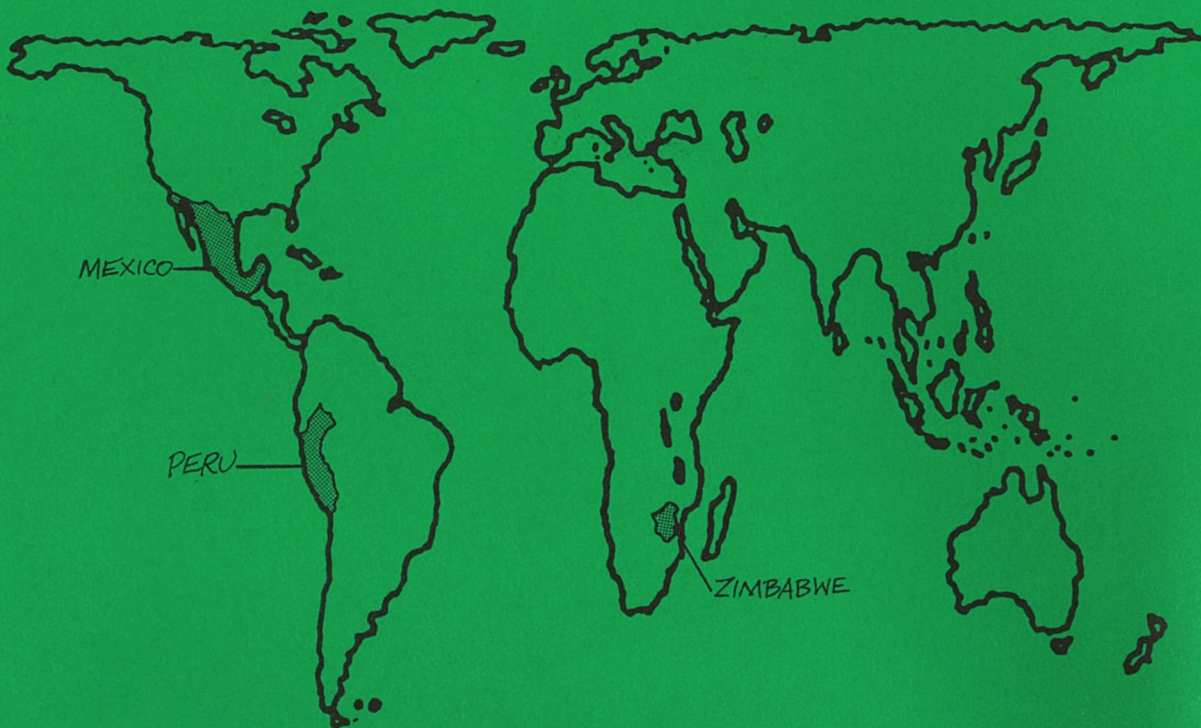




Health



This booklet is one in a series of eight. Together they make up a women's kit. Each booklet is made up of material about women's lives from the Caribbean, Latin America, Africa and England. The themes of the booklets are:

Women's Days
Childcare
Health
Housework

Finding Paid Work
Working Conditions
Violence in the Home
Women Working Together

The kit is intended for use by women in English as a Second Language classes, literacy groups and other women's groups. We hope the kit will help women to get together to think and talk about their lives.

The following women put together the kit: Gwen Davies, Amy Gottlieb, Jenny Horsman, Linzi Manicom. With help from: Rachel Epstein, Maureen Simpkins and Lynda Yanz.

Produced: June 1987 ISBN: 0-920907-12-1

Cover graphic from: What is Health? Peru Women's Association

There are families all over the world who do not have the food, housing, clean water and other things they need for health.

This book shows what women from Mexico, Zimbabwe and Peru think about health.

Women from Peru talk about the link between food and health. At the bottom of the page the pictures show a woman who does not have enough money for food and other necessities. The top of the page shows her dream.

From: What is Health? Peru Women's Association

Being healthy means having enough of the right food.



