

PROVINCE OF BRITISH COLUMBIA.

DEPARTMENT OF AGRICULTURE
(WOMEN'S INSTITUTES).

BULLETIN No. 85.

THE PLAGE AND PURPOSE OF FAMILY LIFE.

—BY—

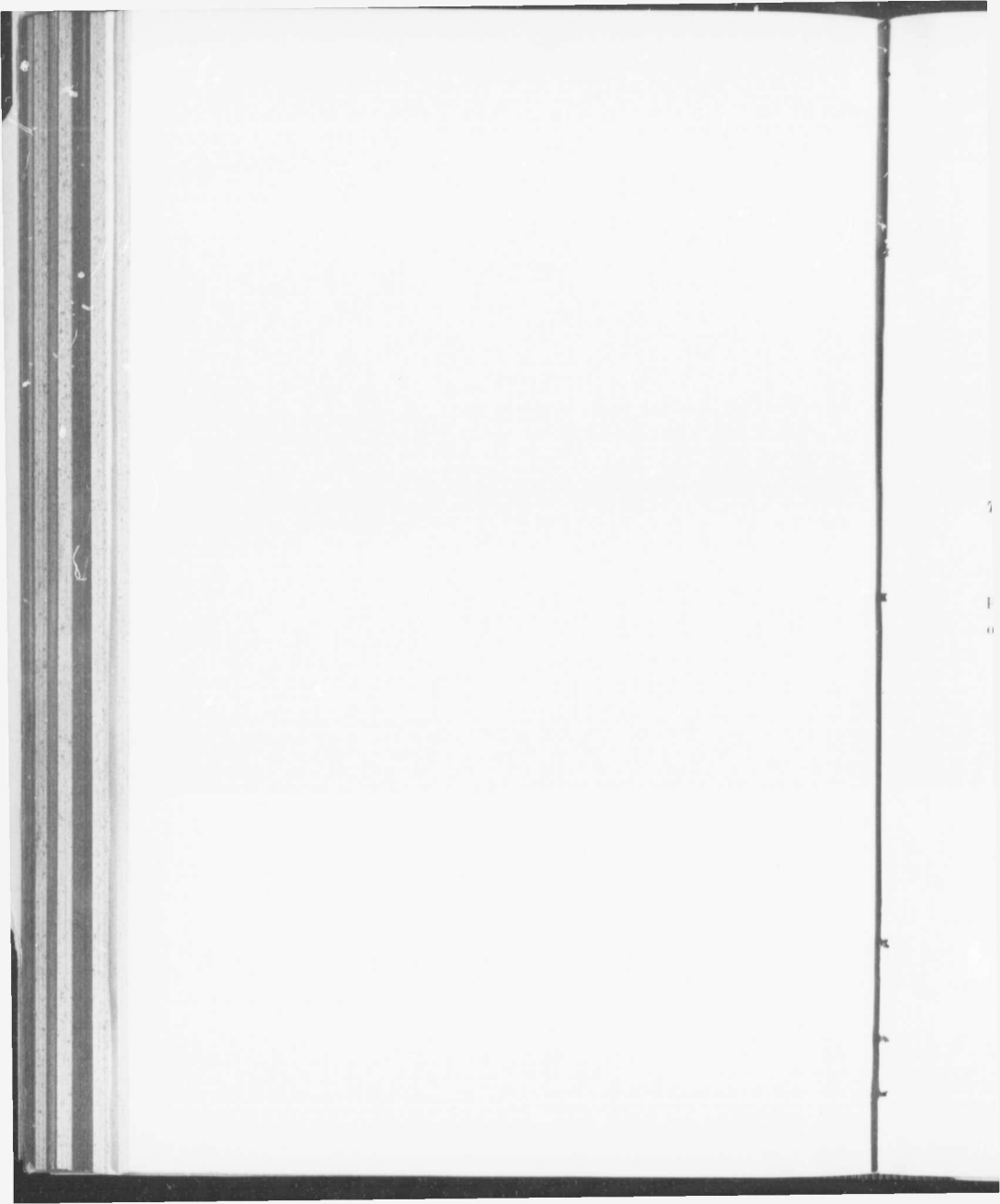
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THE DEPARTMENT OF
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DEPARTMENT OF AGRICULTURE,

VICTORIA, B.C., October 24th, 1911.

The Honourable Price Ellison,

Minister of Agriculture.

SIR,—I have the honour to submit herewith a bulletin compiled on behalf of Women's Institutes towards the advancement of home life.

I have the honour to be,

Sir,

Your obedient servant,

WM. E. SCOTT,

Deputy Minister of Agriculture.

INTRODUCTION.

In submitting for the attention and perusal of the members of the Women's Institutes of British Columbia this, the first, departmental bulletin issued on behalf of the organization, it affords me pleasure to state that the efforts of the Department of Agriculture by the inauguration of Women's Institutes—towards the betterment of conditions in our rural communities as affecting women—is meeting with the cordial support and approval of the women of the Province, as evidenced by the very rapid growth and extension of this movement since its inception.

It is now two years since Women's Institutes were first organized in British Columbia, and the growth since then is very gratifying and encouraging.

There are at the present time twenty-three institutes in the Province, with a membership of 827. An Advisory Board, consisting of four members, has been appointed, in order to confer with and advise the Department as to matters affecting Women's Institute work.

A series of bulletins will be issued dealing with the betterment of conditions in home life in our country districts.

The motto adopted by the Women's Institutes of the Province is the same as that adopted by the Province of Ontario, and explains in four words the chief aim and object of the Women's Institutes, viz., "For Home and Country."

WM. E. SCOTT,

Deputy Minister of Agriculture,

Superintendent of Institutes.

THE PLACE AND PURPOSE OF FAMILY LIFE.

CANADA'S PROUD MISSION.

