THE HOME

Items of Educational Interest

(By J. E. JOY, in Toronto Globe).

More and more educators are emphasizing the importance of training young people for getting along happily with their fellows. The standing argument in favor of rough sports is that they fit a boy for holding his own and taking hard knocks good-naturedly. Whether the argument is convincing or not, and whether athletics are not overdone in some of the colleges, does not affect the issne. The The thing to be desired is the preparation of young people for living under existing circumstances—for being good citizens.

Human society is organized on the principles of reciprocity and good fellowship. Though a boy or a girl have all the intellectual training of all the universities, and lack proper respect for his or her neighbor, or misunderstands his or her obligations to servants, or to the public, that person's education is deficient and the fault is the more far-teaching in results, citizenship being considered, than any corresponding deficiency in merely intellectual culture could possibly be. It matters litte to the buyer of milk that the dealer can read Dante in the original; but it matters much that he give pure milk and right measure. It matters litte that the man at your elbow at a boarding-house table knows the sciences by heart; but it makes life in the boarding-house run more smoothily if he be courteous and sympathetic.

COURTESY ESSENTIAL

When intellectual culture was much rarer than it is now, educated boors were sometimes tolerated in good society for the sake of their brains; but this condition belongs to the past. Present society has no place for the discourteous person, educated or otherwise. Practically it is held that the education that does not take in good citizenship is a failure. It cannot be said that one is successful in life who is not first, last, and all the time a good citizen.

Since success is the result of adaptation to existing conditions, the fitting of children for citizenship should be begun early. Better than anything else that could be devised, family life among people in not too affluent circumstances affords the means for developing the qualities that go to the making of good citizens, because in this kind of family life it is desirable and necessary that children should take part in the work of the household.

Awakening to a sense of its capacities, the child wants to be active. It takes delight in movements, in doing and undoing things. The mother who looks to the future of the child will encourage this instinct by noticing the child's attempts to be useful and accepting little services. She will not be impatient of poor results, or think the time she gives to repairing awkward mistakes made by the child wasted; for her eye of faith will be fixed on the time to come when the child will be taking upon itself the duties and responsibilities of citizenship.

In the home the child should learn the habit of courtesy. A small amount of verbal teaching will be needed if the mother herself sets an example. Some mothers relax from the standards of good form when no company is present—a habit very hurtful to children, who grow to associate courtesy with artificiality. A boy or girl with this idea is handicapped as a citizen, and he or she is sure to degenerate if isolated from refined society. Mothers who neglect to teach their children good manners, thinking that as the children grow up they will acquire them by "going into company," take too much for granted. Many a case of social misfit is traceable to the neglect of the home. Mothers should know that manners have to do with more than the social side of life. In the world of business and in politics, in fact everywhere good breeding counts.

RESPECTED RIGHTS

The child of three or four should be taught that brothers and sisters have rights that it must respect. It may stop a child's crying if an older child is compelled to give up a toy coveted by the younger, but the mother who thinks of the future citizenship of her children will see in such an occasion an opportunity for teaching the principal of Justice.

Looking forward to the child's citizenship, the mother should discourage the kind of selfishness that aims at taking a mean advantage of a bargain. The best way to offset children's desires for a thing not possible for the family purse is to interest them im pleasures of a simpler kind that are really enjoyable.

Young people should keep familiar with their national history. If the lives of patriots and heroes be frequently made the subject of family conversation, the tendency will be to inspire the children with lofty ideals of citizenship.

DIET OF CENTENARIANS

The One Absolute Requisite is That It Shall be Simple.

Ask the nonogenarian or centenarian as to his diet. Will he answer in terms of the bill of fares published monthly in some so-called health journals, where we find suggestions for luncheons bringing within the compass of a single meal samples from every class and category of noncarnivorous substances—as if the mere absence of animal meat redeemed and made tolerable every incongruous mixture of food.

'Thus,' says the 'Dietetic and Hygienic Gazetter,' we find berries with cream, banana fritters and stuffed dates, roast chestnuts and custard, baked potatoes, and peanut cream, vegetable salad, rice-sago pudding and a glass of milk—a combination that would turn the stomach of an ostrich into a reeking yeast pot.

"Or will he suggest a line of simple essentials, such as a breakfast on fruits, fresh or cooked with some kind of dry, whole meal cereals; a lunch of two or more fresh vegetables prepared in salad form with perhaps a dish of well-cooked rice, corn meal or coarse dry bread; and an evening meal of a bowl of sweet fresh milk, oatmeal or whole meal zweibach.

