

nights. On any place or farm, therefore, graced by a horse stable to furnish the necessary manure, a hotbed can be made more or less profitable and a source of great satisfaction.

Generally speaking, its construction should take place about the first of March, but no exact time in any locality, of course, can be determined, as all will depend upon the weather conditions, which are always more or less uncertain. Whatever the locality, though, the bed should not be started until there is every evidence that winter has given away to spring.

The first step, then, is to procure a sufficient quantity of horse manure from the stables and add to this from three-fourths to an equal amount of leaves, which should have been gathered and saved for the purpose the fall before. Having mixed thoroughly, tramp the mass down in successive layers, each of about equal dimensions in every way, so that fermentation will commence at once, even though the weather be severely cold. As soon as fermentation becomes active, which will manifest itself by the escaping steam from the heap, the mass should be turned and treated as before. In two or three days the second fermentation will commence, and the composition will then be ready for the pit.

This should be dug thirty inches deep and any size desired. If a permanent hotbed is wanted, it should be walled up all round with brick laid in cement, double thickness, and level with the surface of the surrounding earth. And the site, by

individual. Stress and overstrain does not all come from excitement and the rush of competition; it may equally well originate in lack of variety and unrelieved routine. How true this is, is seen in the fact that insanity, caused in this instance chiefly by the stress of monotony, prevails among the farming people of frontier communities out of all proportion to the normal ratio.

Farming is naturally the most healthful of the industrial occupations. The work is for the greater part done in the open air and sunshine, and possesses sufficient variety to be interesting. The rural population constitutes the high vitality class of the nation, and must be constantly drawn upon to supply the brain, brawn, and nerve for the work of the city. The farmer is, on the whole, prosperous; he is, therefore, hopeful and cheerful, and labors in good spirit. That many farmers and farmers' wives break down or age prematurely is due, not to the inherent nature of their work, but to a lack of balance in the life of the farm. It is not so much the work that kills, as the continuity of the work unrelieved by periods of rest and recreation. With the opportunities highly favorable for the best type of healthful living, no inconsiderable proportion of our agricultural population are shortening their lives and lowering their efficiency by unnecessary over-strain and failure to conform to the most fundamental and elementary laws of hygienic living, especially with reference to the relief from labor that comes through change and recreation.



Scene near Winnipeg—G.T.P.

the way, should be a dry, sheltered one facing, if possible, to the south and protected from the cold north winds by either an evergreen hedge or a tight board fence.

Three by six feet is the general size of hotbed sashes, and the number of these wanted must be determined by the amount of vegetables required by the family. If only the plants of cabbage, cauliflowers, celery, tomatoes, egg plants, lettuce and peppers are to be grown, one sash might be adequate for a family of six. But if the hotbed is to be used for the growing of lettuce, radishes, cucumbers and the like in addition to the plants to be transplanted to the open, and it can be, a large number of sash will be needed. This point each one must decide for himself.

It is not inappropriate to remark that a hotbed only needs a trial to demonstrate what a valuable adjunct it is to any garden. It is the best possible place for the growing of melons and cucumbers, which can be started after the first of the radishes and lettuce are out of the way. Vines, in fact, will do much better and produce more abundantly in a frame than in the open, provided proper care is taken to raise the sash, whenever the temperature will permit for a circulation of air, and that the glass is whitewashed as soon as the sun's rays become powerful. With the exception of a heavy clay, the soil used in hotbeds need not differ from what the garden affords, but for early crops a light, sandy loam is the most favorable.

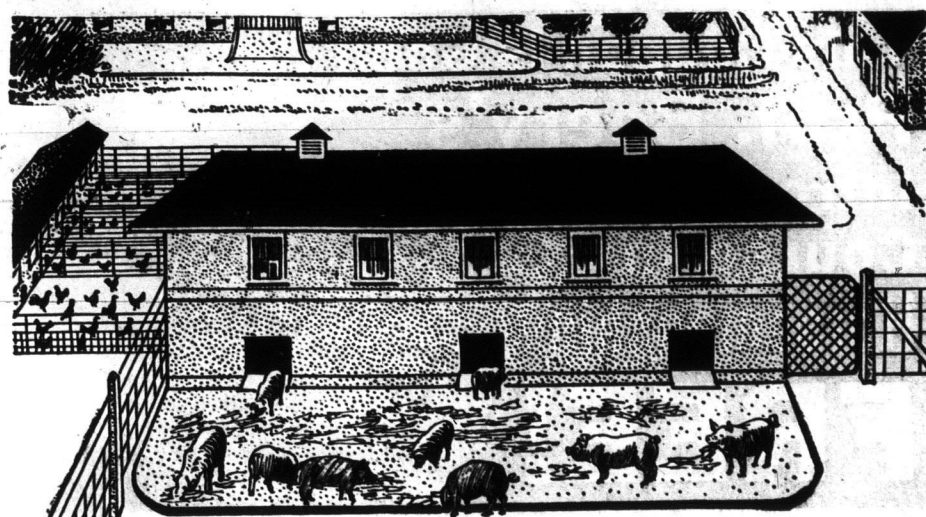
#### New Ideas in Rural Schools

The population of rural communities is necessarily scattering. The nature of farming renders it impossible for people to herd together as is the case in many other industries. This has its good side, but also its bad. There are no rural slums for the breeding of poverty and crime; but on the other hand, there is an isolation and monotony that tend to become deadening in their effects on the

The rural community affords few opportunities for social recreations and amusements. Not only are people widely separated from each other by distance, but the work of the farm is exacting, and often requires all the hours of the day not demanded for sleep. While the city offers many opportunities for choice of recreation or amusement, the country affords none. The city worker has his evenings, usually Saturday afternoon, and all day Sunday free to use as he chooses. Such is not the case on the farm; for after the day in the field the chores must be done, and the stock cared for. And even on Sunday, the routine must be carried out. The work of the farm has a tendency, therefore, to become much of a grind, and certainly will become so unless some limit is set to the exactions of farm labor on the time and strength of the worker. It separates the individual from his fellows in the greater part of the farm works and gives him little opportunity for social recreations or play.

One of the best evidences that the conditions of life and work on the farm need to be improved is the number of people who are leaving the farm for the city. This movement has been especially rapid during the last thirty years of our history, and has continued until approximately one-half of our people now live in towns or cities. Not only is this loss of agricultural population serious to farming itself, creating a shortage of labor for the work of the farm, but it results in crowding other occupations already too full. There is no doubt that we have too many lawyers, doctors, merchants, clerks, and the like for the number of workers engaged

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