

Many deprived children appear well-adjusted

by BOB COHEN
Southern News Services

TORONTO — The family lives in desperation. They are poor. Their housing is meagre. Their lives are seared by tension, frustration and defeat.

What are the chances that the children will be well-adjusted?

Higher than you may think, suggests Michael Rutter, professor of child psychiatry at London's Institute of Psychiatry.

Rutter told an international symposium here Thursday one in six British children "live in conditions of extreme social disadvantage characterized by poverty and poor housing and family adversity."

Yet "nearly half ... are well-adjusted, one in seven has some kind of outstanding ability and one in 11 shows above-average attainment in mathematics."

Despite severe stress, "many children do not succumb to deprivation."

How come? Is there anything we can learn from them to help prevent prob-

lem lives and mental illness?

Rutter and his colleagues have been looking at the why nots. Their work, and their analyses of other work, carry great weight in international psychiatry.

"They've got the (experimental) evidence to back up what they say,"

says one well-recognized Canadian child psychiatrist.

Rutter told the symposium that a number of things determine whether a child will be invulnerable to deprivation.

Stress patterns: Such strains as marital discord and parental criminality

can be "strongly associated" with psychiatric disorder in children. If a child is subject to just one of these "risk factors," he is no more likely to be troubled than the child subject to none. But two stresses together raise the risk of illness four-fold. The stresses embellish each other and

the whole becomes greater than the sum of the parts. Genetic effects: Biological inheritance, says Rutter, can affect a child's response to his surroundings. Take the child sired by a non-criminal father and then adopted by a criminal father. That child will be no more prone to criminality

than anybody else. But the child sired by a criminal father and adopted by the non-criminal father will be more disposed.

Temperament and sex: The "temperamentally-easy child" will get an easier ride from irritable parents than the more difficult child. Boys are bound

to carry the brunt of parental displeasure. "It seems," says Rutter, "that one protective factor in stress circumstances is to be a girl."

Outside influences: Schooling in particular can help keep the deprived child on the rails. The "crucial difference" is the atmosphere of the school.

"We lack the data to be more precise about what that means in actual practice."

Self-esteem: "Good scholastic attainment appears to have a protective effect even after account has been taken of the children's family circumstances."

Opportunities: "The adults who have made the best ultimate adjustment in spite of severe stresses in childhood are those who managed to avoid becoming pregnant or fathering a child during their teens, who continued longer in education or whose careers took them away from their disadvantaged circumstances, and who married someone from a more favored background ... An early pregnancy is likely to mean a perpetuation of poverty ... and entrapment in the same disadvantaged environment."

Discipline: In chronic stress and poverty conditions "strict parental supervision was more effective in preventing delinquency than was a happy family atmosphere."

Child abuse cure is 'a long way off'

WINNIPEG (CP) — One of North America's most eminent experts on child abuse says it will be at least another two generations before the problem of child abuse is even close to being solved.

Dr. Ray Helfer of the medical school at Michigan State University said Thursday it will take that long for the two main remedies to sink into the minds of those planning health and education for the public.

Helfer, a pediatrician, said in an interview that before the vicious circle of child abuse is broken, society must stop separating mothers from their babies and the education system must play a larger role in dealing with the problem. Until then, the toll of defenceless children who have their limbs broken, their flesh bruised and their skin burned and scalded by brutalizing parents will continue to mount.

Helfer was in Winnipeg to address a symposium on the problems of child abuse.

He said the importance of the bond between a mother and her new child is only beginning to be understood in medical science, even though it is similar to the animal world.

"A new cub is much more likely to be rejected by its mother if you separate the two right after birth and reintroduce the youngster to its mother only occasionally."

Instead of separation after birth, even for a few hours, the physical and emotional bonds between mother and child should be promoted and strengthened.

He also said the education system should be allowed to play a greater role in the area of child abuse by putting more emphasis on human relations.

"It's not that health care and social work don't do a good job now—they do an excellent job but not really in prevention. By the time these disciplines come in the damage has already been done."

Helfer said it is essential to find ways of identifying the potential victims of child abuse early in life so the educational system can devote special attention to them.