The closing words of Earl Grey's farewell address to the country, for whose advancement he has laboured with whole-hearted devotion, form a fitting introduction to this subject. "I beseech you," he said, "to educate and bring up your children in the faith that Canada is destined to fill a proud and splendid mission in the world."

But what is the connection, you will ask, between the title at the head of this page—"The Place and Purpose of Family Life"—and the mission which Earl Grey foretells it is the duty of this vast and beautiful country to fulfil?

FAMILY LIFE THE BASIS OF NATIONAL SUCCESS.

The reply to your question shall be given by no less a person than our King. It is not many months ago since he told his people that the stability and progress of our Empire depended entirely upon the character of the homes in which its children are reared. Only, said he, if home life be pure and healthful can prosperity be secured and our great and world-wide responsibilities be fulfilled.

Upon the parents of to-day, upon their methods of bringing up their families, hinges the future of Canada. Now, one purpose of family life is to furnish the country with a high-minded, self-supporting, healthy population.

Our homes may be fitly compared to the lumber or the stones used in the construction of some stately public building. If but one piece of lumber be unsound or but one stone have a flaw, the stability of the whole will be threatened. That which should last for years, serving many useful purposes meanwhile, may from causes so small as these, impossible of detection, collapse even before completion.

Let me remind you that Canada is composed of thousands of homes, each one of which promotes or threatens its power to "fulfil its proud and splendid mission to the world."

HOW HOME LIFE FOSTERS NATIONAL CHARACTER.

What is this national mission of which Earl Grey has spoken? Is it to make money quickly by developing the rich resources of the country, so that Canada shall become more rapidly a power in politics and in commerce; or is it to rear up a race of strong, wise, and pure people, who, while working for the advancement of their native land, will raise its national life to the highest level of honour and health?

The history of the world bears clear witness to the fact that real progress and enduring prosperity existed just in proportion as noble ideals and high standards of conduct were fostered in home life. "It is righteousness that exalteth a nation."

THE INFLUENCE OF HOME STANDARDS.

The surroundings, moral and physical, among which a child passes the first eight or ten years of its life are those which colour the whole of its future. There have never been more profound students of human nature than the Jesuits. "Give us," they said, "a child for the first seven years of his life and he is ours for always," so deep and firm are the early impressions received by young children.



A Settler's Home in British Columbia.

A high standard at home results in noble ideals of national duty when the inmates of that home assume life's responsibilities in later years. A low standard in the home is far-reaching in its bad influences on the conduct of its occupants, long after they have passed out into the world to play their varied parts as Empire-builders or, dare it be whispered, as Empire-destroyers.

THE TRUE MEANING OF FAMILY LIFE.

The fact is, we are so much accustomed to the existence of homes that we rarely stop to think of the part each home plays in the national life. Indeed, there are quite a number of young folks to-day who openly express their wish that home life could be abolished. Home claims are irksome, they say; home restraints are tiresome. The sooner they can escape—free to lead their own lives—the better they will be pleased!

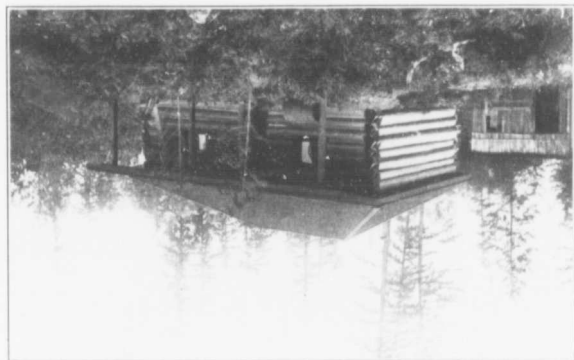
Such selfishness is, however, a danger-signal; it warns parents of their neglect to train their children in the virtues of loyal obedience and loving consideration for others; it warns the youth and maiden that no man lives or dies to himself, but that all productive life is based on service.

LIFE AND SERVICE.

Only by mutual service can home, city, nation, or empire continue to exist. The King serves his country; the Cabinet Ministers serve the people; doctors serve their patients; teachers serve their pupils; and parents serve

- (22) It teaches children how to bear their part in life. From birth onwards it gradually trains them in all kinds of useful habits and teaches them how to bow to the experience of their elders. The second function of family life, therefore, is protection.
- (23) Family life also provides opportunities, by example and precept, for exercise and work suited to the age of each member of a household. Thus, the little one in its play, the older child in its daily

The Home of a Barkwoodsman in British Columbia.



- Just because there is this feeling of irritation among some young folk against what they call the restrictions of home life, just because of the importance to the Empire of preserving family life strong and pure, it is helpful to recall what are its objects—why family circles have existed so many thousands of years.
- (24) Family life fulfils four main functions:—
- (1.) It protects children during their years of helplessness and shelters old people when unable to continue self-supporting labour. Its first object, therefore, is protection.

THE FUNCTIONS OF FAMILY LIFE.

Strength is the outcome of mutual service; whereas weakness is associated with selfish (unsubsidised) independence. The old folk of the family of sticks holds good to-day. If many sticks are firmly bound into one bundle, the bundle cannot be broken; leave each stick separate, and a child can break them across his knee. If we turn to the history of mankind we learn that family life is the outcome of this experience—the strength of combination, and to combine for our mutual advantage with our fellow-men. An added motive for home service is found in *force*; which love finds pleasure in mutual helpfulness—*i.e.*, in service.

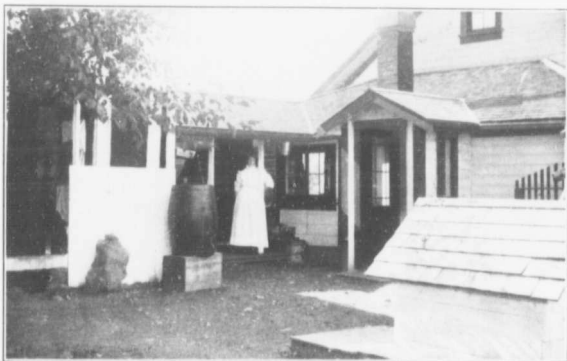
duties, the seniors in the performance of their varied callings, all use their strength and develop their powers through their contributions to the happiness and comforts of the family circle. DEVELOPMENT—therefore the development of the bodies and minds of its members is the third function of family life.

