

time he cries," she continued. He may be crying because of indigestion. Don't trot him and joggle him; let him rest as much as possible, and beware of soothing syrups. Give him drinks of water three or four times a day, and don't let him suck "comforts" or other dirty abominations. Sore mouth is usually due to carelessness on this point.

The diet in the second year, she touched upon lightly, for lack of time. As a rule, children are overfed, and the mistake of giving them food that needs chewing before they have teeth to chew it with, is often made. Little children should not be given such viands as corn, cabbage, and chunks of potato. They should be taught to chew such food as is given them thoroughly, and to sip, not drink, milk. In closing, she warned her audience not to give advice about babies unless they understood the subject, and the physical condition of the babies.

#### MISS WATSON'S ADDRESS.

Miss M. U. Watson, of the Macdonald Institute, continued the subject begun by Miss Aiken. She emphasized the necessity of proceeding slowly from "baby food" to the complex diet of the adult. The change should be spread gradually over the years from one to seventeen, and should never be made abruptly between the years of one and seven. The diet from two to five should consist largely of milk and well-cooked cereal foods, beginning with gruel and changing gradually to the more solid forms. Little meat should be given, but lightly-cooked eggs might be added. Children do not crave a great variety; that comes of training. If they clamor for what the elder ones eat, it is because of the imitative faculty. Teach them self-control by training them to wait a little longer for the heavier foods. There is no objection to giving tender vegetables after the third year, but the tougher kinds should not be given until after the sixth year. Great pains should be taken to teach the children to masticate thoroughly at all times. A little fruit juice might be added to the diet during this period, but seedy fruit, such as strawberries and raspberries, should be given in great moderation until the eighth or tenth years.

The best time to largely increase the variety is during the adolescent years, when there is more or less capriciousness of appetite. Children should not be permitted to drink tea or coffee, or any other stimulant, neither should they be permitted to eat highly-spiced foods for the first fourteen years. Pickles, rich cake and pastry should be prohibited, even at Christmas, when a pretty dessert should be provided, instead of the usual plum pudding and mince pie.

In conclusion, Miss Watson begged the Women's Institute members to make a study of this question. She would be glad to answer questions sent to her at the Macdonald Institute, especially in regard to giving the names of books upon the subject of dietetics, etc. "Feed a child reasonably for the first seventeen years," she said, "and no diet is likely to disturb it much afterwards."

#### THE YOUNG WOMAN ON THE FARM.

Dr. Annie Backus, of Alymer, took up the above topic in a very bright and comprehensive manner. She is a devotee of the rural life, and made a strong plea that conditions of home life on the farm should be made as nearly ideal as possible. The homes should be so bright and desirable that the boys and girls would not want to leave. "Don't be afraid to bring in all the modern conveniences," she said, "and give the girl a room of her own." Give the girls a chance to think for themselves, and don't keep them in the house. Let them develop physically out of doors as much as possible.

The girl on the farm should be permitted to introduce social conditions into the home, and to make the rooms and the dining-table attractive. It is very important that

she be given a chance to develop these talents. It is deplorable that girls sometimes do not care for home; love of the old home means much. Send them to school in the town, but make their home-coming on Friday nights an event to be looked forward to.

Love of nature should be developed. It is a regrettable fact that we sometimes get too fond of artificial beauty, to care more for the rose on a hat than a rose in the garden. If we love nature—flowers, woods, bird-songs—we can seldom be alone or lonely.

There are, of course, advantages in the city—lectures, social intercourse, etc.—and when the country girl goes to the city, she feels, sometimes, at a disadvantage. She should remember that, if she only behave naturally—"doesn't put on airs"—the chances are that she will get along nicely.

Mothers are too apt to teach girls that the boys should be waited on. This is a mistake. It is also a mistake to give the daughters no share in the financial arrangements. Every girl should have some source of income—a share of the butter, chickens, etc.—which she may spend for herself, and so learn self-reliance. It is also unfair to give the boys all the educational advantages. A crying evil is that so often the girl's share in the will is so small. How often we see a will apportioning this farm to William, another to Henry, while two or three feather pillows and a feather bed go to Sarah. It is a shame that sometimes a girl is simply forced to marry a man for whom she does not care, in order to get a home.

