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AWARDS

in the department of HISTORY

Our congratulations go to History Department Associate Professor **Catherine Carstairs** who has been awarded a Fulbright Traditional Scholar Award for the period of her upcoming study leave in 2010 - 2011. She will hold this award at UC Davis where she will continue her research on the history of North American ideas about diet and health.



Council for International Exchange of Scholars

Institute of International Education

Department of Scholar and Professional Programs



Why We Worry About What We Eat...

by Teresa Pitman

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.

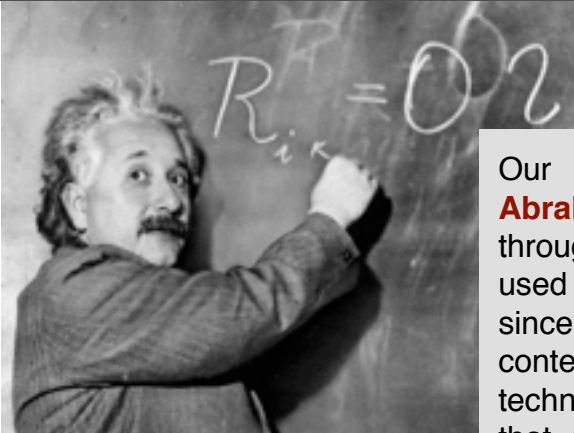
Hauser was often shown in photos at his villa in Sicily or chatting with his celebrity clients, and Carstairs says it was glamour as much as good nutrition that his books promoted. “By the 1950s, people were living longer and starting to think about retirement as a time for leisure. They were looking 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/>

AWARDS

in the department of HISTORY



Learning Enhancement Fund 2010

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.

retirements...

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!



Terry would greatly appreciate any gifts in his honour be directed to support the **Crowley-Jackman Gold Medal History**, which will acknowledge the student graduating with a History Major with the highest cumulative average. You can make a gift online at https://www.uoguelph.ca/alumni/cgi-bin/online_giving_secure.pl Or call 1.888.266.3108 (press 1 for donations) or 519.824.4120.ex.56540 Please do not leave your credit card number on the answering service, but do remember to indicate that the gift is in aid of the Crowley-Jackman Gold Medal in History.

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

Tri-University Graduate Program in History 2010-2011 Conference

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.triuhistory.ca

Guerilla Grads: Alternative History Conference January 15, 2011



The **Guerrilla Grads Alternative History Conference** is organized by and for Tri-U graduate students to showcase their research in a peer-supported way. Papers will encompass a wide variety of topics that introduce unconventional subjects, sources bases, methodologies and interpretations of the past. While the conference is geared toward medieval and early modern histories, papers will engage both the medieval and the modern, with special emphasis on comparative perspectives.

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

from the department of HISTORY

Matthew Hayday. "Fireworks, Folk-dancing, and Fostering a National Identity: The Politics of Canada Day." *Canadian Historical Review* 91, 2 (June 2010): 287-314.

Kris Inwood and Evan Roberts. "Longitudinal studies of human growth and health: a review of recent historical research." *Journal of Economic Surveys* 24, no. 5 (December 2010): 801-40.

Kris Inwood, Les Oxley, and Evan Roberts. "Physical stature in nineteenth century New Zealand: a preliminary interpretation." *Australian Economic History Review* 50, no. 3 (November 2010): 262-83.

Catherine Carstairs. "Cities without Cavities: Democracy, Risk, and Public Health." *Journal of Canadian Studies* 44, no. 2 (2010): 146-170.

Susan Nance. "Dumbo: Then and Now." *In Media Res*. October 8, 2010.
<http://mediacommons.futureofthebook.org/imr/>

Elizabeth Ewan. "Disorderly Damsels? Women and Interpersonal Violence in Pre-Reformation Scotland." *Scottish Historical Review* 89, no. 2 (October 2010): 153-171.

Jacqueline Murray and Alastair Summerlee. "The Impact of Enquiry-Based Learning on Academic Performance and Student Engagement." *Canadian Journal of Higher Education* 40, no. 2 (Fall 2010): 78-94.

Karen Racine. "Patriots-in-training: Spanish American children at Hazelwood School in England during the 1820s." *Paedagogica Historica: International Journal of the History of Education* 46, no. 4 (2010): 495-509.

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

Karen Racine. "The London Experiences of Other Leaders of South American Independence." FCO Seminar on "Bolívar in London, 1810: A Celebration of Simón Bolívar's Mission to Britain." Cultural Diplomacy: Bolivar Bicentenary 2010, a meeting sponsored by the British Foreign Office, September 21, 2010, London, UK for Latin American ambassadors and the embassy community in Britain.

Susan Nance. "Exotic, *Not Foreign*: Shriner as Trickster in the Story of Tourism in the Modern West." Western Literature Association Meeting, October 19-24, 2010, Prescott, Arizona.

