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Woman's Quiet Hour

By E. Cora Hind

Last month I had something to say of the educational value of the exhibit of the Provincial Health department at the Brandon fair and this month there is a word of commendation for the "Baby Welfare" conference which formed so very important a feature of the Regina fair. There are some 700 babies in the Province of Saskatchewan who have been examined and whose mothers know just how near they are to or how far removed from normal healthy babyhood and that alone is a matter of great importance, for it means that 700 of the future citizens of that province have a better chance of growing into normal, woman and manhood, than if their parents had never sought advice. This however was only the beginning of the good work accomplished by the conference. Men and women on the streets and in the homes, the shops, the offices, were given "furiously to think." They both thought and talked, and when the fathers and mothers, who had not taken their children to the conference, heard of how much they had missed they were smitten with shame and resolved to do better next year. Conductors on the street cars talked with men and women from the country as to the points of development the normal child should show and mothers who had been were eager to impart to mothers who had not been what they had learned. Never was a community more stirred up and to those who for years have watched the premier place in the thoughts of governments as well as communities given to the four footed beasts, their breeding, feeding, it was a matter of profound satisfaction to find the children coming in for at least a fragment of the attention previously bestowed on horses and hogs.

The baby welfare conference will be at Regina bigger and better next year and there will probably be 1400 instead of 700 babies. Oh, the west is waking up and taking notice. If this awful war has done nothing else for the world it has at least aroused the English speaking section of it to a partial realization of the need of conserving and protecting the lives of young children. Life has grown more precious as we have seen it poured out in floodtides on the battlefields of Europe, in order that the best ideals of civilization may be preserved. It is a long, long way from present standards to what should be the ideals of every nation as to the sacredness of child life, but now at least one of the Western Provinces has taken the first tentative steps along that road.

At 6:30 one hot morning I stepped from the Saskatoon train after an uncomfortable night's journey, on to the platform at Regina. Not having fully decided on what I would do in the hour and a half at my disposal before the Moose Jaw local east bound pulled out, I stood swinging my bag and looking about. A pleasant faced woman wearing the badge of the Travellers' Aid accosted me, asking if I were a stranger and if she could help me. Merely stating the train I intended to take I awaited developments. I was told the exact amount of time at my disposal, where the waiting room was, and asked if I would like breakfast. On intimating that I would, she told me that if I cared to accompany her to the Y. W. C. A., a comfortable meal at a reasonable price could be obtained, leaving ample time for return for the train. We walked off together and stating "this is the pleasantest way" she led across the city hall grounds and through the beautiful park square to the Y. W. C. A. Here in a large, pleasant cafeteria I secured a comfortable meal for what do you think—22 cents. Now as it happened I know

The Proven Asthma Remedy. Since asthma existed there has been no lack of much heralded remedies, but they have proved short lived and worthless. The ever-growing reputation of Dr. J. D. Kellogg's Asthma Remedy has given it a place in the field of medicine which no other can approach. It has never been pushed by sensational methods, but has simply gone on effecting relief and making new converts.

Regina well and could have got a meal without difficulty but the agent didn't know that, and I had a splendid practical demonstration of what is being done to help women who are strangers, often with little money, who do not know where to go or what to do.

To return to the Regina fair for a moment, I would like to pay a tribute to the wonderful giving to red cross work, of the Indians of the File Hills School.

Indian Generosity Not only have many from this reserve gone to war, but they have contributed in kind and in money over \$9.00 per capita, for their tribe. It is to be feared that few white communities can make so good a showing. Superintendent Graham has done a wonderful

work in the training of these Indians and has proved beyond peradventure that they can be developed into good farmers and housewives.

Some months ago in these columns reference was made to the delights in store for the man or woman who had not as yet read—"Christina McNab" and

Miss McLaughlin Passes "The Lame Dog's Diary." And as the writer has passed to the great beyond,

having spent the past two years in almost ceaseless activities to help wounded, tired and hungry soldiers. She will be remembered for years to come for her charming books, but she will be enshrined for all time in the hearts of the thousands of soldiers who she helped feed and send upon their way rejoicing. "Greater love hath no man than this—that he lay down his life for his friend," and Miss McLaughlin actually laid down her life for the, soldiers of the allies.—R.P.I.

Unconscious Health

In perfect health, one is unconscious of any particular organ of the body. When a boy is hungry, then it is that he is made aware that he has a stomach—for the time being that is his dis-ease. So, health is the absence of dis-ease—the unconscious rhythm of a harmonious whole.

But the best and wisest of us may be upset by wrong conditions, eat improper food, or indulge in destructive habits, so that before one comes to value the inheritance of a sound and healthy body this wonderful mechanism becomes weakened or deranged.

Then follows suffering:—We locate the trouble, that is, diagnose the dis-ease, remedy our surrounding, if possible, correct our habits, suffer, repent of our sin against the laws of life and are forgiven—that is, we recover good health.

Hot Water When You Need It



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