select (formally SwetScan Alert), allows the researchers to peruse the table of contents of any of the 14,000 titles in the database, and order articles directly from the Web. These types of services have made up for the fact that we have a rather small print journal collection. Last year, the IBD staff (about 100) requested over 5500 articles via document delivery. Every year CISTI is adding more electronic services that are accessible to all NRC staff across Canada. The staff at IBD are thrilled with their Virtual Library, and are constantly suggesting ways to enhance the electronic resources. The Advanced Services department of CISTI in Ottawa has their hands full trying to keep up with all of the suggestions that come from IBD.

CISTI is also continuing to provide information services and products to organizations outside of NRC. Recently, we have introduced a new Competitive Technical Intelligence service. This service is offered to external clients who require information on their competitors and their products to help them stay ahead of the competition. We supply business intelligence, patent information and scientific literature that can be used by clients to help them keep up with their industry and make better decisions about their company's strategic direction.

In January, CISTI introduced a new information tool called BiblioNet. The first in a series of BiblioNets is offered as an information product for the information technology and telecommunications industry. BiblioNet provide one-stop-shopping for IT&T information. Subscribers have access to the last 4 years of Inspec, information on standards, industry newsletters, conference listings, marketing information and much more. BiblioNet is designed as an end-user product, for those small and medium sized enterprises that do not have a dedicated information researcher. There are plans for more BiblioNet products for other industries.

The NRC Information Centre in Winnipeg is staffed by one full-time librarian, and one full-time library assistant (Liane Patterson). We are open to the public, Monday-Thursday 8:30-5:00, Friday 8:30-4:00 (closed M-F 12:00-1:00). The Institute's security regulations require that all outside visitors be accompanied by a staff member. As such we encourage public users to call ahead to ensure that a library staff member is available. Anyone can peruse the Virtual Library while visiting the NRC Information Centre, so if you are curious and would like to check it out, please let us know.

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Winnipeg Web Site: <http://zeno.ibd.nrc.ca/~cisti/>

CISTI's Web Site: <http://www.cisti.nrc.ca/cisti/cisti.html>

PEOPLE

FAREWELL TO MARY LYNNE

How does one say good-bye to a dear friend and colleague. Mary Lynne East, Nursing and Allied Health Librarian at the Neil John Maclean Health Sciences Library, will be leaving Winnipeg at the end of May to join her family in Whitehorse. It has been my sincere pleasure working with you Mary Lynne and I know that you will be missed by many in the Library and Health Community.

CONGRATULATIONS TO ...

Lisa Demczuk, Federal Laboratories Library

Lisa reviewed the following book for BMC and is now one book richer. Kellerman FR. (1997). Introduction to Health Sciences Librarianship: A management handbook. Greenwood Press.

CONFERENCES

JUNE 1999

CANADIAN LIBRARY ASSOCIATION
54TH Annual Conference

Metro Toronto Convention Centre
Toronto, Ontario
June 16-20, 1999

WORKSHOPS

SEPTEMBER 1999

Soaring to New Heights in Healthcare Strategy

The Society's Fourth Annual Educational Conference & Exhibits

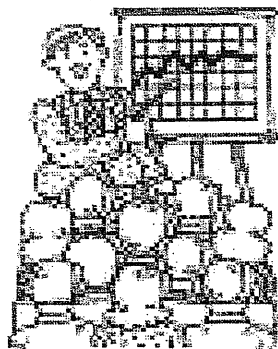
September 24 -27, 1999
Denver, CO
The Adams Mark Hotel

For information call the Society at (312) 422-3888
e-mail the Society, or fax your contact information to (312) 422-4579.

OCTOBER 1999

Bridging Traditions: 50th Anniversary of the Midwest Chapter/
Medical Library Association

Amway Grand Plaza Hotel, Grand Rapids, Michigan
October 5-9, 1999
<http://midwestmla.org/conference>



NOVEMBER 1999

CALL FOR PAPERS:

CREATING NEW STRATEGIES FOR COOPERATIVE COLLECTION DEVELOPMENT

Aberdeen Woods Conference Center
Atlanta, Georgia
November 12-14, 1999

The conference goal is to formulate an agenda for the community to begin to design and implement new strategies for cooperative collection development.

If you are interested in writing a paper for this conference, please send a note of intent and a short abstract of your thesis (by e-mail, fax or letter) to:

Milton T. Wolf
Senior Vice President for Collection Programs
The Center for Research Libraries
6050 South Kenwood Avenue
Chicago, Illinois 60637-2804
TEL: (773) 955-4545 EXT. 334
FAX: (773) 955-4339
INTERNET: wolf@crlmail.uchicago.edu



Final deadline for papers that are accepted is July 1, 1999.