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.

Matthew Hayday. Roundtable panelist: "Langue et société: débattre du rôle de l'acteur et des institutions dans le développement des politiques linguistiques" at the Congrès de l'Institut d'histoire de l'Amérique française, 23 October 2010, Université d'Ottawa, Ottawa, Ontario.

did you know...

*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**:

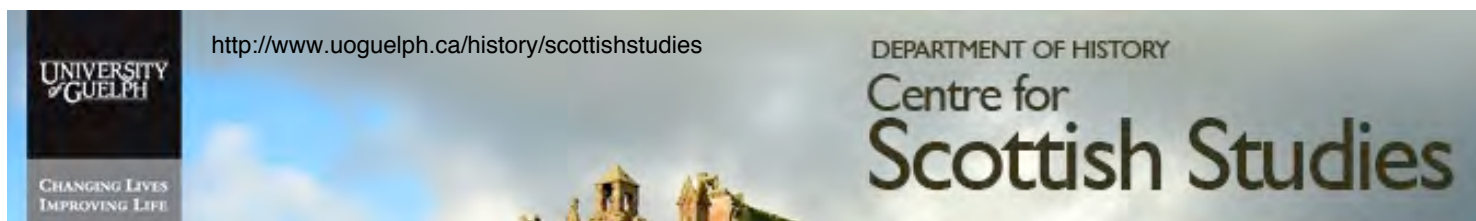
Dr. Smith and eight University of Guelph undergraduates have been hunkered down in Shanghai since September. They report that the city has been utterly transformed by EXPO 2010, an event that has brought billions of Yuan in new construction and introduced the world to the Chinese tourist as powerful 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.



The new and fashionable website of the Department of History made its debut this fall... www.uoguelph.ca/history



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 **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

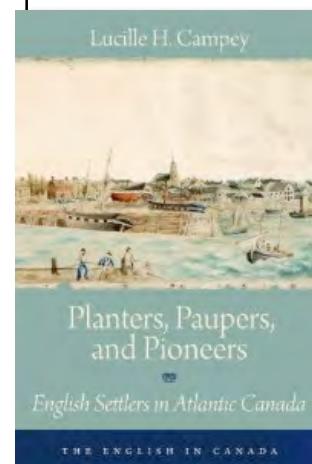
Presentation of the 2009

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**



Leith Davis



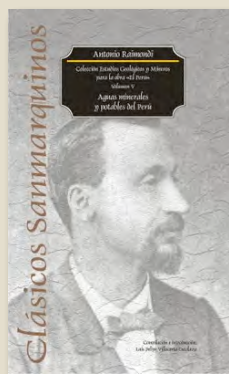
2010 speaker series...

alumni happenings

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.

Louis Philip Villacorta, our visiting M.A. student from Brazil a few semesters back, has written the introduction to a new book, *Aguas minerales y potables del Peru. Autoridad científica y nuevos espacios de consagracion republicanos. Aguas Minerales del peru* (1882). *Aguas potables del Peru* (1884). Coleccion Estudios Geologicos y Mineros para la obra 'El Peru' Volumen 5. (Lima: Universidad Nacional Mayor de San Marcos - UNMSM; Asociacion Educacional Antonio Raimondi, 2009).



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.

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



Guelph Reception for Amazing Airmen

A Celebration of Reconciliation

Sunday, May 16th, 2010, 2-4 p.m.
Harcourt Memorial United Church
87 Dean Ave., Guelph
Sponsored by The Guelph Mercury



Ralph Campbell Tom Lane

Amazing Airmen is a collection of true stories about flyers who survived horrendous ordeals in the air war against Nazi Germany.

Four of the veterans in Ian Darling's book, *Amazing Airmen*, either currently live in Guelph or once lived in the city. Two of the veterans, Tom Lane and Ralph Campbell, were professors at the Ontario Agricultural College in the post-war era. At the reception, Mr. Lane, who was the pilot of a Halifax bomber, will meet Manfred Kremer, a Guelph resident who was a nine-year-old boy living in one of the German cities that Mr. Lane's crew bombed. In the 1960s, Mr. Kremer emigrated to Canada where he became a professor at the University of Guelph. Artifacts from the war, including from the prison camp where the Great Escape occurred, will be on display.

Ian, who is the editorial writer at the *Record* in Kitchener, grew up in Guelph. He attended elementary schools in the city and went to John F. Ross and the University of Guelph. He spent six years researching *Amazing Airmen*, interviewing veterans in numerous Canadian cities as well as in England, France and the United States.



Ian Darling

The price of the book at the reception is \$25 including GST.

For more details, including an excerpt, see the book's website at:

amazingairmen.com

fall baby report



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

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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. 56540
(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