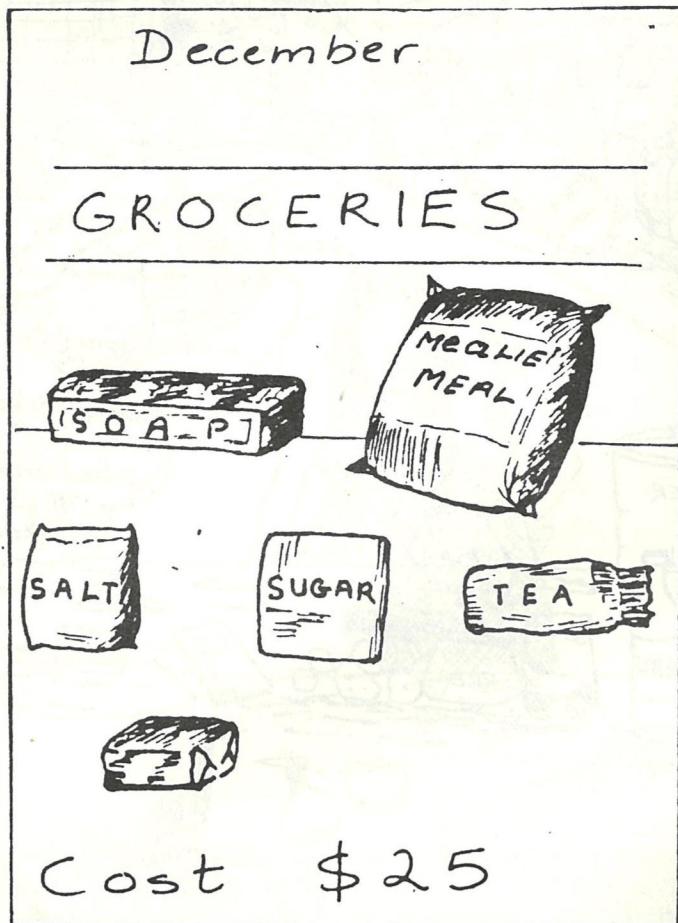
A person must make enough money to buy the basics. Only then can you talk about health.

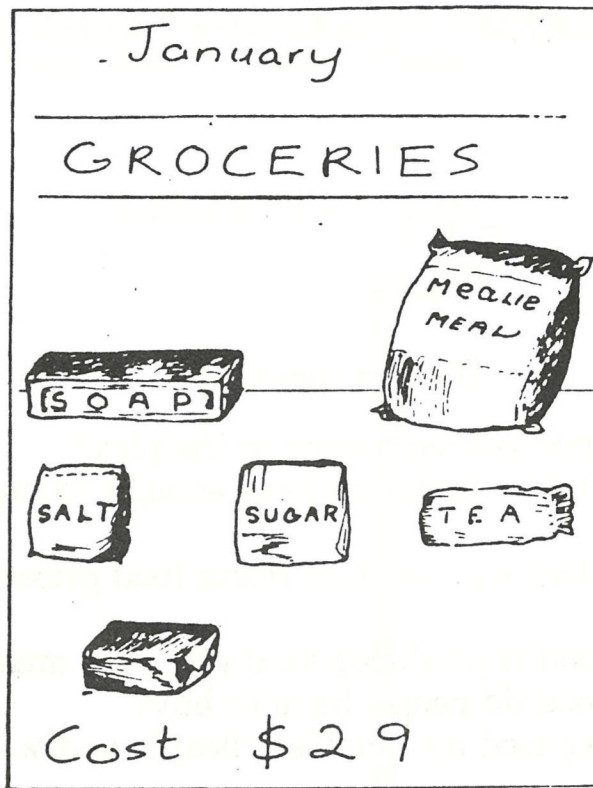


The cost of food is a problem for this woman from Zimbabwe. Here is her story.

Women from Zimbabwe act out the story and use the questions to help them discuss the problem.

From: Women's Problems, Zimbabwe Publishing House






Mai Mubaiwa goes to buy her monthly groceries at the village store. She buys the same things that she buys every month: mealie-meal, margarine, tea, sugar, salt, dried beans and soap. She gives the shop-keeper \$25, as that is what her groceries cost last month. The shop-keeper tells her that the groceries will now cost \$29, as food prices have risen. She doesn't know what to do because she only has \$25, but she needs all the groceries.