- (4.) The fourth function of the family is SOCIAL TRAINING. By the give and take of home life; by the mutual love which leads to patience, gentleness, and forbearance; by the union of all in the service of each; by the unconscious training in self-control, good temper, and courtesy, the child is prepared for life among his fellows outside his home.

Could these functions be left unfulfilled? I trow not. All experience confirms this opinion. What is the result to the children gathered into asylums and institutions, where, in many cases, they live under conditions of cleanliness, good food, and regularity, superior to those they would otherwise know? Without exception, doctors, teachers, and close observers tell the same tale. These children are less resourceful and quick, less self-dependent and progressive in later life, often less healthy (although so well cared for physically) than children reared in even the poorest homes. Why is this?

THE TEACHING OF EXPERIENCE ON THE VALUE OF FAMILY LIFE.

Without doubt, children of all ages suffer from the want of "mothering"; nothing atones for the absence of parental care, upon which they thrive as fruit ripens in the sunshine.



A Well-kept Home in British Columbia.

Children also suffer from want of opportunity for personal development. From the very condition of institution life they have to be treated as a mass, not as individuals; with the result that the majority grow up more like well-trained machines than self-reliant, easily adaptable human beings. No

advantages of even the most perfect official organization can make up for the happy freedom enjoyed by the child in a well-ordered home. Here, under the influence of loving parental discipline, he learns two lifelong lessons, by imitation and obedience: (1.) How to be himself. (2.) How to adapt himself to others different from himself.

TWO LANDMARKS IN THE DEVELOPMENT OF FAMILY LIFE.

This is a subject of such importance that it is worth while devoting to it some further consideration. For how long has family life existed? When did it take its rise? What motives led to its institution?

WHEN DID FAMILY LIFE TAKE ITS RISE?

In the effort briefly to answer these questions we shall find it necessary to travel back a long road through the ages. The path we must follow leads through the whole huge world of animal life, away into the dim distance, where we can just perceive the beginnings of family life among creatures so remote from human beings as insects, fish, and reptiles.

LANDMARK (1).—THE GROWTH OF THE SOCIAL INSTINCT.

This landmark is conspicuous all along the road. To it reference has been already made in these pages, for it represents the gradual realization of the advantages associated with co-operation for comfort and safety. The perception that in unity lies strength forms the foundation of all social or community life; and the earliest form of human community is what we call a family.

HOUSES OF MANKIND IN THE PAST.



Overhanging Tree Shelter.



Tilted Rock Shelter.

The idea of *union for mutual advantage* is so familiar that we rarely pause to consider it. Children soon observe the fact that insects, birds, and beasts form themselves into groups; they see swarms of bees and shoals of fish, flights of swallows, herds of deer and flocks of sheep, at different seasons of the year or at the different places they visit.

Where numbers are large and the groups are compact, even though the individual members are as defenceless as fish or as timid as sheep, they are told that dangers can be faced or difficulties can be overcome which would otherwise mean injury or death.

Another substantial gain from group life is less generally recognized—namely, *the advantages which follow division of labour*. Of this fact each nest of ants or herd of deer serves as an illustration. The setting-apart of certain ants to tend the larvae, while others gather food, and yet others play

the part of soldiers; the relief from anxiety to the remainder of the herd of deer, who can feed in peace while one of their number is on guard to warn his companions of approaching danger; the increased speed in the construction of dams and huts by a colony of beavers, where each beaver knows his particular part in the work—illustrate the advantages of co-operation for mutual aid through the division of labour.

WHAT THESE FACTS TAUGHT HUMAN PARENTS.

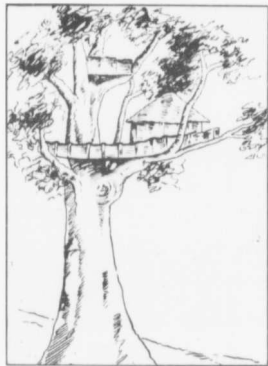
This principle, observed by parents thousands of years ago, impressed upon them the great advantages of caring for their children until they grew up into stalwart sons and daughters, who would aid in the hunt for food, or assist in the defence of the home against the attack of animals or other men; who would guard the flocks or till the land in time of peace; who would cook, brew, and weave; and, finally, who would tend their parents when sick or feeble. This fact is perhaps the most forcible reason for the existence of family life.

LANDMARK (2).—THE GROWTH OF AND NEED FOR PARENTAL CARE.

If children are to be preserved, in order, later on, to help their parents, intelligent care is most important for their protection during their early years of helplessness.



Overhanging Rock Shelter.



Tree Dwellings.

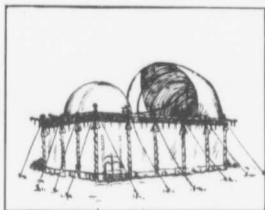
Where there is no such care, the birth-rate has to be enormous or none of the offspring would survive, so that a species or family would soon die out. Take the herring tribe, for instance, where, so far as is known, no such care exists. Each mother herring must spawn nearly 30,000 eggs a year in order to maintain this species of fish. More than half this enormous number of eggs are never hatched, being devoured by other fish or by sea-birds; and of those which do survive, it is believed that not more than one-tenth attain the ripe age of six months.

THE FIRST EVIDENCES OF PARENTAL CARE.

