

HOME AND COUNTRY

Published quarterly by
The Federated Women's Institutes
of Ontario
and
The Institute Branch
Department of Agriculture
Ontario

EDITORIAL COMMITTEE:

Mrs. T. J. McDowell, Milverton.
Miss M. V. Powell, Whitby.
Miss Mary A. Clarke, Toronto.

MEMBERS OF PROVINCIAL BOARD:
1938-39

Honorary President:

Her Excellency The Lady Tweedsmuir.

Honorary Vice-President:

Miss Mary A. Clarke, Toronto.

President:

Mrs. T. J. McDowell, Milverton.

Vice-Presidents:

Mrs. S. H. Moak, Lunenburg.
Mrs. A. W. Brandon, R.R. 6, Galt.
Mrs. Thomas Boston, Schrieber.

Directors on the Executive:

Mrs. W. J. Reynolds, Frankville.
Mrs. James Gordon, Beaverton.
Mrs. D. D. Gunton, Simcoe.
Mrs. L. G. Crozier, Walkerton.
Mrs. Dan Moore, New Liskeard.

Directors:

Mrs. D. Porter, North Gower.
Mrs. T. L. Nickle, Madoc.
Mrs. Garnet Shields, Ida.
Mrs. William Lemon, R.R. No. 1, Balaclava.
Mrs. J. H. McCulloch, R.R. No. 2, Brampton.
Mrs. J. D. Stewart, Thoronton.
Miss Isabelle Young, St. Marys.
Mrs. J. R. McLachlin, Kingsville.
Mrs. A. Fraser, R.R. No. 1, Ilderton.
Mrs. L. S. Eiler, Falconbridge.
Mrs. W. Hilliard, Kagawong.
Mrs. E. L. Carter, Kenora.

Secretary-Treasurer:

Mrs. W. B. Leatherdale, Coldwater.

Correspondence should be addressed to

"HOME and COUNTRY"

The Women's Institute Branch
Parliament Buildings, Toronto

This paper is distributed through the secretaries of Women's Institutes to the Women's Institute members.

EDITORIAL COMMENT

OUR PROGRAMME IN WAR TIME

When most of the copy for this issue of *Home and Country* was planned, Canada was still at Peace. None of us were willing to believe that war was really a possibility. For years the Institutes had built up a programme in which the arts of peace were studied and practised and, through the committee on Peace and International Relationships, were developing a fine international spirit. Just this year, the visits to Canada of Their Majesties, and the Scottish Women's Rural Institute members and the conference of the Associated Country Women of the World all seemed to strengthen this and to draw us nearer to the country women of other nations. We realized again that their problems were our problems, their pleasures ours; that we might express ourselves in different ways, but, fundamentally, there was little difference.

Then, realizing that to uphold the principles of freedom, justice and liberty, and to respond to the call of her King to his "peoples across the seas" in which he asked that all "stand calm and firm and united in this time of trial," Canada entered the war. The question which we all faced was "what shall we do?"

Individually, some of us can give our whole time to war service. Most of us will have to carry on our regular work, making a special effort to add part-time war service to present duties. Some will assume much of the burden left by those who have enlisted for military service.

What is to become of our peace-time Institute programme? That is a question which requires careful thought. It must be sifted carefully, omitting the less essential elements to make room for war service, and retaining those which are as valuable

(Continued col. 4, page 2).

LET'S MAKE THIS A READING YEAR

"A good book is the best of friends, the same today and forever."—
(*Martin Farquhar Tupper.*)

With the end of the strenuous activities of summer work comes the season when we look forward to renewing our acquaintance with those good friends whom we are so likely to neglect during the summer.—books. A book is a friendly thing. Through it we share the thoughts of others, making friends of both author and characters. Here we find companionship, stimulus and enjoyment.

