

Medicine and the Modern Ms.

Dr. W. C. Watson, Victoria Hospital, London divided his talk into seven categories, nutrition, fitness, hormones, abortion, sex and love, modern medicine and pregnant mothers.

The first principle is to look after weight. Overweight is malnutrition, obesity or poorly nourished. Weight can be switched up or down by the number of calories consumed.

Newspapers can influence the public into notions of diet. There is no need for extra vitamins or minerals if adequate diet, or if you are not a milk drinker there is no need for a calcium supplement, eat cheese. Bulk is important to the diet. Food additives are not all bad, advantages outweigh disadvantages.

Exercise on a regular basis, look at work and daily ambulatory exercise, even living takes a certain amount of exercise. Concern should include not only weight and muscle control but heart, lungs, bones and joint fitness. Smoking and alcohol as health hazards is finally getting through.

Abortion falls into two categories, medical and social. Look carefully at both sides of the question, if baby should be deformed, fetus badly diseased abortion is acceptable. Abortion is not to be used as a birth control method.

A lot of healthy things are written about sex and love, it is natural, it should encourage trust, a precious thing that helps make marriages last.

Many questions are asked about taking medicine and drugs while pregnant? New drugs and their effects in the months or years ahead are always a concern. He spoke about the low birth rate caused by smoking when pregnant and brain damage caused by heroin use resulting in the baby being an addict.

Interest Groups

Four one hour sessions in Effective Speaking, Mrs. L. M. Forsyth lecturer Centralia College of Agricultural Technology. Choral Singing, Mrs. Susan Kraftcheck, teacher, Stratford. Plants Indoors and out, Mr. Norman McCollum, Research Technologist, University of Guelph. Tapestry, Miss Irene Koyama. Rugmaking Techniques, Ms. Layne Alvaer, Home Economics Branch, Craft Specialists.



Interest Group Leaders. L-R Miss Irene Koyama, tapestry; Ms. Layne Alvaer, Rugmaking Techniques; Mrs. L. M. Forsyth, Effective Speaking; Mrs. Susan Kraftcheck, Choral Singing. Mr. Norman McCollum, Plants Indoor and out, not available for picture.

Round The World Dining

Food Specialists, Bonnie Lacroix, Lois Ferguson and Denise Weir conducted food demonstrations from Round the World Dining with samples for the delegates. Chicken Cacciatore, triple cheese ball and Black Forest cake were enjoyed.



Round the World Dining, Miss Lois Ferguson making chicken Cacciatore.

Career Crossings

Mrs. Kathryn Biondi, acted as moderator, stating six out of ten will pursue a career for thirty years, although time and sequence will be different for each individual. What should we look for in a career?

Mrs. Joyce Beaton, writer, publisher broadcaster felt it important for women with small children at home to keep their mind alert. Each phase of education is important, one never knows when or how it might fit into your future life style.

Mrs. Jill Varnell, Home Economist, Social Worker, wife and mother who opted for marriage after graduation. "Things" important in her life are-sharing and caring-trust-respect-talking-responsibility. She wants her children to be independent, able to face the world and make decisions, this is part of the responsibility of parents.

Mrs. Dorothy Goodall graduated from the University of Western Ontario, and chose a banking career. After 11 years she went back into the labour force and now is a bank manager. Her reasons for this type of career were because she could use her initiative as well as the unlimited opportunities for advancement.



Career Crossing panel L-R Mrs. Dorothy Goodall, Mrs. Kathryn Biondi, Moderator; Mrs. Jill Varnell and Mrs. Joyce Beaton.

Let's Discuss It

This "pick your brain" session allowed the delegates the opportunity to look constructively at the 4-H Homemaking Club programme. Ideas for project changes, new ideas, record book changes, Achievement Day suggestions, Conference thoughts, all will be of assistance in the evaluation for changes in the coming year.