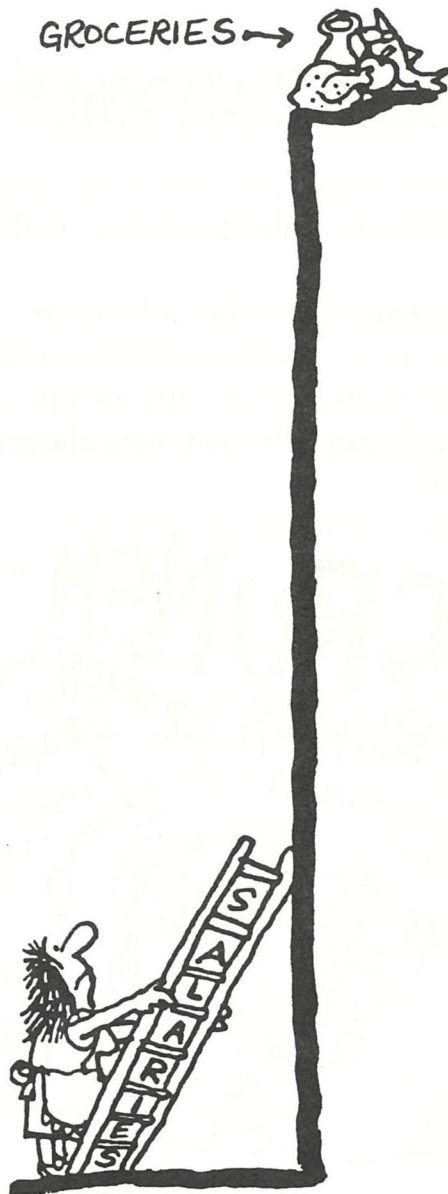
Mealie-meal is like corn meal.

"Mai" means mother which is a polite way of talking to a woman.

Discuss together

1. What did you see happening in the play?
 2. Why didn't Mai Mubaiwa have enough money for groceries?
 3. Have you had a problem of rising food prices in your area?
 4. (a) What food is produced locally in your area?
(b) What food do people have to buy?
 5. How can we feed our families cheaply and well?
- 

From: Popular Recipes, Popular Education With Women Project/
Autonomous Metropolitan University, Mexico.



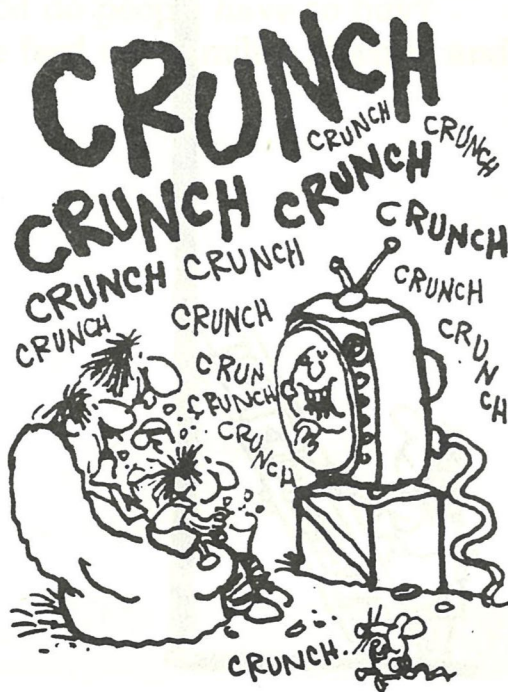
Advertising affects family health. It encourages us to waste money on food that is not good for us.

Here is what a group of Mexican women think about advertising and health.

From: Popular Recipes, Popular Education With Women Project/ Autonomous Metropolitan University, Mexico.

What have we been told about eating well?

We hear a lot of ideas from the television, radio and newspapers. They push us to buy what they advertise. They say the health and well-being of our children depends on it. They say children who eat brand-name baby foods are healthy and happy.



In fact, baby foods made at home are better.

The ads push prepared foods, pop, canned goods. These foods tempt us. They do not take much work to prepare.

The truth is they cost a lot. They are not good for us. We are hungry again soon after we eat.

The ads are directed at women and children.

The ads push us into a way of life that most Mexican working families cannot afford.