To read a good new book is to enjoy new and interesting people, to travel new roads and to gain new information. For the booklover it holds all the thrill of adventure and of exploring the unknown. We may never travel through Nova Scotia, but we can see it and enjoy meeting its people through the eyes and mind of Clara Dennis in "More About Nova Scotia", (or, if we have visited Nova Scotia, we can enjoy it again in retrospect). We are even less likely to make long aeroplane flights, at least in the very near future, but we can live through them with Anne Morrow Lindbergh in "Listen, the Wind" or "North to the Orient". We may not even see the forces at work in our own Ontario communities until they are pointed out by Ethel Chapman in "With Flame of Freedom". The wild life of our country may be a closed book until it is opened for us by Grey Owl or Ernest Thompson-Seton. And to read the story of Marie and Pierre Curie in their daughter Eve's "Madame Curie" is to meet one of the world's greatest women and be inspired by the courage, sincerity and honesty of purpose of these two scientists who worked so untrudgingly to attain their goal. And so, illustration after illustration could be cited to show the variety of ways by which new books can contribute to our lives, acquainting us with new friends, new places and new interests.

New books bring us new friends; but old books are old friends. All of us have the latter—books which have been read over and over. It may be that greatest of all books—the Bible; it may be Dickens, Scott or Shakespeare; it may be Wordsworth, Barrie or Kipling. In how many homes is it not a beautiful part of the Christmas tradition to read aloud Dickens' "Christmas Carol" or Henry Van Dyke's "The Other Wise Man"? That book of poetry or essays, or that familiar book which can be opened anywhere, and which is kept at hand to pick up when we sit down to relax for a few minutes, is invaluable. The thought which it expresses, the merry laugh it calls forth or the savouring of a well-turned phrase will shorten and lighten the day's tasks. It is a true Magic Carpet for the mind.

To treat books like friends, the door should be kept open for them with a "Welcome" on the mat. They should be brought out where they may be used and enjoyed, not closed behind glass doors forever. To share a book with others increases its value for most people. To read a book aloud or to exchange books, so that the thoughts expressed may be discussed and enjoyed together, makes a book live.

The time to begin making friends with books is in childhood. Children love stories. They have the power of imagination which makes books very real to them. As Mary Carolyn Davies says,

"A book's a magic sort of thing
That makes you sailor, chief or king."

Let the children have this magic as soon as they are old enough to listen to rhymes and stories and later, if books that are suitable for their age are at hand, they will delve into them themselves. A love of books is a priceless heritage.

Mary Wright Plummer in a very interesting lecture on the "Seven Joys of Reading" lists these as (1) the Joy of Familiarity,—“to refresh our memories of old friends, to hear the familiar lines rolling in like waves, one after another, in their well-known cadence”; (2) the Joy of Surprise—“of finding human nature always human nature, of learning that truths which we think modern have been apprehended by the ancients”; (3) the Joy of Sympathy—“which lies in finding an author who would be congenial to us if we knew him”; (4) the Joy of Appreciation—especially “with the way of saying things” (5) the Joy of Expansion—“to be caught out of our daily rut and be taken where we get the birdseye view”; (6) the Joy of Shock—“to most of us this is an acquired taste—and it takes time to make shock into a joy—if we do make a joy of the shock, our mental circulation is quickened and we feel so wide awake that the first thing we know we are incurring again the risk of contact with the battery”; (7) the Joy of Revelation—“through some sentence of apparently secondary importance we catch sight of possibilities so great, so revolutionary that we are a trifle dizzy.” All these joys, and more, are ours for the reading.

So let's make this a reading year—reading for inspiration, for knowledge, for recreation, and, above all, for enjoyment.

To suggest a reading list is probably a thankless task. It is such a personal thing. We choose our own friends, and we choose our own books to suit our own taste. Here are a few, chosen at random, from which may be selected some of interest. (All these are in the Travelling Libraries Branch of the Provincial Department of Education and may be included in a Travelling Library on request).

I. *Essays and Unclassified:*

Becker, May L.: Golden Tales of Canada.
Bruce, H. A.: Friendship—The Key to Peace and other Addresses.
DeKruif, Paul: Microbe Hunters.
Fishback, Margaret: Safe Conduct, When to Behave and Why.
Frisby: How to Conduct a Meeting.
Frisby: How to Arrange a Public Dinner.
Grey Owl: Pilgrims of the Wild.
Overstreet, H.: Let Me Think.
Overstreet, H.: About Ourselves.
Yutang, Lin: The Importance of Living.

