

## Brampton Presbyterian meeting

By Mrs. L. ADAIR  
Mrs. J. MacLean of Dixie Presbyterian Church was elected president at the annual meeting of the Brampton Presbyterian, Women's Missionary Society of the Presbyterian Church, held at the historic old Boston Church in Halton Hills Wednesday, Feb. 15.

Despite the fact that the meeting was postponed from the previous week due to weather, a fair representation from the 30 groups involved was present.

Other officers elected were: Past President - Mrs. W. Weber, Mississauga; 1st Vice President - Mrs. W. Young, Orangeville; 2nd Vice President - Mrs. J. A. Murphy, Port Credit; Secretary - Mrs. W. Tisdale, Brampton; Treasurer - Mrs. S. Vandenberg, Clarkson; Adult Secretary - Mrs. John Bower, Erindale, Secularists, Area 1 Mrs. G. Minns, Erindale, Area 2 - Mrs. W. Schreiber, Boston, Area 3, Mrs. C. Bishop, Georgetown, Area 4 - Mrs. F. Gamble, Grand Valley; Youth Group Secretary - Mrs. G. Thompson, Clarkson;

Literature Secretary - Mrs. E. Wilson; Assoc. Members Secretary - Mrs. R. McMaster, Glen Williams; Friendship & Service - Mrs. Bishop; Historian Mrs. J.R. McCracken, Brampton; Supply - Mrs. Childs, Oakville; Press - Mrs. L. Adair, Erindale.

Elected to the nominating committee were Mrs. Adair, Mrs. C. Anderson, Union, Mrs. H. Dalton, Norval, and Mrs. Alex Moore, Campbellville. Elected to the finance committee were Mrs. Childs, Mrs. Wilson, Mrs. W. Hamby, and Mrs. Vandenberg.

The ladies were given a warm welcome at 9:30 by the Boston ladies, who served coffee, and were officially welcomed to the church by Rev. R. Lewis, the minister. President Mrs. J. MacLean called on the treasurer, Mrs. Vandenberg, and assisted by Mrs. J. McCracken, she gave a financial report. The ladies were pleased to know that they had gone over their allocation for 1977, and accepted the challenge of a 20 per cent raise for 1978. Devotions were presented by Mrs. Elaine King

of Dixie. Mrs. W. Young introduced the guest speaker, Mrs. Terry Samuels of Etobicoke, who has recently returned from two years on the mission field in Taiwan. Mrs. Samuels gave a most inspiring talk on the theme of the day, "Joy of Serving, Living and Giving." Mrs. W. Weber gave courtesy remarks and presented an honorary life membership to Mrs. Marjorie Tisdale, as a token of appreciation for her faithful work for the Presbyterian. She was secretary for nine years.

A delicious luncheon was served by the ladies of the host church. The ladies were pleased to have Miss Pauline Brown, a missionary from India, as their guest. During the afternoon session, reports were accepted from various committees. The supply secretary reported that a bale of goods, worth nearly \$1700 had been prepared and distributed to various centres. Mrs. MacLean presented a gift of money to Miss Evelyn Murdoch, who has been Resource Secretary for some

time. Due to ill health, Miss Murdoch is giving up her work with the Brampton Presbyterian, and will be much missed. Her help over the past few years has been greatly valued. A film was shown entitled, "The Shopping Bay Lady." It showed how a 14-year-old girl learned a lesson of life. The meeting was brought to a close with a prayer by Rev. Lewis. The Brampton Presbyterian Executive will meet on Wednesday, March 22, at 10 a.m. at St. Andrews Church in Brampton.

## Books on pregnancy mysteries

By ANNE MAYHEW  
A generation ago in North America, childbirth was cloaked in the mysteries of the medical profession. "Just leave everything to me, Mrs. X. Don't worry about a thing," said the doctor. This often meant hours of unprepared labor alone in a hospital cubicle; being knock-

ed out for delivery, and later, waking with a fearful headache, to be presented with a baby. So little was the "bonding" between mother and baby that baby jokes of the time often involved speculation if this was indeed the right infant. This reviewer was one of those babies "sent back" (I unexpectedly had red hair, and my mother couldn't believe I was the fruits of her labor). Expectant mothers and fathers today are not being kept so much in the dark. Many doctors and hospitals are in favor of active participation in birth by both mother and father, and there is a wealth of literature available.

In the last few months alone, Hantam Book have re-published two paperback titles from original hardcover editions since 1971. While neither of these supplements the excellent standards of a few years back (such as Sheila Kitzinger's 'The Experience of Childbirth'; Majorie Karmel's 'Thank You, Dr. Lamaze'; and Dr. Grantly Dick-Read's 'Childbirth Without Fear'), they are both important additions to the pregnant couple's reading list. The two books are companion pieces. Arthur and Libby Colman's 'Pregnancy' (\$1.95) takes one through the pre-natal stages, describing not the physiological processes and stages of pregnancy, but the psychological and social aspects of pregnancy. Immaculate Deception (\$2.50) by Suzanne Arms is not a feminist book as the title suggests, but a close, detailed look at childbirth in America today, at the problems of hospital births and at other options open to couples who do not wish to be cheated or "deceived" out of a meaningful birth experience.