THE CANADIAN COCHRANE SYMPOSIUM

~ The Impact of the Cochrane Collaboration: Past, Present and Future ~

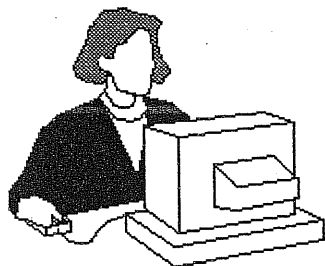
Friday, November 19, 1999
Health Sciences Centre
McMaster University
Hamilton, Ontario.

If you are interested in submitting a paper or poster, please contact Tom Oliver, Chair of the Selection Committee at olivert@fhs.mcmaster.ca or visit the website at: <http://hiru.mcmaster.ca/cochrane/centres/canadian/>

The National Library of Medicine Unveiled its New On-line Catalog, LOCATORplus, on the Web on Monday, April 12.

The new web catalog, called LOCATORplus, allows anyone with Internet access to find out what books, journals, audiovisuals, manuscripts, and other items are contained in the world's largest medical library.

LOCATORplus

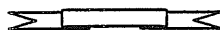


There are many exciting new features which are available via LOCATORplus. Customers using the catalog from the Web can search by author, MeSH subject, title, conference name, keyword and many other specific fields, then e-mail the results to themselves. Current receipts of both serial and monograph material are displayed along with information about material which is on order or available electronically. Hotlinks to online journals are available from many records. Direct access to a variety of other resources are available from LOCATORplus including MEDLINE, MEDLINEplus, Images of the History of Medicine, TOXNET, HSTAT, and other U.S. medical library catalogs.

LOCATORplus is part of NLM's new integrated library system (ILS) which was installed for in-house use in November 1998. The ILS is being used for acquisitions, serials control, cataloging, collection management, circulation and preservation. LOCATORplus is the ILS's online public access catalog and serves as the retrieval engine for the Library's cataloging records, replacing existing online access methods, such as Locator, CATLINE, AVLINE and SERLINE. LOCATORplus brings together a number of previously disparate databases, along with information formerly available only to staff, using state-of-art information retrieval technology.

NLM's LOCATORplus can be found at: <http://www.nlm.nih.gov/locatorplus/>

For a preview of the system a Quick Start Tutorial can be found at: <http://www.nlm.nih.gov/locatorplus/tutorials/quickstart/sld001.htm>



Burned Out?

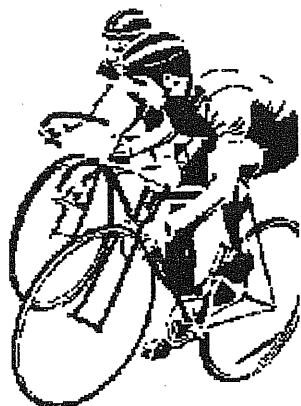
By Carol Cooke
NJMHHS Library

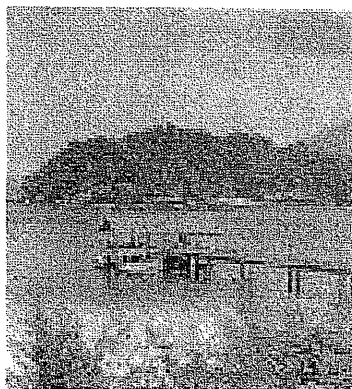
I am an avid cyclist, and the editors felt that this qualified me to write about health and fitness. Actually, one of the reasons that I became interested in fitness was to combat burnout.

People in public service are at risk for burnout. We are expected to be patient with our patrons, helpful, courteous, efficient and polite while dealing with patrons who may themselves be under stress. In health libraries we are also expected to be prompt in retrieving information that may impact on patient care.

Burnout is mental, emotional, and physical stress that leads to reduced creativity, loss of involvement and diminished excitement in the performance of one's work. Stress does not always result in burnout, and can sometimes even be a positive, stimulating factor in increasing productivity. However, if you experience all three types of stress simultaneously, you are a prime candidate for employee burnout.

Sufferers from mental stress have short attention spans, diminished concentration skills and impairment of judgement and memory. Emotional stress presents itself as moodiness, irritability, and depression leading to overall job dissatisfaction. The most pervasive physical representation of stress is a feeling of constant fatigue and weariness (Grosser, pg 33). Victims of burnout may exhibit health problems such as headaches, backaches, insomnia, ulcers, increased frequency of colds, and in extreme cases stroke, hypertension or heart attack.





