

market was mostly steady
 from 50 cents to 75
 medium and common
 which made up bulk of
 were no real choice
 red.
 11,000. Good grades
 pigs \$17.50.
 9,600. Best lambs
 best ewes were \$6.50.
 1,700. Top in

Markets.

September 25, there were
 colored cheese sold at
 Cornwall Cheese Board.
 the same day, 1,010
 white sold at the same
 erth Cheese Board there
 sold, the colored bringing
 white 24 1/2c. At St.
 200 boxes cheese sold at
 epts of cheese on the
 et were 2,243. State,
 s, current make, white
 cials, sold at 29c. to
 run, 28c. to 28 1/2c.;
 k, twins, current make,
 o 28 1/2c.; average run,
 e result of last Friday's
 United Dairymen Co-
 ntral, was as follows:
 colored at 25 1/2c.; 1,400
 red at 25 13/16c.; 38
 red at 25c.; 302 boxes
 25 1/2c.; 10 boxes No. 2

Gossip.

ell Bros., Gorrie, Ont.
 ey will sell their entire
 43 head, at their farm,
 12. Watch for their
 this paper giving full
 y go on to say, "Secre-
 our herd lately and
 he thought of our
 They are better than I
 It is too bad you are
 ness, but I suppose the
 into good hands." Our
 been prepared for sale,
 sion condition, all cows
 n cows have calves at,

at Markdale.

owes & Bowes sale of
 h-topped Shorthorns is
 ere in this issue to sell
 ontario, on Thursday,
 there will be 50 head
 his sale, about 18 of
 ed by Mr. Curry, and
 Bowes & Bowes. The
 ed bringing in probably
 le tribes as have sold in
 and in several instances
 e or two crosses from
 and dams. The more
 s are Marr-Missies and
 nford, Beautys, Crim-
 iss Ramsdens, Village
 s, Matchless, etc. A
 offering shows three
 seven two-year-old
 ws with calves at foot,
 cows, and four young
 e or two here and there
 catalogue the following
 more noticeable ones in
 e footnotes state that
 is in every way quite
 y pedigrees which they
 or instance, a choicely-
 w selling with a heifer
 is sired by Excelsior,
 ing son of Gainford
 She is bred again to
 a Matchless-bred
 also a son of Gainford
 There is also a two-
 chael show heifer, in
 Marquis, and should
 ops of the sale. Other
 s worthy of mention
 l Sultan Rosemary, a
 Ramsden, and a two-
 g Rose, all good in-
 n calf to the service of
 Duke or Excelsior.
 bulls only listed but
 particular are thick,
 ers, or just the herd-
 rticulars may be had
 J. Curry, Markdale,
 be glad to send the
 le will be held at the
 rounds, and there will
 ny animal catalogued.

Nasturtiums.

There's a tangle of green below
 The window by which I wait,
 Where the cinnamon vine sways to and fro,
 And the lily nods to its mate.
 Sweet buds, swing low, swing high,
 And pour out your honeyed wine,
 While out of the odorous depths near by
 The clematis blossoms shine.

Nasturtiums twinkle and blow
 In tunics of gold and red,
 Like an Arab host, when the sun sinks low,
 With banners and tents outspread.
 Their tents are the pungent leaves.
 Their banners the riant boughs,
 Where in and about the sunlight weaves,
 The butterflies wheel and drowse.

Ruby and bronze and rose,
 Orange and buff and gold!
 The rarest tints that the summer knows
 Imprisoned in every fold.
 Had Iris herself come down
 On saffron wings through the air,
 And parted among them her rainbow gown
 They could not have been more fair.
 —Ola Moore in *Youths' Companion*.

Topics for Consideration.

A Talk to Parents.

DR. Anna Young's talk at the Rural Leadership Summer School was essentially to parents.

