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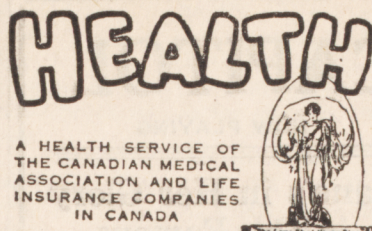
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FRESH AIR AND EXERCISE

Is your child a hot house plant? Certainly not, but unfortunately many children are being raised as if they were. Many parents do not know the meaning of healthy exercise and forget the value of fresh air.

True, every child, unless ill, plays and uses up a lot of energy. How much good will it do a child if he has to be near his mother all the time and spends his time playing in a hot stuffy kitchen, laundry or wherever the mother is working? Every child should spend three to five hours a day playing in the open air, except in the very hot, the very cold, or stormy weather.

Occasionally one sees the child who is too active, plays too hard, does not sleep well, does not eat, is irritable and restless. That child needs curbing in his activities and should be made to take more rest.

When sleeping the window of the bedroom should be open to allow for fresh air, though one should not allow a direct draught on the child. Even when the child is ill the room should be aired while the child is taken to another room.

Babies should sleep out of doors during the day time, after one month of age. This means that except when being fed or changed the baby spends the whole day in the open air. The carriage should be placed so that the wind does not blow directly on the baby. After once accustomed to sleeping out, most babies object strenuously if they are kept indoors. Babies and children can be out of doors in all except the most severe weather (ten degrees below zero or lower) if properly clothed.

For exercise the infant should be allowed to kick on the bed or a blanket on the floor with no clothes on, at bath time and before bed time at night.

Let us strive to give our children healthy exercise, and above all make the fullest use of fresh air which may so easily be had.

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... OF ... Interest to Women COLLEGE NO PLACE FOR BOY LACKING SERIOUS PURPOSE

(By Dr. Arthur Dean)
A mother of a senior high school boy writes me as follows:
"Most of his time he is fooling. He is very fond of jazz and says he would love to be a comedian and make people laugh. When he started out in high school his marks were good—now they are poor. He is not a bad boy, but he certainly is not serious. Many of our friends are college graduates and we want to get our boy to buckle down and have a college education, as my husband and I didn't have one. Won't you please print an answer because I suspect other parents have boys not unlike ours, although I hope not."

And it's about the same with reference to jazz music. It is not the music which makes people jazz, it's the jazz people who love that sort of music. The fact that this boy wants to be a comedian, likes to crack jokes, and loves the drum and taps, is marked indication that he is not—at present at least—like a serious minded boy who has chosen his vocation, is taking school courses fitting him for it, and succeeding in his school work.

I am not saying that this boy is a failure or is going to be a failure, or that the nice little Willie boy who gets perfect lessons is going to be a howling success.

This does not mean letting things take their course. Rather it means

everlastingly working on the problem of helping a boy keep his eyes on his own big future. After all, a boy is his own boss.

I would not send such a boy to college—I would let him send himself to college, providing he could get in. I would say to him: "So far, my boy, you don't look like a good college investment. I will be a silent partner to the extent of 25 per cent. of the cost of a college education, and I trust I don't lose anything on my investment."

"The last three years you have laughed and fooled your way along. Perhaps that's the way you are going to earn your living. Certainly as things look now you are not going to be a doctor, lawyer, dentist, engineer, editor or artist."

"Now, what would you like to do? What do you think you can do? Where are you going to get preparation for what you want to do? If I don't get an answer to these questions, then it looks to me as though when you get through high school you are going to jump out of the home and take your chance of landing on your feet."

"Millions of other boys have landed on their feet and eventually landed well and have become successful even without a college education. A few didn't even do well in high school. I guess you are going to be one of these boys. It's all up to you."

CHILDREN WHOSE POSTURE IS POOR, ARE NOT HEALTHY

(By Dr. James W. Barton)
Some years ago it was my privilege to examine the boys of three private preparatory schools and also of a large university—some 5,000 boys, and young men just out of their teens.

Believing that the erect carriage means much to health and morale, my assistants and I tried to appeal to their pride and common sense in trying to attain their best posture.

We placed posture in four categories—A, B, C and D; A being the perfect carriage or posture; B almost perfect but perhaps having a slight bending forward of head or shoulders; C, those with round shoulders and a protruding abdomen; and D, those having round shoulders and protruding abdomen with a 'slouchy' carriage of the body.

I regret to say that there would not be more than five or six in 100 who could be placed in category A. There were about 20 in the 100 in category B; but the large percentage were in categories C and D. Those not in category A were shown how the body should be carried and exercises given to tighten the abdominal muscles so as to 'keep the stomach in, the chest out, and the shoulders back.'

The abdominal exercises were (a) trying to touch toes with fingers, knees kept straight; (b) lying on floor and bringing legs up to a right

angle with knees kept straight, or (c) lying on floor and sitting up slowly, legs kept on floor and knees kept straight. The shoulders were drawn back by the exercise resembling the breaststroke in swimming, that is, arms extended out in front (elbows straight) and drawn back forcibly to the sides, still kept at the height of shoulder.

The students were further instructed to sit and stand as tall as they could always.

Some weeks ago Dr. Frank H. Krusen in Hygeia stated that the main cause of poor body mechanics or poor posture was simply bad 'posture' habits, such as standing with most of the weight on one foot, turning the toes out in standing or walking, pulling the stomach inwards instead of rolling or drawing the hips backward under the abdomen, failing to keep chest raised upwards and head erect. He suggests five commands that should be given to the growing boy or girl who exhibits signs of faulty posture.