Give the girls a thorough training in the art of housekeeping; make them happy and independent; and don't let them go stringing into the cities to take positions behind counters, and in factories and telephone offices. The temptations for such girls in the city, and in the poor boarding-houses to which they must go, are many.

#### AFTERNOON SESSION.

"Women's Institutes and Rural Schools."

A leading feature of the last session was an address by Miss Joan Hamilton, of the Guelph Consolidated School, who indicated many ways by which the members of the Institute might help in raising the standard of the rural school. Rural schools are not doing the work they should do, because they are handicapped. The true value of agriculture is not understood by the children as it might be under favorable school influences. The women of the Institute can largely control the influence of the school-room and its surroundings, if they will. . . . The transition from home to school should be easy and natural. When a child goes to school, he usually finds the playground surrounded by a high, close, wooden fence. He gets the impression that he is not trusted; he is shut in—a prisoner; his first impulse is to climb the fence. . . . Untidy surroundings also have a distinctly demoralizing influence on the child-mind. Too often the playgrounds are uneven, the gate hanging by its hinges, the well in a low place to which the land on all sides slopes. Too often, also, there is no screened approach to the closets, whose walls may be adorned with very questionable literature; occasionally but one building is provided, with a thin partition between. Then, the woodshed is apt to be dull, dark and damp, and filled with the accumulation of years, and the yard in spring is often full of mud-holes. . . . The school-room itself is, as a rule, vastly in need of improvement. No shelf is provided for the lunch-baskets, which are, accordingly, set on the floor; the hooks may be gone or broken, the plaster dropping from the ceiling, the stovepipes rusty and crooked, the windows dirty. The walls, moreover, are usually painted gray. This is a mistake; there is enough of dull gray in our lives. . . . Again, the

blackboards should be of good quality; much trouble of the eyes has been caused by boards from which the light reflects. Heating and ventilation should be seen to; it should be impressed upon the trustees that it takes less fuel to heat pure air than impure. The health and thinking power of the children depend more than is understood upon this matter of ventilation. The throat, lungs, blood—all are injured by breathing bad air. Dr. Thorndike, a famous physician, of New York, has stated that it is also one of the conditions leading to poor eyes.

The seats and desks should be graded in height, so that none of the children have to sit with their feet dangling, or with shoulders hunched up. To desks of the wrong height are often to be attributed curvature of the spine, contracted chests, etc. Then, both seats and desks should be individual. You can't get independent work from children when two are in a seat; teachers can't watch everything.

Miss Hamilton thought that nearly all the conditions might be made right if the women of the Institute would visit the schools and take the matter in hand. "If you can't get the trustees to clean the school-room," she said, "why not make an old-fashioned bee and clean it yourselves?" A well-kept school increases the value of the surrounding farms—an additional benefit. Have shades for the windows and long-handled brushes for the walls. Elect trustees who will carry out a broad-minded policy, not those who will lose by trying to "save" money. Provide a school and grounds of which the children will be proud, and give a better salary to a teacher brought up on the farm, who will be in sympathy with rural life. Have a teacher, too, who can teach continuation work, and let the children get advanced work in the country, and under rural conditions.

In conclusion, she referred to the fact that the Minister of Education is working out a plan to form a curriculum more suitable to rural life. With this, and the best conditions otherwise, she looked to such a development of the rural school as will send forth men and women impressed with the idea that their profession is a good one; who are able to distinguish the glittering bauble from the real thing; and who will understand fully that it requires intelligence and skill to be a farmer or a farmer's wife.

