

TRAINING YOUR BABY

BY DR. FLORENCE L. MCKAY.

As is bent the little twig
So will the tree be when grown big.
This is also true of babies. The
habits which they form in infancy
may be connected with their physical
and mental health in later life. Many
disgruntled, complaining adults bear
evidence of lack of early training in
the right health habits.

There is no time when training is
as easy as in infancy. The new baby
brain must necessarily form habits
for physical functioning.

Habits result from repeated actions,
and these habits should be good ones
rather than bad. It is just as easy
to train a baby to good habits as bad
ones.

The intelligent mother will
therefore start the baby on right
habits of living and will not allow him
to acquire the wrong ones that later
require so much time and patience to
overcome. She saves much time and
trouble for herself by so doing.

The troublesome baby—provided, of
course, he is well—is almost always
the result of carelessness or ignorance
on the part of his mother.

The baby can easily be trained to
regular hours for all his duties and
functions. For instance, if he is fed
regularly by the clock he will soon
demand his food at the regular hour,
even waking from sleep, though waking
for feeding may be necessary at
first. If food is given only at these
hours he will soon learn not to demand
it at other times. If his bath is
given at a regular hour he will learn
to expect it.

Training in regular hours for sleep
is also easy if started from birth. The
method of putting the baby to sleep
is important as a matter of training.
How easily and quickly a baby will
learn to expect rocking or wheedling
or walking the floor has been demon-
strated in too many families to re-
quire further comment.

Comment should, however, be made
on the fact that he learns just as
easily and quickly to go to sleep if
made comfortable and left quietly in
his bed. It is not necessary for all
the family to whisper and tiptoe when
baby is asleep. He may easily be ac-
customed to the ordinary and usual
noises.

The baby can be trained to have a
bowel movement at a regular time
each day. This can be started when
he is a month old. It will take time
and patience on the mother's part,
but it will also save washing and
worry later on and establish a habit
that if continued will help to keep him
well all his life.

REGULARITY AND PROPER FOODS.
Choose a time that can be adhered
to each day and do not vary it by ten
minutes. A good time is just before
undressing the baby for his bath.

Place him on a table or on the lap,
holding the feet up as if changing a
diaper.

Make a soap stick by whittling a
piece of Castile soap into the shape
and size of a blunt-pointed pencil.
Hold it in warm water until sharp
edges are smoothed, and insert it into
the rectum while wet. Then hold a
small warm chamber against the but-
tocks. At first it may be necessary
to wait ten minutes or more for the
stool, but gradually it will come more
quickly.

As soon as possible, usually after
three or four days, discard the soap
stick, as there is danger of forming a
habit by too prolonged use. As the
baby grows older a nursery chair or
small size bathroom seat may be used.
Do not, however, leave the child sit-
ting indefinitely. He may be taught
by grunting or other signs to indicate
his desire.

Use laxatives as little as possible.
They tend to have a constipating
after effect and to upset the regular
habit. Training, regular hours and
the addition of laxative foods, such
as fruit juice or oatmeal water, are
the best methods of regulating the
bowel movements.

It is more difficult to train the
bladder. As the baby grows older it is
possible to put him on the chamber at
frequent intervals of an hour or two
and gradually teach him to indicate
his desire, as in stool training. It is
often helpful to discard diapers early,
as their thickness and warmth tend
to suggest the idea of urination,
whereas drawers do the opposite.

The baby gets his exercise by kick-
ing, rolling about, throwing his arms
and crawling and also from crying.
He does not need the extra amount
that many mothers give him in hand-
ling and jouncing, which are harmful.
Anyone who has ridden in jerky,
jostling trains or motored over rough,
bumpy roads or sailed on stormy seas
has a very good idea of the feelings of
a trotted, jounced or swinging
baby. Babies, however, can be trained
to anything and they soon learn
to demand even bad treatment regu-
larly and consistently given.

They need and respond to a certain
amount of personal attention. Loving
and mothering are necessary and play-
ing with other members of the family
helps in baby's development; but
these should be properly timed.

The baby should not be played with
or excited just before going to sleep
or before, during or after eating.

A good time for a frolic is on wak-
ing from a nap. It is not good for the
baby to keep him awake until father
comes home to play with him. Fathers
who realize this are glad to forgo this
evening pleasure so that baby's sleep
and health and peace of mind may not

suffer. The playtime, can, however,
usually be adjusted so that father and
baby can have their fun in the morn-
ing or at some other convenient hour.

