



The Proper Training of Children

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THIS was an oft used expression by my father. "Hold your horses!" carried with it the idea of self-government. This surely is an ideal to be aimed at by parents, in the training of their children. Start early and never cease in your efforts to make the child a self-controlled individual.

If this is to be accomplished, there must be at times an opportunity given for the child to have his own way in deciding his course of action. For instance, the boy asks permission to attend a place of amusement, in the evening. You know his homework is unprepared. You know he needs regular sleep. But he insists. Point out to him the uncomfortable position he will find himself in to-morrow, with no homework done, with a drowsy feeling all day, and as a result, many unhappy hours. Ask him whether the pleasures of the night will not be more than spoiled by the experiences of next day.

Then say, "I am not going to give or refuse permission. You must decide for yourself. If you think you should go, do so; if not, remain at home." Should he decide to go, do not prevent him. He will not forget what was said about to-morrow, and it will do him more good than if you simply refused his request. He may, however, remain at home, and as a result of having conquered himself, will be happy all evening and for days after. Then again the memory of this victory will give the boy a certain commendable pride and self confidence, which will strengthen him for some new victory over self.

These opportunities should be frequent, especially as the child grows older. When he reaches the age of fourteen or fifteen, if he has responded well to your direction, tell him he need no longer ask permission to go places, but may simply tell you where he is going. Such a day will be a red-letter day in his life. He will rejoice in this freedom. He will boast of it to his chums, and moreover he will be very careful where he goes for fear this favor may be withdrawn. The thoughtful person will readily see the moral effect of this. When the child leaves home or loses his parents he will not be let loose to run riot! He will simply go on doing the right thing because willingly he has been doing so for some time. He has formed habits of self-control.

Most of the very sad spectacles of young people not knowing how to behave when away from their parents are the result of being ruled with an iron hand, without the chance to learn self-control. The child should be taught that "he that ruleth his own spirit is greater than he that taketh a city." Teach him also that self-control is the secret of the power of controlling others. Teach him that self-government is the only sure road to the highest success in any calling in life.

It is related of the Duke of Wellington, that in the Peninsular campaign, he was once sitting at breakfast with Picton and other officers just before an important engagement. Orderlies were riding up to the tent every few minutes with news of the steady approach of the enemy. The Duke did and said nothing, but knitting his brows seemed to be in deep thought. Presently he turned to his companion and asked: "Was your egg well cooked, Picton, because my egg was abominable." The Iron Duke was not careless of the issue of the battle to be fought. He had made all arrangements long before, and he knew exactly how the enemy would advance and what he should do to counter-act him. If in later life your child is to exercise his cool self-control, he must learn to think out the great fundamental principles of right living so that when emergency comes he knows just what to do, thus avoiding the confusion, annoyance and weakness resulting from indecision and lack of self control.

Should the Will be Broken?

Very important and far reaching is this question. Some parents think that the child should be "broken in" after the old style of "breaking in" of colts. Is this necessary? Is it wise? May we, in answering, ask a further question. Why is a child possessed of a will? Why is he given reasoning faculties, if not to make life more successful? Would it not be a good policy to follow the Divine Plan? To control man He does not break his will nor even force it. He uses motives to bring the will of man into accord with His

will. I conclude then that the only wise course for parents is to use inducements which will appeal to the child's mind and thus bring his will into accord with their will, and so gain obedience. Each time the child's will is forced it is weakened so that in time a slight pressure will cause him to give up. Thus is open a wide field for all kinds of temptations and with them a ready yielding. Then, too, when a difficult task is presented to such a child whose will has been weakened, he gives up in despair instead of saying, "I can and I will do it," and with resolution going on to success. But some parent asks what inducements should be held out. Here again, study the Divine methods and apply them. The child, like the man, has a certain set of desires, appetites and passions. Some one or more of these must be appealed to if we would influence him. Surely the Creator should know best how to control the creature. I therefore conclude that we act the part of wise men when we follow His plan. Just here is where the great law of the relative control of feeling and reason may be used practically.

Weaklings abound, both male and female, largely because they have so oft been compelled to yield blindly to another that like the horse with bit and bridle, they think they must turn this way or that at the slightest pressure from another. They may when alone resolve most solemnly never again to yield to another and do the wrong act, but when the pressure comes they feel they must yield. They are conscious of little strength to resist. This is largely due to the "breaking in" policy of many well intentioned parents and teachers. Then, when the logical end is reached and the drunkard reels down the street, when the fallen woman languishes in a prison cell or when the criminal dons his prison garb, hands are raised in holy horror, and these are all despised. But I agree with Dr. Gilmour, Patrol Officer for Ontario, who says: "More criminals are weak than wicked." Weak because their fine will power has been stolen from them by those who thought they did a kindness. The Almighty never forces a man. He puts before him promises, prizes, rewards and threats. He appeals to his better self. He is infinitely patient. He warns of the danger of a wrong course. He even condescends to beseech with weeping; but He never compels, excepting by the compelling power of motives. The judgment is convinced and the heart is won. This is the only safe and true method with man or child if we are to build up a strong, progressive, highly intelligent and moral manhood and womanhood.

A Secret

Few need to be told that the new born babe is scarcely more than a bundle of feelings, and that for some time it is influenced and controlled wholly by feeling.

From the above facts of mental science the following lessons are learned in child training. First, to control a small child his feelings must be touched, either by corporal punishment or by conveying the adult's feelings of sorrow, pain and disapproval by words or acts to the child. He may not understand the meaning of your words any more than the scolded or praised dog does, but like the dog he will get your feelings and will thus be influenced. Secondly, that when the child nears maturity his reason must be appealed to more and more if you would control him. Thirdly, that the most interesting and at the same time most critical period is between the ages of twelve and sixteen. At this time reason and feeling should both be appealed to if success in controlling is to be the result.

Next Month's Article

IN April Mr. Gunton will continue treatment of the child's reasoning powers—whether or not he should be allowed to reason things out for himself or subjected to blind obedience. The article is one every mother should read.

—THE EDITORS.



"By Using Royal Baking Powder You Can Make a Big Saving in Eggs"

Leave out one-half or more of the eggs, and in place of each egg omitted use an additional teaspoon of

ROYAL BAKING POWDER

Try this method with all your baking recipes. You will find it a most satisfactory way of economizing.

Also try the following recipes which save wheat flour as urged by the Food Administration.

Oatmeal Biscuits

1 1/2 cups flour	3/4 cup water
3 teaspoons Royal Baking Powder	1 1/2 cups cooked oatmeal
1/2 teaspoon salt	or rolled oats
2 tablespoons sugar	6 tablespoons shortening

Sift flour, baking powder, salt and sugar together. Add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board; cut with biscuit cutter and bake in greased pan in moderate oven about 20 minutes.

Prune Cake

1/2 cup shortening	3 teaspoons Royal Baking Powder
1 1/2 cups brown sugar or 1 cup corn syrup	1/2 teaspoon cinnamon
1/2 cup milk	1/2 teaspoon nutmeg
1 cup rye flour	1 lb. prunes (washed, stoned and cut into pieces)
3/4 cup white flour	

Cream shortening; add sugar, or syrup, and milk. Mix well and add the flour which has been sifted with the spices and baking powder. Add the prunes and mix well. Put into greased loaf pan and bake in hot oven 30 to 35 minutes.

Send for our new economy book "55 Ways to Save Eggs." Mailed free to any address.

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