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Following this address, came a discussion on the organization, workings and promotion of the Women's Institute, which was taken part in by Mrs. Hunter, Brampton; Mrs. Yeo, Mt. Forest; Mrs. Crandall, Lindsay; Mrs. Gardner, Kemble; Mrs. Gilchrist, Toronto Junction; Miss Maddock, Guelph; Mrs. Bell, Tavistock; Mrs. Pritchard, Springfield; Miss Campbell, Brampton; Mrs. Kastner, Sebringville, and others. . . . A question drawer was also opened, during which Superintendent Putnam, Dr. Backus, and others, answered such questions as were put to them by members of the audience. Mrs. Hoodless' suggestion that a short course for farmers' wives be instituted at the Macdonald Institute, was considered, and a request made that the Superintendent approach President Creelman on the subject. The Woman's Home Journal was also decided upon as the official organ of the Institute.

After an enthusiastic vote of thanks to Superintendent Putnam, to whose energy and capacity for organization so much of the success of the Institute is due, the Convention was closed, and the members returned to their homes, filled, it is to be hoped, with a new inspiration, a new enthusiasm, and ready to accomplish "still greater things" during 1908.

"I can pronounce your name, but I can't spell it," she said to her partner, trying to remember who he was.

"J-o-n-e-s," he replied, gravely.

#### OUR SIDE AND THEIR SIDE.

It is but a truism to assert that, however great has been the enjoyment of a long holiday away from one's usual surroundings and daily duties, there is always the greater joy still of the return to home and friends once more. Yea, verily, this is very pleasant, indeed, and so also is it to take up again one's own little special links in the chain of service for and with others; to compare notes with fellow-workers as to the needs which may or may not exist in common on both sides of the Atlantic; and, whilst full of heartfelt sympathy for sufferers in the crowded slums of the cities of the motherland, to rejoice and thank God for it that our own lines have fallen in more pleasant places, and that, as dwellers in the great Dominion of Canada, ours is truly "a goodly heritage." Christmas has come and gone, and we are upon the very threshold of the New Year, during which it is more than likely that the ever-increasing influx of the newcomers from all parts may make even larger claims upon us than in the years gone by. Already, perhaps, some of our usual Christmas gifts may have had to take a wider range, and assume, in many instances, the character of benefactions—benefactions bestowed, let us hope, as ungrudgingly as were all the other tangible proofs of affection which have passed from friend to friend at the sacred season. Whilst rejoicing, however, to do our share towards giving a practical welcome to the crowds who are flocking to our shores, and, in a measure, understanding and sympathizing with the causes which brought them to our side of the Atlantic, yet to realize how really great was their need, one has to have been in personal contact with the sufferers themselves, or to have heard all about what they have gone through from the lips or pens of those who have been, so to speak, down into the depths with them.

#### REMINISCENT.

May I, then, tell you of some of the facts I gathered from one source and another, just one year ago, when it was my privilege to be amongst friends who at least did what they could to alleviate sufferings, which, alas, they were powerless to wholly cure, but who, by personal effort, did their utmost towards the support of the various agencies, such as hospitals and creches and day-nurseries, which exist in the crowded centers of the old land, in some cases obtaining work, where it was possible to get it, for those who craved work rather than take charity, but whose footsteps seemed to have been clogged by misfortune rather than crime,—the very class of immigrants, in fact, to repay Canada for opening to them her hospitable arms.

Here is something about motherhood in Whitechapel:

"A woman of Whitechapel, with a five-day-old baby on her knee, sits shivering before a meagre handful of firing in a grate. Three other children form the family group. This mother, exhausted and weak, has so sat with her children from early morning till late evening. Not one of them has tasted food all day, save the infant, who has a 'milk ticket' from the London Hospital.

"All are awaiting the return of the father—a hawker of shirt-studs. He will bring home a few coppers. Little enough to feed and clothe the hungry, tattered brood; little enough to give strength to this weak, newly-made mother, anxious to return to her work as bottle-washer in a factory.

"These are the life-stories the maternity nurses connected with the London Hospital are facing each hour of the day and night down Whitechapel way.

"Here are women in plenty whose recent and fifth baby opens its eyes in the one living-room, where the father it will never know is in the last stages of consumption.

"The only articles of clothing worn by many of these mothers during the lying-in period are a ragged