

STANDING COMMITTEES

This copy of "Home and Country" has been prepared with a view to make it of value to the officers and members when considering the work of the various Standing Committees at the coming Conventions and to enable them to formulate plans for their respective branches during the coming year. It is generally recognized that the Women's Institutes and similar women's organizations have provided unprecedented opportunities for education, service to the individual, the family and the community, and wholesome social opportunities in many countries, and it has truthfully been stated by Mrs. Janet Courtney in her book, "Countrywomen in Council," that the Women's Institutes have attained "a success so rapid and so striking that it has surpassed anything before done by women in any part of the world, or in any age of history." If the Institutes have been such a forceful influence in rural life, surely it becomes those who have been chosen as leaders to give most careful consideration to the future of this organization.

It is impossible to give more than the outstanding features of activities and suggested programs under the various Standing Committees in this issue of "Home and Country." Where a branch or district officer feels the need of a fuller report on some particular feature the Department will gladly send a stencilled copy. In the great majority of cases, however, the outline of program for the various Standing Committees as given in the first number of "Home and Country" and the summarized report under each, presented herewith should give sufficient material, to enable the branch officers to draft a satisfactory program.

The members have, no doubt, been looking for an Annual Report for the past two years, but the cost of publishing a report and sending a copy to each member is very considerable, and it is thought that the money can be utilized to better advantage in other ways; so this issue of "Home and Country" must take the place of the usual Annual Report at the present time and we shall hope to place another copy of "Home and Country" of general interest in the hands of all members at an opportune time within the next eight or ten months. It is most gratifying and encouraging to find the Institutes in general carry on so effectively. Lack of finances will not prevent the branches from carrying on a most worthwhile educational program, and, after all, the main purpose of the Institutes is education in Nutrition, Housing, Clothing and Health problems.

Education

Convener,

Mrs. A. D. MacDougall,
Maxville, Ont.

Shakespeare says: "Tis mind that makes the body rich." A man with intellectual resources can never be poor. A well-trained and well-stored mind is indeed great riches. Any mind to which the fountains of knowledge have been opened, and which has been taught in any tolerable degree, to exercise its faculties, will find sources of inexhaustible interest in all that surrounds it; in the objects of nature, the achievements of art, the imaginations of poetry, the incidents of history, the ways of mankind, past and present, and their prospects in the future.

Isaac Watts says: "The Mind's the standard of the man." Certainly it is a better standard to

measure men by than money. One cannot measure by a money standard such men as Emerson, Lincoln, Gladstone, Mozart and Luther. All these men were rich—rich in thoughts, in ideas, in the quality of the work they accomplished, and the world is forever indebted to them.

The best investment any one can make is in the education of self, and then he will never be poor. We quote Sir Robert Falconer, late Principal of Toronto University, as saying: "No matter what system of education may be employed, the purpose of education is to train young men and women in the art of thinking. We aim to accustom the students to the problems they are going to meet in after life, so that, no matter what comes up before them, they may be able to marshal all the facts, interpret them, and come to a wise and intelligent solution."

We shall discuss the subject under three heads: "Education as related to the schools, as related to Women's Institute members; and as related to the community. From the reports received we note a great interest is being taken in our schools. The Institute members are co-operating with the teachers, are taking their places as school trustees and many branches are continuing their assistance in having music taught in the schools. One branch was successful in having music introduced into five public schools, four of these being one-room schools.

A new interest in penmanship is being encouraged by competitions and prizes, and is being added to Public Speaking and Spelling Competitions. Prizes are also given in the schools by the branches, to encourage neatness, regularity in attendance, proficiency in general and one branch reports sending a pupil to High School for one year. Donations to school-fairs are also being continued.

Education as related to Institute members: From one source comes the plea for more cultural development of all faculties with which man has been endowed,—the seeing eye, the hearing ear, the understanding heart, as well as the expert hand. This development will lead to a full life; for every faculty is intended to bring happiness to man when fully developed. Herein lies the difference between narrow and abundant life. The greater number of things in which we take interest, the wider and fuller our life will be. If one interest fails us we easily turn to some other of the many things which have claimed our thoughts and we are never without a source of happiness.

