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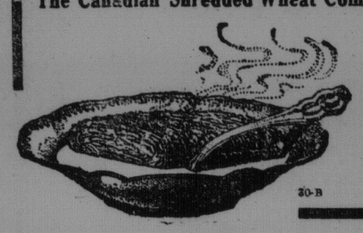

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The Woman's World

THE Womans department of the Standard is conducted by Miss Hazel Winter of Fredericton, supervisor of the Women's Institutes of New Brunswick, and all matter for publication in this page must be submitted to Miss Winter for approval.

PAPERS WRITTEN BY MEMBERS OF THE WOMEN'S INSTITUTE

Monthly meetings are held by the Women's Institutes throughout the Province and at these meetings many interesting and instructive papers, which have been written by Institute members, are read.

Many branches arrange for an interchange of programmes and papers, which has resulted in a higher standard in the quality of addresses and papers given and a wider circle of acquaintance and more uniform work in the different localities.

It does not seem fair that the excellent papers and addresses prepared should be delivered only once and these before a small society. The great majority of them are worthy not only of presentation before the societies in the districts concerned, but are worthy of publication for the benefit of the Institutes at large. When one knows that her paper or addresses is to be delivered upon several occasions before different audiences, or is to be published, she is encouraged to put a little more time and labor upon the preparation of the same.

We hope to publish some of these papers in the Standard from time to time, not only for the benefit of Institute members, but for the benefit of readers who are interested in this page of Saturday's Standard.

Sanitation and Hygiene.

This paper was written by Mrs. G. Fred Flewelling, of Oak Point, N. B., and read by her at a recent meeting of the Greenwich Branch of the New Brunswick Women's Institute.

Webster defines sanitation as "the act of rendering sanitary." Sanitary, I find, is derived from a latin word meaning health, and is defined as "of or pertaining to health; designed to secure or preserve health; hygienic." Hygiene is "that part of sanitary science which treats of the preservation of health.

A great deal has been written about the healthfulness of the country. As one writer puts it, "Most city people have the idea that health and strength just naturally happen in the country. They are brought up with this idea and cherish it with the illusion that te farmer leads a placid and leisurely life, moving slowly in the sunny fields and amid the bustling life of the farmyard, breathing in the smell of newmown hay and hedgerow flowers. He is also always ruddy with health and free from care." But I have noticed during the last few years many articles in all the leading magazines treating of the insanitary conditions prevailing in the country. Perhaps you think this cannot be, but I am convinced it is only too true.

The country really has every advantage. Nowhere can the four prime necessaries of life,—air, water, light and food, be obtained in a purer form. Each family usually occupies a separate house. However poor or small it may be, the wind blows around it and the sun shines upon it. You step out of the door and open spaces are upon you. You can breathe a smoke-free air. You all know houses where the family sleep with closed windows nine months of the year, if not longer. No matter how pure the air outside, that within is certainly not fit for respiration, and is doing the members of that family incalculable injury. Sunlight is known to be the greatest germ destroyer we have, yet are there not rooms in many homes where the blinds are drawn that the carpet or furniture coverings may not become faded; or perhaps kept over half drawn all the time, causing the rooms to be dim and uncomfortable, just because they look better that way from the outside! In "Cranford" they spread newspapers on the carpet and moved them as the sunlight moved.

Water may be polluted by barnyards, water-closets or cesspools being adjacent to the spring or well. Sometime ago the Maritime Farmer printed an article written by an official at Ottawa, who is an expert in such matters, in which he stated that water from all streams, springs and wells should be tested as to its purity, as even if it position seemed favorable the stratification of the earth below the surface might cause waste matter to enter. He offered to test samples of water sent. I have, unfortunately, mislaid the magazine, but doubtless his address could be obtained from the Department of Agriculture. If my memory is not at fault, he said, water from Artesian Wells is pure. Typhoid fever is caused by impure water and food. It is said that, in proportion to the population, more persons die from typhoid in the country than in the city. There can be no excuse for this. In both city and country, food is polluted by the common house fly, which breeds in manure and refuse, crawls over and devours all manner of filth, and then joins the family in the dining-room. As the house fly is on the programme for consideration later, I need not speak of it further.

A certain magazine writer says, "A baby born in the country has only one more chance in three to pass its first two years than a baby born in the city. Bad milk will kill a baby faster than almost any other one thing, especially in summer." I wonder how many of our dairy stables would stand inspection How about cleanliness of the cows and milkers? How about sunlight and fresh air? Four square feet at least of window space for each cow is considered essential. How often where a number of sows are kept, does the milk stand in the stable till the last cow is milked? A high shelf outside the stable would be an improvement on this method.

An insanitory condition often found in country homes is open drains. If the slopes from the house it is not much trouble or expense to have terra cotta pipes placed at a depth of say four feet and carried to a seream or river if possible; if not, at least far enough from the house not to prove a menace to health. Sometimes the pipes may empty into tubs or barrels (at a safe distance) and the waste be used to water the vegeable garden. Cesspools are not very satisfactory. If open drains must be used, then use the old wooden ones as forms and make new ones of concrete, removing the boards when the concrete has hardened. These can be thoroughly cleansed as often as necessary.

The insanitary water-closet is another evil found in the country and even as such might be improved, but let us pray (and work) for its removal and a system of sewerage which might be arranged an almost any farm at not such very great expense.