There are a number of factors that may lead to burnout, such as chronic levels of high stress coupled with a continuously heavy workload, long hours of work, too many responsibilities, tedious paperwork, and endless repetitive tasks. Other factors include a lack of control over library operations, decreased opportunities for career advancement, and equipment problems. Even such minor things as lighting, ventilation, and noise can contribute to burnout.

One way most people deal with work related stress is to take a vacation. Vacations are important, but a recent study has shown that within three days of returning to work from a two to three week vacation, the individual is feeling the exact same amount of stress they did before their vacation (Westman and Eden). To have any impact on burnout, regular vacations would have to be taken every three weeks, but there are few employers who would agree to this much vacation time!

The best strategies for dealing with burnout are a regular program of exercise, a healthy diet (see Canada's Food Guide) and a limited intake of caffeine, alcohol and sugar. I take my stress out on the road and bicycle it out of my system. Other colleagues regularly walk, run, swim and do aerobics. Take time for yourself. Take regular breaks and full lunch hours and if possible, get away from your work place. Go for a brisk walk for fifteen minutes during your workday. If you are healthy and feel energized you're less likely to experience some of the more severe symptoms of burnout.

Ultimately, to combat burnout you need to find creative ways to deal with the work situations that are causing the burnout. With a little ingenuity you can reduce your physical environment problems by, for example; alleviating noise problems by closing doors, adding dividers, or insulating yourself with headphones and your favorite music. Deal with equipment problems by working to raise funds for new equipment and / or locating technical gurus willing to assist you with the problems.

It can be more difficult to deal with the other causes of burnout like workload. Try to delegate work to others. If delegation is not possible, prioritize projects and tackle them one at a time. Don't try to juggle too many projects at once and be sure to "tick" them off your list once they are complete. Set clear time frames for delivering your services and ensure that your patrons realize that information may not be immediately available. If you lower their level of expectation you decrease the amount of stress placed on you.

Finally, if you are feeling burned out, identify the factors that are causing the burnout and gradually change your situation to alleviate your stress levels. Find time for yourself, begin a regular program of exercise and improve your diet. In spite of the demands on a health library employee it is possible to combat burnout.

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Make a Positive Change in 1999!



Resolutions are made to be broken. Make a commitment right now to change the way you do things. You will not only live longer, but you will you will definitely live better as well.

Your Eating Habits

Three square meals a day doesn't cut it anymore. Try smaller, more frequent meals throughout the day with healthy snacks in-between. Give your body 2-3 hours in-between meals/snacks. Eat more fruits and vegetables. They contain anti-oxidants to help fight the evil, free radicals you may have heard about. They also have plenty of vitamins and minerals you need.

For the umpteenth time, diets don't work. People that experience weight loss with various diets like Atkins, The Zone, Beverly Hills, and so on, do so because of reducing their caloric intake and exercise. Many experts agree on this and the fact that some of the diets can be dangerous and lacking in balance.

Physical Fitness

There are five major components of physical fitness.

1. **Cardiorespiratory Fitness** - pertains to the health and function of the heart, lungs, and circulatory system. It also describes the ability to persist or sustain an activity for an extended period of time. 2. **Muscular Strength** - the maximum force that a muscle can produce against resistance in a single, maximal effort. 3. **Muscular Endurance** - the capacity of a muscle to exert force repeatedly against a resistance, or to hold a fixed or static contraction over time. 4. **Flexibility** - the range of motion possible about a joint. 5. **Body Composition** - the makeup of the body in terms of the relative percentage of lean body mass and body fat.

How do you rate yourself on a scale from one to ten with your fitness level? Can you climb the stairs to your office without breathing heavily? Can you lift that box? Do you easily get injured? Do you have a spare tire? Read this article to find out how to get it in gear.



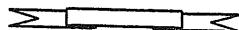
Rest

Don't become a victim of overtraining. Give your body adequate time to recover from your workouts. Remember that less is more when it comes to exercise, so don't over do it.

Overview

Remember that Rome was not built in a day. Take your time and start out slowly with short-term goals at first. Progress gradually as your body adapts to your training and not all at once. If you are uncertain on what to do or how to do it, hire a personal trainer who is qualified. If you truly don't have the time or the money, a little activity is better than nothing! Nobody is too old to start exercising. Stop telling yourself what you should be doing, and do it

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May 6, 1999 is International No Diet Day

No-Diet Day: Interview with Monika Woolsey
Dateline: 04/23/99

This day is devoted to recognizing that weight loss diets rarely have long term success. Individuals who participate are encouraged to refrain from dieting or purchasing any dieting related products, and to experiment with the long lost simple pleasure of enjoying food!