Our lives are not at all like the lives of people in the ads. The ads make us think that we do not love our children enough if we do not buy the things they advertise.



Water

The World Health Organization* says that 80% of sickness in the world comes from two problems.

One problem is a lack of good water. In some places, women walk many miles to get one bucket of water. Sometimes there is no clean water at all.

The other problem is poor sanitation. That means that people have no good way to get rid of waste.

*Part of the United Nations

In Canada we also worry about how clean the water is. We flush toilets into oceans and lakes. Factories dump chemical wastes into the water. Even if we boil water it may not be safe. Some people buy water or filters for their tap water.

From: Ants, Zimbabwe Publishing House, Africa

Ants is a magazine that children write.

WATER - DRINKING THE RIGHT WATER.....

It is very important to drink **CLEAN** water. If your water comes from an open well, river or spring, **BOIL IT**, before drinking.

If you drink water that comes from a borehole or other safe water systems, it is not necessary to boil it. In the city, the water from taps is ready to drink.

Put water down the toilet after excreting

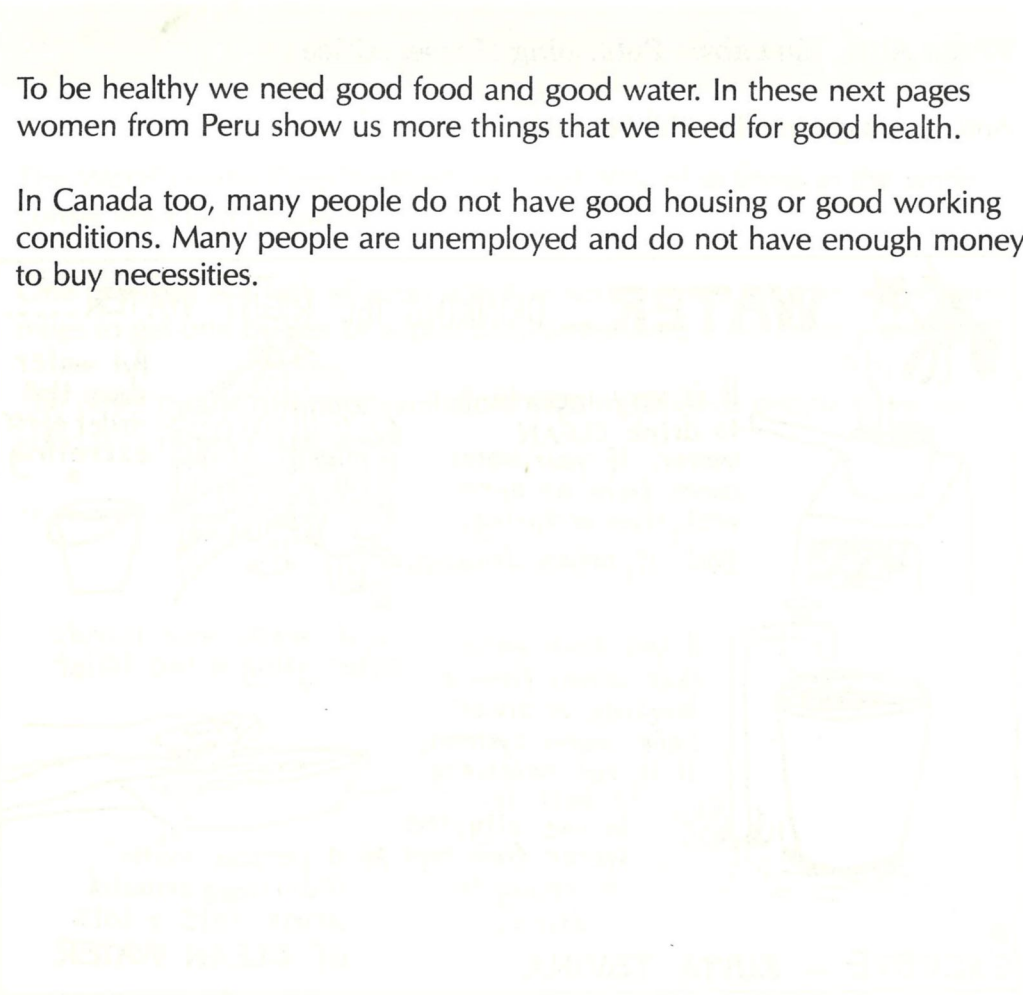
and wash your hands after going to the toilet