On a farm there must always be a certain amount of stock—there must be stables for cows and horses, houses for pigs and hens, and yards in connection. If these are not sanitary, the health of those living on that farm will be affected. They are fortunate people, who, even with little money can start life on a farm and put up their own buildings. All such buildings should have concrete floors and be provided with running water. An artesian well (or water from any other source) and a gasoline engine for pumping purposes (also for turning the separator, running the turnip pulper, etc.,) are not at all costly affairs and taken in connection with conveniently planned buildings, would banish the insanitary conditions too often found around lovely country homes. The problem of rendering sanitary the farm buildings of a generation ago, I will admit is a problem. It amazes me to think what the state of mind of the men who built them could have been. Sometimes it seems as if they had been deliberately planned, in every particular, to be just as inconvenient as possible, and I believe that is the reason so many people have the notion that farming can not be made to pay like any other business. The farmers and their families being obliged to spend so much time doing the chores, travelling hundreds of needless miles a day to care for the stock and get the meals, never had any time to really farm. Most of us women are up against that proposition right now. What are we going to do about it? That women are "the power behind the throne," I believe, and even with fearful odds against us I am sure we can win out.

Do you read the magazines regularly—one or two good farm magazines at least, and as many of the others as possible? Most cement companies issue free, splendid little books telling what may be done with concrete. Have you studied the farm and the location of its buildings, and are you ready with suggestions as to how this or that might be improved or changed? A good time for such discussions is when you visit the stables in company with your husband to admire the calves, see how well the cows are looking, and exclaim over the beauty of the steers that are being fatted. "Two heads are better than one, you know, and if your schemes are rather fantastical, his more practical knowledge will balance them so that in time together you will work a revolution.

I am positive that very often women put up with inconveniences and insanitary arrangements of which their husbands have not the least cogniz-ance, and that a simple statement of the case would alter. But when you want a new hen-house for instance, don't go quietly about your work and allow "him" to build it any place that happens to occur to him, and in any old way he happens to think of. Have the exact spot of the farm picked out where you want that hen house, know exactly what size it is to be and which way it is to face, what kind of a roof and how it is to be finished inside, whether it shall have a concrete floor placed solidly on the ground, with no chance for rats underneath or not; where the doors and windows shall be placed; whether it shall have an open front; what kind of perches and how they shall be placed; how large a yard; and every last detail of the whole thing. It will cost no more and perhaps not as much to have it the way you want it, than the way you don't, and you have your chance to have it built so that it may easily be kept in a sanitary condition. Also why not have a concrete walk from it to the back door?

Once an interest is aroused in sanitary arangements it will steadily increase; this will increase the efficiency and comfort of the family and helpers, and finally the prosperity of the owner.

Pope says:—

"Know all the good that individuals find,
Or God and nature meant to mere mankind;
Reason's whole pleasure, all the joys of sense
Lie in three words,—health, peace and competence."

HOW TO MAKE THE INSTITUTE INTERESTING AND HELPFUL

Paper read by Mrs. Bruce McLeod at a recent meeting of the Corn Hill Branch of the New Brunswick Women's Institute:

Many are the duties upon us as mothers in the home, and while busily engaged in the daily duties of domestic affairs, my thoughts are often about the Institute and how we can make it interesting and helpful.

We think that the women, especially in the rural districts, need the institute, as it brings us together, and by meeting once a month we spend an evening not only pleasantly, but profitably. By meeting together we can exchange ideas which will develop plans that will reduce labor and make housework interesting. The Institute could be made helpful to all, by each member taking some part in the meeting and doing so promptly. I think one important factor in making the Institute interesting, is promptness and thus the meeting will not become tiresome. The members could respond to the roll call by a proverb, quotation or joke.

We must not put all the load on the President, but try to help as much as possible. The leader in any meeting cannot do the work for all. We should remember that "united efforts will do much" and by trying to help, we each get help. We are workers together for "Home and Country," and when we go back to our homes, shall we be able to think that we have accomplished anything?

Try to have some interesting clippings on the work or news from other societies. Successful meetings must be planned ahead as we housekeepers would plan our work. It might be well to have a programme committee appointed at each meeting to plan the programme for the next meeting.

Members that could not often or always attend could have a paper sent in to be read. I think in this way it would keep up their interest in the work. Some of the younger members could give readings or recitations. I am glad we have some girls as members and hope they will try to get others to join us.

A public meeting, say once or twice a year, might be beneficial if a programme were arranged. If we wanted to raise a little money, lunches or icecream could be sold.

The husbands of the members might be invited to some of our meetings. From the Institute I think we can learn many things and get new ideas that are helpful to us in our work and not only in our work and housekeeping, but in homemaking, which is most important, even though we do not always have our furniture dusted and things just as we would like to see them. "It is not the house which makes the home." The good housekeeper may get praise from the outside; the homemaker gets her gratitude and praise from the inside. Which would you prefer?

PORTAGE VALE NOTES

Portage Vale, King's Co., April 28.—Miss Ena Hunt spent Sunday at her home in Anagance Ridge. Miss Annie B. Gifford was with her.

Heber Dunfield, South Branch, was in the place last week on business.

The members of the Victoria Lodge the L. O. B. A, Penobsquis, are having the most interesting time since their organization. Two sides are chosen—one side is led by Miss Retta Morton and the other by Miss Jennie Currie to decide who will provide the best means of entertaining the lodge. Rev. A. W. Currie and C. W. Osbourne are the judges. The contest will close the first of June.

The Daily Hint from Paris.

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Jaunty shape seen both in velvet and fine straw. There are two brims, the aigrette is posed between.—Maison Georgette.

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