'Farnaro, the famous Italian nonogenarian, lived during the last twenty years of his life on a diet largely consisting of a little wine, coarse bread, macaroni and cheese, enjoyed twice a day. Emmanuel Swedenborg, the great Swedish philosopher, scientist and seer whose writing still continue to illumine minds of ever increasing numbers of devotees, and who died a nonogenarian, subsisted almost exclusively during his last two decades on a mixture of milk and weak coffee, enjoyed together with dried wheaten buns (rusks). Thomas Edison, Dr. Kellogg, Alfred Wallace, while non-vegetarians, eat seldom but once or twice a day, and very simple meals.

"A couple of years ago I met at Long Beach, Cal., an old man who at the age of ninety-five years was as vigorous as a man of fifty and in full possession of all his faculties and senses. For twenty years his dietary has consisted of baked onions and pumpernickel, with now and then a meal of baked apples and dried beef. However, no specific rules other than that of simplicity can be traced in the habits and customs of those who inherit the kingdom of earth.

"They may find their elixir of life on a diet of oatmeal and sweet milk as in Scotland; on baked potatoes and salt, as in Ireland; on black bread, sourgraut and small beer, as on the Rhine; sour milk and barley cake, as in Bulgaria; white bread and black wine, as in southern France macaroni and cheese, as in Italy; rye-bread, salt fish, sour milk, as in Sweden, etc. Every country has its peculiarities of diet according to geographical altitude and staple food of supply. But the one unique feature, characteristic to one and all is their simple, non-mixed natural elements of diet.

NUT SCRAPPLE.

Sift together one cupful Indian meal, a half cup hominy and a half teaspoonful salt. Stir little by little into a double boiler containing about a quart of boiling water; then stir and cook thoroughly, until of a consistency suitable for frying. Cook at least one hour, and two is better. Take from the stove and stir in one large cupful hickory nut, walnut or butternut meats ground or chopped fine; thea turn into a buttered pan. Set away until cold and stiff, then slice and fry for breakfast or supper

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Children's Scalp Sores are Healed by Zam-Buk.

Mothers are well aware how frequently children contract scalp sores, ringworm, etc., at school. Some little sufferer is sent to school with a sore of this nature. At play, the children change caps, and right there the infection is spread—the damage done.

Some children are particularly liable to scalp sores, etc., and often these break out with annoying frequency. Such a case was that of the daughter of Mrs. Albert Gaedike, of 485 Amherst St., Montreal. Mrsl Gaedike says: "My little three-year-old daughter suffered frequently from scalp disease, and try as we would, we could not aid the little one of this We tried everything we could think of but failed to effect a cure, until we were advised to try Zam-Buk. This balm seemed entirely different to anything we had ever tried before, and from first applying it there was a marked improvement. The sores became less inflamed and less irritable After a few days, they ceased to trouble the child; and in less than a fortnight from first commencing with Zam-Buk, they were completely healed. In view of these facts I feel it my duty to let mothers know how beneficial Zam-Buk is.'

There is no doubt that for scalp sores, ringworm, ulcers, abscesses, cold cracks, chapped hands, frost bite and similar sores, Zam-Buk is absolutely without equal. It is just as good for piles, varicose sores, poisoned wounds, cuts burns and scalds. Rubbed well in over the affected part, it cures rheumatism, sciatica, etc., etc., and rubbed into the chest it relieves the tightness and feeling of weight due to contracting a bad cold. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto, for price. Refuse imitations.

There seems to be unanimity on the proposal to make Easter a fixed date, and to divide the year into twelve months of thirty days each, the disposal of the five extra days being a minor detail easily arranged.

HAMAR GREENWOOD'S SCOOP.

How British M.P. Made a Bit of Money on the Side.

