

The Country Homemakers

AN ANCIENT EVIL

Dear Readers:—A good woman and man and all the rest of us are the characters in our story this week. The man is Doctor Prince Morrow, of New York, and the woman is Doctor Evangeline Young, of Boston. They know, and we all know, that physicians have a great responsibility in looking after the health of the state. Everybody knows that out of the wisdom of physicians and their desire to safeguard the health of the country has grown the law of contagious diseases, such as smallpox, scarlet fever and diphtheria and should be quarantined and be reported to the local board of health. This law is enforced as a matter of course, and no one feels disgraced because his case has to be reported and quarantined; even if he did feel disgraced he would be quarantined just the same for the safety of the public, and everybody would consider it right. Doctor Morrow and Doctor Young are, however, more farsighted and more loyal to their country than is the average physician. Out of their experience and knowledge they know that there are two deadly diseases which are fully as contagious as the others, and which are neither quarantined nor reported. They know, for instance, that while scarlet fever breaks out occasionally, and is known as an epidemic, the two diseases referred to are endemic; that is, they are prevalent all the time. The reason for taking up the isolation of these diseases on the Home Page is that a few months ago a young girl, perfect in health, was sent out to a hospital not very far away from Winnipeg. A case was brought into the hospital, and this young girl was placed in attendance on this patient suffering from some unknown trouble, but which proved to be so serious a nature that the patient died within three days, in terrible agony. In dressing the horrible wounds of the patient, the nurse in some way or other scratched a spot on her face, and in two days she was delirious and at the point of death. She was sent home to a friend of mine after a three weeks' illness a total and absolute wreck. Had the physicians in that hospital stated that that man was suffering from syphilis, no woman nurse would have gone near that case; no woman should be sent to such cases without being fully warned and absolutely protected against infection. Then if they accept such a charge it would be at their own risk. Then I woke up to the fact that what Prince Morrow and Dr. Young were trying to do for the United States must also be done here for Canada, and if the physicians will not be loyal enough to their country and to humanity, someone must step out to save our women and children from this horrible scourge known to the medical profession as syphilis and gonorrhoea. Knowing that these two black plagues are contagious, and that the public is in danger of catching, all of the time, and knowing that their effects on the public health are unspeakably more deadly than are the effects of scarlet fever or diphtheria, we must wake up to the fact that a law must be passed to have these two diseases reported and quarantined in every town in Canada. This must be done as a simple prevention against spreading the disease wholesale and endangering the whole public health. They know that thousands of innocent people catch these deadly diseases, and that, therefore, it is wrong to consider it a disgrace to have these diseases. One may catch them through his own fault knowingly, but one may catch them through no fault of his and unknowingly, and I believe that if this fact were known there would be little objection to have them quarantined and reported, and with Dr. Morrow and Dr. Young I believe that the only way to deal with these terrible diseases is to educate people about their effects. I believe that people would no more lay themselves liable to these diseases than they would run the risk of getting smallpox, if they knew the result. What then are the results? So far as I know at the present time, California is the only state in which these two diseases are reportable. Is it not now obvious too that even complacent women will see to it that these two contagious diseases are reported and quarantined—even if they have to get a vote to do it—just as soon as they know the facts in the case? And is it not time that the women in favor of suffrage took the facts to their indifferent sisters?

PHYSICAL EXERCISE

A very busy housekeeper said to me the other day: "I wish I had time to do some physical exercise to give me a more graceful figure, but the truth is, I am so tired at night and so rushed in the morning that I can't find a moment to practice anything at all."

Now, I can sympathize very much with this friend, as I know that every moment of her time is occupied in doing the work of her own house and looking after a husband and three children. And it is true that she has lost something of the original grace of her figure, and she has grown rather round shouldered, and no longer holds herself erect as in the days before she was married. I know other housekeepers who are also too busy and too tired to do physical exercises either the last thing at night or the first thing in the morning, and yet I am sure that there are many among them who would like to preserve the symmetry of their figures if any easy way could be pointed out to them.

When Engaged in Sweeping

Now, I should like to tell all busy housekeepers that there is no reason why those who have household duties to perform should not turn them into healthy physical exercises instead of fatiguing work. The reason that household work is so tiring is because the body is not held in the position that equalizes muscular action. Always remember that the chest should be the most prominent and keep it active with inhalations and there will never be any waste of energy or nerve force even when working.

Now, the next time you sweep out a room, remember that you can derive as much benefit from it as from the same amount of gymnastic exercise. Remember that the strength used on the broom must come from the arms. Do not stoop over the broom, but hold yourself erect and practice the "swaying" exercise as you sweep. Move from left to right, advance the left leg, bearing the weight on the ball of the foot, incline the head to it, and the trunk of the body slightly backward, as this inclination hollows the back of the waist line and raises the chest.

