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The National Council

PROVERBS may not be as generally accepted as they were by our forefathers, since we have proved so many of the old sayings unreliable. Among the ancient utterances, in which we yet have implicit confidence, is the dictum: "In union is strength." This is true in family life, in political circles and in international combinations. When there is civil strife, there is an opening for foreign attack, and, when there is unity within, there is little danger from without.

Years ago, the women of the various patriotic, philanthropic and literary organizations in Canada felt the need of a central body which would represent all their varied interests and act as a unified force in case of any action affecting legislation. The National Council was an outgrowth of this feeling, and has justified the step taken at its formation. Every year sees this Council taking a more important place as a representative and influential body. The account of this year's annual meeting, as given on another page of this journal, is indicative of the broad interests and high aims of this truly national association.

A Change for the Housewife

AS this paragraph is written, the prospect of summer holidays smiles rosy before us. The school children are talking of "exams," with a vision beyond of a summer in the country or at the camp. Occasionally we hear someone ask: "Why do we take so many holidays? Our grandparents did not seem to need them." Let us remind ourselves that we live in an age of greater noise and hurry than our grandparents knew, and therefore need a relaxation of which they had little need. There is so much in our modern life which is exacting on nerves and energies, that the man or the woman who attempts to live without holidays is likely to find himself under the painful and expensive necessity of taking a prolonged rest in either a sanitarium or a cemetery.

The housewife is the member of the home circle whose holiday needs should always be taken into consideration. She may be so busy in preparing the children for a visit to Aunt Mary or Cousin Lucy, who have the most delightfully cool houses that you can imagine, "away off in the country," as to neglect her own vacation requirements. But this is where some member of the family should assume authority and simply "pack" her off for a rest or a change, where she will not have to prepare a single meal or even wonder what she will cook for dessert. The housewife has a round of small duties which can become painfully oppressive in the course of a year and she needs a change to utterly new surroundings if she is going to renew her energies. A fashionable hotel is not what is required—nor is a visit to relatives always the wisest form of relaxation. There are, in this Dominion of numerous streams and a multitude of lakes, so many delightful spots for a rest, where tired eyes may find comfort in gazing on

Nature's green, and weary ears may listen with a sense of infinite soothing to the murmur of river or the soft washing of the lake waves. Work is good—one of the very best things in the world—and the busy woman needs one's compassion. But monotony is not good, and the woman who keeps house is likely at this time of the year to experience the dull ache which comes from too much of the same kind of toil. Even if the house has to go with the same old rugs or carpets for another year, take some of your spare dollars and have a change. A holiday for the housewife is a real investment, which means future dividends of health and brightness.

A Matter of Heredity

WE hear a great deal in these days about heredity. While it is hardly possible to overestimate the advantages of being "well-born," in the true sense of that much-abused term, it is only too easy to shift the responsibility for our own misdeeds or follies to the shoulders of some ancestor who cannot talk back, for the simple reason that he departed long since for another world. We go out on a cold and stormy day, without sufficient protection against the weather's inclemency, and a heavy cold may be the result. Instead of recognizing our own fault in the matter and acknowledging the adequacy of the cause, we resign ourselves to several days in the house and a course of syrups and balsams with the reflection: "Well, my grandmother always had weak lungs. Perhaps I take after her."

How much weakness and wrongdoing do we excuse under the specious plea that it is "in the family?" Your grandfather's violent temper is no excuse for your flying into a rage over trifles and making every one in the neighborhood supremely uncomfortable. Your great-uncle's tendency to tarry long at the wine is no excuse for your degrading yourself to a level which might disgust any self-respecting "lower" animal. There is sometimes an unhealthy amount of talk about

heredity in connection with disease. It would be hard to say how much of the inroad made by tuberculosis was due to fatalistic utterances about "consumption being in the family." Therefore, the windows were kept tightly shut, the patient was stifled and under-nourished and finally concluded that his was a hopeless case. The various women's organizations which have made a fight against tuberculosis and have aided in the equipment of a local sanitarium have done a great deal to dispel the idea that one is doomed to a tubercular death because one or two members of the family in a former generation suffered such a fate. Health is a condition which may be attained much oftener than the almanacs would lead us to believe. While we may not be prepared to go the length of professed Christian Science, the followers of that form of faith have done a great service in emphasizing the value of mental control and the truth that the Kingdom of Heaven is in us.



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