

so that the birds may be seen at their repast. The platform may consist of a slab of wood covered with bark, the bark upmost. Into its crevices melted suet mixed with seed is poured, and the feathered visitors rejoice, many kinds of them visiting the free-lunch counter during the day. In summer a bird-bath and drinking place is sure to prove attractive and is easily made. Upon the top of a post a stand for the bath is arranged, projecting outward in such a way that the cat cannot get up. The vessel itself may be made of cement or galvanized tin, or anything one chooses, but it should be shallow and provided with a border and "islands" upon which the birds can stand when drinking. The "islands" may be stones whose tops just project above the water, which should be frequently renewed. Also the vessel should be kept very clean.

It is quite the fashion nowadays, and one that meets with the full approval of the birds, to put up bird-boxes about the lawn. These may be fastened to trees or posts, and should look as much like a natural bit of log or tree as possible. Fancy bird-houses with peaks and gables and paint are no good. The birds are not attracted to them nearly so much as to the natural houses that cheat them into thinking they have discovered a nice hole in a tree. Bark makes a good cover for the bird-house, or bits of branches and twigs may be nailed on log-cabin fashion. The roof should shed the rain, and the bottom should be easily removable to permit of thorough cleaning when the birds have gone. A very important point is to have the hole big enough to permit the ingress of the bird yet keep out invaders. The hole to a wren-house, for instance, should be about the size of a quarter of a dollar. Houses with somewhat larger doorways will quickly be appropriated by larger birds. Of course protection against cats must be given. Frequently this is done by fixing a circle of tin, painted brown or green, about the tree or post at a little distance below the bird-house. Pussy can get so far, but no further. During the nesting season the birds will appreciate nesting material hung about on branches or fences—bits of string and old yarn, shreds of raffia, tufts of horse-hair, etc.

School Work for the Birds.

It is easy to interest boys and girls in the birds, and in many schools manual training work on bird-boxes is taken up as spring draws near with its promise of bringing the little migrants back from the south. In many places in Ontario this work is especially encouraged by the Horticultural Societies, which are now recognizing the advisability of lining up bird-encouragement and bird-protection as a part of horticultural work. Occasionally prizes for bird-houses are given to the boys at fall fairs.

In the United States "Arbor Day" and "Bird Day" are now usually celebrated together in the schools. In some New York State schools May 5th, "Audubon Day" has been chosen as a perpetual reminder of the birth of Audubon, the great American bird-lover and bird-student, and a practical exhibition, with essays and talks on birds, their use, care and habits, is a feature of the day.

Since birds are the most important check we have on fruit and crop-destroying insects, all this effort to stimulate interest in and appreciation of birds is very valuable, even from a commercial standpoint. It is valuable also from the esthetic and moral standpoint. Children and men and women who love birds are better than if they did not love them. There is opened to them a field of interest unknown to those who "never see" birds. And the whole movement tends towards greater joy in life. What would spring be without the carolling of the little feathered songsters? What interest and beauty would not the woods and fields lose were there no longer any birds?

Your Health.

"MEDICUS"

Carbohydrates—Gasoline for the Human Machine.

THE carbohydrates include foods containing sugar, starch and cellulose. They are universally distributed in the vegetable kingdom, being found in vegetables, fruits, grain, roots, leaves,

seeds, flowers, etc. The sugars, of which there are a number of different kinds e.g., cane sugar, milk sugar, malt sugar, fruit sugar, dextrose or glucose, etc., are among the more important of the carbohydrates.

Cane sugar, so-called because it is obtained from sugar cane, is identical, from a chemical standpoint, with the beet sugar made in Wallaceburg and Chatham from the sugar beet. As patriotic Canadians, we should use beet sugar rather than cane sugar which comes chiefly from Cuba.



Mustapha Kemal Pasha

Leader of the Turkish Nationalists, who has set up an independent Turkish Government at Angora. He claims that the Sultan is under the thumb of Great Britain, and that the Allies violated the armistice when they took possession of Turkish territory before the Treaty had been signed. The Allies claim that said territories were not Turkish but Arab. His forces are now marching on the Dardanelles.

Milk sugar is of special importance to the bottle-fed baby. It has been proven that this sugar is the most common cause of diarrhoea associated with green stools. So, in a case of diarrhoea in the baby, or when you notice green napkins even though there is no diarrhoea, reduce the amount of sugar the baby is getting. On the other hand, if the baby is constipated, give it more sugar and less fat. I recall a little mother who used ordinary brown sugar in place of purgatives, giving about ½ teaspoonful 2 to 4 times a day until the bowels became regular. Milk sugar is an especially valuable food in fevers. We feed fevers nowadays and milk sugar can be given in large amounts and it will not sour in the stomach. It is not nearly so sweet as the ordinary cane sugar or granulated sugar, but it has the same food value. It is often used to sweeten the lemonade and is used even

in cooking, in this way several ounces daily may be given.

Maltose, malt sugar, or a combination of maltose and dextrin (dextri-maltose) is the best sugar to give the bottle-fed baby. It does not irritate the stomach and intestines and therefore is not so liable to cause a diarrhoea. Usually 1 to 1½ ounces is given in 24 hours, the amount depending entirely on the condition of the bowels. If the napkins are green and loose, you are giving too much; if the baby is constipated, you can increase the amount. You can buy the dextri-maltose at the drug store (Mead's dextri-maltose) or you can prepare it yourself. The old-fashioned flour ball is a handy way of making it. Take a Windsor salt sack or make a cotton sack about the size of the lower half of your arm, fill it with flour and drop it into a kettle of boiling water. Boil from 2 to 4 hours, scrape off the outer crust and place the core in the oven till thoroughly dried. Then grate into a powder and place in a dry sealer.

