

belong! "The fact that you (the audience) are here, shows that you belong, and are chosen men and women for country leadership."

At this point someone interpolated: "The U. F. O. will not let us be members." Reply—"They'll get over that. Don't forget that the Grain Growers are much older. The first phase of that body was antagonism to all outside organizations. Now it is reaching out. The present President of the Manitoba farmers' organization is a minister. The present Secretary of the Manitoba Grain Growers was a minister at Neepawa when appointed secretary of the organization."

We must have rural leadership,—but it must come from within. We are doing what we can to develop this spirit.

Lecture by Prof. Blackwood.

A very interesting lecture on soils was given by Prof. Blackwood, who had glass bottles of the various kinds of soil to illustrate. All soil is broken stone in various grades according as it is ground finely or coarsely. Tilling is for "structure," to join the particles into crumbs, as it were. What we want to do is to granulate the soil so there will be no danger of a structure that will become sticky or puddled. Stickiness is caused by colloids, and lime is added to get rid of them. Colloids that come together are safe. Clay is said to "flocculate," sand "granulates." You must always add vegetable matter or humus to get the soil in good tilth.

In order that the audience might get a good soil vocabulary that would enable them to read soil articles in future intelligently, Prof. Blackwood put the following table on the blackboard (the asterisks denoting the qualities necessary for good soil):

Structure: Open*, compact, puddled, friable*, granular*.

Class: loam, clay, clay loam, sandy loam, sand.

Tilth: good, bad.

Texture: fine, coarse.

Moisture, air, heat and plant food. By stirring or cultivating the surface of the ground frequently you make these available.

But the subsoil should be right too. If you are going to buy a farm be sure to take an auger to see the subsoil. For example it may have too much moisture. If you find too little moisture on any plot you are working fertilize the soil and too much moisture will not go off through the leaves (transpiration). So long as you can keep the water going through—good drainage—so the air can get in, the blades will not turn yellow. As a rule we need every particle of rain such as we get here for a grain crop. Clay will draw water up 7 or 8 feet; sand will not. Humus is the best water-holder of all as the particles themselves are porous. Soil with too much moisture is cold, and heat is needed for growth.

Drainage reduces the immediate need for fertilizer, but every ton of fertilizer that can be got should be used, and put on the good fields. The best is barnyard manure, commercial fertilizer next.

Soils fail to produce crops oftener on account of poor physical conditions than poor chemical composition. Fertilizers give the greatest efficiency on well-drained land. Drainage reduces the net loss of plant food where crops are grown. Every soil, with the exception of heavy clay that is too wet, should be ploughed in the fall, but care should be taken not to work it after rain before it is ready. If worked up too soon it will puddle and make an impervious top.

If one wants to make the most of one's land one should spend first on drainage, then on fertilizer. The Government will advance loans and all you have to do is to pay interest at 5 per cent. and a small portion of the principal each year. A man will be sent, if you apply for him and pay his travelling expenses, to make a drainage survey and tell you what to do. Clay tile is the best for drainage.

A pleasant as well as an interesting trip was then made to the fields where Prof. Blackwood made borings with an auger to show different kinds of soil and subsoil.

(To be continued.)

Among the Books

On the Onion.

(FROM "MY SUMMER IN A GARDEN," BY C. D. WARNER.)

I know that there is supposed to be a prejudice against the onion; but I think there is rather a cowardice in regard to it. I doubt not that all men and women love the onion; but few confess their love. Affection for it is concealed. Good New Englanders are as shy of owning it as they are of talking about religion. Some people have days on which they eat onions,—what you might call "retreats," or their "Thursdays." The act is in the nature of a religious ceremony, an Eleusinian mystery; not a breath of it must get abroad. On that day they see no company; they deny the kiss of greeting to the dearest friend; they retire within themselves, and hold communion with one of the most pungent and penetrating manifestations of the moral vegetable world. Happy is said to be the family which can eat onions together. They are, for the time being, separate from the world, and have a harmony of aspiration. There is a hint here for the reformers. Let them become apostles of the onion; let them eat, and preach it to their fellows, and circulate tracts of it in the form of seeds. In the onion is the hope of universal brotherhood. If all men will eat onions at all times, they will come into a universal sympathy. Its odor is a practical democracy.

