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The Primary Quarterly

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January

I'm little January ;
Perhaps you do not know
How far I've come to see you
Across the fields of snow.

I've lots of little sisters,
A little brother, too,
And every one is coming'
To make a call on you.

But I got ready quickly,
And came right straight off here,
To be the first to greet you,
This happy, bright New Year.

—Child's Hour

When the Little One is Afraid

By Rae Furlands

Of what ? Dogs, cows, the dark, thunder ?
Of anything. How shall he be dealt with ?
Unless he is helped to overcome his fear,
life, for some years, will go hard with him.

One thing to avoid is ridicule. A child
cannot be laughed out of his fears. He may
keep them to himself, but if he does he will
suffer more.

One way to overcome fear is not to say
much, nor indeed anything, about it but try to
produce an opposite feeling. For example,
if the little one is afraid of a dog, give him
one to pet. He will probably learn to love
that one, and, for its sake, have some regard
for other dogs.

A little girl who was desperately afraid of
earth worms, was taught to overcome her
repugnance of them by feeding them. She
and her mother watched them come out of

the ground and placed a flake or two of rolled
wheat near by. This was quickly found and
drawn into the hole by the worm, and the
child's interest became so intense that she
forgot her fears.

By exercising thought, something to excite
childish wonder may be found in almost any
live thing, and, as interest increases, fear will
decrease.

A two year old baby shuddered in her sleep
at the distant sound of a train, so fearful of
engines was she. Of street cars she had no
fears. One day her aunt explained to her
how the street cars kept on their tracks. She
could appreciate this. Then they went to
the railway tracks, when they were clear, and
the child was told that the trains kept right
on these,—they never came on the street.
Would it not be delightful if one should come
along now and bring uncle home ? Poor
uncle could not come home if the train did
not run on its tracks from the place where
he was, to here. This was to her, a new
aspect of trains, and, before the day was
over, she was willing to go and see one pass.
Soon, instead of being a terror, trains were a
delight, so long as she was at a safe distance
from the tracks. Her aunt was careful to
teach her that she must not go on the trains'
"sidewalks" any more than the trains would
come on ours.

With regard to thunder, older people must
be careful to show no fear before the child.
Usually fear is produced in the first place by
example. Tell the children something of
what causes it, and, as a rule, though they
may be awed, they will not be afraid.

Perhaps the most common source of fear
amongst children is darkness. With the