In order to understand the nondiet approach, we interviewed Monika Woolsey, MS, RD - Publishing Editor of the After the Diet Newsletter and the Spanish Associate for HUGS International.

Monika Woolsey is a Registered Dietitian with an extensive background in both inpatient and outpatient eating disorder treatment, mental health issues, and the nondiet approach to health. She is the author of the American Dietetic Association's upcoming book, "Eating Disorders: Putting It All Together." Monika is a highly sought-after international speaker on the topic of eating disorders, and mental health and nutrition. She is frequently interviewed in English and Spanish language media on nutrition, body image, and eating disorders.

What is the non-diet approach?

The nondiet approach recognizes that when eating is out of control, it is often a reflection of other life areas out of control. I like to call it "the three C's -- communication, conflict resolution, and coping". When we aren't using these areas in healthy ways, food consumption is often the outlet. The nondiet approach focuses on awareness of how to improve in responding to daily life events so that food can be saved for nourishment and enjoyment.

What evidence do we have that dieting doesn't work?

Americans spend \$32 billion annually on dieting and diet related products -- that is enough money to build a home for every homeless person we have

"Americans
spend \$32
billion annually
on dieting
and diet
related
products..."



on our streets! Yet the percentage of our population that can be classified as obese continues to grow. In addition, eating disorders, which often start when a diet goes wrong, are growing in incidence. At either end of the spectrum, the person has lost the ability to respond to natural hunger and satiety cues. Do we have any evidence to support the validation of a non-diet approach?

Yes, HUGS International has looked at the results of its "Teens and Diets -- No Weigh" and its "You Count, Calories Don't" Programs. The LEARN program, another similar approach, has also been validated.

"...trust that your body knows when it is hungry..."

Who should try the non-diet approach?

The nondiet approach is simply learning to trust that your body knows when it is hungry and will tell you when it needs food, and it knows when it is full and is time to stop. It is what we did before nutritionists came along and started to make those decisions for other people! It is for everyone.

What non-food approaches are important to increase health?

Most people who are coming to see me about weight issues are really dealing with stress management or personal conflict issues. I find that those individuals who are willing to work on carving out time for personal reflection (via meditation, walks, prayer, or other introspective activity) are the ones with the longest lasting success when it comes to changing food behaviors.

How does food effect mental health?

Our brain and central nervous system control how we perceive and respond to our environment. All dietary components are necessary for a functioning brain and central nervous system. The structure of this system is largely composed of essential fatty acids. Neurotransmitters, the communication molecules, are made out of amino acids, which are derived from protein. Glucose is the brain's main source of energy. Diets tend to cut out food categories and deprive the brain of what it needs to run. There is considerable evidence that dieting or cutting the diet too low in fat has an impact on mood and can exacerbate irritability, anxiety and depression.

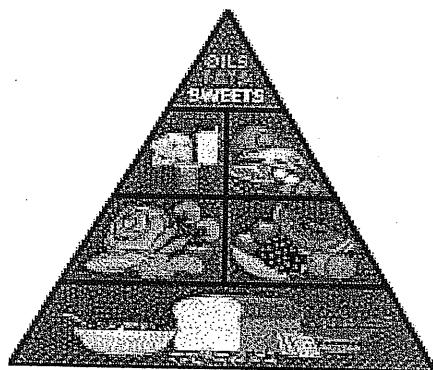
Is there a magic bullet for good health?

A willingness to look at all facets of health and not focus on one is the key. While nutrition and fitness are important, so is emotional and spiritual health.

Can you share credible resources that you use / recommend?

Some of my favorite websites include:

Something-Fishy.org / HUGS International Inc / Academy for Eating Disorders / Massachusetts Eating Disorder Association / National Association to Advance Fat Acceptance / Laureate.com / National Mental Illness Screening Project / Overeaters Anonymous



"While nutrition and fitness are important, so is emotional and spiritual health."

