

the person who gives the praise gets more out of it than the one who receives it.

Consistency. We have consistency in a home when with a certain amount of regularity the same principles are applied. "If you are upset," the doctor advised, "don't take it out on the children. Talk it out with someone who can help you, perhaps your minister. On the question of having rules for children Dr. Nix mentioned the practice of letting young children sit up to watch television. "Television is ruining our children," she said, and referred to pictures featuring delinquency shown around a child's bed time. "We have got to insist that what comes on the radio and television during hours for children must be of a high calibre. And we have to see that our children get their sleep. The whole business of child guidance," Dr. Nix declared, "is founded on common sense; but common sense is so uncommon.

"As a supplement to the home we need the best we can get in the teaching profession," the speaker said. "Look well to your teachers. When they fail we call in the other professions such as medicine and law. We don't want to set up clinics in our schools; we want loving, observant teachers. Perhaps we could improve our teachers' training. We spend millions on our schools—of course not as much as we spend on liquor and tobacco, but . . ." And the doctor suggested that the Women's Institutes have a power that they do not yet realize for bettering conditions in both the schools and the homes of Canada.

The President Speaks

Mrs. MacPhatter's topic, "The Time Has Come", taken from the well-known "Alice In Wonderland" rhyme, dealt directly with Institute work. The President hoped the delegates' exchange of ideas among themselves had been profitable and she reminded them that "if you have a dollar and I have a dollar and we exchange, we each have a dollar; but if you have an idea and I have an idea and we exchange we each have two ideas, and gain has come to both of us."

Mrs. MacPhatter warned the branches that an Institute can spread its activities over too wide a field and she told the story of a chameleon that could change his color to match any color he was placed on. He was put on a red rug and he turned red; on a green mat and he turned green; on a blue cushion and he turned blue. But when they put him on a crazy patch quilt he burst. "All around us we see the Institute that tries to be like the chameleon," Mrs. MacPhatter said, "and we see it meet the chameleon's sad fate. An Institute should not attempt to comply with every request that comes for money. The organization is not a service club but an educational organization and it should concentrate on its own work. Money is wisely spent when it is used to send a delegate to a District Annual, an Area Convention or a provincial conference."

The individual branch member, the President declared, is the most important person in our organization, and her loss is a catastrophe. New members are needed and, said Mrs. MacPhatter, "at some area conventions last year I asked every member to be responsible for finding a new member this year. I would even settle for half a member per capita. Think what that would do for our total membership!"

The President urged the branch members to begin a study of other levels of Institute work; to study how the Provincial Board is elected and when choosing their Federated Representative to keep it in mind that she might, some day, be Provincial President which is not an easy job; so in addition to having the credentials stated in the Hand Book she should be well, strong, keen, thoroughly familiar with Institute work and capable of voicing her opinions wisely.

The head office of the F.W.I.O., Mrs. MacPhatter said, is in a corner of the Provincial President's kitchen. And any correspondence relating to F.W.I.O. business should be directed to the President. Anything relating to extension work should go to Miss McKercher. The Women's Institute Branch of the Ontario Department of Agriculture is now the Home Economics Service of the Extension Branch of the Department of Agriculture.

The time has come, the President said, for the individual member to realize that she is a part of a great national organization, the Federated Women's Institutes of Canada. The national President is anxious to set up a national headquarters in Ottawa and voluntary contributions have been asked for to provide a foundation fund to carry such an office through the years. Our beginning in Ontario would be "painless" if we simply raise the fee to fifteen cents per member for F.W.I.O. membership. Mrs. MacPhatter suggested that this was only a matter of a few cents, that we blandly give away large sums to every project that comes along and this is our own business. Plans are under way, the President announced, for a National Convention in Ottawa on Oct. 28-31, 1957. It is time now to start making plans to attend and to send bus loads to Ottawa.

On the international level the delegates were advised to get acquainted with the representatives going to the A.C.W.W. conference in Ceylon and to try to arrange to have one of these women give them a report of the conference when they return.

Mrs. MacPhatter quoted a poem written by her mother and we hope to publish this in a later issue. Another of her quotations we give you here:

"Take time to think; it is the source of power.

Take time to play; it is the secret of perpetual youth.

Take time to read; it is the fountain of wisdom.