

Good For What Ails You

By Jim Cameron

Not so many years ago, individuals relied on home remedies and cures for what ailed them. Passed down within families and in local communities, such remedies became "tried and true" through use over many years. And, of necessity, they relied on easily available ingredients. In some instances, the treatment seemed worse than the cure, yet families used them and individuals swore by them.

Some home remedies that come to mind include: baking soda for measles and piles; onions around the neck for fever; kerosene to eliminate head lice; pine resin for open sores; chewing tobacco for a tooth ache; rhubarb as a laxative; and, mustard plasters for pneumonia.

I am trying to identify and collect examples of home remedies and cures. They are clearly an important - but often forgotten - part of the family and social history of Canada. I hope to gather recollections, references, stories and details of home remedies for publication as a book, so we don't lose this part of our heritage.

How can you help? If you have any recollections or references to home remedies and cures, please share them with me. I would be pleased to hear from both individual members or Branches. Any help you can give me would be greatly appreciated. My address is Jim Cameron, 904 Nashville Rd., Kleinberg, Ontario, L0J 1C0.

Jim Cameron teaches at York University in Toronto.



Canada's Food Guide

continued from page 4

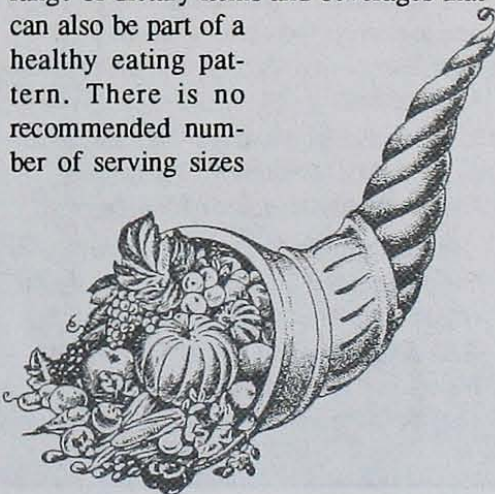
people eat these particular foods. For instance, people tend to eat a whole bagel or one cup of pasta which have the same amount of carbohydrate as 2 slices of bread.

Serving sizes for meat and alternatives range from 50 to 100 g for two reasons:

- The range recognizes that people eat different quantities of meat at different meals. For example, a ham sandwich made with 2 slices or 50 g of ham is a serving of meat just as a chicken breast contributing 90 to 100 g of meat is counted as 1 serving.
- The range accounts for a smaller serving size better suited to a child or an adult with a small appetite.

Other Foods Appears as a New Category

For the first time, foods that don't fit into any of the four food groups are recognized. The Other Foods category covers a wide range of dietary items and beverages that can also be part of a healthy eating pattern. There is no recommended number of serving sizes



because this category includes a wide range of dietary items that are used very differently by people. The suggestion is to use these foods in moderation.

Energy

Foods chosen using the *Food Guide* will provide between 1800 and 3200 Cal (7500 - 13400 kJ) depending on the number and types of servings selected from each food group, the size of portions chosen and the kinds of Other Foods added.

This information was extracted from material provided by Health and Welfare Canada. Copies of the new Food Guide are available from provincial or local health departments, or Publications, Health and Welfare Canada, Ottawa, Ontario, K1A 0K9.