THE QUIET HOUR

HOME TRAINING.

Eugenic Instruction Preparatory For

A Better Crcp of Boys and Giris, by Wm. A. McKeever.

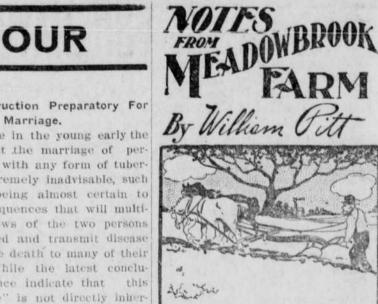
1. Inculcate in the young early the sentiment that the marriage of persons infected with any form of tuber-

Who Knows What Course to Pursue? culosis is extremely inadvisable, such Worse blundering than that last a marriage being almost certain to referred to is still going on with lead to consequences that will multirespect of the problems of home train- ply the sorrows of the two persons ing. Many good boys are doubtless first concerned and transmit disease being driven from the farm through and premature death to many of their overwork and lack of a congenial posterity. While the latest concluenvironment. Many good girls like sions of science indicate that this wise come to the age of full ma- "white plague" is not directly inherturity bent in form and blighted in ited, the offspring of tuberculous mind and soul through the effects of parents seem to show a heightened cramping toil and the lack of that susceptability to the disease. More finer social and spiritual develop- over, even if the factor of inheriment which can come only from tance be not "connsidered, there is those things which daily bring the still left to the child of the parent so light of affection and the inspiration diseased the fatal possibilities of infe of hope into the consciousness. tion.

On the other hand, we find roam- 2. Discourage in like manner the ing daily and nightly upon the thought of marriage of a person streets of our towns and villages man born with any physical abnormality. over-ripe, blase, 16-year-old boys, While some such marks may be mere who through lack of any well-planned life-time acquisitions, many of them exercise or the experiencee of per- are outward expressions of deep seatsistent work are without the moral ed congenital defects. Such defects stamina necessary to enable them to constitute a more or less serious menanswer the many imperative calls for ace to success in life, and therefore well-disposed young artists and arti- a degree of unfitness for marriage. sans. Girls, too, there are-running 3. Call for the same careful conmates of these boys-girls approach- sideration in reference to epileptics, ing the age of grown-up womanhood, describing to children and youths just whose minds are nourished chiefly on what this disease is like, sighting as the airy dreams of coming-out parties, an illustration the numbers who now pink teas, and the ultra-fashions in fill up the epileptic wards of asylums. clothes.

The foregoing undesirable condi- thetic regard for any one who may be pulled out. tions assume a serious aspect when a victim of this disease, but at the we consider that these same youths same time make it plainthat those afand maidens, themselves more or flicted with it, especially in its inless ignorantly reared, are daily curable forms, are not fit to have a plighting their troth and being united part in the continuance of the race. in marriage without any knowledge of 4. There are many among us who parenthood other than what they of the taint of insanity or imbecility, have by chance picked up through the or at least who are members of famgossip of their associates.

Underlying all this complex work men and women can be made aware of child rearing is a well-developed of such facts as these sothat they science, psychology, which ought to will very naturally shrink, when mabe required in an elementary form in turity is reached, from life companions all secondary school courses. Later, ships with such persons. The recevery prospective parent should be ords of many cases show no instances required to take a thorough course of a mentally normal child born of of training in the psychology of child parents both weak minded. On the development. Such a training will, other hand, there have been many in my opinnion, do more to save the imbecile children born of parents boys and girls, and the whole coun- only one of which was so affected. try than any other discipline that The children of the insane are not can be offered. If the various wo- necessarily doomed to such a fate, men's clubs would devote one-half the but there is now a widely accepted time they give to the study of Shakes- theory that they inherit certain brain peare and Browning to the pursuit of structures that tend to give way una well-planned course in child psycho- der conditions inducing insanity more logy the results in behalf of the readily than in case of normal per-



Burn all the rubbish.

Keep a pure bred ram.

Any climate suits alfalfa.

Clover is a more efficient sub-soiler than the best sub-soil plow.

Some say that cows need salt when the butter is hard to churn.

A good wick to the incubator lamp is one of the important things.

Dampness in the poultry house, yards or runs is often a source of trouble.

The thing that counts in the poultry business is doing the right thing indication of being milk producers, at the right time.

Don't let the weeds get a foot high and then pull them, disturbing the Inculcate the most kindly and sympa- surrounding flowers, even if none are

> Fight green lice with tobacco-tea and the rose-slug with lime-water. Or try dusting air-slaked lime on the infested rose-bushes.