The baby should be handled or play-
ed with only by well people. Even a
cold is easily transmitted to the baby
by an infected playmate.

A certain amount of crying is good
exercise. The lusty demand for food
or for attention is part of the baby's
daily dozen. This is not usually of
long duration. The well baby who
cries long and frequently and who
whines is too often a testimonial to a
weak-minded or careless mother.

CRYING IT OUT.
The baby soon learns that his par-
ent can be "worked" by crying, and
what unhappiness for family and
baby can be developed upon this theme
only those experienced can know.

Remember that baby can just as
easily be taught that he can get no-
thing by crying. Only a very few
lessons in "crying it out" are neces-
sary, and the earlier they are given
the easier they are learned.

Of course the mother must always
be sure that the baby is not crying
because of physical discomfort, hun-
ger or thirst. When these are ruled
out and there is no other cause, such
as illness, the baby should be left
alone and allowed to cry until he
stops.

There is little if any danger of
harm to the baby even from rupture;
but unless this seemingly cruel disci-
pline is early inaugurated and the
crying habit overcome, the baby will
forever be the tyrannical ruler of the
household.

To the shame of adults, be it said,
the pacifier habit is one that is usu-
ally deliberately taught to the baby.
In many instances it is the result of
ignorance or lack of will power in the
mother.

Babies who are well trained have no
use for pacifiers. They have the proper
quantity of food at regular hours,
and are satisfied and do not cry. They
seldom put things in their mouths be-
cause they are hungry but because
this act is one of the few they have
learned successfully to accomplish,
and they enjoy its repetition.

The pacifier habit is bad for the
baby because the object used as a
pacifier, whether it be rubber nipple,
sugar bag, bread ball or what not, is
never clean and carries dirt and dis-
ease germs into the baby's mouth; it
promotes a continuous flow of saliva
so that the baby is constantly drool-
ing; it is likely to establish a sucking
habit and may affect the shape of the
jaw. If pacifiers are not given to
babies they cannot acquire the habit.

Thumb sucking is often the result
of the accomplishment of the pacifier
habit, though the baby may learn this
by himself. He apparently gets a real
satisfaction from this act.

It is safe to say that all babies put
their thumbs in their mouths at times
and all do not necessarily become
thumb suckers, but a careful mother
will be watchful for the development
of a habit on which the baby learns to
depend.

Its harmfulness is chiefly in its in-
terference with the proper formation
of the jaw by spilling the arch of the
mouth, causing protruding of the jaw
and the upper teeth.

There is also the danger of dirt as
well as of habit formation. Once ac-
quired it is very difficult to unlearn.
Diverting the baby's attention, per-
sistently removing the thumb or ap-
plying bad tasting substances may
help in preventing, but seldom in cur-
ing. Among the best methods for
curbing the habit are the mittens made
from drillings, celluloid or aluminum,
and the elbow cuffs made of stiff card-
board with well padded edges which,
when pinned to the sleeve, prevent the
bending of the elbow.

It is usually necessary to use these
devices only at bed or nap time; but
their use should be continued long
enough to stop the unnecessary and
harmful habit and should be again
promptly resorted to if a relapse
occurs.

In all the foregoing remarks we
have appeared to place the entire re-
sponsibility on the mother. Primarily
this responsibility is hers. But it
should not be hers alone.

Fathers can share this burden and
can be of great assistance by co-
operating with the mother in training
the baby.

So also can all the grown-ups in the
family—the sisters and the cousins
and the aunts and especially the
grandmothers. It is so easy for some
other person who may be temporarily
in charge of the baby to undermine
much of the good work that the moth-
er has so painstakingly accomplished.

A well-trained baby results from
the intelligent co-operation of all
his elders.

Frequent Varnish Needed.
The best way to keep the car look-
ing new is to have it varnished every
six months.

That old sprinkling can may be
made into one of the handiest things
on the farm. Get a gas-pipe elbow
just large enough to slip over the
solder of the sprinkler spout, and then
solder it tightly in place. The sprin-
kling can will now make an ideal vessel
for filling the radiator of your car
without spilling water all over it. Do
the work now and have the car ready
to use when you start using the car
in the spring.



Guinea pigs are one of the hobbies of Miss S. Densham, the schoolgirl
mayor of Kingston-on-Thames, England. The above picture shows her
with some fine specimens.