Grace and Ease of Movement

Remember that as the right leg follows and bears the weight, the head inclines backward and the trunk forward, and thus there is easy play for the ankles. Now reverse the motion and sweep to the right. You will be surprised at the gradual effect of this "swaying" motion as it will give you grace and ease of movement, and will bring back your waistline and expand your chest.



Ready for fun in Alberta

Another way to attain a graceful figure is to stretch the arms well from the waist when you are searching for cobwebs or dusting pictures. Do as many of these high reaching movements in household work as you can. Stand on your toes when you are dusting shelves a little above your reach, and you will find that this is excellent for strengthening the ankles.

When you are lifting and moving furniture, see that it is done with the muscles of the arm, and not of the waist. This will develop the upper arm muscles and chest quite as effectively as the same amount of exercise taken with weights. Those who are troubled with superfluous flesh should make it a practice to bend as much from the waist line as possible, and should sweep the floor with a small brush and dust pan, as this requires a movement that is excellent for reducing fat.

It is also an excellent practice when putting on shoes that require buttoning to place one foot on as high a chair as possible. This exercises the muscles of the leg, and no woman need fear that she is getting too fat if she can accomplish this feat every day. I know a woman who bathes her feet every night, and who makes it a practice to put the wash bowl on a chair. Standing on one foot she extends the other leg and places the foot inside the bowl, conscious that this helps to give a certain lissomeness to her limbs, and materially assists to keep down any superfluous flesh on the hips.

A celebrated scientific authority once asserted that if every woman would only indulge in stretching exercises every day, and would walk on her toes round the room, extending her hands and arms towards the ceiling, she would always remain graceful and healthy. Now, this practice can be followed when doing household tasks. All that is needed is just a little systematic planning out of the work in which stretching is needed, and keeping this fact in mind during any form of cleaning operations.

Another excellent exercise to keep one healthy and graceful is running up stairs, as this strengthens the heart and deepens the breathing. Don't always be guided by your feelings in the matter of exercises, said a doctor, for when one feels least like taking it, perhaps this is the very time when it is most needed.

THE SECRET OF JOY

Do you wish to know the secret of joy in old age? Here it is: Keep young, and sweet and hopeful. Still love and keep looking forward. Live in the future, not in the past. The late Dr. Alexander McLaren was one of the youngest of old men. He would often go long walks with young men, and he was the most active, sunniest member of the company. His mind fed upon the helpful and invigorating food; his hands had a congenial task; he accompanied with the young; he kept young; he kept growing, and so in the evening time there was light, because his soul was young, and the sun was shining. Listen to blind George Matheson:—

"There is a life that remains ever young
All through the day, all through the day,
Singing at evening the song it has sung
All through the length of the day.
Love is the glory that never grows old,
Telling the story a hundred times told,
Keeping it light where the shadows
have rolled,
All through the length of the day."

A WATCH IN THE NIGHT

Oppressed by something in my troubled sleep,
I, with a moan, awoke in deep despair,
Was it some daytime duty left undone,
Or was it some forgotten kiss or prayer?

Something it was that made my pillow hard,
Something my heart around or soul within;
I rose and looked across a night as dark—
Yes, darker than the fearful face of sin!

Close, close at hand a midnight taper burned,
I knew it for the lamp of my fierce foe;
I leaned far out—he could not help but hear—
"Friend, I forgive thee every hurt and blow!"

Down on my knees I fell and prayed for him,
Who wrong had done me many times and oft;
And as a star shone through a rifted cloud,
I sought my couch and found the pillow soft!

—Selected.

SELF-COMMITTAL

I put them forever away,
Forever, forever away,
My fears and forebodings,
My doubts and my broodings;
I put them forever away.

I take it, I use it today,
I take it, I use it alway;
Thy truth and thy goodness,
My strength and my gladness,
I take it, I use it alway.

I know thee, I trust thee today,
I know thee, I trust thee alway;
Thyself in thy nearness,
Myself in my wholeness,
I know thee, I trust thee alway.

THE POWER OF A DIPLOMA

Surely it is time in this enlightened age that we cease to give ignorant fetish worship to the medical fraternity, and that we refuse to allow our dear ones to go under the knife, or to be taught the morphine habit, at the word of one of the "regular school;" and that we permit our laws to be framed in a manner which protects scientific murder and punishes common-sense, wholesome methods of treatment.

And there is need for supervision over those who claim to be healers. But at the present time, our laws seem to be framed for protecting any kind of a bungler and charlatan who has a diploma from the "regular school," no matter what the enormities of his practice. And they are formed to prosecute any progressive and clear-seeing soul who interferes with their business by showing people how to get well without the aid of drugs and knives.

Nevertheless, mental and nature healers will increase; the old school practitioners will fall more and more into the background, and only those physicians who graft New Thought and metaphysical methods upon the dying old tree of medicine will be able to keep abreast with the times.

In one hundred years, thought will be the acknowledged power used by all reputable physicians to cure and heal humanity.—Ella Wheeler Wilcox, in "New York Journal."

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