

## Former teacher now budding investor

Since Gwen Dryden retired from teaching math and english in 1988, she has found the time to sit down and read *The Globe and Mail*.

"I always read the business section first. Since I joined the Milton University Women's Club investment group, I have had to study the business pages.

"And you know, there's as much intrigue on those pages as you'll ever find in a novel. Especially with the big corporations."

Mrs. Dryden has three books on the go right now. One of them is Mordecai Richler's *Solomon Gursky Was Here*.

"It's not like anything else he's written," said Mrs. Dryden. "He's gone too smut — just like other modern writers. He mixes characters and lines with a lot of flashbacks. It requires a lot of concentration."

Mrs. Dryden is a third of the way through Benazir Bhutto's autobiography, *Daughter of Destiny*. "The current Prime Minister of Pakistan was educated in the United States but follows the traditions of her people."

"She was destined to rule. She is one of the great female leaders of today. Her book is very detailed

### Who's Reading What?

with ESTHER CALDWELL

and political."

To take a break from this heavy reading, Mrs. Dryden reads mysteries by Ted Wood, such as *Death on the Ice* and Canadian Dick Francis (*The Edge*).

Mrs. Dryden continues to read novels by Janette Turner Hospital — (*Tiger in the Tiger Pit, Ivory Swing, Charade*) although she doesn't know why.

"I have to really work at them. Can't have any distractions. They're a real challenge — intense writing you won't forget."

She read Bharati Mukherjee's depressing novel, *Wife*. "It's the tragic story of an Indian girl transplanted to an American lifestyle."

"I really like reading Sidney Sheldon's mysteries. They have neat turns to the endings. Sometimes you can spot contemporary figures."

"Sheldon researches his novels

well as far as the locations go. Many are centred in Europe. He's better than Agatha Christie. His books have more detail.

A novel that impressed Mrs. Dryden was on the Grade 13 curriculum one year.

"The first time I read *A Canticle for Leibowitz* (by Walther M. Miller, Jr.), I wondered how I was going to teach it. It is a difficult book. Only those dedicated to reading can master it.

"As far as I know, this is the only novel Miller wrote. Perhaps his wartime experience prompted him to write it.

"*A Canticle*... is fascinating. It's well written — a real classic. There are beautiful passages in it. It is science fiction and it takes place during a post-nuclear war.

"My class read it during the cold war. It made you think what would happen if there was a nuclear holocaust."

Another novel made an impression on her when was *The Mountain and the Valley* by Canadian author Ernest Buckler.

"It was a psychological novel about the conflicts of a young mariner and his family. You had to read it intently."

## Women told to ease up on self-criticism over appearance

By KAREN SMITH

Achieving what you think is your 'ideal' body weight probably isn't ideal, says a Halton nutrition educator.

"Most women in the western world reject their bodies no matter what their actual body size or shape," said Jessica MacKay of the Halton Regional Health Department.

A new program teaching women to become less obsessed with their body weight wrapped up Wednesday night in Milton. The eight-week Halton Healthy Weight Program is unique in Ontario, said Ms MacKay.

Judging from comments by participants at the CHERISH Parent-Child Centre where the group met for two hours weekly, the program did its job.

"Now I'm not worried about the fact that I'm not on a diet," said one member of the group.

"I feel great with the exercise and more knowledgeable about nutrition and eating habits," said another woman. "I'm getting away from the diet scene."

Positive responses to the free program will most likely lead to a second one being held in town later this year, said Ms MacKay.

"I think we're going to see more

and more of this type of program in the future," she added.

The program deals with nutrition according to Canada's food guide, fine-tuning your eating habits, becoming more active and having the right attitude.

Women tend to worry about their heavy thighs, flat chest or big stomach rather than appreciating their individuality and viewing their physical attributes favourably.