Regarding stories of great newspaper beats, which have recently appeared in the Canadian papers, another Canadian, who is entitled to rank in the honor-roll, is a former Toronto man, Hamar Greenwood, of whose reverse at the polls in York during the late British elections many Canadians learned with sincere regret. In his early campaigning tours in England, he had done considerable journalistic work. Three or four years ago he was one of a party of English M.P.'s who, under the direction of Sir Alfred Jones, visited Jamaica to study conditions on the island. During their sojourn a large portion of Kingston, the capital city, was destroyed by an earthquake. Mr. Greenwood had left his hotel for a short walk from which he was returning, when the cataclysm occurred and the building was shattered. So destructive was the shock that many lives were lost and property damaged to the extent of millions of dollars. It did not take Hamar Greenwood long to size up the news value of the terrible catastrophe, but the perplexing problem was how to forward a despatch. Every telegraph and cable line connecting Jamaica with the outside world had been sundered by the 'quake. Resource and tact must be resorted to. He had covered important assignments for The London Daily Mail and, if he could only get the news through exclusively to that paper, it would mean many shillings and pence to him. Correspondents of all the leading American and European dailies were on the island, but to scoop them was the all-important question, especially as communication of all kinds had been cut off. Greenwood, however, kept a cool head and knew how to be diplomatic. In the harbor was a U. S. warship and near by a swift cutter. The M.P. for York hastily pencilled a three hundred word report of the disaster, and going aboard the man-of-war he addressed the commander in official tones, declaring that he was a representative of the Imperial Government and must get an important despatch through to Mr. Winston Churchill, who was then Under-Secretary of State.

"Have this conveyed to the nearest cable station at once," requested the smart, stalwart, and soldierly appearing British visitor. The officer offered no serious objection, and soon the despatch was being conveyed to Cuba, the nearest cable station, by the speedy cutter. Here, the message was sent to the Home Office, and, by private instruction, found its way to The London Daily Mail, which thus secured the first story of the calamity—hours ahead of any of its contemporaries. Mr. Greenwood, who was not in regular newspaper work, being a full-fledged barrister, did not suffer financially from his stroke of enterprise. On his return to London he found a Harmsworth check awaiting him for the "scoop." Well, never mind how much, but it was generous enough to meet his board bill for a week or two.

This Consul Keeps Moving.

Maxwell K. Moorhead, U. S. Consul at St. John, N.B., who has been promoted to the consulate at Rangoon, British Burma, has seen service for his Government in many parts of the world.

Mr. Moorhead entered upon his consular career in St. Thomas, Ont., where he married a daughter of Judge Ermatinger. When the office there was abolished he was transferred to Belgrado, the capital of Servia. After serving for two or three years with distinction he was sent to Acapulco, Mexico, and about a year ago was promoted to St. John. The policy of the State Department evidently is to keep the younger officers moving.

Rangoon is the chief town and principal seaport of Lower Burma, and had a population of 232,326 in 1901. It covers an area of 22 square miles, and is populated by Hindus, Mohammedans and Christians. The town, which was founded in 1753 by Aloung Chorsa, the founder of the Burma dynasty, occupies a long stretch of high lands with wide, boulevarded streets. Its name is chiefly familiar to most readers because it is mentioned in Kipling's "Mandalay."

Long Distance Talkers.

Mr. Fisher, who holds the Parliamentary record for lengthy speeches, although he has close competitors for this doubtful honor in his colleagues, Messrs. King and Lemieux, must look to his laurels. His supremacy in the straight away talk race was seriously challenged recently by Mr. George H. Bradbury, the member for Selkirk, who occupied four hours and a quarter of the time of the House in explaining the circumstance surrounding the "filching of 21,000 acres of land from the St. Peter's Reserve Indians by the Department of Interior, who sold it to a group of political friends at an average of $5 an acre; the Indian agent who was supposed to look after the wards of the Government helping the thing along by himself buying some of the lands thus obtained." It costs no less than $21 to run Parliament for a minute, so Mr. Bradbury's speech was expensive, costing $5,355. If there was some pedometer system which would tax each member so much on his indemnity for these long trials of the patience of the House, Parliament would not find it necessary to sit for six months in the year.

A Blind Campaigner.

Mr. J. B. Mulloy, the young Canadian student who went to the South African war to fight for the Empire, and returned totally blind as a result of being shot in the face, was the subject of a column in a recent London paper. Mr. Mulloy is one of the Imperial pioneers, representing the different overseas dominions, who are to talk to the people at home about the Empire and its needs. The Imperial Pioneers want to gather together in one body the men in Britain who are of no particular party, and who will try to direct their fellow-countrymen towards an Imperial policy. Preference is, of course, one of the points on which they feel strongly.

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All persons having any just claims against the Estate of the late Mrs. Elizabeth Healy will please present the same, duly attested, inside of three months, and any person indebted to said Estate are requested to make immediate payment.

S. E. BANCROFT, Executor.

Lawrencetown, Dec. 12th, 1910. 3mos.

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