**HEALTH & FITNESS**

**Massive toy recall spurs new curbs on Canadians**

In the wake of a massive recall of toy recalls made in China, the federal government plans to tighten its control over the health and safety standards of goods produced that country.

Health Minister Tony Clement said that the government is proposing that the玩具 could have been misguided products. The recall is the latest in a recent string of made-in-China mistakes that have included toys and baby bottles.

**Home gym basics**

Here are some tips for starting your own fitness room:

1. **Exercise bike**
2. **Home weights**
3. **Exercise equipment (including exercise ball, jump rope, etc.)**
4. **Treadmill**
5. **Weights**

Whenever they choose to do so, many women who had medical and surgical treatments. The recall is the latest in a recent string of made-in-China mistakes that have included toys and baby bottles.

**Short of breath?**

**Oxygen may not help you**

Large numbers of people who are pre- disposed to asthma are often put on oxygen to assist them when they are short of breath, but few of them use a supply of oxygen when they are at home.

**Study shows abortion pills involve much more**

A new study suggests that women who take abortion pills involve much more suffering than they are aware of. The pills are commonly used to terminate a pregnancy.

**Rh-positive baby.**

During pregnancy, the baby is not Rh-positive. If the mother is Rh-negative, the baby is not Rh-positive. Rh-negative women who have an Rh-positive blood type are at risk of developing antibodies to the Rh-positive blood cells in the fetus. If the mother develops antibodies, the baby may be at risk of developing jaundice. This can be prevented by administering Rh immune globulin to the mother shortly after delivery.

**Rice squash**

* Add oomph to your smoothie

- **Fruit**
  - Blueberries
  - Strawberries
  - Mangoes
  - Pineapple
- **Ice cubes**
- **Vanilla extract**
- **Almond extract**

**Naturals** is a great way to boost your nutrition.