At first, parental care is concerned only with the care of unhatched eggs. Among insects a few females give signs of some instinct for the safety of their eggs, whereas it is an interesting fact that among fish such protection is more frequently extended to the eggs by the male parent. It is shown usually by some device for carrying the eggs, corresponding to that of the female lobster, which secretes a glutinous substance on her swimmerets to which the eggs adhere.

THE FURTHER DEVELOPMENT OF PARENTAL CARE.

A further step in the care of their offspring is shown by the selection, and among higher types of life by the preparation, of a particular spot for the concealment of their eggs. Spiders weave delicate, cocoon cradles for this purpose; while some moths utilize a special supply of fur to cover their eggs. There are reptiles, also, which enfold air-bubbles and make a raft of slime upon which to support them.



Domed Rectangular Tent, (Assyrian.)



Hut of Interlaced Boughs.

In all its earlier phases this care is purely instinctive and does not continue after the eggs are hatched. Gallies, for instance, show great skill in depositing their eggs in the living tissue of leaf or stem, exactly suited to the protection and, later, to the nutrition of their young, but do not watch the result of this care. Again, the male stickleback guards his nest with great courage, but gives no indication of any sense of responsibility once his offspring is hatched. Indeed, these are practically self-supporting from that date.

THE DAWN OF PARENTAL AFFECTION.

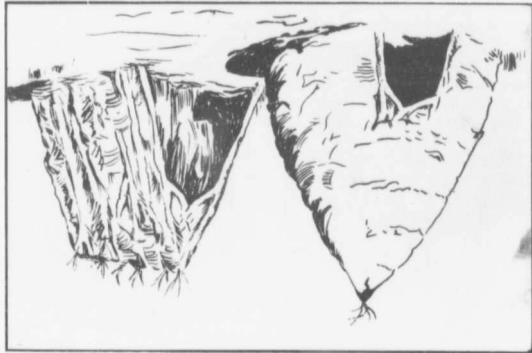
A further stage of parental care—namely, its continuance after birth—is illustrated by bees, the complicated construction of whose nurseries is a byword. A similar instinct is probably responsible for the varied forms and exquisite skill lavished by birds on the building of their nests, or prompts the rabbit or the prairie-dog to prepare burrows in the earth, warm and cosy, for the reception of their families. Such care continues, often at the cost of much self-sacrifice, for days, weeks, and even months after the young are born; until among mankind this instinct of care expands into human and lifelong affection.

The reason for the relation of the number of offspring to the degree of parental care will be now easily perceived. It has been already pointed out that, in order to preserve their species, fish must spawn enormous numbers of eggs; but in the case of frogs, where the germs of paternal instinct can

SOME FEATURES OF PARENTAL CARE.

Reference to one further point of interest may be fittingly made at this point—that, just in proportion as animals when full grown show intelligence, so are they the more helpless at birth; while those which are self-sustaining from the date of hatching remain throughout their lives at practically the same level of intelligence. Briefly, in the one case there is capacity to progress; in the other there is none.

Primitive Thus.



forget her own puppies and greet them with a snarl soon after they are independent of her care. Pathetic, too, as is the grief of a chimpanzee over the death of her offspring, which often remains two years with their parents, recognition after prolonged absence is unusual. Till by fit, however, the fact becomes apparent that, the more helpless the offspring at birth, the more exacting the care it demands, the more enduring is family life, the greater is parental love; until among human beings both persist throughout life.

Overpartial, too, as is the parental devotion of birds, one a brood can fly over a long period, neither does it ripen into parental love. Nevertheless, the cat's care of her kittens does not persist beyond a fortnight, their blind helplessness seems strange; for attention for days after birth. Their blind helplessness seems strange; for a full-grown cat is possessed of a greater amount of intelligence than the feebleness of newly born kittens, to which the mother cat devotes her whole parents for food, shelter, warmth, and training. Contrast the independence of the survivors of the million eggs spawned by a female cod with the

THE REASON FOR PHOTOGRAPHY (A) AND (B) OF THE REASON.

be traced, the mother frog need only supply 400 eggs a year to maintain that particular frog family; so much larger is the proportion of eggs hatched and so numerous are the tadpoles which survive to become frogs.

Under the improved conditions of bird life parents can successfully rear all their fledgelings; consequently not more than five or six eggs need be laid each year. The careful farmer can not only maintain the numbers of his flock, but increase them, if each ewe bear him but one or two lambs every spring; for *he* supplements *her* care with his own; lambs are too valuable to be lost through carelessness.



Lake Dwellings.

The numbers of the human race will multiply apace if a baby be added every two years to each family circle over a period of ten or twelve years in the married life of the parents.

SOME RESULTS OF THE ABSENCE OF PARENTAL CARE.

But these remarks do not apply in the absence of ordinary care. The high rate of infant mortality in the civilized world to-day is not only a grave reflection on the parents, but a serious menace to the future of the Empire.

To insure national and Imperial stability each home should contribute at least four healthy young people to the population. That thousands of infants are allowed to die annually from sheer absence of intelligent care is no sign of progress; rather it indicates a falling back to lowlier, less highly developed, phases of existence.

THE MEANING OF INFANCY.

What, now, is the real connection between—

- (a.) Increasing helplessness at birth or infancy;
- (b.) A higher level of intelligence when grown up; and
- (c.) Enduring family affection;

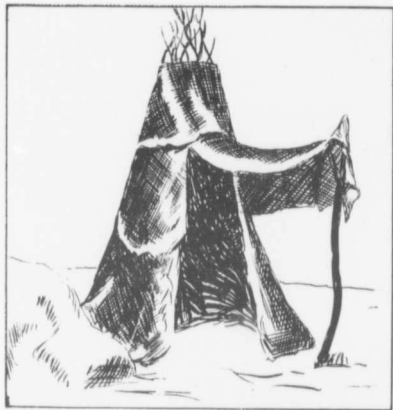
and what has all this to do with the place and purpose of family life in Canada?