1. Walk with your feet pointed straight ahead.
2. Roll your hips under (draw hip bones back to be more nearly in line with spinal column).
3. Raise your chest up.
4. Try to stretch the back part of the top of your head toward the ceiling.
5. Walk, stand and sit as tall as you can.

SCHOOL PLANS DELIGHTFUL DANCE

Suggestions for Valentine Dances

(By Cynthia Proctor)
One of our New Hampshire schools is planning to start its winter carnival off with a 'tea dance' to be held in their 'lounge.'

It will be attended by approximately 100 young men and their guests. The tea is at four in the afternoon and is usually followed by a four-course dinner at 6 o'clock.

Suggestions for 'something new and a bit different' in the line of decoration and refreshments are requested in a letter from the lady in charge of the menu and such.

Your menu of tea and fruit punch, a variety of hors d'oeuvres, sandwiches, home-made cookies and wafers or petit fours sounds grand to us. You might add, or substitute for the sandwiches, tiny eclair shells filled with chicken and crabmeat salad. Garnish each shell with a stuffed olive or a sprig of watercress.

Have you ever tried the hors d'oeuvre pie? You'll probably need several of them, but they're so attractive and quite an innovation. Cut a slice of bread from a large, round loaf. Starting at the centre, spread with jelly for about an inch, then spread with creamed cheese.

The next spread may be either an anchovy paste or tuna fish paste and then a row of devilled ham or finely minced olive and mayonnaise mixture

Pipe the border with cream cheese and garnish with ripe olives and pickles. Cut the 'pie' in wedges, about 10 or 12 to a slice of bread, depending on the size of the round, and push the round together again, so that it looks like one piece. Any fillings desired may be used, arranging the order according to colors and blending of food flavors.

For the tea, have candied cherries, candied orange peel and candied pineapple and ginger, as well as lemon. Get some of the flower-decorated loaf sugar, it's so dainty and attractive. You might like the after-dinner mints which come in various colors decorated with realistic looking fruits and flowers. They add so much to the tea table, and would look lovely with your china.

Instead of flowers alone for the centerpiece, why don't you use a low bowl or rainbow tapers used en masse with flowers? The tapers are non-drip and fit into the flower holders. For a valentine setting, you could use the 'burning-heart' candles, around a lacy 'cake'—made of paper-lace and decorated with cupids and arrows and such.

Here are some suggestions for valentine dances, and other novelty dances which you might like to vary the usual dance numbers. Also a stunt

INFLUENZA — "THE FLU"

This disease is prevalent now in Canada and the United States—it has not so far been as severe as it was in 1918.

It is very contagious and may become worse through such complications as bronchitis, intestinal trouble, or pneumonia.

How to Avoid "Flu"

1. Keep physically fit.
2. Exercise in the open air.
3. Get sufficient sleep in a well-ventilated room.
4. Avoid crowds.
5. Wash your face and hands frequently and always before eating.
6. If you must cough or sneeze, do so into a clean handkerchief and thus protect your neighbor.
7. Follow implicitly the advice of your health officer.
8. Don't visit those who are sick unless it is absolutely necessary.
9. Don't worry about the "Flu."

How to Know "Flu"

The disease usually starts suddenly with an "out of sorts feeling"—pains and aches all over the body. "Cold in the head" or slight cough, elevation of temperature, and sometimes vomiting or diarrhoea.

If these symptoms persist and treatment is neglected, pains in the chest, cough and eventually pneumonia may develop. Remember pneumonia is often quickly fatal.

How to Fight "Flu"

1. Go to bed immediately.
2. Call your physician at once and do as he prescribes.
3. Stay in bed until your doctor tells you to get up.
4. Remember the period of getting well is longer than the time actually ill.
5. Keep your room at 68 degrees F. and well ventilated.

EXTRA PILOTS ASKED FOR FOREIGN SHIPS

OTTAWA, Jan. 26—Foreign vessels plying the Great Lakes will be required to carry two extra pilots next season if plans tentatively agreed upon by Canadian and United States authorities can be detailed by then.

The plan was adopted in principle at a recent international conference attended by representatives of the Dominion Departments of Marine, External Affairs and Justice and Canadian shipping interests, with representatives of the United States Shipping Board and ship owners.

The conference which was a continuation of a similar meeting last July, concerned itself primarily with increasing the safety of shipping on the Great Lakes. R. K. Smith, director of the Marine Branch of the Department of Transport, stated.

TOWN USES STEAM TO KEEP PIPES OPEN

LEADVILLE, Col., Jan. 26—It's a dry winter and Leadville, two miles high, is ready to steam heat its water pipes to keep them from freezing. Because of lack of snow, frost threatens to reach the pipes, buried seven feet. But if it does the city engineer will turn steam into the tubes and the mining folk hereabouts will find warm water in their cold water faucets.

or two which might serve to amuse the guests.

Moneyed Hearts

Slips of paper and pencils are distributed among the guests and every one is asked to sit with his back to the wall and write down as many of his fellow guests' pet names as he can remember. This stunt is an excellent ice-breaker; for who can possibly feel ill at ease with "Tootsie Woosie" or "Ducky Darling?"

Who is Your Sole Mate?

Slipper soles in various sizes (two of a kind) are cut from red and white mat stock and distributed among the guests. Sole mates are found and partners matched.

Have a Heart

A wooden hoop strung with red and white numbered hearts is rolled back and forth from the men to the girls, each one picking a heart as he or she catches the hoop. The girls choose red hearts, the boys white ones.

Elimination Dance

A red balloon with gold heart seals is tied to the end of a 20-inch length of string. This is fastened around the ankle of the girl, and the object of her partner is to guide her in the dance so that none can trample on or burst the balloon. As soon as the balloon explodes, the couple must leave the floor. And the last to do so received a heart-shaped box of candy and a box of cigarettes.

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