

HEALTH IN THE HOME

Health and Food in the Spring

In the spring time of the year there is great occasion for care in the matter of food. The kind that has satisfied and supported the body during the winter has served its purpose, and is no longer fit for use. In cold weather the human system can assimilate materials that would clog and derange it in the spring. There is no need of drugs to make people feel well, when the things which have remained dormant in the ground begin to show signs of life. A judicious change of diet is required; that is all. It is better to take the materials for health from the grocer than from the druggist.

Begin the morning meal with some fruit, but be sure that there is no decay in the fruit. Eat good bread and butter. If you are a coffee or tea drinker, moderate the usual allowance. If you are a hot water drinker take as much as you like. If you are a flesh-eater, take half as much as you do in the winter. Eat less butter and grease of all kinds in spring. If potatoes are sound and mealy they are not objectionable; cheesy potatoes are very unfit. There is the utmost need for the exercise of caution in the use of vegetables of every kind. Unless they have been well preserved and have a wholesome flavor the part of wisdom is to avoid them.

In spring it is important that the heaviest meal should be eaten in the middle of the day. The warm rain produces an atmospheric condition which causes drowsiness. Eating a hearty meal in the midst of this pressure adds to the weight upon the system. In daylight the demands of business or duty will enable you to cope with it. In the evening there is no such stimulus, and the result is injury to health. The evening meal should be light and easily digested. Don't eat buckwheat cakes or doughnuts. If you are a meat eater, be sure that the meat has been broiled or roasted. It is not desirable to feel that you have eaten enough. Moderation is the best doctor.

The Value of Sleep

If you are to work well you must sleep well. If you are to keep your health and strength, and youth—to carry your powers of work with you to the last—you must sedulously pay court to your pillow. It will commonly be found that the men who carry their years lightly are men who possess the faculty of sleeping at will. If you have much work to do you must not count time spent in sleep to be time lost. It is time gained. It is an essential part of the duty of the day. I had once an old servant who used to say, "Well, I have never worked. I have cleaned up and now I'll get my sleeping done." Sleeping was, in her philosophy, a thing to be done—not a passive state, but an active part of her duty. And every workman should so consider it. Let him sleep in his bed, if he can, at proper hours of the night; if not, let him sleep at any odd time, when nature invites him to rest himself. If he do not play tricks with ourselves, if we work hard without overworking ourselves, sleep will rarely be coy to us. As a general rule it may be said that busy men are better sleepers

than idlers and that mental labor contributes more to sound sleep than bodily fatigue. I believe that only more novices in work are kept awake by the thought of it. Experienced workmen acquire a habit of snaking off its environments when they will. If there be one thing in life for which I am profoundly thankful to the Giver of all good gifts it is for the faculty of sleep.

Onions as Medicine

The experience of those who have tried the onion cure is that it works wonders in restoring a cold-racked system to its normal state.

An onion-cure breakfast includes a poached egg on toast, three tablespoons of fried onions and a cup of coffee. Luncheon of sandwiches made of brown bread, buttered, and filled with finely chopped raw onions, seasoned with salt and pepper, makes the second meal on the schedule. For supper the onions may be fried as for breakfast and eaten with a chop and a baked potato.

The efficacy of onions is well known to the singers of Italy and Spain, who eat them every day to improve the quality of their voices and keep them smooth.

Onion plasters are prescribed to break up hard coughs. They are made of fried onions placed between two pieces of old muslin. The plaster is kept quite hot until the patient is snugly in bed, when it is placed on the chest to stay over night.

Onion syrup is claimed by some to be unequalled as a cure for a bad cold in the chest.

How to Rest

The very people who most need to rest are the ones who say, "I have no time," and yet it is quite possible for them to get the rest they so sorely need if they will only learn how, says the *Household-Ledger*.

Deep, slow, regular breathing is the first step to the natural restoration of the functions, bodily and mental, and if practiced, not only at night, but at every possible opportunity, during work, while walking, while riding in the cars, the benefit to body and mind will be marvelous; and it can be done without a moment's loss of time.

The tired mother makes her babe to sleep in her arms, and finds the effect as soothing to herself as it is to the child; but does she know why? It is the even movement and consequent slow, even breathing that quiets the nerves. Look how utterly relaxed the little one lies; note its deep, slow, even respiration, and learn from this one of Nature's best lessons.

Every mother should insist on giving herself a period of rest during the day, if only for a few minutes; and then even if she does not fall asleep, she will return to her duties with renewed strength, provided she "rests" in the right way.

And if even this is not possible, we can, by the power of the will, rightly directed, relax the tension of nerves and muscles, while at work, and turn the current of the life forces that surge all around us into the right channels, giving us renewed energy and strength for the strife.

"Health and Vigor depend upon the quality and quantity of the Blood."—*HUMANITARIAN*

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