



## **Fads and Fashion**

By Dr. Linda Hancock

### **ABOUT THE AUTHOR**

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email [office@drlindahancock.com](mailto:office@drlindahancock.com)

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Do any of you remember party lines or eight-tracks or home milk delivery by a horse and wagon? All those things were part of everyday life forty or fifty years ago. Times change.

Even in the past five or ten years we have experienced significant changes in technology, travel and communication methods.

Today I went to have my hair styled and some of the patrons were talking about the fact that perms are coming back into vogue. Some things disappear and then reappear again.

Life is very different from the time when Canada became a nation one hundred and fifty years ago. We don't hang freshly-washed clothes in a tree to dry or use a canoe to visit neighbours. Soap and prepared foods can be purchased in establishments that are open all hours of the day and night so they don't have to be made at home. Immigrants can move to a new country knowing that they don't have to permanently say goodbye to friends and family.

But many things have not changed and are still important in our daily lives.

1. Telling the truth - It doesn't take very many lies until people stop believing and trusting you. When you consistently tell the truth others develop confidence that they can depend on you and that your word is golden.
2. Paying your bills - A good credit rating is a sign of good character. Often individuals incorrectly use words. They ask to "borrow" something but don't have any intention of returning it. By doing this, they actually shoot themselves in the foot because it doesn't take long until the "lenders" catch on and stop the "lending".
3. Building relationships - The song states "No man is an island. No man walks alone." We all need to have acquaintances, co-workers, family and friends with whom we can work, laugh and share life's experiences.
4. Being an example for others. Sometimes I hear people state that they have the right to make their own choices but then choose to break the law, ruin their health or live in chaos. You absolutely can do whatever you like! Just remember though that others are watching and may wish to duplicate you. One day you may wake up to learn that the child or grandchild you have loved so much is facing consequences because s/he has followed in your footsteps.
5. Faith - We all need to believe in something that is bigger than ourselves. Some believe in specific causes or organizations. Others are patriotic and believe in our country. Still others have a spiritual faith. Many embrace all three categories.

We are now on the doorstep of Canada's 150th Birthday celebration. We've come a long way in the past century and a half. Fads and fashion have come and gone. Some have even returned for a second run. One thing that has not changed, however, is the fact that we live in a country that offers us freedom and opportunity. We are blessed.

"God keep our land, glorious and free".

Happy birthday, Canada!