

Something About Simple Rules for Health and Courtesy.

Early in 1911, Dr. Helen MacMurchy, Medical Officer to the Board of Education, Toronto, and Mr. Henry W. Andrew, M.A., Principal of Upper Canada College, published, in collaboration, a small pamphlet of only sixteen pages, entitled, "Simple Rules of Health, and Courtesy for Those at School," which was dedicated by special permission, to His Excellency Earl Gray, the late Governor-General of the Dominion of Canada. The little book was compiled in language intelligible to every boy and girl, as well as to their parents, no essentials being omitted, which, if conscientiously attended to, could help to aid in the development physically, mentally, and morally, of the rising generation of Canadians, always a matter of the deepest importance, not only to the present generation, but to generations to come. The writers appeal to the sense of duty which should influence every Canadian to give of his or her best towards equipment for good citizenship, and, as purposefulness is an outstanding characteristic of Young Canada, these simple rules, accepted and made use of in the spirit in which they are offered, should prove of inestimable value, not only to the teachers and scholars in our schools, but to the fathers and mothers in the homes of the Dominion.

The publishers are Cassell & Company, of Toronto, and the booklet is of a cost so trifling that it should be in the hands of all. Indeed, already school trustees, and others interested in the welfare of the young Canadians of to-day, are manifesting their sense of its value by ordering copies for distribution.

Very definite instructions are given under the headings of "The School-day," "Sleep," "Clothing," "Food and Drink," "How to Hold the Baby," "Work, Recreation, Exercise," "First Aid," in accidents, or other emergencies, but out of these I will only cull here and there some general hints from which we all alike may derive profit.

I. "Put in a good day's work every working day. Every part of the body and mind benefits by good work. Apportion your time according to a good plan, and do not work immoderately, or by fits and starts. Allow a time margin. Do not hurry yourself unduly. Get to your work in good time. Do not let any work or recreation deprive you of proper food, sleep, or exercise. Take all the interest you can in your work, for that is the way to make it interesting and easy."

Perhaps the following may apply more especially to boys:

II. "Never play with firearms. Always handle a gun as if it were loaded. Do not smoke, at any rate till you are twenty-one years old. Infinite harm is done to heart and nerves by premature smoking. Never touch alcoholic liquor, except under a doctor's orders. Do not chew gum. Do not spit. Notice danger signals. A rail track is practically a danger signal. In games, never dispute an umpire's decision, etc."

III. Under the head of "First Aid," and as introductory to practical instructions, follow some words of sound advice:

"Almost all accidents are preventable. An ounce of prevention is better than a pound of First Aid. Take no chances with life and limb except to save others. You will notice that experts and other wise people run no risks."

Do not keep poisons or explosives in the house.

Keep matches in a safe place.

Look where you are going.

Think what you are doing.

Never use gasoline, benzine, ether, etc., at night, or in the day time with an open light or fire anywhere near.

Never light a fire with coal oil.

GENERAL RULES.

1. Keep cool.
2. Be quick.
3. Send a smart, sensible person for a doctor.
4. Do the most needful thing first, judging by the patient's condition.
5. Give the patient air and space. Keep people from crowding round.
6. Lay patient down with head low.

loosen clothing, straighten the limbs, make him safe and comfortable. If able to swallow, give a little water or liquid food or stimulant, unless the face is very red.

7. Assist doctor, nurse, or person in charge, and if no better person offers, take charge yourself.

8. Never get in a panic about contagion or any other danger, but do not go into danger except on duty."

The pages of the little red book are filled with most helpful hints as to what to do and what to leave undone in the matter of health, many more of which I should like to quote, but I must reserve all my remaining space for its second and equally important subject, treated perhaps with more direct reference to the training of the young.

THE ESSENTIALS OF COURTESY.

"There are only a few essentials of courtesy and good breeding. There are only a few things that really matter. Any clothes will do for a real man or woman to wear if only they are clean, neat and suitable. But make the most of yourself, and do not buy an ugly or tawdry thing. You owe it to yourself and others to look your best always. A perfectly healthy person is always

gliding in company, and other things which well-bred people do not do.

"It is polite to look at anyone to whom you are speaking, and to rise to receive anyone who comes to speak to you.

