Why We Worry About What We Eat…
Prof. Catherine Carstairs studies the tactics of early “health-food” proponents

For many people, a plateful of food can be more worrying than appetizing. Are there pesticides on the vegetables? Too much fat in the sauce? Too little fibre? We worry that eating the wrong things might kill us — and hope that eating the right things will give us a long and healthy life.

History professor Catherine Carstairs says that questioning the health aspects of our diet has been increasingly common since the 1970s, but the roots of these concerns go back at least a few more decades. She’s recently been awarded a Fulbright Scholar grant to travel to the University of California’s (UC) Davis campus, where she’ll explore the lives of two American writers who made the idea of “health food” popular in the mid-1900s.

The first of these writers, Gaylord Hauser, published his best-known book Look Younger, Live Longer in 1950. The book was serialized by Reader’s Digest and translated into a dozen languages. “Hauser’s book was aimed at women in what he called ‘the second half of life’ and was all about how to keep your beauty after you turned 40,” explains Carstairs. “Much of his advice was sensible nutrition — eating salads, fruits and vegetables — and he also promoted lying every day on a yoga slant board, so the blood would rush to your head and rejuvenate your skin, and daily stomach lifts.” The message was that you could live a productive and beautiful life as long as you followed Hauser’s instructions.

Hauser was often shown in photos at his villa in Sicily or chatting with his celebrity clients, and Carstairs says it was glamour as much as good nutrition that his books promoted. “By the 1950s, people were living longer and starting to think about retirement as a time for leisure. They were looking for guidance and tools. Hauser offered this tremendously optimistic vision.” But while he enjoyed considerable fame during the 1950s, Hauser’s influence has “faded away,” Carstairs says. “He doesn’t get much attention in health food circles today.”

The second author Carstairs is studying actually published her books around the same time, but didn’t become widely-known until the books were reissued in paperback in the late 1960s and early 1970s. The author, Adelle Davis, had a much bleaker vision; her books are full of warnings about sub-clinical deficiencies, pesticide-soaked fruits and vegetables and depleted soils in farmers’ fields. “She sold fear,” says Carstairs.

for the rest of the story, visit at GUELPH magazine http://atguelph.uoguelph.ca/2010/10/why-we-worry-about-what-we-eat/
Our congratulations go to History Department faculty Tara Abraham and Sofie Lachapelle for their award of $29,400 through the Learning Enhancement Fund 2010. Their award will be used to re-envision and develop Hist*1250, Science and Society since 1500. Goals for the new course design include course content that takes account of international movement of ideas and technologies, gives special attention to the culturally specific ways that science and technology have developed historically, while engaging the remarkable diversity of the HIST*1250 classroom, which typically includes students from science and engineering as well as students from the humanities and social sciences.

AWARDS

Learning Enhancement Fund 2010

With some sadness we congratulate History Department faculty Doug McCalla and Terry Crowley, both historians of Canada, on their retirement after many years of great service to the Department, the University and Guelph. Dr. McCalla has since 2003 been the creator of the venerable Rural History Roundtable in the Department. Dr. Crowley, who started at the University in 1970, served as Chair of the Department from 2003 to 2008. Best of luck Doug and Terry—we don’t know what we will do without you!

I went over on August 4 to sign the final papers for my retirement on 1 September after 40 years of active association with the University of Guelph since I was hired in 1970. The university was only six years old then and in some respects represented the best of two worlds. The B.A. Program at Guelph represented a new venture in higher education dedicated to serving students better than older institutions but still bonded with the traditions of the three founding colleges. I found the agriculture profs in particular to be thoughtful and more dedicated to their students than many faculty members in other universities over the years.

As I was fortunate enough to be the first non-Dean to chair a Program committee in the university, I was able to help create the B.A. regulations that have essentially guided students’ program during the past thirty-years without major modification. And on the Board of Undergraduate Studies I was the co-author of the university’s General Studies program that set new precedents in facilitating adult access to university education. In the History department I taught all four courses required of Majors and I am delighted to say that I have taught more Guelph History majors than any other person and seen more than thirty graduate students through to the completion of their studies.

- Terry
COLD WAR ENCOUNTERS

The most recent Tri-U History Conference took place on Saturday, October 16 at the University of Waterloo. This year's conference focused on the theme "Cold War Encounters" to coincide with the recent creation of the Cold War History Field at the Ph.D. level.

This year's keynote speaker: Dr. Fredrik Logevall, the John S. Knight Professor of International Studies at Cornell University and author of many books, including the highly acclaimed *Choosing War: The Lost Chance for Peace and the Escalation of War in Vietnam* (University of California Press, 2001). One of the most highly regarded Cold War historians of our time, Dr. Logevall is currently researching a biography of former U.S. Secretary of Defense Robert McNamara. Thanks to everyone who participated to make the day a great success!