Few horsemen pay enough attention the meanings and responsibilities of have inherited an uncertain degree to the teeth of the old horses, and then wonder why they look out of condition.

> On land at all subject to foot-rot many sheep will fall lame-more especially the close-wooled breeds on grass.

> It is very seldom that a group of sheep may be fattened on dry food without some of them dying or suffering with constipation.

luck in the dairy business, but it is a ture will soon help out the feed quespeculiar coincidence that it always tion. follows bad management.

On receiving new rose bushes from the dealer or from other sources, and it is expected to be waged vigortransfer them immediately to the soil ously during the present year, directwithout exposing the roots to the sun ed by government scientists. or drying wind.

To force rhubarb the best success When a colt or other animal on the

Thorough ventilation is necessary. Air and cool incubator eggs daily.

Already the demand for dairy cows is much in excess of the supply.

Be sure to milk the cow clean.

The brooder and brooder coop must be amply ventilated at all times.

Make the milker wash his hands with soap before he begins to milk.

Corn is assuredly the most fattening farm grain that may be fed to sheep

Lack of a constant supply of clean, pure, fresh water before the fowls means defeat in the end.

Any food that will keep herfs in prime condition and with vigorous appetites will cause them to lay.

Do not think that the separator is a difficult piece of machinery to handle and that it is hard to take care of.

To every ten pounds of butter in the churn mix one pound of dairy salt and two pounds of water.

Two essentials must be observed to keep milk sweet and clean for two or three days so that it can be shipped a distance or held at home for use.

Many varieties of trees will in a few years grow large enough for fuel and for small timber, such as poles, which can be used in many ways.

Select dairy cows that have every but determine this positively by the use of the Babcock test and the scale.

It is estimated that there are 95,000,-000 head of horses in the world. The United States and European Russia have the greatest number.

Pumpkins should never be planted in the garden. The vines take up more room than they are worth. The corn field for the pumpkins.

Pea vines, which were formerly thrown away by the canners, are now being used for stock food. They are preserved in silos, or stacked in the open air.

Cowpeas belong to the family of plants known as the legumes, which have the power of taking nitrogen from the air by means of the bacteria which live on their roots.

You can afford to buy feeds for pigs and lambs at the prices these animals There may be such a thing as bad will bring this summer, and the pas-

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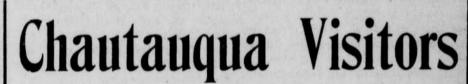
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growing generation would be well- sons. nigh sensational.

ents whom enforced training and ly reached. proffered charity may reach, are also Once a young man becomes addictthe reproduction of the race.

ment, and have discovered better human race.

An Outline Course of Instruction.

women, and in order to bring such ble consequence of sorrow and sufa thing about we must produce a bet- fering. ter crop of boys and girls. However, as yet the scientists have worked out no complete set of laws or rules governing the matter of improving the human race through better breeding. the inebriate have some tendencies It is encouraging to know that there is much research work being probably an unusual inner craving for undertaken just now that will in time prove exceedingly helpful. So, while we are waiting for the scientists to bring forward their sounder principles there are a few rules of psychology and pedagogy that can be safely adhered to in giving eugenic instruction of an elementary nature to the young.

Therefore, in order to give the many thousands of willing parents and teachers a more definite scheme of carrying out the good intentions they already possess, the methods of procedure below are suggested. Let all who are interested in bringing about an improvement of the race through the education of public sentiment join hands in this cause and thus protect the unquestioned rights of the generations yet unborn.

Throughout all the outline of methods given below there is a clear recognition of the presence of the unfit. Let it be fully understood that such unfit persons are to be accorded all the care and protection and tender solicitude that human sympathy can offer. It need be, in order partly to make up for their irrecoverable loss, let them be regarded as deserving of unusual public favor. But take every reasonable precaution to deny them the one privilege of becoming progenitors of into the marriage relation. the race.