Dextrose or glucose is the sugar that the body can burn up. Practically all the starch and sugar of the food in the process of digestion are changed to dextrose and circulate in the blood as such. This is very important when you want to give nourishment to your patient and perhaps the patient has no appetite or is vomiting. Dextrose can be dissolved in water and injected directly into the blood, of course, this is done by the doctor. The practical nurse can give it as a nutrient enema. To do this, you need a fountain syringe or a bulb syringe. First give a soap suds enema (castile soap to make fairly good suds in soft water) and this will cleanse the bowel. Then ½ hour later, inject slowly the nutrient enema. Place your patient on her left side with the hips elevated (a pillow or two will do). To a cup of warm water add ½ teaspoonful of salt and a tablespoonful of ordinary corn syrup (which is largely dextrose or glucose). Inject slowly, taking about 10 minutes, and keep the water as near the body temperature as possible.

Glucose is not harmful. Its only sin is lack of sweetness, being about ½ as sweet as cane sugar. Practically all the candies, chocolates, marshmallows are made from glucose or corn syrup. And candies don't hurt kiddies, that is if you don't give them too much at any one time to interfere with their appetite for other foods. Neither am I convinced that candies favor decay of the teeth.

The chief function of the carbohydrates is to furnish heat and energy. It is the same with the coal in the furnace. It is all burned up into carbonic acid gas and water, which we inhale through our lungs. So the growing child, who takes a large amount of carbohydrates, is just filled up with heat and energy. He is hot, you know that, because you have had him for a bedfellow on a cold night. The mother knows he is hot because she is unable to keep him covered at night, and why should she try? He is loaded down with quilts and comforters, just as many as she puts over herself and then a few more! Then she tucks him in and

expects him not to kick and rebel. He is some kicker too, but don't blame him for it. He is too hot, and if he gets cold that doesn't mean of necessity he will get a cold. (Would you like to be told how you catch a cold?)

Carbohydrates not only furnish heat but also energy. Again the large carbohydrate diet of the growing child makes him restless—he is just bubbling over with energy. The mother says he is always into mischief, always doing something and why shouldn't he? He is like a steam engine with the safety valve screwed down tight. He will explode if you don't give him something to do. So mothers organize games and teach your boy to play the game. By this, I mean train him to be "grand, square and upright"—no, I am not talking about pianos, I mean his character: his ideals—the things that make life worth living. As Wellington has said "Waterloo was won on the play grounds of Eton," so your boy's life-battles will be fought and won at the games which you make available for him. One reason that accounted in the past for the failure of any co-operative movement among farmers was this: the boys of a generation ago did not play games; life was too short, it was too much like a waste of time and energy and money, was scarce. They never knew what team work meant. They were unwilling to chase the balls all the time; they wanted to be the captain the pitcher or the batter, and if they didn't get what they wanted, there was a great temptation to pout and sulk. When they grew to manhood, the game was again played. The line fence—but why say more? Bad friends for a generation or two, and what did it amount to after all? So, once again mothers, if you want your boys to be worthy of you, encourage manly games, and you attend them, too, when you can. Take as much pleasure in an honest defeat as in an honest victory. The thing is not in beating the other fellow but in "playing the game."

Tell Dad to buy some balls, bats, gloves and a mask when he goes to town, and you mother, go along and buy a tennis racket and net. Then you and dad will renew your youth by just showing those youngsters that you both are still in the game. Then too, you will find the car in the barn more often at night. You simply will not be able to pry the children away from home—there's too much fun. You can start your community spirit now, and your home and your farm can be the center of it all.

If you want your boy to be a "sissy", never dirty his clothes, never fight or get mad, never do anything unless he is told, never want to learn to swim or skate or play ball, do not allow him to eat any 1, sugar, on his porridge or in his cake. 2 starch, potatoes, (at \$6 a bag and they are cheap at that, compared to many other foods) bread or rice. 3, fruit, apples, etc. 4, vegetables, etc. But if he does eat any of these things, expect him to be a real boy.

Sodium Iodide for Goiter.

"Juanita," Simcoe Co., Ont.

Goiter.—I have had goiter for about two years. Am 16 years old. How much sodium iodide will I need to take?

Ans.—You can purchase the sodium iodide at any reputable drug store. If you cannot get sodium iodide, potassium iodide will do just as well. Buy ¼ of an ounce, and put it in a four-ounce bottle and fill with water. Take a teaspoonful in water once a day after dinner. Take a bottle of this medicine twice a year, every 6 months. It is not poisonous. You could take the whole bottleful and the only ill effect would be nausea and vomiting. Take a tape measure and see how large your neck is; record it. Do that again in 6 months and let us know the result.

An old Scotch lady was noticed by her minister to fall asleep every time he preached, whereas, when young men from St. Andrew's University acted as substitutes, she remained awake and was most attentive.

The minister one day demanded an explanation of her conduct. She replied:

"Weel, meenister, I ken the word of God is safe in your hands; but when the young fellows from St. Andrew's come along it takes me all my time to watch them."—Houston "Chronicle."



The Orient Teaching the Occident.

A Japanese in England teaching English boys to make the lacquer ware for which Japan and China have long been famous.