

## Health in the Home

### How to Keep Your Hands Smooth

Here is a sure cure for rough, red, hard hands. It comes from a woman who spent last summer at Warrenpoint, a famous watering place thirty miles from Belfast: "During the season Irish girls leave their chickens and cows and come to Warrenpoint to mind children for the guests. They are big, strong, merry-hearted creatures, green as the country grows, with pink and cream complexions and the most beautiful hands imaginable. I couldn't account for them because they were frequently misshapen and disfigured by ugly, often claw-like nails. The texture was superb, and I made up my mind to get at the secret. Here it is: In every farmyard there are two bins, one containing bran for the cattle and the other oatmeal for the chickens. When the girls go to milk they wash their hands at the pump and dry them in the chicken feed. The result is superb hands—smooth, soft and white. When I left the village I took away as much Irish meal as I could carry. Now I buy the stuff in the feed store and use it. I keep it in a bowl in the bathroom; I wash my honey hands with castile soap and a pinch of meal, mop them with a towel and dry them in the bowl. My hands are not soft—bones never are—but look at them!"

They were beautiful—smooth, warm, fine skinned and as white as bread.

### How to Rest

"You do look tired and worn out. Why don't you take a vacation?"

"Oh, I can't think of it. Who would get the meals and take care of the house and do the thousand things I must do every day? I wish I could but I never get time to rest."

"You poor woman. Let me tell you how to take a vacation and do your work too. I think I have as many family duties to look after as you do, yet I am growing fresher every year. An old doctor told me how to rest and I've tried till I know he is right."

"Do tell me for I want to get rid of this careworn look in my face! I want to be rested so I will not be so cross and peevish with the children. I want to be sweet tempered like you are."

"The whole thing is so simple that you will probably not follow the advice."

"Oh, yes I will, I'll do anything."

"It is simply this: When tired, lie down flat on your back on the floor if you have no bed. Of course, do not get in a draught if sweaty. Loosen your clothes so as you can breathe freely."

"Then shut your eyes and take good deep breaths and forget work. In a few minutes you will be quite rested. You see the blood gets a big change of oxygen from your deep breathing. The heart has to work on and repair is rapid. Lying flat makes the work easier for the heart because it does not have to pump blood up hill. Forgetting work leaves the brain idle and that much blood

goes to repair muscles instead of brain cells. Worry always hinders digestion. Bad digestion upsets everything. A few short rests a day will soon build you up. I always like to take such a rest when the men have left the dinner table before I wash the dishes. It gives my stomach a chance to work while I rest my muscles."

"My husband would think I was lazy, if he knew I was lying around like that."

"No matter what he thinks. If you can show that your work is all done, and that you are looking better, then he will not object."

"Another thing. Maybe you don't drink enough water each day. The muscles and body are largely made of water and if the supply is short the water is not complete. Drink lots of water and your health will be better."

"I never drink water. I drink coffee at meal times, but I never drink water between meals."

"That's just it. You would be better off, perhaps, if you quit coffee. Not many folks can stand coffee. No wonder you are cross and peevish. Try water or milk. Now I must be going. Hope you will follow the doctor's simple rule for rest."—Successful Farming.



### Hives

Hives are easily relieved by aromatic spirits of ammonia; ten drops every hour until the irritation ceases.



### To Cool a Hot Room

A wet cloth hung over the lower sash of an open window cools and moistens the hot summer air. A large cake of ice put in a tin pan and placed in the room has the same effect.



### Inflammation in Eyes

The heat and dust in summer often causes sore eyes. A level teaspoonful of boric acid dissolved in a pint of freshly-boiled water and applied cold frequently is the best wash for inflamed, sore eyes or granulated lids.

This is also good as a gargle for an inflamed, sore throat.



### Children's Flannels

If you are about to cut garments for the baby or for a growing child from flannel, do not fail to wash your piece of flannel in the ordinary manner before you cut into it. Nothing is more provoking than to cut a flannel garment according to the pattern only to find, after one or two washings, that it has shrunk until too small for further use. In cutting the garments even after thus treated, always allow a seam larger than pattern, even where there is a seam allowance on pattern.



Kiss a bride right after the ceremony and before the newly made husband has a chance to do so, and you will have excellent luck throughout the year.

Sleepless babies should never be given any of the so called "soothing" aids to sleep. They are extremely injurious. When a child is restless and sleepless it means, as a rule, that its general health is bad. The careful, restful sleep of an infant shows that it is in good health.

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