* a person with diarrhoea should drink lots + lots of **CLEAN WATER**

EXCRETE - KUITA TSVINA

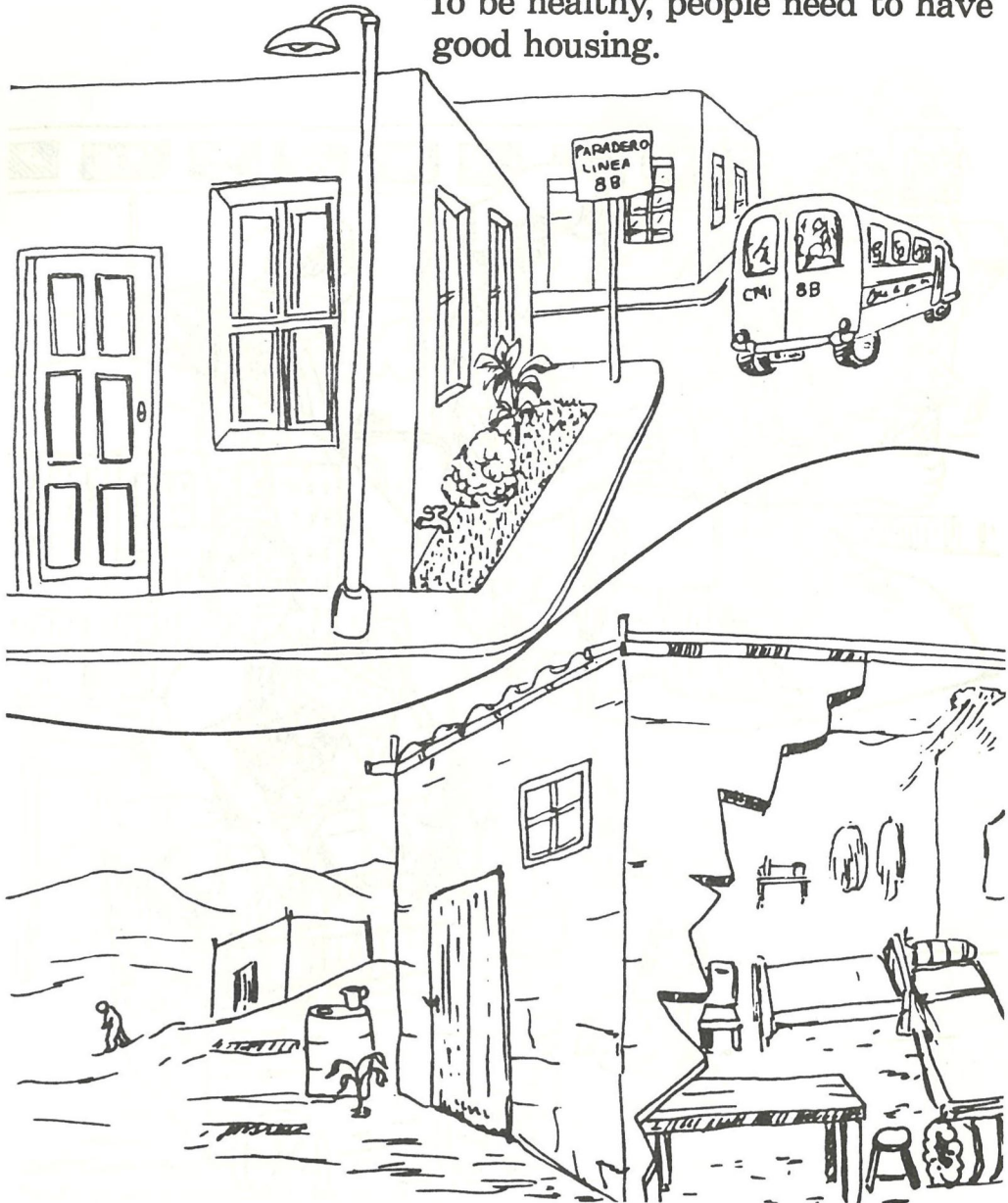
To be healthy we need good food and good water. In these next pages women from Peru show us more things that we need for good health.

