



The Things Worth While.

Sometimes I get t' thinkin'

An' it kind o' seems to me
Th' things worth while in this ol' world
Jest simmers down t' three.

A lovin' heart's th' first thing,
An' th' sweetest part o' life
Is when you come at end o' day
To kiddies, home, an' wife.

Th' appetite fer hard work
An' fer trudgin' to'rds th' goal—
That's second in my little plan
Fer happiness o' soul.

An' last a smilin' count'nance
Jest to chase away the blues
An' paint on other peoples' souls
Them shinin' rainbow hues.

If you'd make life worth livin'
Try these big things worth while;
They're three (I'll sum 'em up ag'in)
Jest love an' work an' smile.

Do They?

BY "PUBLICS."

"D O nine farmers out of ten think more about crops and live stock than about children?"

That is a question often asked by people who know "the country" only superficially.

True, appearances condemn the farmer. His talk is, chiefly, of crops and cattle. Why not?—They make up the life-work that absorbs every minute of his working hours,—and his working hours are long. Quite often he talks politics, but very rarely education and child welfare, and all the other subjects that group themselves about the child.

But down deep in his heart—where the sacred things are—he is thinking, at least, of his own children. Their welfare is really the mainspring of all that he does. For them he toils early and late, and finds the burden light—because it is for them.

At the same time, may it not be true that, as someone has suggested, most men, off the farm as well as on it, make a great mistake or two in regard to their children?

In the first place, how many of them turn the whole care and training of the children over to "the missus"?—feeling, evidently, that they have quite enough to do if they earn the money to keep things going. Nip and tuck it takes them, too, to do that, it must be admitted, and all honor to them!

But "the missus" has plenty of affairs of her own to keep her busy,—meals to get, and the house to keep clean, and Johnnie's and Mary's clothes to keep in order, besides, perhaps, dairying, and gardening, and chicken-raising, and what-not.—Not much time left to devote to the education and life-training of Johnny and Mary!

Moreover the township council and the county council are like minded with the fathers and mothers in the homes. They, too, have affairs enough of their own—"Roads, bridges, and Houses of Refuge."

—And so, between one neglect and another the children, so far as their education and general training go, are left pretty much to the teacher. What sort of "job" she makes of them depends to a great extent, upon the sort of person she happens to be,—if, indeed, she stays long enough to leave any mark whatever; in many sections a new teacher comes every year.

And so, in passing: Is not all this something to be considered if a new teacher is to be engaged for the oncoming year?

—But is it fair that the whole training of Johnny and Mary should be left to

the teacher? Is it? Is it fair to the children or to the teacher?

After all, few people take into account the value of incidental teaching—and that is a sort of teaching that any father or mother who knows more about anything than the child does, can very well carry out. The writer knows a woman who has for some time been trying to teach her little daughter in this way, and it is astounding to see how much the little mite of six already knows and how alert her little mind is.

Then, there is the boy. Might not any farmer find interest, an absorbing interest, in watching the psychological development of that boy of his, seeing to it that he has the best chance educationally that can be given him (brought right home to him in the home school), and the most uplifting influences?

Would there be no interest in teaching the lad, naturally and incidentally, somewhat in this fashion?

"Bobby, why am I cultivating this corn?"

"Don't know," says Bobby.

"Hoots, lad! Use your think-apparatus!"

"Maybe to keep down the weeds," hazards Bobby.

"Not so bad—but there isn't a sign of a weed."—Whereupon is afforded the chance for a lesson on mulches, and capillary attraction, and the value of keeping moisture about the roots.

Just so may many incidental lessons in every branch of farming, in manners, good principles, honor, the art of thinking, and a thousand other things be given;

for the best chance he can give to that child—for health of body and progress of mind,—not only for the sake of the child, but for the sake of the nation and the world.

Your Health.

BY "MEDICUS."

Questions.

"ANNE," York Co., Ont.—"Dear Medicus": Your interesting articles in the "Advocate" I read and look for every week. Hence a few questions:

1. How is protein milk made?
2. Would oatmeal be better still if cooked with milk? Is rolled oats as good as the round oatmeal?
3. Is meat as necessary in the summer as in the colder weather?
4. Is bacon good for children?
5. What gives children colds? My baby will never stay five minutes covered, even in zero weather. She is very subject to colds. I thought it was through being uncovered at nights. She had diarrhoea last summer very bad. When she gets cold even now it upsets her digestion.

