

night lately, and neither of us knew the country around here, and we didn't exactly know where we were going, so we wandered around for some time and just found the flowers we were looking for when we heard the whistles go off for six o'clock. We gathered some of the flowers, which took some time, as we had to get the roots, too. Then we thought of going home, and we suddenly found out that we didn't know where we were. Well, we walked around for a while till we met a girl, and she told us where we were and how to get home. We walked over a mile before we got there, and were good and hungry when we got home, as it was an hour after supper time, and we both got a scolding for staying out so long, when it really wasn't our fault. Hoping I am not too much of a chatterbox, and that this will not fall into the w-p. b.

A HIGH SCHOOL GIRL (page 12).
York Co., Ont.

Don't gather too many flowers, Beavers; leave plenty of them to seed. A man in this city tells me that people are driving our wild flowers off the face of the earth by gathering too many of them. Let us protect the flowers, as well as the birds, and gather but very few. We can enjoy them in the woods, and draw or paint them there.

Dear Puck,—I had not intended to write so soon, but, as I saw a white robin, I thought I would let you know about it. My sister and I were taking my brother to his school. On the way there we saw this robin, and we stopped to look at it. It was sitting on the fence by the side of the road. Its back and head were pure white, with only a few brown feathers. Its breast was red like an ordinary robin. Well, I guess this will be enough for this time, as I wrote to you not so long ago.

RUTH ERB (age 9).
Sebringville, Ont.

You were certainly fortunate in seeing a white robin, as they are very rare. A man in this city who studies birds very closely, saw two a couple of years ago.

The Ingle Nook

[Rules for correspondents in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen-name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on.]

"The Herods of Our Day."

There was an article by Dr. Woods Hutchinson in a recent number of Saturday Evening Post which I wish all of you who have anything to do with children could read. I know that you can not, however, so am trying to do the next best thing, viz., condense the article so that you may get at least the main idea of it. I should like to reprint it in full, but it is very long, and space is limited.

The article bore the striking heading, "The Herods of Our Day," and investigation showed that the eminent doctor thus designated the so-called "children's diseases," more especially scarlet fever, measles, and whooping-cough.

Now, everyone knows that there is a great fright when scarlet fever breaks out in a neighborhood, but that little concern is felt should the epidemic be only measles or whooping-cough. Doctor Hutchinson argues, however, that no disease should be despised, for there is no knowing the effect that the disease, however mild usually, may have upon certain children. As a matter of fact, while scarlet fever is responsible for an average of 6,333 deaths annually in the United States, whooping-cough causes an average of 9,958, and measles of nearly 13,000 deaths, usually as the result of some complication that has set in when the causative disease was apparently cured. It is commonly known that weak eyes often follow measles. It is not so well known, however, that throat and ear troubles, kidney troubles, catarrh, influenza, pneumonia, bronchitis, and even tuberculosis, are just as likely to be precipitated as weak eyes, usually, it may be added, as

a result of carelessness during the convalescent period, when the body is especially susceptible to floating germs of various kinds.

Dr. Hutchinson would like to kill at one blow the common idea that children "must" have measles, whooping-cough, mumps, etc., at some period. These are purely germ diseases, and no one need have them unless he is directly exposed to the bacteria. For this reason, any child affected with them should be isolated at once, and kept so until the period during which the disease can be disseminated, has passed. Were care in regard to this observed, with proper care in nursing, two-thirds of the deaths recorded above, the writer says, might be prevented.

Now, to come down specifically to "directions". In order that children shall be constitutionally strong enough to resist taking disease, or to come through it safely if contracted, they should be at all times well nourished, well supplied with good food, pure air, pure water, and exercise, and kept ordinarily in as good a state of health as possible.