As a matter of fact, infancy is the sign of power to progress—to pass on from the lowest to the highest things of which life is capable. That their children should thus progress is the ambition of all normal parents, who do not grudge the care needful to protect their offspring through this period of their lives.

INFANCY AND EDUCATION.

Thus, infancy means the capacity for education and instruction. No animal that does not pass through even the shortest period of infancy can be educated or trained. The longer the period of infancy, the greater the capacity for progress.

By *education* we mean the process of drawing out all the hidden powers of brain and body. *Instruction* is the art of teaching others to use the experience man has gained in the past, and of providing for them opportunities to acquire the knowledge possessed at the present time, in order that both experience and knowledge may be employed for the benefit of the future.



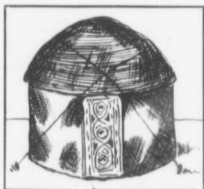
Primitive Tent of Skins.

All mammals have at least a very short period of infancy; even guinea-pigs, for instance, are no exception to the rule, though their period of helplessness is so brief that they have remained at the same level of life ever since they have been known to mankind. But then they attain maturity seven months after birth; whereas with mankind a quarter of a century has to pass before his body is full grown.

Compare the intelligence of a guinea-pig with that of a horse, who is mature in five years, and the advantages of a prolonged period of immaturity are obvious. The horse can be trained in a variety of ways, and counts as one of man's most valued servants. But the cleverest horse is far behind normal human beings in his capacity for education and moral training. Always supposing a child is born of a healthy stock and reared under favourable conditions, there is no known limit to his intellectual development, no fixed age at which brain-growth must cease.

SOME REASONS FOR THIS POWER TO PROGRESS.

It is not, unfortunately, possible to give here in detail the reasons for the facts just stated; but, briefly, it may be said that capacity for education, and, by means of education, to make progress, depends upon the quality of the nervous system; that is, of the special part of the body set apart to direct its activities. The nervous system consists of the brain, the spinal cord, and of the thread-like nerves by which every part of the body is connected with the brain. That the lives of the lower animals are guided by a few deeply seated instincts only is the consequence of their very simple nervous systems. The few powers they exercise are wrought deeply and unchangeably into their



Domed Tent. (Turcoman.)



Framework of Domed Tent. (Turcoman.)

nature. They cannot learn by experience, consequently they cannot be educated. Incapable of progress, their capacity for self-support is necessarily almost complete at birth, and the instinct to perpetuate their kind develops automatically; whereas, gradual development of the brain and nervous system after birth is associated with power to learn by imitation and to profit by experience, to a more or less extensive degree. Among all the higher animals, where this capacity for progress is present, the brain is incompletely developed at birth, and takes a longer or shorter time to develop subsequently, in response to instruction and to what is known as "stimulus" or "suggestion," which calls its latent powers into activity.

THE PURPOSE OF THE FAMILY.

Now, during this time of brain-growth, young animals must be sheltered and protected from harm. They must be trained in self-protection; they must be supplied with suitable food until they know how to select it; they must be given opportunities to use their hidden powers or they will not be aware that they possess them—i.e., they depend upon parental care and loving discipline, upon shelter, and the educational opportunities offered by family life, for their full development.

FACTORS IN THE BABY'S FUTURE.

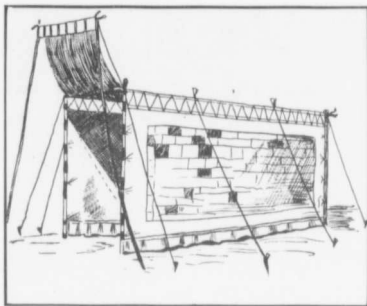
The most helpless thing in the world is a new-born infant—blind, deaf, defenceless. It is hard to realize that, concealed within that tiny form, are the promise, the seeds, so to speak, of all its future moral powers, intellectual growth, and physical beauty. But—and here is another reason not only for parental care, but for the intelligence of that care—the bright promise for the future may never be fulfilled, the precious seeds may never ripen.

Errors of diet and dress; overfatigue; premature work; insufficient opportunities for the exercise of latent powers; bad examples; unhealthy surroundings; and this creature, so full of possibilities for good, may have them warped, checked, destroyed; with the result that, instead of being a blessing to the world, the baby may only too easily become a burden. How many children attain maturity in full possession of their birthright of health and of intellectual and moral ability?

SOME STATISTICS OF INFANT MORTALITY.

It is calculated that, after allowing for *all* causes, it may be fairly expected that, of every thousand infants born, ninety will die before they see their first birthday.

How is it, then, that in Ottawa 256 babies out of every thousand born are allowed to die before they have lived a year? Why is it that at Port Arthur 242 infants die of every thousand born before they are twelve months old? It has been said by an expert on the subject that such carelessness is a sign of degradation and degeneration.



Rectangular Tent. (Hebrew.)

No one concerned in the care of child life—and who of us is not?—can afford to forget that the longer the period of immaturity, the greater the promise for the future; but, also, the greater the need for and dependence upon judicious care; so again we come back to our subject—the purpose of family life.

FAMILY HOMES IN THE PAST AND THE PRESENT.

Most probably the earliest homes of human beings were no better than those of many animals. It is believed that the savage man of long ago took shelter within a hollow tree or beneath some overhanging cliff, until it occurred to him to bend the young boughs and weave them roughly into a sort of hut, or to pile up the rocks around him until he formed a rude shelter from the wind and rain.*

* This interesting series of sketches of the homes of mankind in the past is reproduced, by the kind permission of the author, from "Public Health and Architecture," by John F. J. Sykes, M.D., D.Sc., Medical Officer of Health, St. Pancras, London, England.

The comparative ease with which young, flexible branches could be bent to meet this need for protection from the weather led on to their preparation by different methods, so that they could be used for the construction of a kind of wattle-work, which, when daubed with mud, appealed to the desire for some more efficient protection; such huts formed the early homes of men all the world over.

