



THE LONG AND THE SHORT OF IT

Oscar, a giraffe at the Philadelphia Zoological Garden, puts on a long stretch and Catherine Hass, 5 of Deptford, N. J. does the big reach to share a bag of popcorn. (AP Wirephoto)

Women

The Guardian, Charlottetown, Mon., April 18, 1966

MARY HAWORTH

Insecure Feelings Plague Successful Man's Wife

DEAR MARY HAWORTH: I am riddled with insecurity feelings and until recently had blamed my husband for this. But now I am beginning to wonder if they stem from my childhood history. I am 28, Jeff is 29; we have been married seven years and have two children; and I had just completed one year of college. We had dated for about three years. After making a fine record with the armed forces he went into business and has risen to a junior executive job with his company. His present salary seems enormous to me, and he is investing carefully, aiming at solid wealth. I spend conservatively, to cooperate. My father failed in business and had a serious breakdown. When I was six years old, our family never recovered, financially. We barely made ends meet and I worked to buy clothes and books through high school. We children weren't encouraged to consider college, but I worked for a year, saved and enrolled in college. I had won various honors in high school, yet my parents never praised this nor even referred to it. I felt out of my depth in college, though people there were nice to me. I still suffer terrible inferiority feelings. Only God knows what a confused state I am in, at times. I am president of a Junior civic group, also president of our churchwomen's society; and often called upon to promote projects, join clubs, etc. I feel especially inferior to college graduates, to whom I would rather listen than talk. Some unkind people sense my insecurity and take advantage using words I don't understand. Jeff's work is very demanding. He is away 80 to 90 hours a week, and occasionally for a

whole week. The children see him briefly at dinner and on weekends. He thinks I am foolish to "persecute" myself, and in heated discussions has said I have no backbone, am no leader, etc. But he doesn't understand my inner feelings and, knowing that I mostly try to hide them from him. But I have to confide in somebody, now and then. In the past, I have consulted different doctors and pastors. All have helped, temporarily. My present kind pastor thinks I am doing fine, so I haven't the heart to approach him again with the same old problem. Can you help me?

A. C. DEAR A. C. I've condensed your letter by half. You say that Jeff was your first and only love, and still is your idea of all that a woman could want in a husband. Concerning your previous problem of inferiority feelings, it is probable that the seeds were planted during your childhood. But it is also likely that the precipitating cause, by now, is a

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ELLEN'S DIARY

Busy Days Teach One The Value Of Minutes

"This is all very nice, Ellen - this lying abed!" James offered, smiling across at us, just past the break of this morning's dawn. "But the time has come for us to think of rising earlier, that the spring - work is, we may say, here." And this - was a Monday, all fresh and new, with its demands, its promise, its doubts. Morning was again on the hills. "Listen!" we smiled presently, at a window. "I heard it before this. I believe that's what wakened me - The robin's chirps. It's good to hear them again. This," he said on another thought, "will be a busy day. Mondays always are."

Increasingly busy the days become. Time-how smartly now, the hours wing away. We

least as much physical as emotional in origin. I suggest that you study Dr. E. M. Abrahamson's and A. W. Pezet's book, "Body, Mind and Sugar" (Holt, Rinehart, Winston Inc.) for scientific information on the connection between severe early-life stress on the one hand and a resultant glandular upset on the other hand, that leads to chronic "blood sugar starvation" and a related sense of confused apprehensive unrest such as you describe.

Dr. Abrahamson's pioneering report includes case histories showing how hyper-insulinism, or chronic blood sugar starvation produces symptoms that bear a close resemblance to timidity, worry, neurosis, etc., all of which clear up, however, if and when the patient is correctly diagnosed and put on a simple remedial diet, outlined in the book.

You may decide to invest in a first-hand, first-rate medical diagnostic help, on reading the book which discusses the sort of tests to ask for.

Now, for another suggestion: Finely sensitive persons from a poverty-pinched background, if thrust into the social limelight by subsequent great success or prosperity, may tend to suffer from "split personality" feelings, that is, from a fitful sense of unreality at times.

In that case, the person should invest in top-quality psychoanalytic counselling help, to get the pitch of positive, comfortable, non-defensive self-acceptance. Also, he should learn to be true to himself, sympathetically, in terms of refusing to knock himself out, figuratively trying to "live up" to others' stereotype notions of what his (or her) position in life" supposedly calls for.

That way, you lose the false front fear of dropping your mask and being "found out." You ARE yourself, letting your own talents "leave you." M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian.

must make use of spare minutes. Have we time to mix a cake or -perhaps- make a pan of biscuits while awaiting James' coming to dinner? The kettle over the wood-fire beats out a springy tune. The oven is perfect for baking. In the busy-ness of a season which leaves house-wives much to do in the way of brightening their homes, we think with some longing of leisurely young days we have known, and with some writer wish too we "could buy back now dribbles of time we have wasted in life."

Busy days however serve to teach one the value of minutes, of the little could-be-lost intervals, those between-times, of the day, which added up can contribute greatly to the success of one's endeavours. As someone has pointed out, "one has only to watch a woman knitting to realize how much can be accomplished in brief intervals. Many a person has acquired an education, learned a language, written books - cultivated a hobby, developed an invention in bits of time which their envious friends fritter away as not being long enough for any useful purpose. Any art or craft-writing, painting, drawing, designing-can be carried on in such spare minutes."

"Can you believe it the way the night's snow has disappeared! It was white on the fields and the yards and roofs. And now it's all gone!" Papa Starling grinned, come out to his stoop for a breather this morning. There was a rustling to be heard from indoors presently, and a thump. And "Dear don't stand there idly!" a voice called. "Let's try to get things straightened away today, if we can manage it." "That's a natural to the season, at a rate, isn't it?" he smiled, backing within.