"Little things like these show true courtesy and politeness, and the true reason for them is rooted in our own self-respect. Be courteous to everyone, but servile to no one. Servility is not politeness. You may be courteous without losing your self-respect.

"The world belongs not to us alone, but to all. We are constantly coming in contact with others, not only in the house and at the table, but in public conveyances, in churches, halls, school-rooms, theaters, and other places where many people are found, and where all have equal rights. Do not take up more room than your share of room, and make as much room as you can for other people. Allow those who are much older or much younger or not so strong as you to precede you and to be seated first. Keep to the right in passing, and be careful of other people's property and of public property. Handle books carefully, never turning the leaves with soiled or wetted fingers.

"Avoid noise. Use a clear and pleas-

sure that you are a real person, if you can lose and feel just as cheerful, courteous and generous as when you win. That is the British way."

And now, by way of winding up, let me offer, as a message to the mothers who read our Home Magazine, the following child-poem, which forms the last page of this excellent little book, with the suggestion that their tiny tots may learn the words, and sing them to a merry tune in their hours of play:

SCHOOL HYGIENE FOR THE LITTLE ONES.

If I want to be happy
And quick on my toes,
I must bite my food slowly
And breathe through my nose.

I must press back my shoulders,
And hold up my head,
And not close my window
When going to bed.

I must soap my bath-flannel,
And scrub all I know;
I must then take a towel
And rub till I glow.

I must never be idle,
And loll in my chair;
Or shout like a demon,
And act like a bear.

I must play and not fidget,
Read books and not flop;
Begin all with a purpose,
And know when to stop.

I must love what is noble,
And do what is kind;
I must strengthen my body
And tidy my mind.

Yes, if I would be healthy,
And free from all cares,
I must do all I've told you,
And mean all my prayers.

—Harold Begbie.

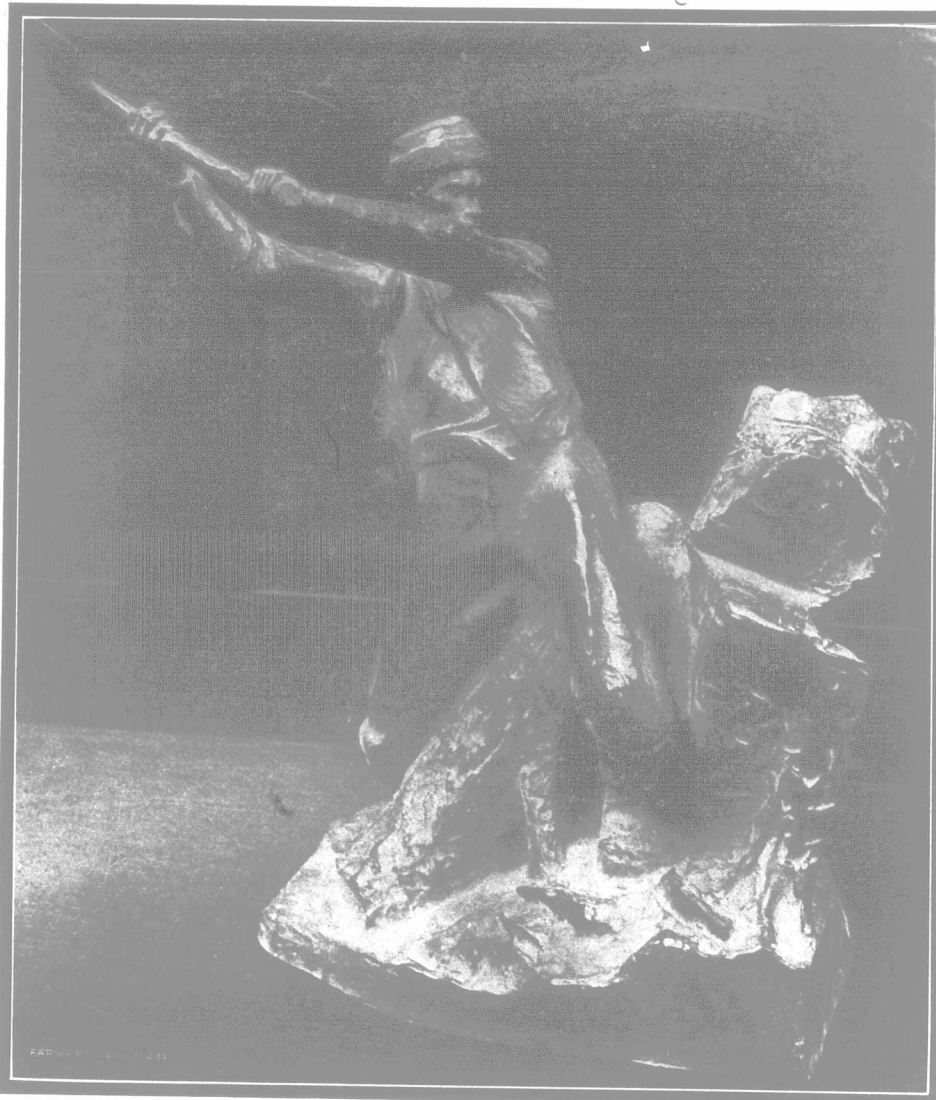
All of which is respectfully submitted
by your sincere friend, H. A. B.