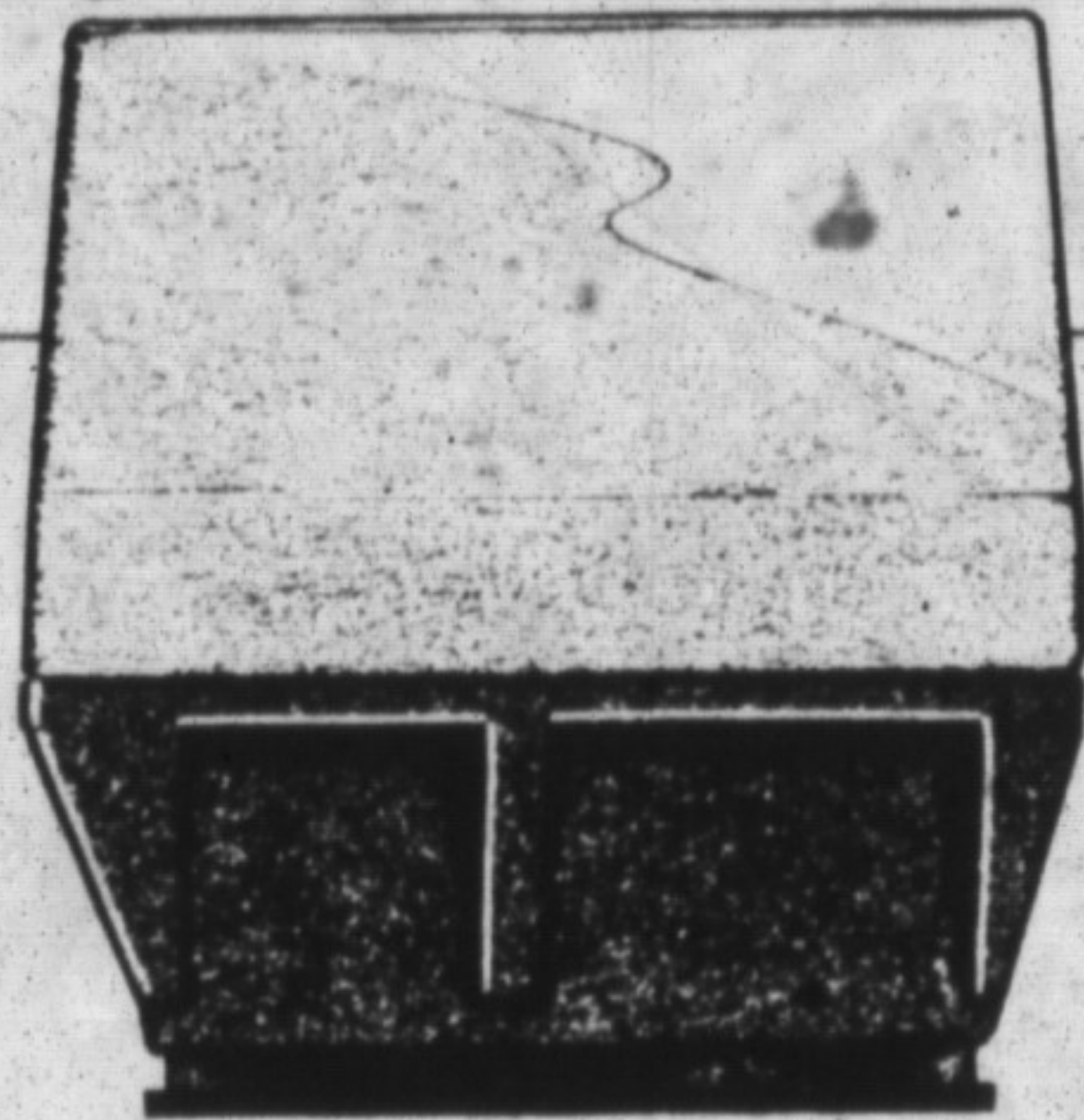
Everyone has a body image, said Ms MacKay. You can find out yours by the way you describe yourself.

The mental picture you have of your physical appearance and your attitude and feelings toward it is your body image. But an unrealistic one, she said, comes when your mental picture is unrelated to physical reality.

The desire to achieve an "ideal body" can lead to excessive and dangerous dieting. For some people, the relentless pursuit of slimmness leads to serious eating disorders, such as anorexia nervosa or bulimia.

Ms MacKay made some suggestions for a better body image:

- Remind yourself of all the things you are besides a body.
- Stop thinking that thinner thighs are the answer to all life's problems. Deal with and set goals about the real issues in your life — such as relationships and your job.
- Scales belong on a fish. Try to wear yourself from them. Too many people allow the scale to dictate their outlook.
- Do things that you would have done in the past only if you were thinner.
- Give up judgments about your body.
- Get rid of all clothes that don't fit. Wearing tight clothing only emphasizes how "not right" your body is.



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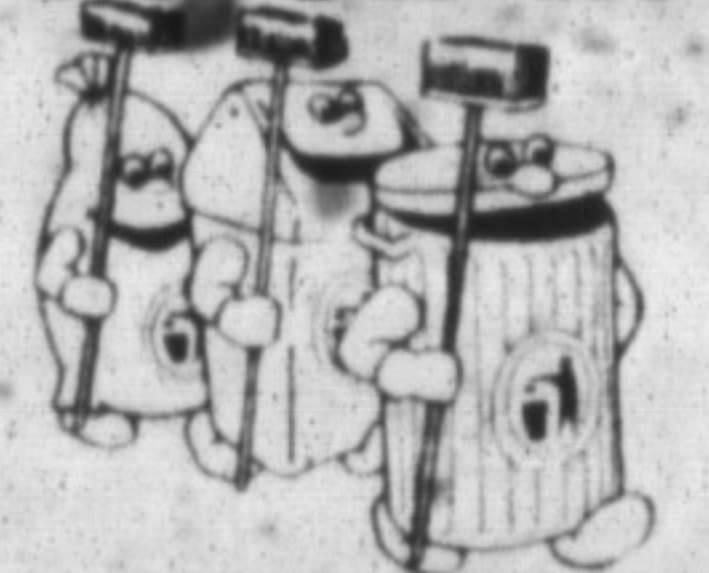
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