Through Nationalism to Internationalism.

BY TAKASHI HARA, PREMIER OF JAPAN, IN THE "OUTLOOK," NEW YORK.

THE idea of a League of Nations is no modern invention. Broadly stated, it is nothing but the sense of comradeship in our every-day intercourse applied to the community of nations. For good or evil, the modern world is a large-scale world, and its most characteristic features connected with finance, industry and commerce are, to a great extent, international. Science, art, philanthropy, literature—even sport—are now fast assuming an international character. Never before have the communities and races of men met and mingled together as they are meeting and mingling to-day.

The modern world is essentially international. Internationalism is as inevitable as gravitation. In that sense it is in the abstract neither good nor bad. Its goodness or badness depends upon the mode of its application or manifestation. Unless, therefore, it is turned into a good channel, it will be worse than a wasted power and mankind will lose by it instead of gaining.

Side by side with internationalism we have nationalism, which is sometimes looked upon as detrimental or even opposed to internationalism. Nothing could be more erroneous. On the contrary, the road to a sound internationalism lies through a healthy nationalism. If we believe in the essential unity of humanity, if we feel that we are all fundamentally the same, irrespective of sex, age, race, or color, in virtue of our mere humanity, we must, however, admit on the other hand, the value of variety and the uniqueness and individuality of every human soul. And if we admit this in individuals, we must also admit the unique corporate individuality of social groups and distinctive nationalities. The recognition of this fact leads to the acceptance of nationalism.

We are told to "do unto others as we would they should do unto us." But unless we first learn how "others" wish to be treated before we proceed to put the Golden Rule into practice I am afraid it may prove to be even a source of trouble and misunderstanding. There is a distinct possibility of finding that others are not like ourselves. And in setting out to know how others wish to be treated, let us fix in mind the self-evident truth that just as one man is different from his neighbor, so one nation is different from another in wants, views, and outlook on life.

It is a fundamental mistake to conceive of a human being as a mere mathematical unit and to suppose him to have just the same wants as another. Behind him are his ancestors; around him are his relations and kin looking back to a

remote common ancestry and common surroundings. In and among all these he lives and moves and has his being. I think it was an American writer who remarked that men may change their clothes, their politics, their wives, their religions, their philosophies, but they cannot change their grandfathers. A man is not self-existent; he is a secretion of the past and a reflection of his environment. The same may justly be said of that aggregation of individuals which is designated under the title of a nation.

To-day we are actually witnessing these two principles, nationalism and internationalism, in active ferment. The question naturally arises: How are these two apparently contradictory phenomena to be reconciled? The answer is, as I have said, that the road to internationalism lies through nationalism. A right understanding of the meaning and value of nationality is an indispensable preliminary to any and all attempts at a solution of the international situation. It will never do to level men down to a gray, indistinct cosmopolitanism and call it a process of internationalization.

We must recognize and honor the individuality of nations—that is to say, the different corporate inheritance of each—and then strive to find therein the true foundation of internationalism by laying hold of the eternal things in each nation which fundamentally unite our common humanity. Variety, rather than detracting from, adds to the final strength and beauty of the international structure; and that structure we must set ourselves to raise in a spirit of tolerance and respect for the varying genius of the different nations. Herein lies the fundamental principle of the world's peace.

Your Health.

BY "MEDICUS."

Some More "Don'ts" and "Dos" for the Mother or Nurse.

1. Don't use your baby as a plaything, and don't permit other people to do so with the pretense they are entertaining the baby. As a matter of fact, in the majority of cases, the baby is entertaining them when it should be resting. Leave the baby alone as much as possible. Then you and your friends will not give it an infection,—cold, measles, diphtheria, pneumonia, etc. It can entertain itself better than you can. Place it on a rug covered with a clean sheet, on the floor or on a soft mattress where it can kick its limbs and demonstrate to you in a very short time how much more effectively it can exercise both arms and legs when lying on its back than when lying on your knee entertaining you.

2. Don't give your baby a "comfort." There unfortunately seems to be a feeling, especially among young mothers, that when a child cries, if a "comfort" is placed in its mouth everything possible has been done to soothe it. Don't forget that you have a very bright baby and he learns mighty quickly and once he acquires a bad habit it is very difficult to break him off. (In fact he is daddy's boy). If you rock your baby to sleep, for instance, after a few times you will find it difficult to put him to sleep without rocking. The same applies to singing him to sleep.