"The day of starting school at the age of six will have to become a thing of the past," he said. "We just can't afford it anymore. We must start much earlier for a good number of people."

Drama flourishes here says theatre consultant

Ray Logie, acting B.C. drama consultant, says "theatre in Prince George is a flourishing and professionally-conceived reflection of the sophisticated urban environment here."

Logie was in Prince George Wednesday and Thursday as part of a three-week series of theatre workshops and met with the Prince George Wonderland Players.

Logie discussed concepts of stage design and scale with the players and suggested theatrical techniques.

He will meet with other theatre groups and directors in Vanderhoof, Bella Coola, Smithers Terrace and Prince Rupert.

Logie compared the quality of theatre in this city with that of Vancouver.

He said local groups such as the New Caledonia Players, the Theatre Workshop and the Wonderland Players each stage five or six major productions a year, which is unique outside Vancouver, Victoria and Vernon.

Logie particularly praised the work of Jose Smith, director of the Wonderland Players.

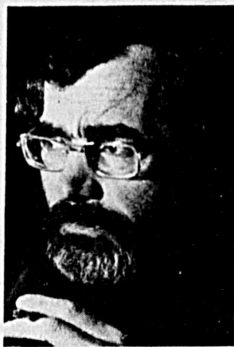
He said Prince George is most fortunate to have someone with her expertise and enthusiasm working here, and that her services would be sought after in a large city.

He said Jose Smith was a gifted theatre director as he had ever met and commended her training and professional point of view.

Logie has worked for 20 years in theatre in this province as an actor, director, drama teacher and adaptor of plays. Several of his plays have been shown at the Edinburgh Festival and at the Carnegie Recital Hall in New York.

He said the type of acting techniques the Wonderland Players study here is the same as that of method actors in New York.

On the state of drama in the province, Logie said B.C. has over 70 recreational groups, such as the Wonderland



LOGIE

Players, as well as professional theatre companies and numerous semi-professional companies.

In addition he said, every B.C. high school has some sort of theatre course or program and UBC now offers a degree program in fine arts and drama.

Women weightlifters come 'out of closet'

HAMILTON (CP) — Lifting weights may once have been a male-only activity but Jean Prior, who has been weight-training for 26 years, says she thinks women weightlifters are "coming out of the closet."

"I think women's lib did a lot," she said in an interview. "We've got over the idea that women shouldn't have any muscles."

She said many people think body-building produces hulking giants with bulging biceps and protruding pectorals.

The slim and fit mother of Commonwealth weightlifting record-holder Russ Prior is proof to the contrary.

Mrs. Prior took up weight-training after Russ was born. "So many women let themselves go after they've had children, and I said it was never going to happen to me."

Since she competed in swimming and badminton, she also needed to stay in top form.

Although she no longer competes, she still weight-trains and runs more than a mile every day.

Mrs. Prior has an advantage over other women. Her basement holds the best-equipped private weight-training gym in Canada.

This is where her son trained for his many world titles. And her husband Bob, who was still breaking weight records at 40, exercises regularly there.

Women and men go into weight-training for different reasons, she said.



Forthcoming Marriage

Mr. & Mrs. Ken Rennette of Prince George are pleased to announce the forthcoming marriage of their daughter, Rosemary Elizabeth Jay to Frank Henry Seemann, son of Mr. and Mrs. Henry Seemann also of Prince George. The wedding will take place on Oct. 22, 1977 at Knox United Church.

Sex fear 'just a myth'

COPENHAGEN (AP) — If you can take a brisk one-hour walk covering two to three miles or climb five flights of stairs with no trouble, then you can meet the physical demands of sex, a Finnish doctor reports.

Cardiologist Dr. Kari Saunamaeki, who works at Copenhagen's National Hospital, gave his advice in an article in a physical training club journal of the Danish heart disease association.

He said having a heart attack is no reason to give up sex. The widespread fear of suffering another attack during the act of sex is nothing more than a myth, he wrote.

The cardiologist said this myth is stronger in the United States than in Denmark because "middle-class prejudice" and religion tend to convince many American post-coronary patients that "the wages of sin is another heart attack."