Hope's Quiet Hour.

With Dr. Grenfell.

It is the middle of the week before Christmas—you probably know what that means.—Even if I had time to sit down quietly and think about a Quiet Hour, my mind is too distracted by Christmas preparations to work properly. So I am going to pass on to you some bits out of a book which is going away very soon in the sleigh of good old Santa Claus. The book is called: "Down North on the Labrador," and is written by that heroic Christian adventurer—Doctor Grenfell. In it are described some people who have been living gloriously for Christ in the cold North. One of these he calls "Uncle Malcolm," a man given to hospitality. He kept open house on the Labrador coast, feeding all who came to him. At first he was prosperous, but hard times came, and, as a neighbor said, "half the shore took to cruising, and them that brought up at Uncle Malcolm's fairly ate him out of house and home." The good wife died, and his boys were scattered, except Anthony, the youngest. The Doctor noticed that each season the house looked more bare, though it was scrupulously clean, and at last the old man broke through his reserve.

"It's this way, doctor," he exclaimed: "The cupboard is bare at last. There has been hard times these three years. The neighbors got that numerous they have driven most of the fur away. I got ne'er a skin last winter, and how I'm going to get through this winter I can't tell. No, I owes no man anything, thank God, and what bit o' flour Anthony and the maid eats don't amount to anything. But you see how it is, doctor, it isn't ourselves we have to look for only. There isn't a family to the westward what isn't in debt to the company, nor to the eastward either, this side the big river, and when them's hungry in winter, what's them to do? They can't get no more credit. Lots o' them haven't got no credit now, and more o' them has got children in plenty. What's them to do? They can't go away wi'out a bite, when them is hungry



Le Bûcheron (The Wood-chopper).

Bronze figure by A. Laliberte, Montreal. Royal Canadian Academy Exhibition, Toronto, November-December, 1911.

good to look at, so is a neat and tidy person, with no lost buttons or soiled or stained clothes.

"Do not obtrude yourself on other people. Forget yourself. Do not be telling what you did, said or thought, when nobody asked you. Do not try to impress people."

"Eat your meals so that you do not disturb anyone or draw any special attention to yourself. Do not use the knife except for cutting. Pay attention to others, and see that they do not want for anything to which you can serve them or help them. Always make any necessary preparation for meals, such as washing the hands and face, changing the dress, arranging the hair, etc. Do not leave the table before the rest of the family if you can possibly help it, and if you cannot, ask to be excused."

"Make your own manners at the table and everywhere you go, especially at home, as good as the best you have seen, or better if you can, and avoid all forms of bad manners, such as chewing gum, using slang, whispering and gig-

ant tone in speaking. Never be noisy in a public conveyance. Do not speak loudly, but only so that you can be easily heard by those you are addressing. Do not interrupt people. Go away from people who use vulgar or coarse language or bad words, and stay away from them."

"Never quarrel, and never say or do anything that will make people unhappy if you can help it. Do not lose a chance to help people. Do not be 'touchy,' and never mind if people seem to under-value you. What difference does that make? They will soon find out better, or perhaps you will."

"Everybody is meant to be happy, and the only way to have happiness is to make it. No matter what we lose, we have enough or can find enough to make ourselves happy. Few people really appreciate what they have. And to be happy and cheerful is one of the great courtesies of life. Play the game of life bravely, and no matter how it goes with you, remember that while the winner's smile is easily worn, you are more