The "comfort" of all habits is the most filthy, the most dangerous, and the most unpardonable. Every nation should pass a law prohibiting the use or even the manufacture of these public nuisances. Mothers who would not for a moment think of taking their children to a place where there is diphtheria or scarlet fever do not hesitate for a moment to give their child a "comfort," and they have been seen to put "the comfort" in their own mouth to moisten it before putting it in the baby's mouth; and after the babe has had it for a while it falls out, and it may fall on the floor and become contaminated in that way, or if it lies for a while in the baby's cradle, in the hot summer weather it soon becomes covered with flies. It is then picked up and put in the child's mouth again, and then you wonder how the baby ever got measles, whooping cough, diphtheria or some of the catching diseases. It does not require any scientific knowledge to recognize what a filthy habit this is, and what an appalling source of danger, and unfortunately these "comforts" are most frequently used with children in a run-down, fretful condition, when they are most susceptible to infections.

In addition to this there is a great danger of producing deformity to the

mouth. One doctor took plaster of Paris casts of the mouths of children to whom "comforts" had been given, and then compared them with casts of the mouths of the children who had no "comforts." He found in the first set of casts that the hard palate together with the roof of the mouth was arched very high, and why? The "comfort" is so much larger than the nipple of the mother and this too-large mass of rubber presses the soft bone of the palate upwards and forwards, producing a deformity of the roof of the mouth; this in turn presses on the septum or partition of the nose and causes it to bulge sideways. Well, is this harmful? Wait till you are fifty years old, more or less, and have to wear "store teeth." The dentist can't make the plate stick up because he says your palate is too high. And don't you pity those unfortunates? They can't eat taffy in company.—"Oh, no; they are not fond of taffy, never were." (Some whopper!) Then they dare not laugh (only a constrained smile). If they are overcome with something funny they cover their mouth with their handkerchief, but now they are liable to swallow their teeth. That actually happened to one of my patients. Then a deflected septum is a common cause of catarrh! Those children are always getting a cold; their nose is always "running." The "comfort" may cause a protruding mouth and help to accentuate a "pug nose." Remember, in no instance whatever is a "comfort" a particle of good, and therefore nothing will justify its use. It is probably one of the greatest menaces of modern times, and its manufacture should be condemned by all Governments.

Bathing and Clothing.

3. Don't keep a tight binder around the baby's abdomen. It will not prevent a hernia (rupture). In fact, it may help to cause it. It is so uncomfortable for the babe. It is a common cause of vomiting. The binder is on so tight that it does not allow anything for expansion and contraction in the size of the stomach. It is unnecessary and may actually be harmful.

The hotter the day the less clothing on the babe. Give him an air-bath. He will thank you for it. Remember the danger of heat stroke. One of the earliest symptoms of heat stroke is a diarrhoea. Don't have the clothing tight so as to interfere with the free movement of the limbs and muscles, and thus interfere with their development.

Every baby should be given a full tub bath at least once every day, preferably before the second morning feeding. The room in which the bath is given should be warm and the temperature of the water approximately 100 degrees (use your milk thermometer). In addition to this daily bathing, during the hot weather, the baby's comfort will be materially added to by two or three sponges in the forenoon and afternoon.

Keep the baby dry and clean at all times. Never rock or toss him about. He is always healthier and happier when left alone. Under no consideration wake him up to show him off to some of your friends.

Health Slogan.

An ounce of prevention is worth a pound of cure.

The Children's Poem.

The Busy Fairies.

All day long the little fays
Go flying to and fro;
They have such heaps of things to do
That human folks don't know.

There are the flowers and trees to paint
With colors bright and fair,
And some of them to fill with scents
And perfumes rich and rare.
The sun wants calling every morn,
The moon when it is night;
Each little star needs polishing
To keep it clear and bright.

And when the children have been good
And busy all the day,
At night the fairies take them off
To Fairyland to play.

When Columbus landed in the West Indies he was presented with a kind of bread made from a grain which the natives called "mahiz." From this word is derived the English maize, under which name the plant is known in Europe.