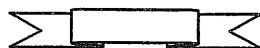
And of course my own site...
www.afterthediet.com

Books I recommend include:

You Count, Calories Don't by Linda Omichinski, RD
 Intuitive Eating by Evelyn Tribole

Like Mother, Like Daughter by Debra Waterhouse
 You are more than what you weigh by Sharon Sward
 The TAO of Eating by Linda R. Harper
 The Weigh Down Workshop by Gwen Shamblin

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Fitness Test

<http://www.meu.edu/ktv/heal/fitness.html>

Compiled by the University of Colorado Sports Medicine Clinic and Living Right.

This test is designed to quickly gauge a person's general fitness level and to act as a benchmark for future testing. After taking the test, work out for a few months. Then, take the test again and compare the results.

Yoghurt Pops

- 1 cup (250 ml) low fat yoghurt
- $\frac{3}{4}$ cup (175 ml) frozen juice concentrate or pureed fruit
- $\frac{3}{4}$ cup (175 ml) skim milk

Combine yoghurt, fruit juice concentrate and milk. Pour into 6 or 7 small paper cups or popsicle molds. Freeze until partially frozen. Insert a wooden stick into the centre of each and freeze until firm.

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HEALTH & FITNESS WEB SITES

AMA Health Insight – Interactive Health

<http://www.ama-assn.org/consumer/interact.htm>

Canada's Physical Activity Guide to healthy active living

<http://www.paguide.com/english/main.htm>

Canadian Fitness and Lifestyle Research Institute

<http://www.cflri.ca/cflri/cflri.html>

Canadian Sport

<http://www.canadiansport.com/>

Columbia University

<http://cpmcnet.columbia.edu.patients>

Fast Food Facts – Interactive Food Finder

<http://www olen.com/food/>

Fitness and Active Living

<http://www.hc-sc.gc.ca/hppb/fitness/index.html>

Health Canada Active Living: it's a way of life!

<http://www.hc-sc.gc.ca/real/fitness/>

Health Scene Index

<http://www.canoe.ca/HealthNews/home.html>

Health World Online

<http://www.healthy.net/index.html>

Healthy Outlook

<http://www.sprhwy.com/healthy/>

HealthyWay: Canada's Health Guide for Canadians

<http://healthyway.sympatico.ca/>

HealthyWay

<http://www1.sympatico.ca/Contents/Health>

Idea : the Health and Fitness Source

<http://www.ideafit.com/index.htm>

IntelliHealth : Home to Johns Hopkins Health Information

<http://www.intellihealth.com/IH/ihtIH>

Mayo Clinic Health Oasis

<http://www.mayohealth.org/>

Mayo Clinic Nutrition Centre

<http://www.mayohealth.org/mayo/common/htm/dietpage.htm>

MEDLINEplus

<http://www.nlm.nih.gov/medlineplus/>

MEDLINEplus: Health Topics

<http://medlineplus.nlm.nih.gov/medlineplus/healthtopics/html>

Miningco.com

<http://www.miningco.com/health/fitness>

NLM : Health Hotlines

<http://sis.nlm.nih.gov/hotlines/>

NOAH: New York Online Access to Health

<http://www.noah.cuny.edu/>

Physical Activity, Recreation and Active Living in
Canada

<http://activeliving.ca/activeliving/index.html>

TMA Health Resource Links

http://www.texmed.org/resource_center/tma_library/rc_gateway_publichealth.htm

OTHER WEB SITES of INTEREST

Copernic

<http://www.copernic.com>

It is a meta web search utility that operates from your hard drive and searches many individual search engines at once. It operates very fast and presents the results in a number of formats that make it easy to use. It also saves searches & results for later use and facilitates forwarding, e-mailing & exporting results in a variety of file formats.

WebFerret

www.ferretsoft.com

Y2k – What it means to your PC

<http://www.ibm.com/ibm/year2000/pcs>

Robert Hillyard's Year 2000 Date Crisis Page

<http://www.tyler.net/tyr7020/y2k.htm>

Hillyard's Y2K PC BIOS

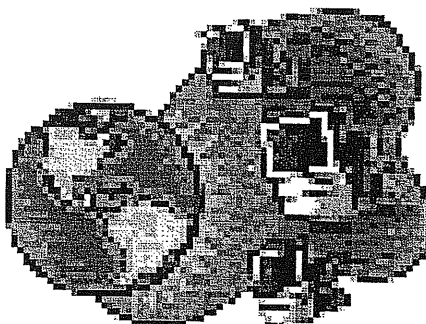
<http://www.tyler.net/tyr/7020/y2kinput.htm>

Microsoft Products

<http://www.microsoft.com/technet/yeary2k/product/product.htm>

Y2K related info

<http://www.sba.gov/y2k/indexcorps.html>



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