

cause by getting excited about trivia. The best thinkers say that equality is not enough. The brilliant philosopher Rainer Maria Rilke says.

"Some day there will be girls and women who no longer signify merely an opposite of the masculine, but something in itself. The advance will reshape love into a relation of one human being to another, infinitely considerate and gentle, a love in which two solitudes protect and touch and greet each other."

"Two solitudes. The woman has her own life, her own thoughts and convictions and ambitions just as the man has his. They don't interfere with each other. Instead they protect and encourage each other to be their best in their own way. They touch each other, come together as friends, co-workers or lovers. They greet each other, that is they communicate which implies sympathy and understanding."

This is a prophecy worth study.

Last of all I would say to girls of your age group, when choosing a mate, far more important than looks or brilliance is what he thinks about God, money or a crying baby.

#### "MEDICINE AND THE MODERN MS."

Dr. W. C. Watson, a practising gastro-enterologist and lecturer at Victoria Hospital in London, Ontario, addressed the delegates at the Girls' Conference presenting them with some thought provoking information and advice on medical problems as they apply to girls of their age group.

A graduate of the University of Edinburgh who has served with the armed forces in Hong Kong, Nairobi and Kenya, Dr. Watson has done research in hospitals in London, England, and Washington, D.C. Among his qualifications to speak to young women is the fact that he is the father of four children, three girls and one boy.

Introducing his subject, Dr. Watson said that he would divide his presentation into five headings, nutrition, fitness, clothes, aesthetics, sex.

**Nutrition** — A big problem in the world is malnutrition. People may have plenty of food but suffer from a protein deficiency. Malnutrition not only stunts body growth, it can also stunt mental growth.

**Obesity** — a problem in an affluent society and a prime factor in other diseases, heart, respiratory and circulatory problems, and diabetes. An obese person may have an inclination toward suicide. Obesity can be controlled by not eating too much.

**Fitness** — There is not enough attention paid to physical fitness. In a recent report, it was discovered that less than 5% of Canadians exercise. Fitness can be attained by watching the weight, walking briskly, standing with good posture, exercising to the point of tiredness (discomfort), getting plenty of sleep.

A major cause of cancer is smoking and it is a contributing factor in circulatory diseases.

Abuse of alcohol is a big factor in accidents, work disruptions and divorce cases. At least 10% of all drinkers are alcoholics.

**Drugs** — If drugged you are not yourself. Drugs give the person the impression that they are accomplishing something when they are not. Many young people start to use drugs by seeing parents take pills.



Dr. W. C. Watson, Key note speaker, London and Mrs. Mary Beth Bristow, chat after Conference as Dr. Watson admires "Rural Ontario" book presented to him on behalf of delegates.

**Clothes** — Tight clothes often contribute to circulatory diseases such as varicose veins or breathing problems. Loose clothing can contribute to accidents with machinery. Loose scarves etc. are dangerous when skiing. Psychologically women dress to conceal not to expose. It is what is concealed that creates interest.

**Aesthetics** — Large amounts of money are spent on cosmetics but often the contents of the packages are unknown. They can be the cause of skin diseases.

**Sex** — Sex under proper circumstances can contribute to happy marriages. It has been proved that marriages of people under 25 years of age are more prone to divorce.

Dr. Watson was thanked by Susan Cragge for taking the time to come to Guelph and the Girls' Conference and presented with a book as a memento of this experience.

#### Dr. Janet Wardlaw

Dr. Wardlaw, Dean of the College of Family and Consumer Studies, brought greetings from the College and invited the Conference delegates to tour Macdonald Institute. The Dean said that in 1973 there were 1,000 students enrolled in the College, approximately 850 in the Home Economics program and 150 in the Hotel and Food Administration course. Of this number, some are men. Graduates in this course have very good job opportunities.

#### COMMENTS

Conference delegate, Cathy Myslicki, Thunder Bay, said "The Conference ran so smoothly that no one could help but make new friends and learn many new interesting things."

Bonnie Campbell of Kent Bridge, "It would be difficult for me to pick out one part, and say that was the best. I've come home with some new and better ideas."

From Dorion, Kathy Westerman, "This Conference was a most exciting one; the talks of New Horizons settles a girl down to start her future for the best possible way suited to her."