The Dairy

Feeds containing abundant calcium
are necessary if dairy cows are to do
their best. Experiments conducted
with groups of cows over a period of
three years show such to be the case.

All received the same grain ration,
and mineral supplement of one-half
pound of bone meal per animal per
day. The differences in the mineral
element to the different groups was
arranged for in the class of roughage
fed. One group being fed well cured
alfalfa hay; the other well cured tim-
othy. The difference in nutrition re-
sulting from the differences in the
roughages were as follows: The group
receiving alfalfa were rebred earlier
and maintained their milk flow for a
longer period than did the timothy-fed
group which were particularly slow
in being rebred and dropped in their
milk flow immediately foetal develop-
ment was under way. Minerals are a
necessary constituent of milk, if not
in the feeds the cow must either draw
on the stored mineral matter in her
body or cease to produce milk. As a
matter of self preservation she will
lower her milk production while de-
veloping her unborn offspring. If the
bone-making minerals are not sup-
plied in abundance. In properly bal-
anced rations the mineral elements re-
ceive consideration. The elements
rich in mineral matter, but even so,
heavy milking cows require a sup-
plement of mineral matter for long-
term work.

THE CANNA

Either for beds in an open lawn,
foundation planting close to a dwelling
or as individual plants in a mixed
border the canna serves a very useful
purpose. There are many varieties of
the canna, varying greatly in height
and in color of bloom. Their range
in height is from twenty inches to six
or seven feet and the colors run from
creamy white up to scarlet. There is
also variety in foliage, some of the
kinds being green and others dark
copper color. One has therefore an
opportunity for choice to suit one's
taste in the garden or home grounds.

The canna has been given thorough
test on the Central Experimental
Farm at Ottawa, where it is used for
bedding purposes and for experiment.
It is a sub-tropical plant of easy cul-
ture, and during recent years has
gained in favor and popularity. The
more recent introductions are the
archid-flowered types. These are con-
sidered an improvement over the
glaucous-flowered types. Improve-
ment has been brought about by hy-
bridization and selection both in
Europe and this continent, and to-day
the canna is a commercial flower of
considerable importance.

The canna can be raised from seed,
which should be started early in the
year. This, of course, requires green-
house conditions because early in the
year means the month of January.
Plants may thus be produced for bed-
ding the same season. The usual
method of propagation, however, is
by division of the stored roots. From
a very few plants one with care can
quickly increase his stock. That is to
say, a single plant set in the spring
will make four or five in the autumn.

Cannas are gross feeders and not
unlike the corn plant in habit of
growth. The richer the ground and
the deeper it is prepared the better
the plants will do. They require
plenty of water, although watering
can be overdone. A fair amount of
watering with frequent cultivation,
particularly in a warm season, will
give the maximum satisfaction. As
the individual flowers fade they should
be cut off to be followed by new bloom
from week to week.

Canna roots must be taken into the
cellar for wintering. They may be
left in the bed until frost comes to
tinge the leaves and then dug up and
allowed to dry for a few days in the
sun. The tops should be removed
and the roots stored in a cool though
frost-proof cellar such as would be
suitable for the storing of potatoes.

Many canna plants are lost during
the winter both from rotting and
over drying. After they have become
reasonably dry they should be stored
in a box or bin side by side and covered
two or three inches deep with dry
sand or soil. In this condition they
should winter well.

To prolong the blooming season, the
canna should be started in March
when the old roots should be divided
and potted in good soil. These in the
ordinary dwelling house should be set
up. Excessive watering should be
avoided until the roots are several
inches long. They should then be
taken to the light and permitted to
grow in a rather cool atmosphere until
danger of frost is over when they may
be transplanted to the position they
are to occupy in the garden.

Hundreds of varieties have been
tested at the Central Experimental
Farm, Ottawa. Fine varieties of dif-
ferent heights are named by the Do-
minion Horticulturist. Dwarf vari-
eties, about two feet high: Wm. Saun-
ders, Crimson Bedder, and Degana.
Medium varieties, about four feet
high: Allemina, David Harem, and
Louise. Tall varieties: Fair Hope,
Mrs. Kate Grey, and Wyoming.

One of the most beautiful bronze
varieties is the King Humbert. It
produces a luxuriant bloom of great
beauty.—Can. Hort. Council.

The Sunday School Lesson

MARCH 22.