On the other extreme public opin- that inebriety is directly transmis be successfully treated without the ion is also wrong in assuming that all sible, two adverse conclusions con services of a veterinarian. the class of delinquents and depend- cerning drunkards have been definite-

ilies that have been transmitting these

diseases for many generations. Young

fit specimens for having a part in ed to the habit of drinking intoxicants he will contend very strongly to liest and most delicious vegetable. After we have thoroughly tested keep it up or go back to the habit out our present stock of racial inher- even after a period of abstenance itance through an improved environ- Teachers and parents of young girls what should have at hand a long list of incourses are sound and desirable and stances of young women who have what ones are weak and undesirable, married young men addicted to the it will be our clear duty to begin dir- drinking habit, misguided by the fond ectly the work of breeding for a belief that the latter had permanently discontinued the practice. The records of the majority of such cases

Although it is not apparent that the appetite for drink is directly inherited, there is a vast amount evidence to show that thechildren of to a weakened body, low vitality, and something that will stimulate. A thoughtful teacher or parent can easily find concrete examples upon which to base instruction that will help to eliminate the inebriate as a

factor in the race. 6. In a delicate way and perhaps by private instruction, growing boys

and girls can be forewarned against the awful consequences of syphilis and the other more common venereal diseases. It can be explained to them how these diseases are brought about, how transmitted and what are the most serious consequences they entail upon innocent posterity. Such surplus grain. instruction is at present almost wholl neglected, and yet how awful the results of such racial poisons.

Medical authority seems to consider it a fair presumption that men and women who have entered into good. Get a cream separator and is to feed often and in small amounts. carnal relations with the sexually diseased may be expected to contaminate others in like matter, and even at remote times after such relations. The foregoing facts, warrant us in concluding that young persons who have "sown their wild oats in the slough of sexual dissipation" have thereby forfeited their right to enter (Continued Next Week.)

is obtained by placing it under green farm is cut with barbed wire or by house benches or in a rather dark 3. While it has not been proved other means, the wound usually can cellar; but little light and heat is required to force good rhubarb.

> Probably the best vegetable grown consequently it may be sown any in the garden is asparagus. It is a time up until the middle of July with perennial plant and lasts for many years without renewing. It is the ear-

Select a good, strong colony to build the queen cells, remove all combs containing unsealed larva, also remove the queen, and let them remain queenless a few hours.

The common foxtail millet is the best for dairy cows. This threshed will prove beyond a doubt that the nesses. Unthreshed millet should stock.

Milk and butter are higher priced today in the large cities than ever and mixed with an equal part of clo- before. There is no danger of an ver hay makes one of the best rough- overstocked market for many years We want a better race of men and undertaking was fraught with terri- never be fed alone to any kind of the dairymen produce premium milk and butter.

> Vine crops should not be disturbed Several different things may cause after the vines commence to run, as the suppression of milk in one or more the leaves act as a mulch of the plants sections of the udder. Generally the spread almost as far as the vines and cause may be traced to an injury of grow quite near the surface of the some kind received when the helfer soil. Any weeds not destroyed by was running in the pasture, or it may former cultivations should be pulled be traced to an inherited weakness. by hand.

> When gathering flowers always use Salad plants, tomatoes, muskmelons, a sharp knife or scissors to cut them green corn, beans and the like have smooth and clean. Early in the mornof late years been added, one after ing is the best time, and the blooms another, to the greenhouse crops, and not quite developed will last longest. the enlarged menu resulting there-"Souse" the stems deeply in water for from has gratified the epicure and has an hour or so before making boubeen a source of revenue to the pro- quets. ducers.

> Leave all the good ewe lambs for breeding, but give extra feed to increase the cash output from farms lambs intended for summer market. and at the same time save millions to They may be growing now, but they will put on better flesh for higher the farm a large percentage of the prices with a daily feed of ground fertility that is now sold off in the grain. It is a good way to cash in form of corn, oats and hay.

milk.

worked.

Raising calves on skim milk is the If you have a separator you will not best method, all things considered; be bothered with a lot of sour milk and they will grow and develop on standing around during the warm this food as well as when allowed to months. Pigs will drink sour milk, run with the cow. The secret of sucbut the sweet milk will do them more cess and good health with the animals

save more of the cream, besides de- Overfeeding and irregular feeding will riving more benefit from the skim cause the scours and calves will grow indifferently. If the mare is fed on timothy hay Most of these waste places on the and corn alone she cannot furnish the farm are the richest kind of land. If proper elements for the development the brush and briars were grubbed

of the foal. Wheat bran, shorts, oil out and the spaces put into cultivation meal and clover hay should be a great they would grow the biggest crops on part of the daily ration. Give the mare the farm. The soil in such places is daily exercise and it will not hurt full of organic matter and other rich to work her up to foaling time, pro- fertilizers, which have accumulated viding she is not strained or over for years in the form of dead insects and decaying twigs, leaves and roots.

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