

The Country Homemakers

CONDUCTED BY FRANCIS MARION BEYNON

THE PASSING OF THE ROD

Much is being written these days about the intelligent punishment, or correction of children, and most of the writers condemn whipping unconditionally. Perhaps they are right. I hope they are, but in most of the homes in which I have seen this theory put into practise the children were hopelessly undisciplined. This fact, however, is not enough to condemn the theory that corporal punishment is unnecessary. Too frequently the people who have abolished whipping, fail to apply any other corrective measure unless perhaps a verbal protest against the child's conduct and an admonition not to do it again.

The great writers on child training do not advocate any such parental leniency. They recommend that the child should be made to suffer the natural consequences of his act as he will have to do in after life. If he quarrels with his playmates, isolate him; if he pretends to be sick until after school hours in order to stay outdoors and play, make him stay in bed as a sick child should; if he is deliberately slow about getting ready to go anywhere leave him behind and be absolutely firm about it. Many a child would rather a hundred times take a whipping than suffer the inconvenience of such a punishment, but that is beside the point. The child should be taught to feel that he has to pay for it himself every time he fails to obey.

I fancy the reason that corporal punishment sometimes seems to produce better results is that parents using this method can punish on the spur of the moment and get it over with, whereas the slower method requires greater firmness and strength of character than the majority of people possess or have the energy to exercise.

But it is time parents set about developing this quality of firmness, or with the passing of corporal punishment there will arise a generation of utterly undisciplined young people, who by their lack of training in self control will be utterly unfitted for the battle of life. It is true that corporal punishment is unkind, but a complete lack of discipline seems to me to be infinitely more unkind.

FRANCIS MARION BEYNON.

MANY HOMES FOR BABY

So many homes were found for the wee sick laddie all over Western Canada that we are giving notice here that he is being sent out in a few days to a farm not far distant from Winnipeg. Most cordially thanking our readers for their generous response to this appeal.—F.M.B.

WOMEN NEED TO GET OUT

Dear Miss Beynon:—I have intended writing to you ever since I came home from the Regina Convention. I am so glad to have met you there. I can feel now that we are indeed friends. Your page in the Guide is what I always look forward to, and in reading your editorial of March 10, "Whose business is it?" I decided to write at once as you wrote on a question that I am greatly interested in, as I know from experience the lonely life of the pioneer's wife on the prairies. When I came on to our homestead nine years ago with my husband and baby girl one year old, there were very few women who could speak the English language. We were 60 miles from the end of the railroad and twenty-five miles from the nearest doctor. But we decided to make the best of it and altho our house was only fifteen feet by fifteen feet, it was home to us. We also made room for a homeless young man who had his leg broken and could not manage for himself. Often it was three months at a time that I did not see the face of a woman, but I was not unhappy. We had a number of bachelor neighbors and we invited them for dinners and evening parties and did all we could to make life a little pleasanter for them, and thus we found happiness in giving a little pleasure to others.

We lived on the homestead there for five years. In that time two more babies came to our home with no other medical attention than that given by an inexperienced neighbor woman.

Then we moved to another farm nearer to a town. I had become so used to not going any place that I never thought of doing so, just stopped at home and kept at the everlasting work, which some way never seemed to get less, until with overwork and the eternal monotony my health gave way and I was a complete wreck. Then I began to realize how narrow the last two years of my life had been since moving from the homestead. I did not know my neighbor women who only lived two miles from me, and how I wished in my illness for a kind friend. I did not blame my neighbors as I knew I was as much to blame as they and that we were all making a big mistake. In looking thru the Grain Growers' Guide I read where the women of Saskatchewan were forming a W.G.G.A. I was quite taken with the idea and thought that we should do likewise. I asked my husband to go with me to the home of a neighbor, whom I had never seen. The result was that we now have a Women's Section of the G.G.A. with twenty five paid up members. Some will say, "But

we do so, as in almost every case our homes are the very best they can afford to give us. Then why make life harder for them by our discontent and thus make our home miserable for all?"

I will not ask you to publish this long letter, Miss Beynon, but if there are some parts of it that you think may be of interest to others you can publish them and I would be pleased to write to anyone if they care to write to me. With kindest regards to you, Miss Beynon, and all homemakers and G.G.A. members, I will sign myself

HOPE.

A PATRIOTIC DANCE

The ladies of Kelvin district held a patriotic dance at the home of Mrs. I. Schofield in February which was a success, the proceeds amounting to twenty-eight dollars, which was forwarded to the Belgian Relief Fund, Winnipeg, by Mrs. D. Schofield.

MRS. ADAM THOMSON.
Kelvin P.O., Man.