The Forty Days and the Ascension, Luke 24: 13-48. Golden
Text—Ye are witnesses of these things.—Luke 24: 48.

ANALYSIS.
I. APPEARANCE OF THE RISEN LORD TO
THE APOSTLES, 36-43.
II. THE LAST INSTRUCTIONS, AND THE
ASCENSION, 44-53.

INTRODUCTION.—Our last lesson
from the life of Jesus describes his
appearance to the seven disciples
after the resurrection, his parting in-
structions, and his farewell. It would
appear from St. Luke's account that
this appearance of the Risen Lord
was, like the others, of a very mys-
terious and unearthly character, un-
like any of the experiences which we
associate with the world of space and
time.

Jesus appears suddenly in the
midst of his disciples. He gives no
warning, and apparently, he is not
seen to enter by any door or by any
ordinary way of access. The disciples
are startled, and suppose that they
behold a spirit. Yet, according to the
record, the Risen Jesus was not a
spirit, but a corporeal existence. He
had a body, which doubtless had a
glorified character, but which, never-
theless, retained the familiar aspect
and quality of flesh and blood. Not
to have spoken to his disciples, to have
recalled words spoken formerly on
earth, to have opened their minds to
truths of scripture, to have explained
the nature of their mission to the
world, and finally to have gone before
them to Bethany, where he leaves
them. All this implies something dif-
ferent from mere vision on the part
of the disciples, and yet the myster-
ious element apparently which rested
on those occurring in the normal
physical world, but which, neverthe-
less, were so convincing in their real-
ity, that the resurrection of Jesus be-
comes the certain foundation of the
Church's faith.

**I. APPEARANCE OF THE RISEN LORD TO
THE APOSTLES, 36-43.**
V. 36. The appearance takes place
in Jerusalem, and as it follows the
Emmaus-recognition, which itself took
place when the day was "far spent"
(24:29), we should judge that the time
was a late hour at night. The eleven
were gathered together, presumably in
some private house, and at the mo-
ment when Jesus appears they are de-
scribing excitedly to the two disciples
from Emmaus how the Lord had risen
that morning, and appeared to Simon
(24:34), while the two disciples are
relating their own wondrous experi-
ence during the evening meal at Em-
maus. Suddenly Jesus is seen stand-
ing in the midst of the company, and
they hear the familiar words, "Peace
be unto you."

V. 37. The effect is terrifying, and
produces on the disciples the impres-
sion of beholding a spirit. They can-
not think that what they see is not an
"apparition."

V. 38-40. But Jesus reassures
them. He speaks to them, and to dis-
arm their fears and to rebuke their
unbelief, he shows them that he is
corporeal, having hands and feet.
John says that he showed them his
hands and his side. In any case, it is
the wound-prints, the "marks" of his
death, that he draws all eyes. The
eyes of the disciples are riveted; they
can no longer think that they behold

an apparition. No "spirit" possesses a
body such as Jesus has.
V. 41-43. Nevertheless, conviction
is not yet complete. The disciples still
doubt, no longer, however, from
fear, but for joy. The experience of
seeing Jesus again seems too good to
be true. It seems a dream, from
which they will presently be ushered
to a disillusioned awakening. But
no! Jesus speaks again. Luke says
that he asked for food. They had
some broiled fish, and they gave it to
him. He took it, and ate before their
eyes.

**II. THE LAST INSTRUCTIONS, AND THE
ASCENSION, 44-53.**
V. 44. The evangelist passes now to
the doctrinal effects of the resurrec-
tion of Jesus. The risen Jesus draws
the attention of his followers to the
words—once, mysterious and mis-
understood—which he had spoken
"while yet with them." He had sol-
emnly shown from scripture the nec-
essity of the Messiah's death and the
glorious hope of his resurrection. All
these words are now recalled to the
disciples' minds, and are seen in a
new light. The words "the law of
Moses and the prophets and all scrip-
tures" refer to the three great di-
visions of the Old Testament. They
describe the order in which the holy
books were written, and given to
Israel. All scripture, as the apostles
now see, has light to throw on the
experiences of Christ.

V. 45, 46. The risen Jesus thus
opens the mind of the disciples to
understand the Bible. In particular,
they come to see the place which his
cross and resurrection have in the
unfolding of the divine plan of the
ages. While he lived and taught on
earth, these things were hidden from
them. Their thoughts were all of an
earthly kingdom and of worldly glory.
But now through the resurrection,
they see the truth.