Even the best cared-for child may, however, through temporary lowering of vital resistance, chance to take disease. In the preliminary stages of all three of the diseases under consideration, the symptoms are very similar, a snuffling nose, sore throat, loss of appetite, and feverishness, as in the case of a heavy cold. When these symptoms appear, put the child in a room by himself, as far removed from other children as possible, and treat him as follows, until it is evident whether he should have professional medical advice or not. In the words of Dr. Hutchinson: "The general plan of treatment for all of them (scarlet fever, measles, whooping-cough) might be roughly summed up as: rest in bed in a well-ventilated room; sponge-baths and packs for the fever; milk, eggs, bread, and fruit diet, with plenty of cool water to drink, either plain or disguised as lemonade or 'fizzy' mixtures; mild local antiseptic washes for nose and throat, and mild internal antiseptics, with laxatives, for the bowels and kidneys. There is no known drug which is specific in any one of them, though their course may be made milder, and the patient more comfortable, by the intelligent use of a variety of remedies which assist Nature in her fight against the toxin." It will be understood, of course, that the antiseptics and "remedies" referred to must be those ordered by a reliable physician.

Since the period of recovery is one of great danger, the system being then weakened and ready to form a good growing-ground for any stray microbes of influenza, tuberculosis, etc., that may be encountered, it is of great importance that the child be taken great care of until as well as ever again, the care during this time being practically that given while he was at the height of the disease, except that he is not so closely confined to bed. That he be still kept isolated, until he can no longer communicate the disease to others is, of course, necessary for the sake of the community, while his staying in for a time also ensures his own safety (provided home conditions are right) until the critical period has passed. Fresh air must be given during this time, but in promiscuous going about out of doors at all times of the day there is danger of a chill, which the weakened system cannot stand.

Dr. Hutchinson observes the rather curious fact that, although scarlet fever, measles, and whooping-cough, are known to be caused by living germs, those germs have not yet been isolated, because of the fact that no animal or bird yet found can be made to take these diseases, experimentation being thus prohibited. For this reason no anti-toxin has as yet been discovered for any one of the three. Until this has been done, "care" is the main consideration. "To sum up in fine," he concludes, "intelligent, effective isolation of all cases, the mild no less than the severe, would stamp out these Herods of the Twentieth Century within ten years. In the meantime, six weeks' sick-leave, with all the privileges and care appertaining thereto, will rob them of two-thirds of their terrors."

The Boy in Training.

Just now we hear a great deal about the exploits of our athletes. Nearly every boy drinks in these stories, and

longs for the day when he, too, will do something of which he may be proud. Sometimes he has the foolish ambition to be a mere runner, or boxer, or ballplayer. The thing that ought to please the boy and to delight his parents and teachers, is that the boy has ambition. It is his duty and their duty to see that the ambition is wisely directed. He and his friends must never forget that he is in training for something. Each hour he lives, each lesson he learns, each book he reads, each companion he meets, is bringing him nearer the kind of man he is to be at forty or fifty. He is in training, but for what?

The boy who is idle, shiftless, and untrustworthy; who spends his pennies thoughtlessly, who scamps his lessons and shirks his home duties, is training for rags and poverty, or the jail, or the poor-house. The boy who lets his temper run away with him, who slyly indulges in hard cider, who can't control his tongue, or who settles disputes with his hands rather than with his head, is training for the penitentiary or the gallows. He and his parents may not think so, but such may be the case. Nearly every great criminal begins that way. We all know cases that illustrate this fact.

The boy who keeps his body clean by lots of play and labor, who is to bed early, who learns his school lessons thoroughly, who refuses to be mean or false or cowardly, who has learned to control his tongue, who keeps his honor bright, and who has learned to be thorough, is in training, too. The boy who is busy at wholesome play or useful work, who learns all about his job and who gives himself no rest till he is doing the biggest job that he can do thoroughly, is in training, and we'll hear about him one day. He'll be a high court judge one day, if he studies law. He'll be in the cabinet if he enters politics. He'll be a leading citizen if he lives in a city. He'll be one of the farmers we're proud of if he studies agriculture.

Every boy is already in training. He cannot wait till he leaves home, or till he is in business on his own responsibility, for his training to begin. He has been in training ever since he knew anything. Training is just another name for practice. Practice makes a man an athlete, a business man, or a professional man. The question is, for what is the boy in training? In ten or twenty years everybody will know what he is practicing to-day. The boy and his parents should know now, and understand the training that is going on to-day. School trustees, ministers, day and public school teachers, should be thinking about what the boy is training for. Above all, the boy should take his training seriously. He is the one most concerned. In 1920, some will be in our jails and prisons. Others will be loafers and tramps, dirty, ragged, despised. Others will be clean, upright, honored, loved. Some will be our merchant princes, our leading and trusted lawyers, or ministers, or doctors, or parliamentarians, or captains of industry. To which class the boy now aged fifteen will then belong, depends upon his training here and now. Never was the call louder or the demand greater than it is now, or than it will be then, for men who hate shams and lies and double-dealing and laziness, but who prize knowledge and intelligence and integrity and industry and self-control. The question is, will the boy go into training for that for which the world is willing to give the largest and the best prizes?