Those who have to do with the upbringing of children and young folk, she said, should remember that the efficient life requires physical, intellectual, social and spiritual nourishment at its best. *Physical development* requires that the body be properly fed, and clothed, that it have sufficient rest, correct surroundings, cleanliness, exercise, play. *Intellectual development* is dependent upon intellectual food. The reading is very important. There should be pictures that are worth while; sometimes we forget that the mental impressions at a "movie" may go through life. Since education is carried on through the ears as well as the eyes, the things we listen to should be worth hearing. Then, the mouth has its part in education; it is a scientific fact that the boy who uses tobacco early in life finds it impossible to make proper physical development, —tobacco is a poison. For our *social development* we have to make special plans, and so we think about recreation—re-creation. In a purely physical sense this is useful; every woman knows the refreshment of putting on a fresh dress and her hat and going out to meet other people. Dr. Young was strongly in favor of directed play for children, and saw in the consolidated school a better chance for this. "In a school of ten there can't be a proper game. What are the boys and girls going to do? Many take to teasing smaller boys and drift into mischief. Direct them and they will develop into better adults. We do not consider enough the intellectual training in games—estimation of distances, self-control, etc. We should not let the child have too long periods of undirected thinking. . . The *spiritual life*. Here also food is necessary. There must be the intake of spiritual things and output of spiritual effort.—For community efficiency the leaders must see to it that the physical, social, intellectual and spiritual development are all properly attended to and kept in balance.

Healthy Children.—To have healthy people we must have healthy babies, and to have healthy babies we must have healthy parents and grandparents. We must see to it that the child is traveling in the path of health; it is hard to bring it back if it gets off; an ounce of prevention is worth a pound of cure. Within the last decade a change has come

about, and to-day we feel that it is better to prevent than to cure disease. We need hospitals—the place to care for a sick person is in a hospital. Again, it is necessary for the caretaker of children to know a great deal. Once it was thought that a mother knew enough; now we know she should read books, attend lectures, and study this important work. A mother needs to know the best foods; if the Lord had meant babies to be bottle babies He would have sent a glass bottle along. Also the mother must know to give water, when to add fruit juice, cereals, cow's milk. Children need a quart of milk a day, and adults a pint of milk a day to be efficient. Children should not go without milk so that it can be sent to the factory; we should set our faces like flint rock against any such practice.

The mother must understand that the baby must have fresh air, and proper clothing, not too much in summer nor too little in winter. The baby should gain a certain number of ounces each week; if it loses the mother should find out what is the matter. Also she should know that the child does not have to have certain diseases. If a child has a sore throat the mother should know enough to call in a doctor at once; it may be diphtheria. We want to see that every child in the community gets proper attention, and that the authorities see to it that every

child in the schools is properly looked after.

During the first few days of its life the child is learning wonderful lessons. e.g. in breathing. If it cries lustily it opens up the air chambers. By weighing and measurements we can tell if it is getting enough oxygen. It should breathe through its nose so the air will be warmed and dustless. Many children are mouth breathers. What happens? They do not get enough air, and cannot be as physically or mentally perfect as they could be otherwise. It is the duty of parents to make nose-breathers; if necessary they should take the children to a specialist in nose and throat diseases. Every child who needs such care should have it, whether the parents can pay or not; if they are poor it should be a community matter. If the people write for medical and dental inspection of schools they can have it.

Parents often say, "It's our own business about having children examined." They feel something is being put over them." They must be educated to see that examination is necessary and helpful to the children.

At this point one member of the audience remarked that in England and Germany people can be arrested for refusing to have their children examined and attended to. Another member referred to the credit due to the Women's

Institute here, in having clinics established.

Continuing, Dr. Young threw a stone at "comforts." Giving them to babies, she said, tends to grow adenoids and makes the upper jaw protrude, spoiling the shape of the child's mouth.

Not only should school children be examined, but everybody should be examined every year by physicians qualified to do it. The general practitioner sometimes is not qualified. The biggest problem in Canada to-day is control of disease. Many people go dragging about not up to par, and it may be that they have only "rheumatism" due to an abscess at the root of a tooth.

Here someone remarked that in Alberta there is now a movement afoot for state control of health, and subsequent discussion brought out that the Ontario Department of Education is now taking up the work of medical and dental inspection, but that there should be more despatch in regard to it. Examination, is now compulsory, but not operation—that is "recommended."

Dr. Young then took up the question of sex education. Human beings, she said, have glands all over the surface of the body, also others that have no ducts, but produce a secretion that is returned to the general circulation of the body and produce certain effects. There are glands at the base of the brain, neck (thyroid), that have much to do with the nervous system; others in the upper abdomen above the kidneys (suprarenal) help to control the blood supply; then there are others in the lower abdomen for procreation.