The snow-white of snowdrops marched in a trim tidy column in a lawn-border. "Ah, ha, Tabby!" Peter smiled watching the old lady of cat approach on a yard-path. "I know your secret! I wonder," he conjectured, "how many she will have this time? I'm betting on four!" he nodded.

Wood's work, farmers of the name joined forces at this afternoon. Mack and Alex went, in a satisfying trek, there with their father to meet Jamie and Gage and their Dad from the farms in the road, in harvesting more fuel for the stoves. "Have you come to the end of it?" we inquired of Mack later. "Another afternoon or so, should see it," he replied.

And we have come to the end of our day. The old clock on the shelf declares it an April day has moved almost full cycle. Stars will presently set a new day on the round.

Until tomorrow... Diary... Good-night.....



LADY IN WAITING

Sidney Margaret Shakespeare, daughter of Mr. and Mrs. John Shakespeare of Vancouver, B. C. was recently appointed lady-in-waiting to Madame Vanier, the wife of the Governor General Tall, reddish-haired and bilingual. Miss Shakespeare replaces Madame Therese Berger, who left two months ago.

She is 25, a graduate of the University of British Columbia and was special assistant to the director of the federal government bureau before joining government house staff. Vancouver native, Miss Shakespeare taught school for a year.

LOOK FOR NEXT FAIR

The 1970 World's Fair is to be held at Osaka, Japan.

Party Held For Couple At Victoria

Mr. and Mrs. W. C. Glydon, Fredericton, were pleasantly surprised recently on their 25th wedding anniversary when they were tendered a party by their friends and relatives at the home of Mrs. Glydon's parents Mr. and Mrs. Kenneth MacLean Victoria.

After the celebrants arrived and the greetings were over, a toast was proposed to the couple by Mrs. Glydon's brother, Gordon MacLean of Highfield and was responded to by Mr. Glydon. A presentation from the family was made by Patsy MacLean and several individual gifts were also received from friends.

A social evening followed, after which refreshments were served.

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WOMEN'S ORGANIZATIONS

P.E.I. Diocesan WA Board To Hold Annual Meeting

The 69th annual meeting of the P. E. I. Diocesan Board of the Anglican WA will be held on Tuesday, April 19th, commencing with Holy Communion at 10 a. m., at St. Peter's Cathedral, the Lord Bishop of Nova Scotia officiating. Lunch will be served in St. Peter's hall for officers and delegates of the WA and DSC. The meeting will begin at 2 p. m. in St. Paul's parish hall and tea will be served there, with the meeting reconvening at 7 p. m., when the guest speaker will be Esther W. Kerry, Dominion Chairman of the social service department of the WA. Miss Kerry is a Montreal social worker who gives volunteer service to community and to national organizations. She is a lifelong member of Christ Church Cathedral, has worked for most of its parish organizations and is one of the first three women to be elected to that church's advisory board. A graduate of McGill University School for Social Workers, she has a master's degree from there. She is a past president of the Canadian Association of Social Workers, Montreal Branch and of the Montreal Council of Women and has served on the national board of both organizations.

Miss Kerry keeps contact through letters, visits, conferences and workshops with women in 26 dioceses. The department is a new one, only nine years old, and is filling a gap in the Auxiliary's need for food and clothing. They have ministered afar, sending out teachers, nurses, doctors, supplies and money. Now they are being encouraged to look closely at their own communities and to learn what resources are available in

social agencies for counselling and financial assistance and how to co-operate with church departments. The purpose of the department is to give Anglican women insight into Christian social responsibility, leadership in social action and direction in volunteer service. It works closely with the Anglican Church's departments of religious education and of Christian social service.

Irishtown WI To Send Quilt To Red Cross

A special feature of the April meeting of Irishtown WI was a talk on the Carol Lane Safety project by Mrs. Beryl Craswell assisted by Mrs. Lloyd Carew of Hunter River, outlining the work done in their district on the project. They also showed the books for which they had won prizes. They were commended by the chairman, and presented with remembrances on behalf of the members. The meeting was held in the hall, and Mrs. Douglas Cann, vice president, presided in the absence of the president. Nine members answered roll call by paying a cent a meal for the month. The March committee reported \$40.00 raised by card parties. Two quilts, aprons and center pieces were passed in at this meeting and the members decided to send one quilt to the Red Cross.

At the close of the meeting refreshments were served by a committee. On the previous evening Mrs. Evelyn Cudmore showed films on Home and Farm

Safety, and John Kirby gave an enlightening talk on electrical wiring etc.

MURRAY HARBOR

A surprise party was given recently at the home of Mr. and Mrs. Samuel Beck, Murray River, in honor of Mr. and Mrs. Spencer Sharam, Murray Harbour, who were celebrating the forty-fifth anniversary of their marriage. Approximately 35 guests were in attendance, which included Mr. and Mrs. Sharam's two daughters, Mrs. Floyd Buell and Mrs. John Ferguson and one of their sons, Edson all residing in Charlottetown. Two other sons living in Alberta could not be present. The honored couple received many lovely gifts which were opened by their daughter Mrs. Ferguson, while the verses were read by Mrs. Ed. Muttart. While the gifts were being opened a telephone call was received from their son Earl in Alberta. Lunch was served by some of the ladies present.

Mrs. Ray Varner and two sons Ricky and David of Halifax, N.S., spent the past week visiting relatives in Murray Harbour. Mr. and Mrs. Carter Vanderstine and family have returned to their home in Sydney, N.S., after spending a few days at the home of Mr. Vanderstine's parents, Mr. and Mrs. Edgar Vanderstine, Peter's Road.

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