Departmental literature seems to be used very freely in each report received, which shows that we have found out that the Department has a great deal to offer us which is of real worth, and which we can study with profit; all the more so as our Institute pocket-book is becoming flat and our money-making activities curtailed. This is quite apparent in the report from the north where their liberal use of literature, their practical programs and interest in libraries contribute to their cultural development.

Educational papers and addresses are being given at branch meetings by the leading men of the community,—doctors, lawyers, bankers, ministers and music teachers, as well as by Institute members. The fact is pointed out that the radio, motion pictures and libraries are valuable adjuncts of educational development if these are wisely and intelligently used.

This education of self cannot

but react favorably on the life of the community. Interest in debates and drama is being well maintained throughout the branches. Illustrated lectures—Jack Miner and his bird sanctuary; and imaginary trips—New York to Japan, via Panama Canal—are contributory factors to the educational work of the Institutes in some communities. Coaching classes, judging competitions, sending girls to Girls' Conference as well as sending delegates to various conventions and the demonstration-lecture courses are proving very popular among our branches. A splendid piece of community work followed. A month's course in agriculture for boys and Home Economics for girls, a Junior Farmers' Club and a Junior Institute were organized, and are carrying on most successfully. "These courses and organizations are not so much to keep young people on the farm, but to provide something both educational and recreational for those who choose to remain on the farms."

In conclusion the present day need seems to be "mind." We have brain power enough in Canada if we encourage those factors which tend to make Canadians leaders of thought and opinion, instead of followers, which they have so often been.

Health and Child Welfare

Convener, Mrs. W. F. Parsons,
Port Credit, Ont.

In these times, when one is accustomed to hear organizations discussing ways and means of retrenching, it is certainly a pleasure to report of Health and Child Welfare, that there has been no retrenchment, but again steady progress has been shown. Practically every branch has held at least one Health meeting and very valuable health education has been carried on not only by the papers and demonstrations given at these meetings, but by the general distribution of Health literature.

A great many branches report having had medical inspection in the school followed by a clinic where the necessary operations were performed, the Institute bearing the expenses when the parents are unable to do so. The Institutes not only look after the sanitation and general hygienic surroundings of the schools but have equipped them with First Aid Kits. Where there is not a school nurse, some member of the Institute who has had training gives demonstrations to the children on the use of First Aid equipment. In many places it is reported that the children have become most efficient, and serious results have been averted when accidents have happened. Providing School Lunches has not only been continued but is becoming more general, some branches offering prizes for the best school lunches suited to the seasons of the year; this is a means of educating re the value of proper diet for school children.

The branches continue assisting the local hospitals and where necessary making provision for a doctor's services or nursing care to those unable to go to hospital to secure this for themselves.

Perhaps the most valuable work has been done along the line of preventive medicine; from all sections of the country come reports telling of the number of children who have been immunized, one county alone reporting over five thousand children having been given immunization treatments. That there is still a great deal to be done in this field is very strikingly expressed by Professor Roy Fraser, of Mt. Allison University, who in a re-

cent address stated that he believed from fifty to seventy-five per cent of diseases to be preventable and that the cost of the unnecessary disease and premature deaths in Canada alone exceeded the present national deficit. He said, "The blackest blot on our civilization is the tragedy of a little child suffering from a preventable disease."

As a result of the survey made by the Women's Institutes many children have been given a fair chance in life, the Institutes visiting in the homes and reporting all cases where help was required to the proper authorities. In all this work they have been most ably assisted by the existing service clubs.

Health means not only a strong and active body but a clear, well-balanced mind. Our programme must be an all inclusive one embracing individual and community health, health of body, mind and spirit.

If our programme is to do all that, it is necessary that we should know our community, therefore members of each branch should make a survey of their community, noting anything that is detrimental to health, such as unsanitary housing or contaminated water supply, for any centre of infection is a danger to the entire community. Ascertain the number who are ill temporarily or chronically, noting whether they are a public charge or not, for a community is prosperous or otherwise according to the number of people who are self-supporting, or better still, making a contribution to the public good.

