

Health in the Home

An Important Suggestion

A physician who is an authority on dietetics urges that when work must be resumed immediately after a meal, that meal should be as light and as digestible as possible; better still, too, if the half-hour preceding the meal can be filled with some diverting occupation or perfect idleness. Children should not rush from the schoolroom to the luncheon table, eat with one eye on the clock, and hurry off again to begin study at once. This is done all over the land, and is one of the reasons that the health of children suffers during school life. The mother of a family must do what she can to counteract it by stealing ten minutes, if possible, before the meal to pass in pleasant, diverting talk. Another care of hers should be that easily digested food be a sine qua non of the luncheon table. Fried meats and other fried food, rich salads, cake, rich pastries, etc., are all out of place at this time. The speaker further stated, in commenting upon observations taken at the working girls' clubs, that, "while the girls whose occupations do not entail much brain outlay, suffer from the commoner causes of indigestion—that is, indigestion in diet—those whose occupations are on a somewhat higher level, demanding close attention and often considerable responsibility, the typewriters, stenographers, bookkeepers, etc., are sufferers from nervous indigestion. This can be traced largely to the haste with which the midday meal must be consumed, and the fact that business of a kind demanding care and thought must immediately be resumed."—The Evening Post.

My method of giving the baby a necessary remedy has seemed successful. Buy a gum nipple (the kind that fits on the bottle), put it in baby's mouth and pour the medicine, slowly. There will be no soiled dress, nor wasted medicine. G. D. D.

Don't Be Either

"The foolish man doesn't know a good thing when he sees it; the lazy man doesn't seize a good thing when he knows it."—Philadelphia Record.

Children and Sleep

Probably sleep is the desideratum most regularly abused by the children of the modern town and city parents. Parties, calls and social engagements of many kinds are allowed to invade the hours of rest which the growing organism absolutely requires if it is to attain its highest possibilities. Not only are boys and girls of fourteen and fifteen allowed occasionally to dance until long after midnight, but from day to day the hour at which they go to bed is permitted to vary almost as much as they may desire. It demands no prolonged experience to prove that even a person of mature years cannot practice indefinite irregularity in the amount of sleep gained daily without paying the penalty in the form of depleted vitality, and sooner or later, if the habit be carried to an extreme, in the form of nervous breakdown. How much more necessary, therefore, must adequate sleep be in the case of the growing body?—James Rowland Angell, in The World To-day.

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To think well
To plan well
To do well
This precept
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