In Canada too, many people do not have good housing or good working conditions. Many people are unemployed and do not have enough money to buy necessities.

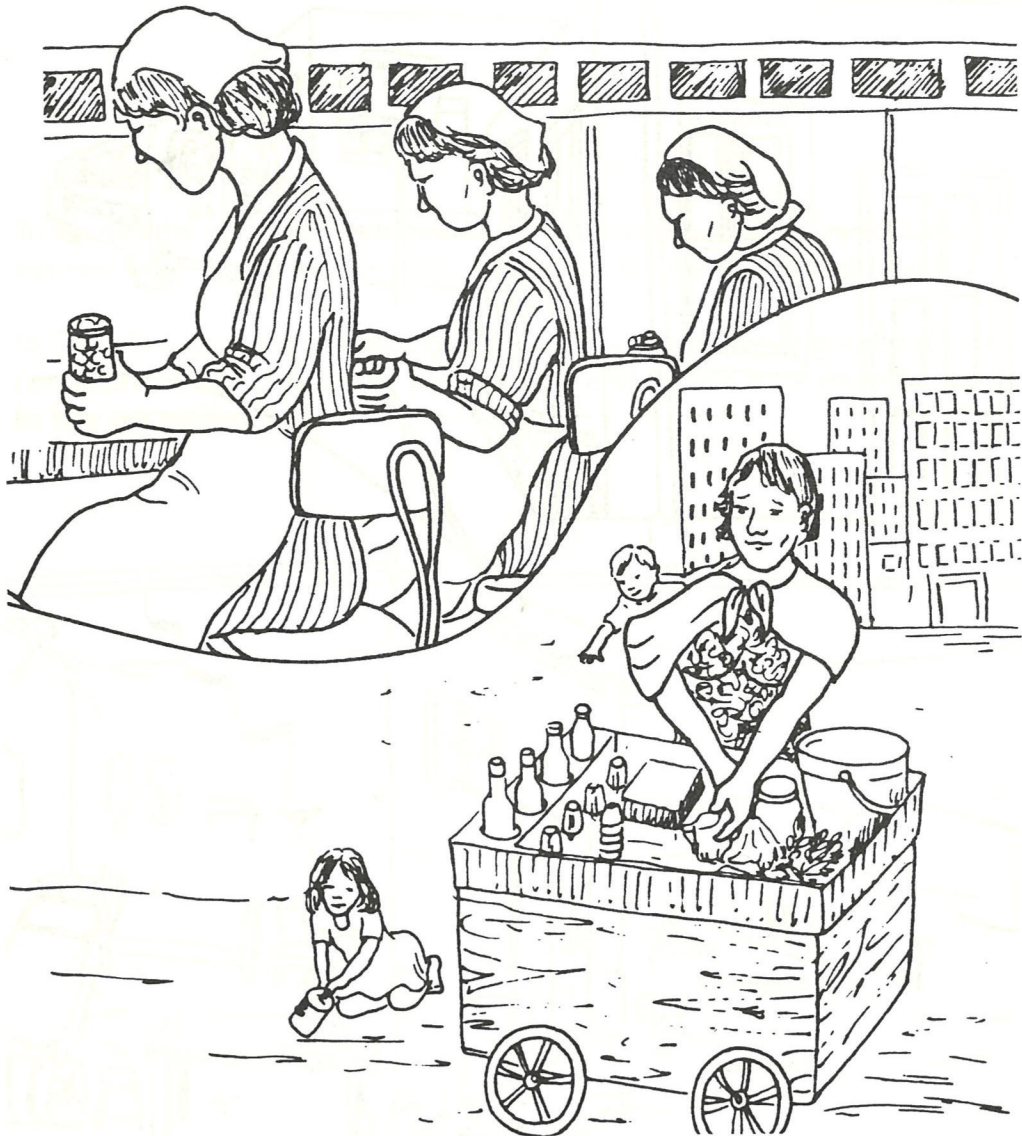