Ans.—*Protein Milk*.—A quart of certified raw milk is taken (certified milk is milk that is extra clean—with a low bacterial count); two teaspoonfuls of essence of pepsin is added. Or you can use a junket tablet instead. Warm to a temperature of 140 degrees,—use your ordinary milk thermometer. Keep at this temperature for ten minutes, as too great a heat will cause the curd to become tough. Then let it stand at room temperature for half an hour. The curd

There is a powder you can buy at the drug-store now—made by drying the curd and powdering it. Your doctor can tell you all about the preparation of it.

2. There is no advantage as far as I know in cooking the oatmeal with milk. Of course, the milk would be sterilized in the cooking, and that may be an advantage, especially if young children are eating the milk and porridge. The other week I visited a cousin in Norfolk Co., who was lamenting the loss of his herd of Jerseys. They were apparently well, coat sleek and glossy, appetite normal, but when tested with tuberculin they were condemned. After they killed, the veterinary opened the chest and found the lungs "just riddled with tuberculosis." The mother was worrying about her three children, fearing they might develop tuberculosis, because she had never pasteurized the milk that the children drank. So the only advantage in cooking the oatmeal with the milk would be that the milk would be sterilized.

It is very difficult to get the round oatmeal in this country. The rolled oats are just as nutritious. You must be Scotch, because in Scotland the round or granulated oatmeal is used almost exclusively.

3. Meat is as necessary in the summer as in the winter. We need more fat in the colder weather, and very often we get a large proportion of our fat when we eat meat. I think it is customary in the country to eat more meat (and that usually means more fat) in the winter than in the summer. The Eskimo lives on blubber nearly all the year round. It is cold up at his home most of the time, and he needs the fat.

4. Bacon is splendid for children, especially when it is fried crisp. It is almost all protein then, with only a little fat.

5. What causes a cold? Well, cold doesn't cause a cold. You have to get the bug. In other words, a cold is caused by an infection, a germ. You can't get consumption without the bug. You can't catch malaria, no matter how hard you try, because there are no malaria organisms in your neighborhood. Neither can you get yellow fever, leprosy, bubonic plague. But you can get tuberculosis, pneumonia, bronchitis, etc., because those germs are being scattered broadcast and we get them into the mouth or nose. (Keep your hands out of your mouth, and be sure to wash your hands before you eat.)

You can understand how chilling the body does not necessarily give you a cold. You have to have the bug. People have more colds in cold weather because they go to concerts in winter time, to church and to shows, and expose themselves to catching the germs from the other fellow (often a mouth spray). Our boys who were at Salisbury Plains or lived in Flanders mud did not have a cold every day, and they were often soaked to the hide day after day. If exposure to cold, say after perspiring freely, for example after dancing, caused cold, why all our young girls would be dead long before this. Or walk down main street in zero weather and study the low-necked dresses. . . . No, "Anne," cold doesn't cause colds. You have to have the bug. I will not deny sitting in a draught may cause your head to be "stuffed up." That is not a real cold; it is a vaso motor affair that passes off in 12 to 24 hours at the longest. Adenoids is a common cause of colds in the head in children. It is very likely that your babe has not been fed properly—and now suffers from "spasmodic"—that is a big word that means that your child is liable to have colds, croup, etc. If you will tell me what food you are giving, it is possible we can advise a diet that will stop your babe from catching cold so readily.



Sketch Model for the War Memorial to be Erected by the City of Stratford, Ont.

The design, by Mr. Walter S. Allward, of Toronto, is to be carried out in granite and bronze. The total width will be 18 feet and the height 16; the bronze figures being 8 feet high. The higher figure represents the spiritual man, the figure going down in defeat represents strife disarmed, the group showing the supremacy of right over brute force. On the side bases will be inscribed the names of Stratford's fallen heroes.

and they may prove to be the most powerful lessons of all in developing Bobby and getting him ready for an effective life.

Surely it's a cad of a father who could fail to be interested in helping on such education of his own flesh and blood!—And what a perverted taste he must have if he can possibly be more interested in a bawling calf, or a grunting pig, or a bin of grain, than in the bright little laddie with inquiring eyes.

A nation's best asset is its children. The man who has a child is responsible

is then separated from the whey and placed in a cheesecloth bag and allowed to drip over night (best in a refrigerator). The curd is then worked through a fine sieve (36 meshes to the inch). I have used an ordinary river. Then add a pint of fresh buttermilk (not too sour) and a pint of water; or you can instead use a quart of water. To every quart add one grain of saccharin to sweeten it and make it more palatable for the baby. You can buy one grain tablets from the druggist and crush one down to a powder. When using, the feeding must be warmed only slightly so as not to curdle the milk.