

The Farm Home

This Department is Devoted to the Farm Home and to the moving spirits thereof—the Farmer's Wife and Daughters and their active co-operation is asked in making it as useful and interesting as possible.

The Teaching of Domestic Science.

Elsewhere we give a resume of a report on domestic science by Mrs. Hoodless, in which it is intimated that the teaching of domestic science and sewing is likely to be inaugurated in our Public Schools. In all probability, if these subjects are put upon the curriculum, it will be some time before they are taught in rural schools. We are of the opinion, however, that what is good for the city pupil is also good for the country pupil, and we would be glad to have the views of the farmers' wives and daughters as to the practicability and advisability of teaching domestic science, sewing, etc., in country schools. In the Good Book it says: "Ask and ye shall receive." The same law holds good in secular matters, and if the wives and daughters of the farm desire these practical subjects to form part of a girl's education in the rural school let them make their wants known, and we will gladly give them the opportunity of doing so in these columns.

While it may not be feasible at the start to put all the appliances in a rural school necessary to give practical lessons in cooking, etc., yet, if the teacher has made a study of this subject and is able to give some useful information in regard to the value of foods and their relation to growth and health, a great deal of good can be done. And, then, say once a month, a competent person might be engaged with a travelling outfit to give a practical demonstration or two in the school, at which not only the girl pupils, but their mothers, could be present. An hour a week devoted to teaching the older girls in the schools sewing, and such like, would make the education given in our schools of more practical value than it is now.

The Country Home.

The country home should be the ideal home. Whether it is so or not will depend upon those who occupy it. While the home in the city may have more up-to-date luxuries and more conveniences in the way of heating and lighting it lacks that quietness and comparative seclusion necessary to make the home what it should be. Except perhaps in the case of light the farmer of to day can have every convenience and up-to-date improvement in his home that the person living in the city has, and in addition that quietness and peace which the country alone can give it.

There are evident signs of a healthy reaction in favor of country life and

rural pursuits. Many business men who have worked hard for many years to earn a competency, after they have attained that end, seek cosy homes in some rural district or in the outskirts of the large cities where all the advantages of a country life prevail. Then the very wealthy are more given to having luxuriant country homes than was the case some years ago. This fact is very noticeable in the United States, where the number of wealthy residents of the large cities who have elegant country homes is gradually increasing. Such homes enable them to get away from the turmoil, excitement and rush of the great city, and amid the quiet of a rural district enjoy life surrounded by that healthfulness, independence and peace which a touch of nature always gives.

In an urgent plea for the country home a writer in one of our American exchanges says: "The small farm, fully equipped, thoroughly stocked, highly fertilized, with its permanent pasture lots and orchards with improved appliances for the dairy and modern conveniences for poultry raising, with a bountiful garden, and, lastly but not least, with its attractive, commodious, convenient and comfortable cottage—makes the ideal home of which poets may sing and lovers dream. If the master of such a home is a practical farmer himself, fully informed, as he should be, in the minutiae of crop raising, in horticulture, in the care of live stock, he can with unskilled help conduct his business with success and pleasure. If he works with intelligence, thrift and frugality, he will always have something to sell, be thoroughly independent, and, if in close proximity to a steam or electric road, his family can have many of the advantages of city life, while at the same time they enjoy the freedom, independence and healthfulness of their country home.

"And so in my plea for the country home, I would have you remember that it is the nursery where the fledglings in human form can have the safest, the purest, the noblest and the truest development. Where the trees assume most graceful proportions, and the flowers are of richest hues and sweetest fragrance, there, too, will childhood blossom most perfectly and grow into the most beautiful maturity."

The Place of Man in His Home.

The seclusion of a home gives to a man a certain amount of freedom and attendant privileges which no other place in the world affords, and it is right that it should. But it is not right that this freedom and those

privileges should be abused to the disadvantage of the wife.

Too many men seem to have the idea that they can drop into constant disconsolate and churlish moods at home with their wives which in any other place and by any other person would not be tolerated. It is when a man is within the walls of his home that he is himself. Then it is that he should be at his best. When a man gives the best that is within him to those closest to him, his home will be the ideal place that he wishes it to be.

No man has a right to expect from his wife what he on his part does not give her. If he wants her sympathy, he must give her his consideration. If a man lacks the element of consideration, he should cultivate it, not for the benefit of his friends, but for those in and of his home. Consideration should begin at home, not in the home of friends, as it often does—and ends there, too. The atmosphere which a man creates in his home by example becomes the rule by which his children live. The husband and father strikes the key-note for right or wrong living.

Maxims for Health.

A French firm recently offered a prize for the ten best maxims for preserving the health. The following are the prize-winning maxims:

(1) General Hygiene: Rise early, go to bed early, and in the meantime keep yourself occupied. (2) Respiratory Hygiene: Water and bread sustain life, but pure air and sunlight are indispensable for health. (3) Gastro-Intestinal Hygiene. Frugality and sobriety are the best elixir vitæ for a long life. (4) Epidermal Hygiene. Cleanliness preserves from rust; the best-kept machines last longest. (5) Hygiene of Sleep: A sufficiency of rest repairs and strengthens; too much rest weakens and makes soft. (6) Hygiene of Clothing: He is well clothed who keeps his body sufficiently warm, safeguarding it from all abrupt changes of temperature, while at the same time maintaining perfect freedom of motion. (7) Dwelling Hygiene: A house that is clean and cheerful makes a happy home. (8) Moral Hygiene: The mind reposes and resumes its edge by means of relaxation and amusement, but excess opens the door to the passions, and these attract the vices. (9) Intellectual Hygiene: Gaiety conduces to love of life, and love of life is the half of health; on the other hand, sadness and gloom help on old age. (10) Professional Hygiene: It is your brain that feeds you, don't allow your arms and legs to