From: What is Health? Peru Women's Association

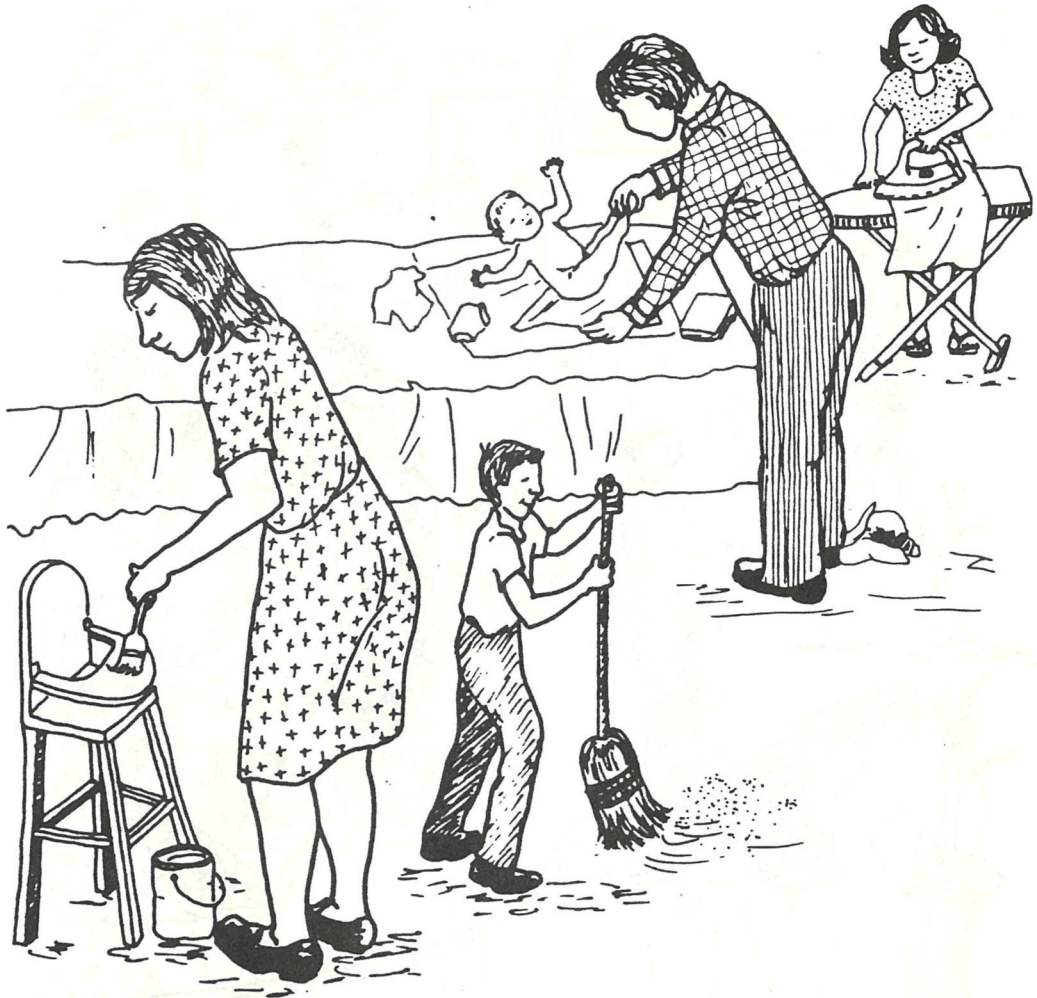
To be healthy, people need to have good housing.



Work is healthy only when it is well paid and there are good working conditions.