II. *Current Affairs (Study Books):*

Bertram and Fowler: The Lord Helps Those (Co-operatives).
Gibbon, John Murray: Canadian Mosaic.
Gunther, John: Inside Asia.

III. *Travel:*

Cash, Gwen: I Like British Columbia.
Griswold, Lawrence: Tombs, Travel and Trouble.
Morton, H. V.: In Search of Scotland.
Phillips, W. J. and Niven F.: Colour in the Canadian Rockies.

IV. *Biography:*

Black, Mrs. Geo.: My Seventy Years.
Carnegie, Dale: Five Minute Biographies.
Lutes, Della: A Country Kitchen.

V. *Poetry:*

Crowell, Grace Noel: The Light of the Year.
De La Mare, Walter: Poetry.
Jacques, Edna: My Kitchen Window.
The Oxford Book of English Verse.

(Continued col. 2, page 4)

HEALTH — CHILD WELFARE

Ontario is almost as diversified in its climate and in the needs of its people as is Canada. There are brave Women's Institutes in the cold north, there are Women's Institutes basking in the mild climate of southern Ontario and, in between, the rest who toil on endlessly with the others at the task of promoting "Health and Child Welfare". The tabulated reports of roll calls, clinics, demonstrations, contributions and lectures march past, not in weary hum-drum fashion but triumphantly.

Child Welfare is gaining a more balanced share of attention. Formerly, being linked with Health, child welfare was associated with the bodily health of the child and psychology was neglected. Within the last few years, such subjects as "The Effect of Adult Behaviour on the Mentality of the Child", "Music and its Effect on a Child's Health", "Temper Tantrums", indicate that child welfare is coming into its own. Clinics attend to the well-being of the group, while the individual need is met by providing food, clothing, eye glasses, and special medicines. Doubtless some bonnie Scottish woman is to be thanked for the happy thought of purchasing a barrel of dulce for the school children to prevent going.

Prevention Better Than Cure

The Women's Institute has been instrumental in many townships and villages in establishing Clinics for toxoiding, immunizing, and vaccinating. Our Provincial Government supplies all of these serums free. One country doctor, in a sparsely populated area has treated four hundred children against all these diseases. The hearty co-operation of the parents was due to the splendid educational ground work of the Women's Institutes. The adult too is stimulated toward prevention as yearly medical examinations are urged very insistently.

Social Legislation Studied

No government can legislate better public approval, and our Institutes can do much to pave the way for more advanced legislation. Our people are chafing under the dread of expensive hospitalization. Therefore, different forms of State Medicine are being studied. Mental Hospitals are costing a great deal, and, hence, such topics as "Mental Hygiene Clinics" and "Health Examinations before Marriage" are being stressed.

The Women's Institute Member

The Women's Institute member is not forgotten. For her need such topics as "Posture", "The Art of Living", "Watch your Weight", "The Folly of Needless Worry", and "How to Grow Old Gracefully" are discussed in an effort to make her living more tranquil and beautiful.

Efforts Must Not Cease

In rural Ontario there are still mis-informed mothers, poorly fed babies, and communities unprotected against the plagues of communicable diseases. Even in War, Ontario Women's Institutes must not neglect "Health and Child Welfare".

(Contributed by Mrs. F. J. Nickle of Eldorado, Provincial Convener.)

(Continued from col. 1, page 2).

to our individual, home and community life in war, as in peace.

The Institutes were a powerful factor in the last war; they will be even more powerful today, for they have increased in both numbers and prestige. Much of the work which was carried on before will be done again — knitting, sewing, raising funds, increasing food production, conserving goods and other forms. As time goes on, new avenues will open up. But, whether we are called on to do something which may be quite spectacular, or just the hum-drum tasks, which are not less important in carrying on successfully but which seem dull because they must be done day after day as long as the war lasts, the members of the Institutes will be ready.