

The Farm Home

The Country Home.

A Paper Read by Mrs. F. M. Carpenter
Before the Saltfleet Woman's
Institute

(Continued from last issue.)

Mothers, homemakers, the coming women, what will be your life's influence? It is felt long after you have gone to rest. The poet says: "As the shadow of a tree that to and fro did sway upon a wall our shadow selves, our influence may fall where we can never be."

Give your children the best education your means will allow. Do not check the natural intelligence of the child who always asks an explanation of terms or phrases it cannot understand and who is never willing to repeat parrot-like that which is incomprehensible; he will far outstrip in education the ordinary routine scholar. Education goes on with children at home, in the street, at church, at play, everywhere. By teaching them close observation, developing an eye for Nature's beauties, you will perceive how much more enjoyment they have in life and how far it strengthens the home ties.

Nature will be reported. All things are engaged in writing her history. The planet goes attended by its shadow; the pebble leaves its impress in the sand; the rolling rock leaves its scratches on the mountain, the river its channel in the soil, the animal its bones in the stratum, the fern and leaf their modest epitaph in the coal; the falling drop leaves its sculpture in the sand or stone; not a footstep in the snow nor along the ground but prints, in characters more or less lasting, a map of its march, and so it is with the child. In youth is the impression made for weal or woe, therefore let us watch the inclinations, the associates, and be as careful as lies in our power that good impressions alone are brought to bear on the child mind.

A president of a college said he received his education in his mother's dye-tub. The covered dye-tub stood near the fire in New England kitchens, and was a comfortable seat for the children while the mother carried on her work. Horace Greeley throughout his life declared that the strong bent of his character and his noblest aims had been given to him before the age of five, as he stood by his mother's spinning wheel learning to spell. Cromwell's puritanism was taught to him, not by his parents or tutors, but by a maiden aunt whose belief was rigid and strong. Tourgenieff gained his passionate love of that freedom which dominated his character before he was ten years old from a serf belonging to the family. The serf ended his life in Siberia, but he had fitted the boy to

become the emancipator of his race. Mendelssohn was destined to be a pedlar, and the pack was actually bought and filled for his back. But the influence of an usher in his school had wakened new longings and hopes in his soul. He struggled against his fate, and at last was fitted to utter the high message given him to deliver in music. All the influences of Lord Beaconsfield's youth were intended to make him a scholar, but because he was the only Jew in a large English school he was treated with contempt. It was this injustice that roused in him a fury of ambition to lift himself above his tormentors, which made him resolve, before he was ten years old, to become Prime Minister of England and work steadily towards that end every hour of his life.

In the life of almost every leader of men some influence in youth has opened and directed the currents of thought and action. The best service a woman can do is to devote the major part of her executive ability, intelligence and interest to her own home. Every neglected home is a disgrace to society whatever the cause. Any life is wrecked that is torn from its true relation. No matter what philanthropic movement, what interest or how important it may be in the eyes of the public, if it causes a woman to minimize relations to her home, it is a wrong done to her family and to society.

Materials Required for Human Food.

The human body requires a certain amount of food. Not only does it require a definite quantity but it requires a food of different kinds. To maintain perfect health a person must have a knowledge of the nature and quantity of the different foods requisite to maintain the human structure in order that he may be able to adjust his diet to meet the needs of the case. The following list of ingredients of human foods taken from a recent issue of the New York *Ledger* will be found of value to those interested in this subject:

THE INGREDIENTS OF FOOD.—These are divided into three classes: First, those purely inorganic in their nature, found in organized and unorganized bodies. They crystallize, and have a definite chemical composition. To this class belong water, the chlorides of sodium and potassa, phosphate of lime, and the carbonates of soda, magnesia, and potassa. These are necessary ingredients of food and drink, and are found universally in the human body. Water is everywhere, even in the teeth, and constitutes nearly four-fifths of the entire weight of the body.

Obtained from without, it helps as a solvent for other ingredients in the fluids and solids of the body, and leaves it nearly the same as it entered, having passed from mouth to intestine, thence to the blood, then into bone and tissues and secretions, and is finally eliminated by the skin in perspiration, exhaled from the lungs in the breath, and excreted by the kidneys. So, mothers, be generous of pure water.

COMMON SALT.—Chloride of sodium, or common salt, is found in all parts of the body—except in the enamel of the teeth. Salt is needful in many ways. It helps dissolve albumen and earthy phosphates, while exactly in a different form of action it preserves the integrity of the blood globules. Found in every tissue, fluid or solid the craving for it by the appetite is instinctive; a man can die from lack of salt as readily as from lack of bread.

LIME.—Next to salt, both the phosphate and the carbonate of lime are important, because these help to build up the bones, and are of vital importance in the formation of the teeth; and right here let me remind mothers and nurses that both the enamel and the dentine of the teeth are largely made up of lime, and it only reaches the body through food and drink. We find a very small proportion of lime in the pure white flour, and the two common uses of white bread may be one reason why so many children have soft bones which readily deform and poor teeth which readily decay.

WHEAT FLOUR.—An authority on the subject has said that in five hundred pounds of whole-grained wheat there are seventy-eight pounds of muscle material and eighty-five pounds of bone and teeth material, while in five hundred pounds of fine flour there are only sixty-five pounds of muscle material and thirty pounds of teeth material. Hence flour made from the whole grain of wheat is far superior to the old-fashioned graham flour. It is called gluten flour, is very rich in gluten and phosphorus, and is as free from starch as any flour could be.

Many people like oatmeal as an article of diet for children, and claim it is a source of bone food. It may do for some children, but boiled and strained, as the fashion is for small babies, my experience has been that it causes constipation; and without that straining the presence of the fine husks in the food irritates the mucous membrane lining the intestines, and so gives rise to inflammation of various sorts. I am, therefore, not at all prepared to recommend it as a general thing.

(To be continued.)