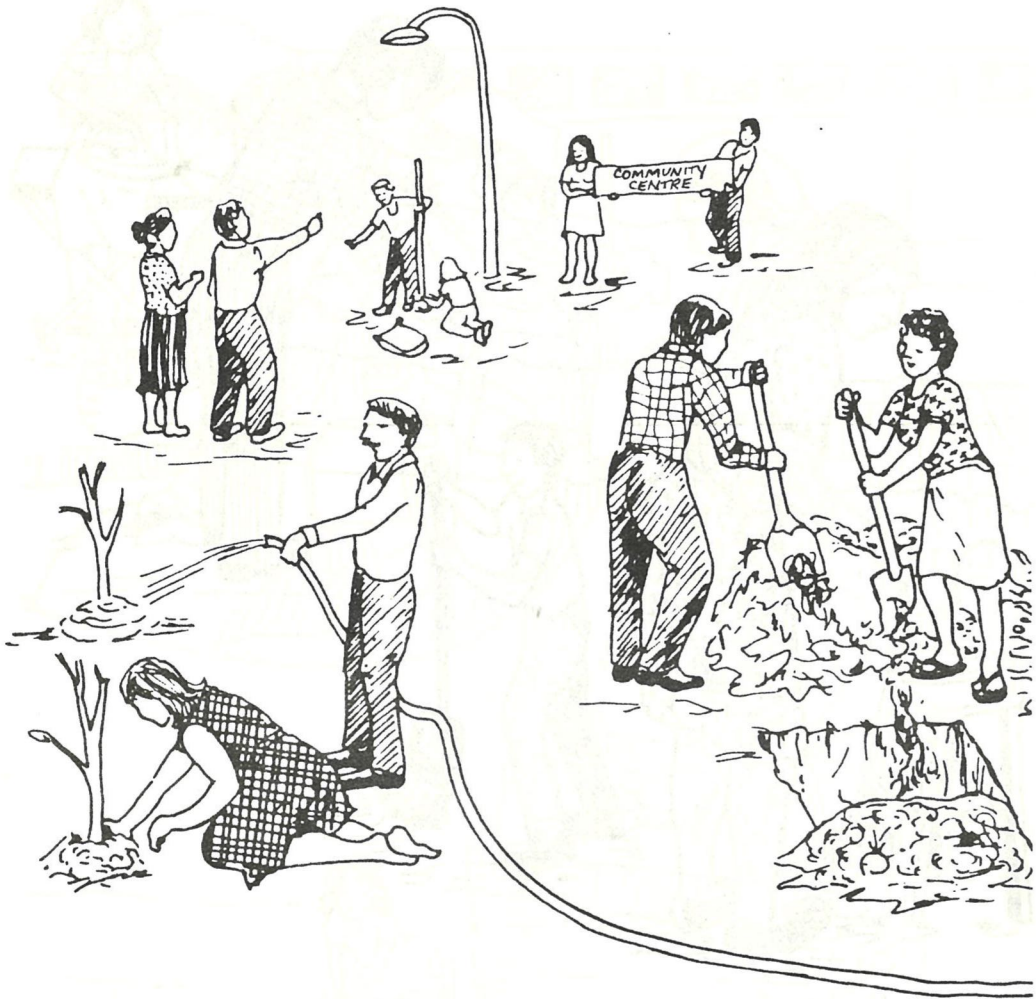


People have the right* and the duty* to be part of the activities in the home: that is health.



*right means something we should be able to choose to do
*duty means something we must do

People have the right and the duty to be part of the activities in the community: this is health.



Being healthy is being able to develop one's potential*.



*potential means all that you can be

People are free to organize to change things: that is health.



THANK YOU

Thank you to the many Third World groups who sent us material to use in the kit. Thanks also to the Writer's Voice group and Sally McBeth at East End Literacy; to learners, tutors and students at Parkdale Project Read and ALFA Centre; to English as a Second Language teachers: Pramila Aggarwal, Gay Bell, Nomi Wall, Brenda Duncombe and Maureen Hynes; and shelter worker, Susan Goodfellow, who all gave us feedback on the kit and helped us to improve it.

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ABOUT US

The Participatory Research Group (PRG) is a collective of activists, educators and researchers working for social change. Since 1976 we have produced a range of materials, including booklets, bibliographies and slide shows. We also produce a bi-annual newsletter, organize workshops and conferences and have a resource centre for public use. We work with literacy, women's and community groups, labour and native people.

The International Council for Adult Education, Women's Program is presently coordinated from the office of the Participatory Research Group, in consultation with representatives from various regions.

The Women's Program works with individuals and groups in different regions of the world who are exploring and developing popular forms of education which reflect and address women's issues. Our aim is to contribute to the development of a feminist popular education that makes connections between broad social struggles, and the personal issues and oppression women face daily.

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