**CLEAR STAGES**  
The Colmans are young doctors (Libby a psychologist, Arthur a physician) who became interested in pregnancy with the advent of their own. They set up weekly discussions with a group of newly pregnant women and followed them through the post-partum period. As the authors suspected, pregnancy proved more than a static, nine-month "non-experience". Clearly definable and unique stages appeared throughout pregnancy in the psychological states of both mother and father. In general, the pregnant woman experiences "emotional lability", exploring, "inner, subjective, experimental themes," and her dreams may be flooded with startling images. She becomes more open to thoughts and feelings that surface rarely at other times. It is the description of this altered emotional state, with vivid examples drawn from the discussion group, that makes the book so very interesting. Certain phases, such as the woman's identification with her mother, and her feeling of "having the baby for her mother", are too hurriedly explained. One wants to know more rather than less.

The chapter on 'The Expectant Father's Experience' is particularly excellent. Pregnancy and childbirth are seen, for the man as well as the woman, as "the most basic of biological rituals," and many men find themselves more in touch with the feminine and creative aspects of their con-

sciousness when their wives are pregnant. Dostoevsky's involvement with his wife's first pregnancy was so intense that he couldn't write for the first six months, yet the idea he conceived during this period eventually grew into one of his greatest novels. Suzanne Arms' 'Immaculate Deception' was written to delineate "the American way of birth." She is concerned that so many women who gave birth in hospitals recount "incident after incident of loneliness, fear, frustration, humiliation, loss, and a deep and guilt-ridden belief that they have missed the most profound experience of their lives." Arms sees the history of childbirth as a "chronicle" of interferences in the natural process. "For the small number of women who have complicated giving birth, the obstetrician's scientific skill must be 'legitimately respected and preserved.'"

However, the doctor often forces the majority of women to undergo "procedures that are unnecessary for all but a few," for the sake of routine and predictability. This "preventive" care carries its own risks to both mother and baby. Pitocin, for example commonly used to stimulate contractions, increases the risks of post-partum hemorrhaging. At least half of the book discusses alternatives to the routine hospital story - training for natural childbirth; pressing for more sympathetic hospital surroundings and standing up for one's need and wishes; the increasing popularity of home births; the return of the midwife.

Both books make fine reading not only for expectant couples, but for anyone who has mothered or fathered a child. The experience of giving birth is a central event in one's life one that is difficult to assimilate and come to terms with. These books enable one to re-live and re-evaluate the extraordinary experience. They also give heartening attention to the father's role, and lend credence to the fact that a joyful childbirth not only "bonds" father to child and mother to child, but father to mother.

Anne Mayhew is a writer and mother of two young children, one of whom was born at home.

## Police tender

Georgetown Chrysler was awarded a tender Thursday for delivery of 35 new police cruisers. The tender bid of \$168,544.08 was the third lowest received by the Halton police commission.

A decision on the tender was made after it was learned that an estimated \$20,000 could be saved in the maintenance budget.

Commissioner Dave Coons, of Burlington, moved the recommendation overriding a regional purchasing agent recommendation to accept a tender from Gallinger Motors of Milton. The Gallinger Motors tender of \$154,609.87 on new Cougar vehicles with a special package was turned down after Constable Bill Gall of the Halton Police Association said policemen prefer driving Plymouths.

## Food Shopper's List

Save money on the "big value" food buys in this week's grocery ads. Check the items you need and take this list with you on your shopping trips.

<b>Produce</b>	<b>Cereal</b>	<b>Meats</b>
Apples	Diapers	Bacon
Asparagus	Oil	Chicken
Bananas	Powder	Cold Cuts
Beans		Fish
Cabbage		Ham
Carrots	<b>Condiments</b>	Hamburger
Cauliflower	Ketchup	Liver
Celery	Mustard	Pork Chops
Cucumbers	Pepper	Roasts
Lemons	Pickles, Olives	Sausage
Lettuce	Relish	Spareribs
Limes	Salad Dressings	Steak
Onions	Salt	Turkey
Oranges	Spices	Wieners
Peppers	Vinegar	
Pineapple		<b>Household Supplies</b>
Potatoes		Bleach
Tomatoes		Detergents
Turnip		Cleaners
Grapefruit		Furniture Polish
	<b>Dairy Bar</b>	Garbage Bags
	Butter	Hand Soap
	Cheese	Light Bulbs
	Eggs	Liquid Detergent
	Ice Cream	Paper Towels
	Milk	Serviettes
	Shortening	Wax
	Lord	
	Yogurt	<b>Drugs</b>
		Headache Tablets
	<b>Frozen Foods</b>	Deodorant
	Desserts	Razor Blades
	Fish	Sanitary Napkins
	Fruit	Shampoo
	Juices	Tissues
	Soups	Toothpaste
	TV Dinners	
	Vegetables	<b>Bakery Items</b>
		Bread
	<b>Miscellaneous</b>	Cakes
	Cake Mixes	Cookies
	Candy	Pies
	Cereals	Rolls
	Cigarettes	
	Crackers	<b>Other Items</b>
	Jams	
	Marmalade	
	Lunch Bags	
	Macaroni	
	Margarine	
	Noodles	
	Peanut Butter	
	Pot	
	Potato Chips	
	Pizza	
	Spaghetti	
	Rice	
	Wrap; Wax, Foil	
	<b>Baby Needs</b>	
	Fruit (Jars)	
	Meat (Jars)	
	Vegetables (Jars)	

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