V. 47, 48. Not only so, but the risen
Jesus brings to their minds anew the
sense of their mission to the world.
On earth, Jesus has labored to recon-
cile the nation to God by repentance,
and he had called the disciples to a
part in the same mission. Now risen
and glorious he leads them to see that
their mission of "repentance and re-
mission of sins" is to be continued,
and to be carried over the whole
earth. Jerusalem is only the starting
point, the beginning. The reason why
the apostles must go everywhere is
that they are Jesus' witnesses. They
have seen him die, and he has now
given them the knowledge that he
lives, as the conqueror of death, for
the salvation of mankind.

V. 49. To aid them in this task,
the risen Jesus brings afresh to their
remembrance the gift of the Spirit
which God has promised. Scripture
speaks of God as promising the Spirit
to his people in the law, Joel
2:28, 29. To this promise, Jesus now
directs his disciples' minds, as they go
forth in his name. They shall re-
ceive the Spirit before they even
leave Jerusalem on their world-
adventure.

V. 50-53. The last farewell and
the ascension now follow. Jesus be-
stows his benediction, and is received
up into heaven. And now the era of
Christian worship and the Christian
church begins.

CO-OPERATION NO PANACEA

Speaking of crossword puzzles, the
farmer would never be "stumped" on
the word "co-operation," for it is one
of the much used words of his vocabu-
lary. He sees it, hears it, and he
says it innumerable times. And he
does it, or has done it.

Having co-operated, the farmer
realizes that co-operation does not
perform magic; it does not possess
the magic wand which converts a
poor farmer into a landed owner of
an estate, who is monarch of all he
surveys. Ruralists realize this, espe-
cially since in many cases in the for-
mative stage when co-operation was
talked rather than performed, one was
led to believe that it would pave the
streets of life with gold.

No, co-operation is no fountain of
youth, no panacea for the ills of econ-
omic life, no royal road to the mil-
lennium in agriculture. Co-operation,
when properly managed, is just a
more efficient way of marketing and
buying. When not properly managed
it is often a more costly method of
doing these things. But when it is
efficient, it is like other efficiency
methods; it makes a little saving here,
adds a little income there, and per-
haps may save a little time, work, or
worry on the farm. But, it will never
make a slovenly farmer rich, or make
the crops grow better. It will not
afford to any farmer the opportunity
to be less diligent in the use of work,
or judgment, in his farming opera-
tions.

Farming still depends as much upon
individual effort and ability as it ever
did. Co-operation is just one of the
better methods to be used. It is really
to marketing what fertilizers are to
crop production which, when rightly
used in amounts and time, will help
to produce better results. But, also
like fertilizers, it alone will not ac-
complish much; the other things also
have to be done.

All Women.
A Swiss town is populated solely by
women, who carry on an extensive
dairying business.



Can You Guess These Birds?

A jolly outdoor time?—A meadow
lark.
What hunters sometimes do?—
Killdeer.
Used in decorations?—Bunting.
A color Quakers like?—Dove.
An unsteady light?—Flicker.
Material for summer trousers?—
Duck.
A stupid fellow?—Booby.
A boy's name?—Bob-white.
What friends do?—Chat.
A bird never seen in the summer?—
Snowbird.
What farmers need in the summer?—
Thrasher.
What a dog does when he is happy?—
Wagtail.
A color tool?—Yellowhammer.
A baseball player?—Flycatcher.
A little monarch?—Kinglet.
The bird that likes to punish Wil-
liam?—Whippoorwill.
The champion angler?—Kingfisher.

Loss in Haymaking.
Experiments conducted to determine
the losses through the weathering of
the clover crop, during the ordinary
routine of field curing, indicate that
serious losses occur. These losses de-
pend on methods and seasonal con-
ditions and are only in part prevent-
able. Observations show that the anti-
rachiatic vitamin was destroyed by the
long exposure of hay to the sunlight
and weather. This is a serious loss
since the calcium in hay that is badly
weathered is quite unavailable to farm
animals even though it may be pre-
sent in large quantity. Clovers dried
in the sun but not exposed to dew and
rain have been found to retain the
antirachiatic factor in greater abun-
dance than where the clover has been
unduly exposed through neglect or ad-
verse weather. Hay for young and
growing animals, and also for animals
that are producing milk should be
cured in the cut with as little exposure
as possible in making good hay, other-
wise the calcium content will not be
available.

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