

How To Keep Well --- Good Health Habits

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NEVER before in the world's history has the child, as an individual, and a power in the State, been considered as highly as by the thinking men and women of to-day. The war with its wastage of human life made us pause, to gaze with far-seeing eyes into the future, and by so doing know that if the world is to be better for all the suffering it has endured, we must begin at the beginning, and train the children from their earliest days to be good, healthy citizens. Where do we begin? First, the home, then the school, perhaps in many cases first the school, so that the child may train the parent and thus improve the home.

Air There are four plain aids to health given by Fisher and Fisk in "How to Live." Do we stop to think that Air, the most important factor in health, is not given the place it should have in school rooms or homes? Every room should be properly ventilated, but draughts should be carefully avoided. Keep the windows open, in summer, with fly-screens or netting to keep out the pests. In winter keep a fitted board under the lower sash, so that the fresh air can come in between the sashes. Try this plan and see how well it works. Again, even on a snowy night, the window can be left wide open if you tack a piece of cotton over the opening, in comes "Mr. Air," but out stays "Mrs. Snow." Understand, fresh air is full of life and health; bad air full of poison bringing disease, and ill health. Which will you choose? Live as much as possible out of doors, sleep out; once you know how well you feel in the morning after a night in the open, in the summer, you will try it again and again. Play out in the air. Games in the open air are worth twice as much as those played indoors, and games are part of life. We must play well if we are to live well and be healthy. Choose out-door work when you can. Mother Nature is a good teacher. Those who love her and her teachings live clean healthy, good lives, helping each other and making the world better.

Make a habit of deep breathing. Do we realize that half the world or more does not know how to breathe? Oh yes, we think we do, but just stop and think how you do it. Do you stand erect and breathe deeply, make your lungs laugh for joy when they feel the pure air going in and the bad forced out? Try working a pump with little, quick jerks, and you will never draw much water, but use long, slow strokes and the pure water flows freely. Think of this. You are at the pump handle, breathe deeply, make the air flow in in even breaths, and the results will be bright eyes, clear complexion, increased vigor, in fact health. Let your whole body breathe by wearing loose porous clothes next it. The pores of the skin throw off a great many poi-

sons from the system, and if your clothing is thick and heavy it absorbs these poisons, and they in turn, cause disease. Wear light things in the house, and warm extra garments when you go out doors.

Food Avoid eating too much thus giving the organs too much work to do. The tendency to-day is towards over-eating. Eat at regular intervals; do not eat between meals. You would not like to be kept working all the time, would you? Do your poor internal organs like to have to work all the time, first a cake, then a sweet, then some fruit, but always something to nibble? Humans are not mice, but I believe even mice do not nibble all the time. Good food, not too much meat, or too many eggs, but a variety; some for bulk, some for heat, some hard, to cause a good deal of mastication, some raw; but above all eat slowly, do not hurry, you have all the time there is, it is all yours. Use it aright, and one way is by eating right.

Drink water between meals, and drink plenty. You need to be clean inside as well as out, and water really is the proper drink for this purpose. Do not be like the man who said, "It is a good thing. God gave us water to wash with but he never meant us to drink it." It really is to be used freely as a drink, and the water habit is one of the best health habits. Begin to-day to drink water.

Throwing off Poisons There are certain poisons which must be carried off from the system. Let us think a minute about them. When we eat, no matter how good the food may be, it is not all taken up into the system and turned into blood, bone, flesh and muscle. There is always the ash left, and this has to be cast out of our bodies just as carefully as we clean our stoves or grates from their ashes. How is this done? By having the bowels move thoroughly every day. You may say, now shall I take medicine? Most emphatically No.

Again you must form a Good Health Habit. You eat your breakfast every day. That you think essential. Then form the health habit, of having the bowels move every day at a certain time. Food is the proper thing for this purpose, food with bulk, not trash; fruit, vegetables, cream, butter, honey, syrup, stewed fruit of all kinds are good with plenty of water. Let me impress upon you regularity in eating. Never take drugs or medicine of any kind unless ordered by a physician. Stand, sit and walk erectly. Do not slouch. One of the common causes of constipation is the careless slouching habit. It is so easy to slouch along, but remember a person's ability is judged first by his or her appearance. So form the Good Health Habit of walking correctly. Once the habit is formed, it becomes impossib-