

as former teachers, nurses, and university graduates. It is important to have an outlet for all the abilities people have in rural communities, and we all know how important it is to share with others. I have heard an illustration of this in that the sea of Galilee is blue, fresh and gives life to everything it comes in contact with, not because it receives fresh water but because it has an outlet. The Dead Sea is dead, stagnant, fish die in it, not because it doesn't receive fresh water but because it hasn't an outlet.

"The Local Leader Training Schools are two days in length — not short courses but a preparation for leaders to teach others. Only leaders and assistants attend these schools. It is better to have an assistant so that you are assured of continuity. Most courses are planned to have four to six meetings held locally for the leader to pass on to our local group what she learned at the Training School. We hope each county will have a Summary Day.

"This year the decision as to what subject each county would take was made arbitrarily in order to get a start made. Next year it will be the county's responsibility to decide their own programme. All this means that your county or district Home Economist has additional work. She makes plans with you and sets dates and places for Training Schools. Most of you are familiar with 4-H Homemaking Club Training Schools and Achievement Days. We hope you will keep in mind that you should not have the same leaders for both junior and senior work. With the wealth of sound thinking and capable leadership in Ontario, it is quite possible to have two successful programmes, keeping in mind always that the goal of extension work is developing all our resources, social, economic, human and material for the achievement of the highest level of life possible.

"We look forward with interest and feel

confident that by all of us using all our available resources the possibilities of sound, helpful progressive programmes are unlimited. The Department of Agriculture is proud of their close association with your organization and we wish you continued success in all your undertakings."

ADVENTURES IN LIVING

Without a camera and sound effects to record the speaker's dynamic personality and her unique way of presenting her material, it is difficult to report a speech by Dr. Margaret Nix, Assistant Professor in the Faculty of Medicine at McGill University; but here are a few points from her address on "Thrilling Adventures in Living."

"You are women interested in conservation," Dr. Nix began, "In the whole field of conservation what is more important than the conservation of children?"

Dr. Nix reviewed what medical science has done to save the lives of children. Death from diphtheria, typhoid fever, tuberculosis, small pox, the diseases commonly responsible for infant mortality, had been reduced to the point where it was sometimes difficult to find a case for observation by medical students. Science had changed our ways of living, as for example in the speed with which we can move from one place to another, even in our ways of keeping house. The time was when a child rushing in from school, hungry, asked "Mom, what's cooking?" Now he asks "What's thawing?"

But with all our advances in science, Dr. Nix reminded us that four persons in every thousand in Canada are in mental hospitals and many others are suffering from mental disorders not considered serious enough for hospitalization but destructive enough to the individual's happiness and usefulness. We have delinquency, too, and alcoholism. "And,"



Institute members in the Fashion Revue model costumes of various dates in the sixty years since the first Women's Institute was organized.

—O.A.C. Photo