Visit: www.triiuhistory.ca

Guerilla Grads is looking for faculty and student volunteers to assist with registration and to serve as panel moderators. The interested should please contact Caitlin Holton at cholton@uoguelph.ca by January 1, 2011.
NEW in print


Karen Racine. “‘This England and This Now’: British Cultural and Intellectual Influence in the Spanish American Independence Era.” Hispanic American Historical Review 90, no. 3 (August 2010): 423-454.

conference and paper report


Matthew Hayday. Roundtable panelist: “Political History: New Developments and Solid Foundations – A Round Table.” Canadian Historical Association Annual Conference, 30 May-1 June, 2010, Concordia University, Montreal, Quebec.

I was in Accra, Ghana this past summer as a volunteer with the Leave for Change program. I spent three weeks with Child Rights International, a local NGO, working on policy documents and "translating" legislation into accessible English. It was a truly fantastic experience. This was made possible by the Canadian Leave for Change program, which is sponsored by World University Service of Canada (WUSC). Indeed, it is the same program by which Linda Mahood went with to Vietnam two summers ago. – Jacqueline Murray

Report from the Shanghai Semester coordinator, instructor and fixer Norman Smith:

Dr. Smith and eight University of Guelph undergraduates have been hunkered down in Shanghai since September. They report that the city has been utterly transformed by EXPO 2010, an event that has brought billions of Yuan in new construction and introduced the world to the Chinese tourist as powerful 21st-century consumer. Now that EXPO has closed, the concern in China is how citizens will carry on as the event’s beloved water-lick mascot, Haibao, and his decal likenesses slowly make their exit from just about every surface in Shanghai.

Matthew Hayday made a brief appearance on the CBC documentary "The Queen in 3D" in September, which was the first 3D documentary to be broadcast on Canadian television. The documentary is now online: http://www.cbc.ca/documentaries/doczone/QE3D/video2.html

Matthew appears around the 22 minute mark.

The new and fashionable website of the Department of History made its debut this fall… www.uoguelph.ca/history
The 2010 Scottish Studies Fall Colloquium on September 25 featured:

The Jill McKenzie Memorial Lecture

**Leith Davis**: "Robert Burns in Transatlantic Culture: The 1859 Centenary"
Dr. Davis is Director of the Scottish Studies Centre at Simon Fraser University

**Lucille Campey**: “Push, Pull and Opportunity: Emigration from the Highlands and Islands of Scotland to Canada”
Dr. Campey is author of the newly-released *Planters, Paupers, and Pioneers: English Settlers in Atlantic Canada* (Dundurn Press, 2010)

Talks by **Barb Murison**, Associate Professor at the University of Western Ontario, and **Kris Gies**, recent graduate of the Tri-U Ph.D. program

Presentation of the 2009 Jane Grier Graduate Scholarship to **James Jensen**

Graduate Awards and Report for Scottish Studies at Guelph

Thanks so much to everyone who made this event a great success. Mark your calendars for **9 April 2011** for our next colloquium at Knox College, University of Toronto.

– Graeme Morton, Jodi Campbell and Heather Parker

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Please Note!

**Scottish Studies** has a new website:

[www.uoguelph.ca/history/scottishstudies](http://www.uoguelph.ca/history/scottishstudies)
Department of History B.A. graduate Christopher Powell will defend his Ph.D thesis on the anti-Vietnam war movement in Canada this summer at the University of New Brunswick. He is currently a visiting assistant professor at the University of Alberta.

Kim Anderson (Ph.D. '10) currently plays a leadership role in an aboriginal health research project at St. Michael's Hospital in Toronto and continues raising her two children with Dave Dornan.


I studied political science and history at the University of Guelph before leaving in 1971 to obtain a master’s degree at the U of T. I am now the editorial writer at the Record in Kitchener. With my paper’s help, I have written a book entitled *Amazing Airmen*, published by Dundurn Press. It is about Canadians who endured horrendous ordeals in the air war against Nazi Germany. Four of the veterans in the book either live in Guelph or once lived in the city. Two were once professors at the U of G.

- Ian Darling

History Department Ph.D. Amoaba Gooden is Assistant Professor of African Diaspora Studies in the Department of Pan-African Studies at Kent State University. She is guest editor for a special issue of the *Southern Journal of Canadian Studies*, “Constructing Black Canada: ‘Becoming’ Canadian,” due out next year.

Katherine Scott (Ph.D. ’10) and John Carter saw the birth of their son John Huckleberry Carter on September 14. He arrived at 11:25 pm weighing 8 lbs., 6.5 oz.

Erika and Alan McDougall are happy to report the birth of a beautiful baby daughter, Sophie Claire McDougall, early on the morning of November 1. *Sophie is doing very well and already watching (well, mostly sleeping through) Liverpool games on my knee.*

- Alan
ANNOUNCING

THE CROWLEY-JACKMAN GOLD MEDAL IN HISTORY
To acknowledge the student graduating with a History Major and with the highest cumulative average

Gifts, in honour of Dr. Crowley's retirement, in support of this award can be made either:
* by calling 1-888-266-3108 (press 1 for donations)
* online at https://www.uoguelph.ca/alumni/cgi-bin/online_giving_secure.pl
* by calling 519-824-4120 ext. 58540
(Please do not leave your credit card number on the answering machine and remember to indicate that the gift is in aid of the Crowley-Jackman Gold Medal in History)

Thank You for Your Support