THE HEALTH OF CHILDREN

Healthy children are a real pleasure to their own parents and to all who come in contact with them, providing they are children with "healthy man-



A DAINTY BEDROOM, SIMPLY FURNISHED

I have not the time for such things." To such I will say, "Make time. You can do it, if you only think so." When your work gets on your nerves get out and away and if that is not possible, go out in the bluffs and listen to the birds singing. If your lot is a hard one, don't sit around and cry about it, get busy and do something. Smile and others will smile with you.

I find my work does not suffer when I take half a day off to attend our meeting or visit a neighbor, and whereas my doctor's bills used to be from fifty to one hundred dollars per year, in the last year since I have taken up other interests outside my home, I have not had one dollar of a doctor's fee. I might say my worst troubles were bad nerves and a weak heart.

But I think the best time of all was the Regina Convention, the first time for me to go away and leave my husband and the children at home alone, but they managed nicely and I enjoyed my trip so very much. It is something to think about with pleasure while attending my home duties and perhaps help to lighten the life of others by my telling them about it. I can understand the hopeless feeling of the women whom you write about, as I have often felt the same as they, and thought at times that life was not worth living but I did not write and tell anyone of my feelings at that time. I consider we are disloyal to our husbands when

we do so, as in almost every case our homes are the very best they can afford to give us. Then why make life harder for them by our discontent and thus make our home miserable for all?"

Granted a healthy baby to begin with and a mother able to nurse the baby, two points are often overlooked. The first is, regularity in the habits of the child from the first, and the second is, understanding what the baby cries for, and acting accordingly. I visited a neighbor not long ago, who nursed her child three times in the hour and a half of my visit. Every time the baby cried it was fed. After it was fed, it always threw up about two-thirds of its meal. It is very easy to get a baby into this habit and very harmful. The first six weeks feed the baby every two hours, then every two and a half hours, and from the fourth to the eighth month every three hours, and from then on every four hours to one year.

One reads a great deal of advice to mothers in various journals. This advice needs to be taken with a grain of salt, I have found by experience, for no two babies are just exactly alike. One reads "Do not take up a child

when it cries if there are no pins sticking into it, or if it is not hungry or does not need changing." Now, I wish to say that a healthy baby, nine times out of ten, does not cry unless there is something wrong. Some babies are very colicky even long after the third month. To hold them in an upright position and pat them gently but smartly for a minute usually brings up the gas, so why let the baby lie there and cry for ten minutes longer. Then, too, the present day idea is always wake up the baby when nursing time comes. That is all right when the baby has had a good sleep, but oftentimes the wee things will have a colicky spell, or for some other reason be wakeful until about half an hour before next feeding time. Then it is not best to wake them up from a deep refreshing slumber. Let them have a sleep for an hour, or even two, but in a small baby in the day time, it is best not to leave them longer without feeding.

If weaning at about five or six months and the prepared cow's milk is too loosening or irritating for the bowels, arrowroot biscuit rolled fine, scalded with a little milk and cream added will often be a very good food. That is what I fed my oldest child from five months to ten months. She walked at ten months and gained the proper amount right along.

After one year of age, when the teeth begin to cause restlessness at night be sure and feed lightly at night. Do not give egg or beef soup at night. Plain bread and milk or plain cornstarch custard with a little fruit, as prune juice or apple sauce are best. Don't give meat till the four double teeth have appeared and even then rarely. Often convulsions could be avoided if the proper diet had been given. Don't give meat when the eye-teeth are just about to come thru, nor pastries either. Now I know lots of people will say "Humbbug, give them everything—it never hurt 'my' children." That may be, but is it not far better to be a little more careful than necessary, than be sorry when it is too late? I speak from what I have seen. In regard to disciplining children, just adopt a few proverbs. "Consistency, thou art a jewel!" Also "Energy must have an outlet." Don't sometimes punish for a certain offence, and some times not, but punish every time and it will not take so very many lessons to cure. About spanking the little things, keep it only for a punishment for vital offences. If one spans for every little misdemeanor, the child will get quite hardened to it, and then what punishment have you left for offences which are serious? Let the punishment be a logical one, if possible. If the child persists in yelling, quietly not angrily, put it into a room by itself, till it discovers there is no use in such a proceeding. If it persists in touching things it should not, place it out of reach of these things and tie it there so it cannot get away. But very, very often one can get a child's mind from mischief making by giving it something to do. Let the child help you. It will enjoy it and save you a lot of disciplining. It is amazing how young they will learn to fetch and carry, pick papers off the floor, dust the chairs and innumerable other things. Very often it is pure laziness of mind in a mother that causes her to scold her children. The child's actions vex her and she lets out her temper by scolding instead of thinking, "Now, what can I give Mary to do to keep her busy?"

One never gets something for nothing in this world. No parent can expect a healthy, well-mannered and obedient child, affectionate and happy without much thought and constant, unvarying care. But love makes these things possible, and don't, ah, don't forget to make the child feel that you love it, no matter what disciplining has to be done. "And the greatest of these is love."

MRS. J. A. JANES.
Aiktow, Sasl.