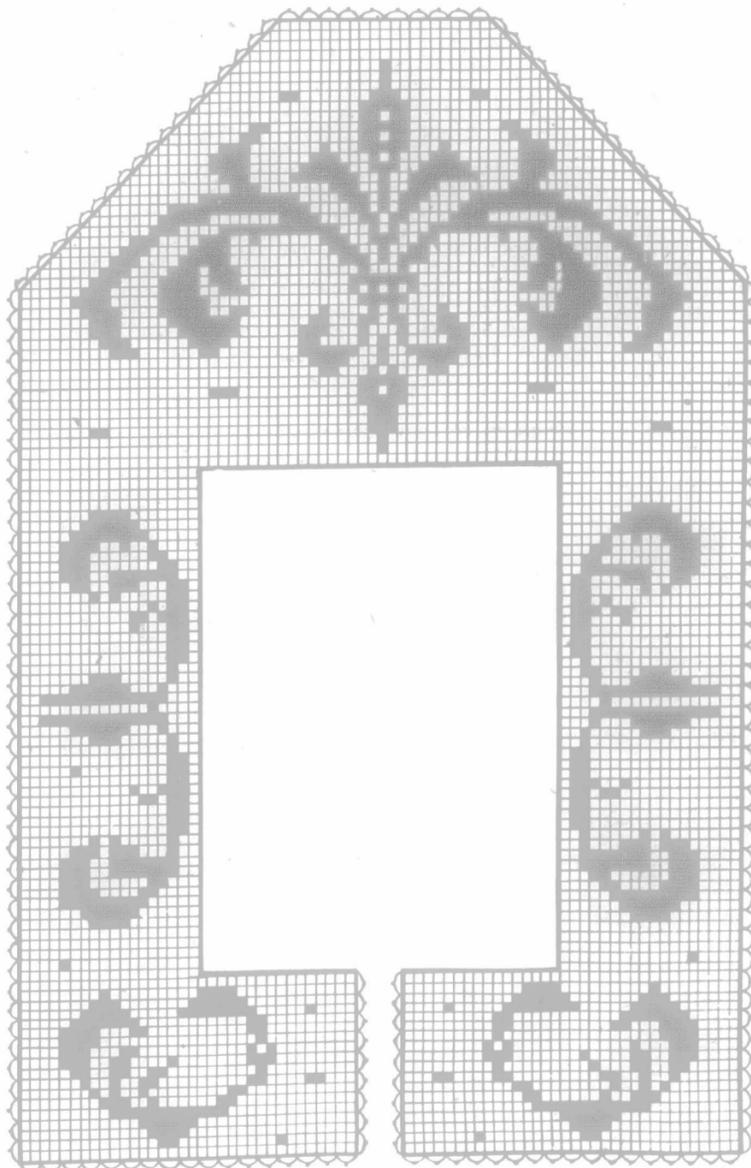
In regard to the sex glands—the internal secretion has much to do with the efficiency of the individual. Young men and women who waste it never excel, are never leaders. Improper habits, lack of cleanliness and improper clothing all contribute to this. Mothers should know how to bathe the child and to clean the genital organs with absorbent cotton; otherwise the secretion dries, is irritating and the child's hand is used. The child should be prevented from forming this habit, which may be carried into life, wasting the efficiency of these glands.

The child may do bad work because of adenoids, incipient tuberculosis, or bad teeth or eyes. If he is falling back at school the reason should be investigated. His failure may be due to bad air, insufficient food, masturbation. We want our communities to be educated to know that any child can form such a habit as the latter, and to know no man or woman can get to the top of the ladder who wastes these secretions.

Dr. Young emphasized that the development of the girl should not be hampered by unhealthful clothing or lack of exercise. Also she scored the habit some people have of holding up early love affairs to criticism and ridicule. "This is a normal phase, and mothers should make it possible for boys and girls to meet in a wholesome, clean, normal way." In the early years the meeting should be in groups. If a girl weeps or laughs easily it should be understood that these emotions are largely under control of the sex glands, another reason why it should be seen to that there is no waste from them.

We say that animals are controlled by instinct and humans by judgment. In every part of the day we have to exercise choice. There is something in the human being other than choice, which is operating. We talk of the "conscious" mind, which is at work in the waking mind; we have also the "unconscious" mind, that is working all the time. Impressions are made on this unconscious mind. We put materials there that are going to color the conduct of life.

Human beings have instincts, among them these for self-preservation and



No. 1—Bib-collar Design in Filet Crochet.