Wherever you move ... Call the Welcome Wagon hostess. She will bring her basket of gifts and friendly greetings from civic and business neighbors of the community.

Phone 964-4621

PEAT MOSS

4 cu. ft. \$5.00

SPRUCE CAPITAL FEEDS

1694 Quinn 564-6010

SUEDE & LEATHER CLEANING

Cleaned and finished right here in Prince George

PLAZA 4 CLEANERS

3121-15th Ave. 563-3966

SQUARE DANCING IS FUN



Here's your chance to meet new friends, enjoy dancing & exercise at the same time by participating in the internationally known world of Square Dancing.

30 Weeks

2 Hours Per Lesson — Just \$50.00 per couple

Lessons Start — Thursday, Sept. 22

Caller: Ed England

Time: 8:00 p.m.

Place: St. Giles — 15th & Edmonton

Intermediates start your 21st year

with the Northern Twisters on Tuesday

Sept. 20th

For More Information Phone 563-4746, 563-6684



Northern Twisters

BREAST CANCER DETECTION

Experts debate value of x-ray

WASHINGTON (AP) — Using x-rays to screen women for breast cancer already has proved its value, an American Cancer Society spokesman says.

But a prominent critic of the practice immediately disagreed, saying it still has to be proved that breast x-rays don't cause the disease they are supposed to detect.

The differing views on mammography, as the breast x-ray procedure is termed, highlighted a central question to be discussed at a three-day meeting on large-scale breast-cancer screening.

At the meeting sponsored by the National Institutes of Health and the National Cancer Institute, a group of scientists, doctors and laymen hope to reach a consensus on the best ways to detect breast cancer in the general population.

Home and Family

Bev Christensen Citizen Family Editor

Dr. Benjamin Byrd, chairman of the cancer society's study group on breast cancer, said the screening program sponsored by the society and the cancer institute shows the benefits of mammography.

Byrd said the Breast Cancer Detection Demonstration Projects, established to screen 270,000 women at 27 centres throughout the U.S., have so far detected almost 2,500 cancers by using mammography, physical examinations and other techniques.

"More than 45 per cent of the cancers found were discovered

by mammography alone. Had the benefits of mammography not been used in these projects, many existing cancers would have gone undetected," he said.

However, Dr. John Bailar, editor of the Journal of the National Cancer Institute, said

he was concerned about the "exceeding optimism" associated with mammography.

"We must be very careful about recommending further mammography because it may cause the disease it is designed to prevent," Bailar said.

P. AUTOMATIC TRANSMISSION LTD.
5th & Queensway
Ph. 563-7667
Chargex-Mastercharge

UNWANTED HAIR

For safe, permanent removal
Make an appointment now for your free consultation and demonstration without obligation.

562-1511 or 562-3798

SHARON ANN STAMP

Suite 303, Victoria Medical Building

TORONTO

Catch our Spirit

Enjoy The Only Afternoon 747 Service Nonstop Daily At 2p.m. From Vancouver To Toronto.

No other airline offers you the comfort of a 747 flight nonstop from Vancouver to Toronto every single afternoon.

But we do.

We make it easy for you to catch, too, by providing daily connecting service to Vancouver.

And besides treating you to lunch,

we also give you something else.

The spirit of thousands of CP Air people, the ones you see and the ones you don't, who are out to make everything you want, the way you want it.

Because we want to be your airline to Toronto.

And we're out to prove it our way.

With spirit.



Call your travel agent or us, and have a good flight.

CP Air

Hair removal 'racket'

MONTREAL (CP) — The public is in danger of being duped by people promising to rid them of unsightly hair, says Mireille Roy, president of the Quebec Association of Electrologists.

"The hair-removal industry is a racket," she said in an interview. "There are absolutely no government controls. Anyone can set up shop with a business permit. Prices vary from studio to studio, with no guarantee of quality."

Most depilation (hair removal) studios offer one or both of two methods of hair removal, waxing and electrolysis.

Waxing involves covering the hair with a specially prepared wax and pulling both hair and wax off at the same time.

It is not permanent hair removal but results last longer (up to six weeks in the winter and about three in the summer when hair grows more rapidly) than shaving.

Waxing can be done with both hot and cold wax.