

baby should be warm and soft. In warm weather it is detrimental for baby to have a soft feather pillow into which the little head sinks and is heated, causing sometimes even serious sickness. A clean, well fed, comfortable child is usually healthy and good natured. Frequent carrying, rocking and jumping of the child are not at all necessary and positively harmful. And do give the young child plenty of fresh air and pure water to drink. One mother I know is so afraid her babies may take cold that when the new baby claims her attention she begins by completely covering it with the bed clothes in her own bed to keep it warm. No windows can be opened, and she wonders why it is her misfortune to have sickly, puny babies. They are also fed every time they cry, rocking not soothing them. Once, when one of my babies was about three or four weeks old, she visited me. "Does he lie by himself in the basket even at night?" she asked. "How can

he keep warm?" "Will he often lie like this awake without crying?" was another question, and then the comment, "Well, I never saw such a good baby."

During this cold winter we have had a window open in our bedroom every night. During especially still nights I have, after the rest of the family have retired, opened the kitchen door for some time, flooding the rooms with the cold fresh air. Not one of the four children has had the least cold, neither my husband or I. Of course I have been careful not to expose them to a direct draft.

Best to Wean Gradually

The weaning of the baby should not take place during the hot summer months, as heat weakens the young child's stomach. In most cases a baby should not nurse beyond the length of a year. Before the expiration of that time a baby can be fed plain milk from a cup, thin well cooked gruels, occasionally a custard,

or soft boiled egg, and it may be allowed to chew a crust of bread or munch a cracker. The weaning going on gradually will not be apt to produce any disturbances in the digestive organs of the child. The young child should not be fed fried foods, poorly cooked cereals, fresh bread, beans or any food known to be heavy and slow of digestion. When old enough to eat potatoes they are best baked, mashed well and mixed with a little cream and salt. Spicy food and pickles are to be avoided. I know a little boy who was allowed all the candy and pickles he could eat and before he was three years of age his liver was badly deranged.

Cases of diarrhoea in the year old child can often be cured by first giving the child a good teaspoon of castor oil to clear the bowels, after which give a cup of boiled milk to which has been added a pinch of grated nutmeg.

Should a very little baby get a cold in the head, rubbing warm camphorated

oil or turpentine and lard over the nose and between the eyes will give relief. Honey, to which has been added a little ground ginger and two or three drops of spirits of camphor, administered in small doses will often relieve a cold or soreness in the throat and chest. Give the young child toys that can be washed and kept clean and by no means allow the rubber pacifier in the collection. And remember a clean healthy body is a pretty good foundation for clean healthy morals and for a mind capable of understanding and receiving the big things of life.

MRS. J. F. J.

THE HOME INFLUENCE

How to train the child's character is the problem every well-meaning parent must face. Let us assume that his physical wants are supplied, for our physical and moral well-being are so inextricably mixed up it is hopeless to separate them. The first step then for the child's guardian is to strive to be what he wishes the child to become. A harsh, unjust person will not make the child under his care gentle and considerate. The first and the last word in the training of a child is Love. Not a sentimental affection which leads to all sorts of nonsense and artificialities, but a wise and strong love. Show you love the child by deed and by word, and do not hide it away under a too stern exterior. Like a plant in the sun the child thrives in an atmosphere of smiles and good temper. Be kind to him in little things. That is what appeals to him. He cannot appreciate a great sacrifice, but long afterwards he will remember and dwell with pleasure upon those little acts of kindness. The influence of a good and happy home goes with a boy out into the world, and one brought up in such a home will not go far astray.

Above all, strive to make him truthful, scrupulously truthful. How can a child be truthful with untruthful parents? Many a man calls himself truthful who winks at commercial dishonesty. I have known a father instruct his child to lie for the sake of a monetary advantage. Instead, the child must have such a regard for truth that never would he sully its beauty for such a cause. Nor must fear make him a liar. It is no shame to be frightened, but it is a shame to give in to it. Let no terrifying tales of the description that breeds night-terrors be told to a little child. Such turn a sensitive child into a nervous, timorous creature, and often they are at the root of worse troubles. Keep him busy with play, or what he calls "helping." This latter may at first be a hindrance, but here is where the patience of the mother particularly comes in. By and bye he will become a real help and it is teaching him to be self-reliant. With all this kind, loving and gentle treatment, insist upon implicit obedience. Remember that while a whipping may win the day quickly, firmness is better, and does not give rise to that ignominious, revengeful feeling which results from a whipping. As I said at the beginning, and I say it again to bring this to a close, the first and the last word in the training of a child is Love.

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GOLDEN WEDDING

Mr. and Mrs. Bryce of Bryerton, Sask., celebrated their golden wedding on Tuesday, March 14, 1916. Mr. and Mrs. Bryce were married in the vicinity of St. Mary's, Ont., on March 14, 1866. Mrs. Bryce's maiden name was Jane Thompson. They lived in and around St. Mary's until 1875 when they moved to Ensdale, Parry Sound district, Ont., being among the earliest settlers in that district. Coming to Saskatchewan in 1907 they and their sons took up homesteads near what is now called Riverhurst.

Mr. Bryce is in his eightieth year and Mrs. Bryce in her seventy-third year. Both are enjoying good health and have earned the highest esteem of the people of their acquaintance. The celebration took the form of a family re-union, and Mr. and Mrs. Bryce were presented with a purse of gold and an address.



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