

changing role of women in family farm life, child care, pressure on families, the impact of rural depopulation, and access to support organizations (Agriculture Canada, 1987).

Farm women live within a milieu which is more patriarchal than for many other North American women. Add to this the effects of the economic crisis, and the shortage of mental health services in rural communities, and we have a problem which requires immediate attention. Innovative steps are being taken in the form of farm women's groups, shelters, crisis lines, self-help groups and education of rural health care workers. A thorough documentation of Canadian farm women's mental health needs, and their level of satisfaction with services would aid health care planners in the establishment of these rural services.

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RUTH A. GILBERT

Manana Split

Preparation

Take one child, preferably young, before she's had a chance to toughen, and smash her one.

Just one good hard whack should do.

Smile and administer chocolates after the blow.

Remember to hold her afterwards quite closely,

because you can't stand the sight of tears.

Hate helps, but tell yourself it's love.

She's such a helpless thing after all.

This should produce the necessary malleable consistency.

Flavoring

The stomach is of essence here, requiring a certain finesse on the chef's part.

What is wanted is a unique blend of terror and reassurance.

Murder someone close, then throw several small incendiary devices

in her vicinity precisely placed for their disruptive effects.

One must be careful here.

Too much and she'll give up causing an overly acid result,

or simply destroying the whole project.

For piquancy,

give her as many gifts as you can and steal them from her when she is not looking.

Then let her steal them back from time to time.

Cooking

Let her ferment slowly in her own bile then apply heat in intermittent blasts.

Serves: Almost any number

Accompaniments:

Flowers and a Ph.D.

PAT WHEATLEY

Incommunicado

Suburbia —

large lots
mown grass but no flowers
half an acre of
owned woods

executive
bay-windowed, heat efficient
indoor-outdoor mainfloor
families
cowering behind
two-car garages —
where

darkness of summer leaves
shades the neighbours'
cluster of mailboxes
threatening

from the outer world of
terrorists
welfare recipients
rapists and muggers —