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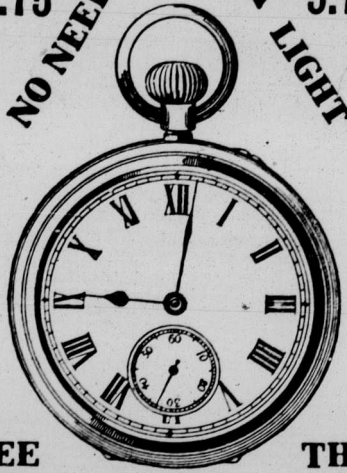
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The Country Homemakers

Continued from Page 10

of exercise and fresh air, day and night. Delicate children will not exercise by themselves. It is important that you encourage the play-spirit in your children, and when there is no suitable playmate the parent should take the part. Games should be selected that will bring into action all the muscles of the body, and not one set at the expense of another. The bones of the chest in growing children are pliable and easily yield to exercise. Teach your children to take long breaths, so that every part of the lungs may be filled with fresh, pure air. Always correct your children for faulty position in standing and sitting.

Do Your Children Sleep Well?

It is essential that growing children should have plenty of undisturbed sleep. During the school day children expend a large amount of energy, both physical and mental. This energy must be restored during sleep, and every condition should be adjusted to the end that this sleep be peaceful and undisturbed. Children should always sleep alone. During the winter the retiring time for school children should never be later than eight o'clock. If you have not yet established your children in this habit of early retiring, begin it now. It may mean a little boisterous objection from them, or perhaps sulking, but the exercise of firm persuasion will reconcile them to the inevitable in a few nights. Many pale, washed-out and peaked-looking children owe their ill-health to the lack of regular sleep. All children should sleep with windows wide open, top and bottom, winter and summer. The bedclothing should be warm but not heavy. Children should be made to get up as soon as they awaken. It is not healthful for them to lie awake in bed in the morning. It gives occasion for bad habits and undesirable thoughts.

Are Your Children Properly Bathed?

By this I do not mean, "Are they kept clean?" I mean that there is nothing so good for the care of the skin and for the circulation as a daily cold bath immediately on rising. A hot cleansing bath at bedtime should be given twice or three times weekly—not just once on Saturday nights.

Do Your Children Have Frequent Colds?

Make up your minds, you mothers, that this winter your children are not going to have any colds. That means that you are going to make their physical condition so good that they can resist any cold they may be exposed to at school and never acquire a cold of their own accord. This means fresh air for them every hour of the day and night, the avoidance of over-exposure, direct drafts, and wet, unprotected feet. It means correct clothing for all changes in the weather. It means daily cold bathing—for this quick morning stimulus to the circulation is the very best preventive for colds. It also means proper diet and sufficient nourishment at regular intervals. It means plenty of sleep and an orderly routine of existence. Try it and find out.

Have Your Children Sound Teeth?

Before you send your children back to school, have a thorough examination made of their teeth. Teeth are valuable. The loss of any of the second teeth means that your children's mouths will always be seriously crippled. Examination of the teeth of public-school children shows that over sixty per cent. have one or more decayed teeth. Decayed teeth are ideal breeding-places for germs. Swelling of the glands of the neck, which often form abscesses, the pain of toothache, and the increased tendency to contract infectious diseases, are only a few of the evil results of such neglect.

A child with decayed or painful teeth does not chew properly, but "bolts" his food, and malnutrition is the outcome of swallowing food that has not been properly masticated.

Teach your children to use the tooth-brush after each meal. The price of a tooth-brush is one of the best-paying investments in good health.

MAKING A HOUSE HUM

By Allan L. Benson in Good Housekeeping.

Since the house is a factory, it should be equipped like a factory. The only way to equip a house like a factory is to put machinery into it. No man would think of building a factory without machinery; but almost every man is willing to have his wife or some other woman work in a house that contains no machinery. He has never conceived the possibility of doing housework except by hand. He has been too busy doing his own work in quite another way—with steam, with electricity, with every sort of motive power. Moreover, he has not been goaded by the woman who should have goaded him. Most women shrink at the suggestion of electric motors and whirling wheels in the house. They shrink as if they were half afraid machinery would jump at them. And furthermore, they are quite convinced that household machinery is beyond their means. All of which is untrue.

Household machinery is not beyond the means of anybody who is not already living in poverty. It can be put in a piece at a time. The total cost is not prohibitive; and the actual cash savings effected by machinery will oftentimes offset its cost.

Figures prove these statements. I shall tell what is needed and its cost. The first item to consider is power. Women who live in the country often feel that household machinery is not for them because no power is at hand with which to drive it. They do not realize how cheaply or how easily power can be created. Ninety dollars will buy a two-horsepower gasoline engine. This engine, without using all its power, will drive a hundred and fifty dollar dynamo that will create one-horsepower of electric current. The engine and dynamo may both be placed in an eight-by-ten brick building in the back of the yard. That will keep away the noise and the danger. A gasoline engine is no more dangerous than a gasoline automobile, but no chances should be taken.

Neither the engine nor the dynamo requires any attention; a wire brings the current into the house. This equipment will create enough current to make twenty sixteen-candlepower lights; or it will run a washing-machine, an ironing-machine, a dish-washing-machine, and a vacuum cleaner all at once. The cost of manufacturing the current to run the machinery would not be more than two dollars a month. I base this statement upon my own bills.

CONTROLLING THOUGHTS

Louise Collier Wilcox in The Delineator

First of all, I should say that the best thing to do is to have one single, concisely worded thought, chosen perhaps the night before, to call to mind as soon as one wakes and to recall to oneself over and over all thru the day. Take for example that single line in Shakespeare's sonnet, where he says of Love that it "bears it out even to the edge of doom." As you go thru the labors of the day, accomplishing all the little wearing services demanded of you by those around, how much less likely you will be to complain or fret if each time you begin a new duty you say, "Love bears it out even to the edge of doom." It is a good, silent retort to any angry word or provoking act, "Love bears it out."

Or take that exquisitely cadenced line of Dante, which translated means "In His will is our peace," and see how it brightens the prospect of the hardest day. If it be His will to test our strength with trial, then in His will is our peace. Or to conquer fear and anxiety take that line from an old, old Greek stoic who helped men see life sanely: "What if one come and find me alone and slay me? Fool! not thee, but thy wretched body." And then the evanescent things that happen to your mortal part will seem very slight, very unimportant, and as you say wise words the soul will gain the mastery again.

So, masterful, you will ride the storm of events, a soul above little worries and slight temptations and futile fits of anger. You will be conquering the ape and the tiger in the name of humanity, and building the Kingdom of God within you.



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