Caves also offered attractions so strong that cave-dwellers are still to be found in some European countries to-day, dark and ill-ventilated as they are. But primitive man rarely attempted a fixed dwelling. Not that he troubled himself with questions of sanitation; though traces of drains to carry off rain-water have been detected round the remains of these huts in England. Shelter, safety, and food-supply were the chief motive for choosing the position of a home in those days, as they have been more or less ever since. To be near wood and water for fuel, food, and drink—to be secure from prowling animals or enemies—governed the choice. When no more fish could be caught, no more game snared, or when the stream ran dry, primitive man moved on elsewhere.

In order that this nomadic life might be as free from trouble as may be, all sorts of tents were devised by different nations, of which one form is still in use in logging and other camps to-day. The Jews pitched one kind of tent during their long sojourn in the wilderness; the Assyrians found another which suited their purpose better; while the Huns, in later times, stretched the skins of the wild beasts they slew for food over wicker frames. There was also a period when men built dwellings on large rafts, as did the Lake-dwellers of Switzerland. These dwellings were not unlike the log-huts familiar to every Canadian settler, more especially in the early days of the back-woodsmen.

THE GROWTH OF THE MODERN HOUSE.

Gradual progress was made in comfort and in durability as men learnt to control the materials at their disposal, such as sand, reeds, clay, wood, and stone; so that in Egypt and Rome, Babylon and Athens, buildings were erected of which the ruins excite our lively admiration at the present time.

England owes much to the teaching of the Romans in this matter of house-construction; though, in consequence of the wars which absorbed all men's energies for hundreds of years, it was a long time before the Saxon hut developed into the Norman castle, with its walls of stone 4 or 5 feet thick, built to last through centuries of use. The conveniences so familiar to us in the twentieth century were introduced to the West very gradually from the East; such as bricks for chimneys, glass for windows, baths and furnaces for the supply of hot and cold water; until the sixteenth century is associated with the most beautiful, convenient, and comfortable period of English domestic architecture, known to most of us by pictures and description. Then dawned the first real conception of our modern ideas of comfort, which further developed in the reign of Queen Anne, and have reached a climax of luxury in the modern palaces erected in many cities at the present time.

THE SCIENCE AND ART OF HOUSE-CONSTRUCTION.

The home-maker of to-day can, if she choose, avail herself of the whole past experience of the human race in their efforts to provide a suitable resting-place and shelter for their families.

To the dweller in a remote farm-house the idea of acquiring such information may appear ludicrous; to the thoughtful observer of what makes for family health and happiness, the necessity for some study of the conditions upon which these depend and of the causes which wreck them appears urgent.

It is true that a house, whether it be a log-hut, a frame-house, or a marble palace, is but a box; but upon the structure of that box depends the welfare of its occupants.

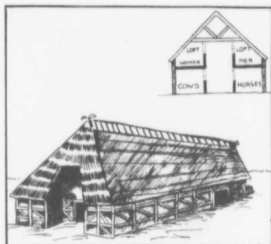
FAMILY NEEDS.

At least eight needs must be taken into account when the making of a home is under consideration:—

(1.) There must be ample provision for a constant supply of *fresh air*. To breathe stale, impure air means a process of slow poisoning for the family, if not the loss of some of its members from consumption or pneumonia.



Cliff Dwellings.



Ancient Saxon House.

People do not usually die dramatically as the result of this slow poisoning; but they constantly "catch cold," or suffer from headaches or indigestion, or other quite unnecessary minor miseries of life. Windows, therefore, must be numerous and made to open *top* and bottom. Windows which open only at the bottom are not worth, from the health point of view, one-third of those opening *both* top and bottom. A result of the crusade against consumption, waged under the direction of Lady Aberdeen in Ireland, is that it is now proudly described as "the land of open windows."

(2.) There must be abundance of *light* in every room, and, if possible, in large cupboards and storerooms, too—by means of skylights, if windows are unfeasible. Sunlight purifies and strengthens; also, it is our cheapest disinfectant. Human beings fade in the dark, just as vegetables bleach when trenched. Especially must light be admitted freely to bedrooms. Light is life-giving and is indispensable to the next home need.

(3.) *Cleanliness*.—Whatever the amount of labour expended, there can be no absolute cleanliness without bright light to show up the dirt, together with careful training in orderly habits.

"Cleanliness is next to godliness," said John Wesley. Sometimes, I confess, it seems to me harder work to be clean than godly! Domestic cleanliness is one of the most difficult things in the world to practise con-

timously and consistently, even when there is an ample supply of water, "elbow-grease," and intelligence. But the reward is worth the labour, for it is that of good health, bright brains, and cheerfulness.

Much depends upon the standard of the house-mother and upon her skill in training the members of her household in the necessary good habits. Who cannot call to mind any number of slovenly ways which make for dirt and dirt's cousin, disease; such as, for instance, throwing the slop-water in the back-yard instead of using it to fertilize the soil in the garden? But this subject with all the other family needs demands a bulletin all to themselves.

(4.) *Warmth*.—The human body manufactures its supply of heat from its food and its exercise. It preserves its heat by its clothing. It loses heat into the surrounding air. The colder the air the greater the loss of heat, especially if the body be ill-fed or poorly clothed. Consequently among the starving and insufficiently clad there is a craving for close, stuffy rooms.

Where suitable food is plentiful and the supply of clothing adequate, the wise house-mother never allows rooms to be stuffy or overheated—i.e., above 62° Fahr. She knows the results to her family are colds, anemia, irritable temper, and susceptibility to infection. This is not always easy to accomplish; but suggestions on this subject also will be given in a future bulletin.

(5.) *Space* is the next requirement for healthy family life. Where several children are crowded into one bedroom or spend many hours shut up in a small, stuffy living-room, poor health and quarrels are bound to result.