York Co., Ont.

O. C.

We should be much pleased to hear ideas from others on child training—surely a most important problem. Have you learned anything—by mistakes or otherwise—in the training of your own children? Then here is an opportunity for you to help some one else, some mother in perplexity, or some boy who might not be as good a boy, but for your advice. Have you any question to ask in regard to training your children? Then ask it. Someone, surely, among our multitude of readers, will be able to give you a word of advice.

Here are some topics: Write us on some of them (not more than two or three at a time, please, as our space is so limited), if you feel that you have something worth saying about them:

(1) Do you believe in whipping disobedient children? If not, why not; and what would you do instead?

(2) What do you think of the effect of promising children punishment for disobedience, and failing to carry out the threat? Also what do you think of the very common practice of threatening children with "the dark," "the school-teacher," or "the doctor," when trying to enforce obedience?

(3) What would you do with the child who mopes, or pores over books all the time and will not play? Why is it necessary that the child should play? What would be your course in order to induce children to "straighten up," to walk well, and hold themselves well, and to be particular about bathing and care of hair, teeth, and nails? Do you consider that personal appearance will mean anything to the future life of the child?

(4) In what way would you lead the children to be kind, both to their playmates and to animals? Do you think nature-study (study of birds, plants, butterflies, clouds, etc.) of use to children? If so, how would you develop a love for these things?

(5) Do you consider a love for reading useful to boys and girls? If so, how would you lead the child who does not care for reading, to care for it? On the other hand, how would you lead the child who is likely to spend too much time on it, to divide his time better?

(6) What steps do you think most effective in leading boys and girls to help with the work about house or barn? What would you do with the child who seems lazy? Do you think illness is ever mistaken for laziness in the case of the child who seems too listless to want to work or play?

(7) Discuss "telling lies" among children, and the remedy; also selfishness, and dishonesty. What is the best way to develop, in a child, a spirit of honor, magnanimity, and fair-dealing?

(8) What steps have you taken to give your children pretty manners?

Now, won't you write us letters (not mere answers to questions) on the above? For the best letters we shall be pleased to send books as souvenirs; well-chosen books, from the world's best writers. The subject is most important, and we feel that you parents can help one another wonderfully, if you will.

Women as Gardeners and Farmers.

We have received the following from an Englishwoman in Canada, who is imbued with enough public spirit to want to "pass a good thing on":

Editor "The Farmer's Advocate".

A great deal of interest has been aroused in the above subject, and I thought my experience might encourage others, although I have had many disappointments. I came out from England over two years ago, and before I was married we looked out for a place to settle in. We wanted fruit, and the only place where we could get it had four acres, and both house and land in bad shape. We didn't realize what we were undertaking, especially myself, never having had even a flower garden before, and my husband being otherwise employed during the day. I regard the first summer as lost in one way, for having had no previous experience, we didn't know how to go about things. We let about three acres on shares, the rest is in fruit, and we raised our own vegetables. Well, sir, in spite of all drawbacks, we made nearly two hundred dollars, and had a good, well-filled cellar in the fall. We sold four hundred quarts of currants, besides apples, tomatoes, potatoes, etc. This spring we are setting quite a few asparagus plants, and replacing old currant bushes. We hire a man to do the plowing, and my husband does all he can night and morning. With one lady helper, we picked all the fruit, did all the hoeing and planting, all our own baking, washing, etc. We also keep poultry, and are getting bees. I have enjoyed better health than I ever did before. I like the work, and recommend ladies to go in for gardening, if they have any taste or fancy for it. The season is short and hard while it lasts, yet we find time for a little social intercourse with our many friends.

We are getting the place in repair, and hope to burn our mortgage before long, and retire to the simple life on our small estate. Wishing your paper every success.

AN ENTHUSIASTIC
LADY GARDENER.