Take a census of the children of pre-school age, and, if possible, have them immunized against contagious diseases. If there are any children suffering from either mental or physical defects, see that they receive the benefit of all that scientific treatment can do for them. The case of any crippled children whose parents are not able to give them the necessary treatment should be reported either to the Society for Crippled Children, Medical Arts Building, Toronto, or a nearby service club. Children who are mentally ill should be reported to the Superintendent of Auxiliary Classes, Parliament Buildings, Toronto. Consult with your school teacher and find out how many children have been absent from the school through preventable diseases, and, if possible, learn the cause.

When you have the facts you are in a position to have the defects corrected.

It has been said that the Women's Institutes have transformed the rural school and made it not only a pleasant but a sanitary and healthful spot. They have provided a pure water supply, necessary sanitary conveniences, have secured heat and lighting that meet the requirements for the comfort and health of the children. They have provided hot lunches and, where necessary, given milk, or otherwise supplemented the food of the school children, and while medical inspection has not yet been secured for all schools, we feel that the work the Institutes have done has developed a health consciousness, which will not be satisfied until the proper inspection has been secured. Is your school up to the standard? Have you placed a First Aid Kit in it?

What a great help the Institute can be to the young mother who knows that the members are interested in her welfare and are ready to give her practical help and advice if she needs it. What has been accomplished in making maternity safe in Ontario would more than justify the existence of the Institutes if they had done nothing else. Has your branch a

layette basket on hand? Have you made use of the Little Blue Books?

Practically all of the branch Institutes devote at least one of their regular meetings to health. Respond to the roll call with "What I keep in my medicine cabinet," "Hints on First Aid," or something along this line. It is possible to make a survey and present it to the members who will all be anxious to assist in doing whatever is necessary. Always try to interest your local doctor, and school or community nurse, if you have one, and invite them to come to your meeting and tell you what you can do to assist them in their work.

As each community has its own particular needs, we suggest that you try to find the greatest need of the community and if possible meet this need.

Agriculture

Convener, Mrs. J. A. Deviney,
Vernonville, Ont.

As the basic industry of the country, agricultural interests should occupy some of the intelligent thought of all homemakers. As an organization dealing with the activities of rural homemakers the Women's Institutes should devote considerable time and thought to agriculture from the standpoint of both producer and consumer.

Some one has said, "The farmer is God's partner in giving to the world the food it must have," so let us as Institute members boost our business and our community more than ever before and we will be doing a wonderful work for Agriculture.

A letter from the Hon. T. L. Kennedy, Minister of Agriculture, conveys this message, "In recent years a definite need has been felt for agricultural research work and 'Better Marketing' of our farm products and these two new activities have been receiving considerable attention. In spite of hard times," said the Minister, "I believe this province is in better shape than any other province in Canada, or any state in the Union."

Conserve the woodlands by keeping the stock out of new forest growth and the water flow will be bigger and steadier.

How many are making their own Certo? Some of our members have done it very successfully out of green apples (green plums). Kingston Area gives us the recipe.

Does any one do her own egg grading? This is done successfully by members in London Area.

Some Institutes pay a bounty on woodchucks and rabbits. School Fairs are claiming the interest of some Institutes; in one section a large tent was rented and used by six Institutes where prize competitions were held. Prizes were awarded for displays of vegetables, menu for a child five years old, bouquets and best pair of chickens.

Many Institutes served meals at School Fairs, also at Agricultural Fairs. One Branch paid 50c. to each school taking part in the Strathcona exercises.

Incomes have been augmented by the sale of home-made lard—by sale of bulbs, roots, shrubs, etc.—by sale of fruits, vegetables, melons, etc., to tourists. When chickens cannot be sold at a fair price they could be canned in tin cans, by use of a capper and disposed of at a fair price.

Beautification: Institutes are continuing to clean up cemeteries, around memorials, waste places in town and country. One branch assumed the care of a soldiers' memorial plot, keeping it free of weeds. Are we as Institutes trying to keep down weeds or help the weed inspector by reminding him of his job by pointing out places that need attention? We are glad to note