About four years ago, 72,000 children were carefully examined in a large city as to height, weight, and nutrition. The results showed that the average boy or girl, living with its parents in a house of only two rooms, was distinctly smaller and lighter at the same age than was its companion who lived in a house of three rooms. The report says: "Boys from two-roomed houses were 11.7 lb. lighter than boys from four-roomed houses, and 4.7 inches shorter; while girls from two-roomed homes averaged 14 lb. lighter and 5.3 inches shorter than their fellows from four-roomed houses." There is much overcrowding from sheer ignorance and carelessness. It is always associated with feebleness in some direction, not always obvious at the time, but bound to show itself sooner or later.

There *must* be adequate space to permit of health, of order, of cleanliness, and, last but not least, of room to play.

(6.) *Food* is of so great importance to the well-being of the race at all ages that three bulletins will be devoted entirely to its selection, preparation, and preservation in the home. All that space permits to be said now on the subject is that, in the planning of a home, however simple, suitable provision must be made for these purposes.

(7.) *Shelter, rest, and sympathy* come next on the list of home needs. Home is essentially the place to which the members of a family turn when joyous or sad, wet, sick, or weary. The home-maker has her work cut out to scheme how to insure a warm welcome for her romping children or their tired father, while she gently checks the careless bringing-in of dirt or snow, or the throwing-down of drenched gloves or coats on her freshly scrubbed floor or spotless table. What a fruitful source of extra work and family jars is just such thoughtlessness!

In habit-formation lies the secret of success; also in the provision of porch or verandah, where outer garments and mud-caked boots can be thrown

off. Little children imitate so faithfully the doings of their seniors that parental habits quickly become to them second nature. Children soon learn that there is a time and a place for everything, and the earlier the lesson is learnt the easier and the more enduring it is.

(8.) *Recreation* is the last need to be mentioned. For this home provision *must* be made. One reason for youthful restlessness is the repressed but natural craving for mirthful amusement. It will assuredly be sought elsewhere if not permitted or possible at home; and the thirst is too often quenched under most undesirable conditions. "All work and no play makes Jack a dull boy." Active brains and growing bodies need to recreate their powers.

Rest in sleep and innocent amusements are Nature's means to this end. Give the young folks space and time for play at home; show interest in their games, their looks, their hobbies, and family links will be forged of a thickness no time can rust and no jar can snap.

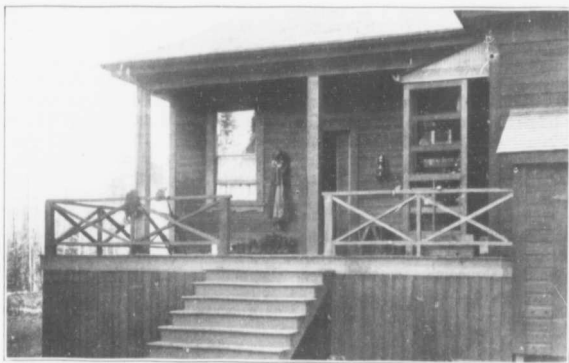
THE HARMONIES OF HOME LIFE.

These are based upon a chord of three notes. They are those of health, good habits, and helpfulness. Each depends for its sweetness, power, and harmony upon the other two.

The well-planned home makes for health.

The well-ordered home trains in good habits.

The economical home depends upon helpfulness.



A Convenient Back Verandah.

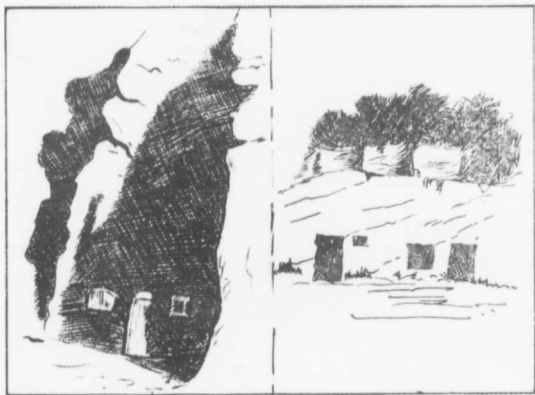
I do not here refer only to the meaning usually attached to the word "economical"—frugal, careful management of money—important and right as that is. But I include its wider meaning—the careful expenditure of health, of time, and of energy.

"Team-work" among the members of a family is economical in this sense of the word. Where, for instance, one member of the family scrapes the dirty plates after a meal, another washes them, and a third wipes, time

is distinctly saved over that spent by one person single-handed. The few minutes spared by a son to turn the mangle while his mother passes the folded linen through the rollers saves far more than half the time otherwise expended by the busy house-mother, besides refreshing her spirit with this little token of kindly feeling.

Too much emphasis cannot be laid upon the following facts: Where the daily work is divided according to the age, sex, and strength of the members of a household, health is saved. Many girls and women suffer from ill-health and overfatigue for years on end, because it does not occur to their menkind to lend a helping hand in lifting heavy weights. For example, how many women have lost their capital of health by the constant calls made upon it when carrying wood or water, of which the weight would be a mere nothing to the father in his prime, or to the son in the full vigour of early manhood.

Where, in the desire to make money, hours of work are unwisely prolonged, or where work suited only to an adult is demanded of a child, false economy of the most short-sighted description is being practised. Again, if, from the same or corresponding causes, sleep is curtailed and recreation is not allowed, the store of energy, a strictly limited quantity, is wasted; and, whatever the amount of our health account, we are no better than spend-thrifts, and, like them, must pay the penalty.



(Occupied.)

English Cave Dwellings.

(Deserted.)

All practical tools or devices for the intelligent saving of labour and energy, indoors and out, are a first-rate investment of money; yet in what numerous cases new suggestions for thus economizing our capital of health are regarded with suspicion and dismissed with ignorant contempt!

