

to defend our country but not old enough to vote — to have a say in the directing of this country of ours." We as mothers know that when our children are in trouble we listen and try to help them solve their problems. Are our leaders listening? How many women are there among our leaders listening and deciding what is wrong in order to better the situation? Here is another challenge to us as women — to study, to serve on school boards, civic and township councils, working toward being leaders and having a part in the governing of our country.

The flower people, the "Hippies" each have something to be said in their favour. The flower people advocate love for all men; the Hippies, contentment with our lot — "stop worrying about the status of the folk next door — enjoy life to the fullest." Certainly they carry their ideals and their actions to extremes, but fundamentally there is some good in the constitution of their thinking; for, are not selfishness and greed the basic causes of the troubles of any nation? Here is where a challenge to us as women appears. Teach humility, unselfishness, love in our homes. "The hand that rocks the cradle rules the world" is an old saying but it portrays the poignant influence we as women possess. The old cradle is gone, old-fashioned, not approved of in the 'twenties, but now psychiatrists advise, "Rock your baby; let him know you love him; let him know the security of your arms. The feeling of love and protection will influence him from birth."

Speed is a governing factor in our country today. The automobile is manufactured to travel at a hundred miles per hour. However, our traffic laws say in no way may we drive more than seventy miles per hour. This creates the temptation for many young people to see how fast their cars will travel, and has been the cause of many accidents and fatalities. Here is a study into which our Canadian women should delve.

Speed, along with its twin trouble-maker stress are constant companions to workmen in general. The factory worker with the belt line system is under pressure from the time he starts work until the whistle blows. Deaths from heart attacks point out the danger of letting speed control our lives. In the business world, decisions must be made at the snap of a finger. Compassion is almost an unknown word — so we have hypertension and heart disease undermining the health of our young people. Most deaths from heart attacks among our younger generation can be attributed to either of the two demons ruling our lives — speed or stress. Could we not, as women entering the new century, advocate the slowing down of our system of living, enjoying our

work more fully, our lives more naturally? The noon siestas in the warmer countries where heart attacks are almost unknown should teach us the value of taking time to breathe, to take stock of ourselves, to let our bodies take over simply learning to relax and rest. This would eliminate, to a great extent, the cause of the stress so evident in our modern way of living.

The growing use of alcohol and drugs is currently under observation. Popularity, according to advertisements on television, radio or in the press depends upon the lavish use of alcohol at all social events. There is no trace of moderation. Yet we all know the danger of taking alcohol to excess. At the present time a newer escape in the ugly form of drugs is raising its head amidst our young people. Our attention is drawn to the tranquilizing effect of the drugs and, as with alcohol, the happy feeling for which so many are seeking. Is not this a field we as women could explore as we ask why should so many of our people seek a means of escape, not facing the realities and responsibilities of life.

The New Morality is a topic of note at present. Many opinions of older folk are scoffed at. But what is morality? Why say new morality? Morality is the same, old or new. Here I believe is a challenge to us as women to "hold the line", to set the example of wholesome living. If this question is not controlled, home life may be dangerously challenged and a happy married life could be destroyed. Stricter censorship of television programs, encouragement of the production of more wholesome movies, with less focus on sex films, could do much toward helping our younger generation attain joyful, rewarding lives.

In every field — business, teaching, professional, women are meeting the challenge of working side by side with men. Women lawyers are coming to the fore, as are doctors, veterinarians, ministers. I have just finished reading an article in "The Canadian Churchman" which states, in part, that women — young women — are going into places men have found most strenuous and they are successfully carrying out their work. This was at the Canadian Northwest, and the article went on to explain the shortage of men in these occupations opened doors for these women.

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Story-telling is not conversation but parlor entertaining.

—From Homes and Families published by the Extension Division of the University of Saskatchewan.

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