

LIFESTYLE MANAGEMENT

The program has been developed by the Forest Hospital Foundation, Des Plaines, Ill. for businesses, industry and institutions. It is being sponsored by the Department of Preventive Medicine to provide an opportunity for unions and management personnel as well as other individuals to assess its value for the Maritimes and personally experience the benefits of the program.

DATE: Saturday, November 22, 1980, 9-5 p.m.

PROGRAM LEADER: J. Daniel Mathein, Director, Personal Management Systems

PLACE: Conference Room, 15th Floor, Tupper Medical Building

COST: \$60.00 per person, including lunch, a 50-page booklet and 6 month individual follow-up

For further information contact Dr. Russel Manuel, Department of Preventive Medicine, Dalhousie University, 424-3860.

Canadian Attitudes Toward Foreign Aid

Over thirty years of work in third world countries taught Dr. Robert McClure that Canadians have as much to learn from what we call "underdeveloped" nations as they have from us. McClure a leading authority in medical missions and a past moderator of the United Church, was in Winnipeg for several days last week.

In an interview with Linda Williamson and John Hutton, McClure spoke about education, hunger aid, contraception, and Canadian attitudes, in the third world, drawing on his personal experiences.

Uniter: *What do you see as the major differences between education in North America and education in the third world?*

McClure: The third world is a very rapid moving society, and so education has a large part in it. The most important thing about education in the third world is the lessons that they have taken from Chairman Mao, who said that social change can best be done by educating the young people and having the young people go back to the home to educate the adults. In Canada, we still think it's the other way around—we think adults have a profound effect on the young person, and we even say that when a young person doesn't shape up very well, it must be the fault of some adult.

In the third world, a highschool education is highly respected, and a university education is certain to get you a job. And, of the people who do manage to get in to university there, almost half of them are women. Women in the universities are highly respected, in fact, medicine is more and more becoming regarded as a "women's faculty." I know an Indian woman who runs a shipping firm who went to an international board meeting and said to me, "What's the matter with the women in North America? I was the only female boss at that meeting."

Uniter: *In your address at the university, you expressed some discontent with the prevailing Canadian attitude toward third world countries. What is wrong with the way we regard them?*

McClure: Don't get me wrong, I'm very patriotic. I could have lived anywhere, but I finally chose to live in

Canada. But when Canadians visit these other countries, instead of comparing them to ourselves, we should be examining their society and saying to ourselves: "Because they have survived this way for centuries, their society must have something of permanent value. What is it? Is it their family and social life? How do they cope with such a low standard of living?" There are a lot of countries that have a lot of relatively happy people living on 200-300 dollars a year. Their ideas about families and about communal living are invaluable. We should be using our energy to help them, certainly, but we should also use some energy to examine their society.

There is a tribe in North Borneo that lives in houses with between 12 to 25 families in each one yet they are a happy, content people, and they are not communists. They rejected communal living long ago. But they have a wonderful sense of mutual support. They have a code that makes their society work—all their disputes are handled at community meetings. In addition, every boy and girl of ten years is given a razor-sharp machete. So, every person over ten years old has the power to kill. They can't have a temper tantrum. They control their feelings. And in 2 1/2 years that I stayed there, I never saw an accident. Not only that, but these people are non-coveting. You don't have to lock anything up because it doesn't occur to them to steal. Now that's an example of high-density living that works. Maybe we could learn from it.

We teach both sterilization and family planning so that people can plan the children they do want. In China, propaganda states that the ideal is only one child. A couple is given a 1-bedroom apartment for one child, two bedrooms for two children, but after three or four children they are relegated to one room again. This gives incentive to keep population down, and after the ideal number of children, sterilization is stressed.

Uniter: *Do you see the CUSO (Canadian University Students' Overseas) program as effective? What other ways can Canadian people develop this appreciation of other societies?*

McClure: I would hope that a student on CUSO would try not just to help out in the schools but to learn from the children things that can be applied in Canada. The people in these countries I'm talking about make an average of 150 dollars a year. But they are happy people, who did not steal, not ever. I don't think that one or two Yban people coming to Canada will change Canada, however. As soon as they saw our society, I think they would learn to steal quite quickly. I think that changes in Canada have to be made by Canadians that have visited these countries. Maybe more tourists should go here for holidays, not with the idea of seeing how poverty-stricken these people are, but to learn what it is they have in their society that could benefit Canada.

Uniter: *What improvements would you suggest for our foreign aid programs?*

McClure: I have done a lot of work with hunger. I grew up in China, where local famine was disastrous. As a missionary, I worked with hunger commissions. And I can tell you, our methods of dealing with hunger are sometimes ludicrous. I remember watching a huge shipload of Canadian grain come into the harbor with my Indian friend. I said, "I feel proud when I see the aid we're giving these countries". My friend said, "I feel disillusioned. You send this huge shipload of grain to us, but there are only ten women with shovels waiting to unload that grain here. If you want to benefit us with your technology, why don't you send us some strong cowboys from Saskatchewan to teach us how to unload this ship?"

We should be teaching these countries how to produce their own food and to obtain their own resources. They don't have to produce their own wheat, they just have to employ their people to make some money, and then they can buy Canadian wheat. Let them produce what they can, and we can exchange. Canada produces food better than any country in the world. An exchange of resources and technology is the secret to international cooperation.

The final solution, though, is family planning. It is better to have family planning than to have kids dying of starvation.

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