The whole of a later bulletin will deal with this subject.

THE ART OF THE MODERN HOME-MAKER.

This may be described as that of beautifying human lives; of placing those over whom she exercises control under conditions which will permit

all the possibilities innate in each of them to become actualities. How is this art to be acquired? By similar means to those adopted in the acquirement of skill in any other occupation—by training and practice.

The world has taken a long time to awaken to the facts that the care of human lives in the home calls for preparation, and that the character of that care must vary as conditions change within and without the family circle. With all respect for the housewifery practised by our great-grandmothers, much of it calls for revision in the light of modern knowledge, in order that it may meet modern requirements and utilize modern conveniences.

The right management of a house has been assumed to come to all married women by instinct; and, though infinitely more knowledge is necessary for this purpose than for the successful care of poultry or cattle, far more study and thought is habitually given to the feeding of stock than to the feeding of young children; at what cost of health, happiness, and human lives statistics bear record.

THE NEED AND TIME FOR TRAINING.

But the key-note of the twentieth century is *progress*. The errors of the past are to be used as stepping-stones for present improvement. Civilized man has learnt that every effect must have a cause; consequently unsatisfactory effects must now be traced to their causes, and these causes promptly removed.

THE LAW OF CAUSE AND EFFECT.

Some effects have obvious causes. If the kettle boils over, a child soon learns that the cause is found in the overfilling of the kettle; or, if the fire goes out, it is because no one has fed it with wood. Unfortunately all the causes for effects we deeply deplore are not so easily found; in most cases we are only on their track; such as, for instance, the cause why some meat and fish cause severe illness to those who eat them, yet show no outward signs of being unwholesome. Other causes are known to the few, but ought to be known to the many; such as the fact that the milk of a tuberculous cow may infect the infant or child consumer, while the adult escapes.

WHERE TO SECURE TRAINING FOR HOME-MAKING.

These and many kindred facts ought to be common knowledge to all parents; consequently, in every progressive country each girl attends classes in housewifery during a part of her school or college life. In the United States, in one or two European countries, and at a few schools in England, boys also study hygiene (or the right conduct of human life), in order that, through mutual interest, both man and woman may co-operate in the necessary efforts to render the family and community life of each nation sounder and purer.

A further result of this training may be described as

THE FREEDOM OF EFFICIENCY.

In a motto for kitchen walls recently issued by Mr. Charles Barnard (The Housekeeping Experiment Station, Darlen, Conn., U.S.A.) words occur which illustrate my point. "Cleanliness, order, and know-how," it runs; "these three, but the greatest of these is *know-how*." It is by "knowing

how," in the light of modern progress, that the housekeeper will solve many perplexities and lift her daily "chores" from the depths of drudgery to the level of a skilled and honoured profession. It is by a right training in parenthood that its obligations will be fulfilled and family life adjusted to the new conditions, to which, if it is to be preserved, it must adapt itself. "Efficiency is the power to produce results at the smallest cost of time, labour, and materials."

" THE TRUTH SHALL MAKE YOU FREE."

Freedom is found in facing the truth about the facts of life, not in clinging blindly to often misleading traditions. By the clear light of truthful knowledge, not by groping in the twilight of fads and fallacies, is efficiency attained.

But how about those whose school-days are long past, or whose homes are remote from centres where up-to-date information can be obtained? Just here comes in the invaluable work of the

WOMEN'S INSTITUTES.

These institutes are organized to carry useful knowledge to the most remote homes; to encourage the revision of home methods by the stimulus of mutual co-operation; and to afford opportunity for the interchange of experience on all matters pertaining to home and family life.

RESULTS OF INSTITUTE WORK.

The results of the organization of Women's Institutes, where they have been long and firmly established, have been—

- (1.) Intelligent revision of the methods of home management, attended by an improved standard of family health and morals;
- (2.) Co-operation in the fulfilment of social obligations, with, among other results, the improvement and protection of the food-supply and the cleansing and beautifying of yards and streets;
- (3.) Growth in neighbourliness, shown by the welcome offered to newcomers, the advantages derived from an interchange of opinions and experience, and the character of social recreations.

Seeing that the *place* of family life is to maintain an Imperial race and that the *purpose* of family life is human co-operation, growth, and progress, and that these objects are promoted by the organization of Women's Institutes, those newly formed in British Columbia should, through their development and activities, constitute a main bulwark in the stability of Canada, and thus enable this country to "fulfil through its children its proud and splendid mission" in the world.

ALICE RAVENHILL.

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Late Lecturer on Hygiene, King's College for Women, University of London.*

NOTICE.

The Department of Agriculture will issue the following series of bulletins prepared by Miss Alice Ravenhill, Shawinigan Lake, B.C., to be available for distribution among the members of the Women's Institutes throughout the Province:—

1. The Place and Purpose of Family Life.
2. The Preparation of Food.
3. The Preservation of Food.
4. Some Labour-saving Devices in the Home.
5. Food and Diet.
6. The Art of Right Living.
7. The Care of Children.

BULLETINS ISSUED BY THE DEPARTMENT OF AGRICULTURE.

No.

7. Flax.
8. Feeding Farm Animals.
12. Information for Fruit-growers.
20. Varieties of Fruit Recommended (revised).
24. Farmers' Foes and their Remedies.
25. Orchard Cleansing.
26. Practical Poultry-raising (revised).
28. Production of Eggs.
29. Poultry Industry on the Pacific Coast.
30. Guide to Bee-keeping in British Columbia.
31. Foul Brood among Bees.
32. Control of Bovine Tuberculosis in British Columbia.
33. Fruit-growing Possibilities, Skeena River and Porcher Island Districts.
34. Fruit-trees and Black-spot Canker.
35. The Place and Purpose of Family Life.

Applications for bulletins published by the Department of Agriculture should be addressed to the Secretary, Department of Agriculture, B.C.

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