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... OF ...

Interest to Women

FOOD SEASONED WITH GOOD CHEER
AIDS DIGESTION AND HEALTH

(By Edith Johnson)

Mealtime, at its best, should be a
joyous occasion. At its worst, it
should be as cheerful as possible.
Breakfast, luncheon or dinner is not
the proper time or place to shed tears
exchange bitter words or give up to
despair.

Whether the meal consists of one
course or seven is not important.
The important thing about every
meal is the spirit presiding at the
feast.

If that spirit is one of good humor
and serenity, the simplest fare will
supply the body's needs. But if the
meal is seasoned with criticism, an-
ger, jealousy, fear or anxiety, not
only does it become a joyless occa-
sion, but discomfort or illness may
follow the meal. For the digestive
tract is threaded with nerves that al-
ways are receiving messages from the
brain. What the stomach does with
food depends upon the kind of mes-
sage it gets, whether the brain
telegraphs faith and hope, good cheer
and kindness, fun and humor or whe-
ther it sends a message of fear or
despair.

Sometimes the brain sends such
bad news to the stomach that the
latter quits working, and the poor
victim wonders why he feels ill. For
unless he knows how much our emo-
tions and our thoughts affect our
bodies, it may not occur to him that
he is in pain because of the discord
prevailing at the table where he has
just breakfasted or dined.

How often a man who has come
home thoroughly tired is summoned to
dinner by his wife who is equally
weary. As she pours out a tale of the
day's mishaps, he becomes increas-
ingly restive and irritable. Instead of
answering sympathetically, he makes
a sharp reply, not because he is angry
but because his nerves are on edge.

One parent or the other, boiling
over temperamentally, scolds the chil-
dren. Either a pouting boy or a girl in
tears may be sent away from the
table, a climax that does not help
matters.

The husband leaves the table wear-
ier than when he sat down and the
wife feels as if she were about to "fly
to pieces." In fact, it were better for
the family if they had left the table
the very minute discord arose and if
they went hungry to bed. This is par-

ticularly true of children, who are
very sensitive to suggestion, whether
it is good or evil.

If a father is in financial difficulty,
neither the breakfast table nor the
dinner table is the proper place to
talk over that problem. Before taking
it up in the family the last meal
should be given time to digest.

Men, women and young people af-
flicted with an attack of sulking or
pouting should eat in private. They
have no right to spoil the pleasure
of others in a good meal or cast a
blanket of gloom over the family
board.

When a man says, "I'm always
grouchily at breakfast," he admits his
own selfishness. If that fact, pointed
out to him does not cure him, some-
one near him ought to urge him to
see a doctor, for it is not normal to
be ill-humored early in the morning.
As for a woman whose temper is
consistently short at breakfast time,
she is suffering from illness in either
mind or body. And the sooner she
finds out in what way she is ailing,
the sooner peace will be restored in
her family circle.

Men, women and children are habi-
tually fussy and irritable because
they have a chronic case of fatigue or
because they are physically ill or be-
cause they are psychopaths. Their
friends or relatives should lose no
time in persuading them to find out
why they cannot take a more cheer-
ful view of life.

Countless people, old and young,
maintain a cheerful humor in spite of
the fact that they are continuously
over-strained or are in constant pain.
Being mentally healthy, they realize
that they have no right to inflict
their own pain upon others. So they
rise above it so far as possible and
conceal their discomfort from others.
Many almost make their intimates for-
get that anything distresses them.

Why should we not make it a rule
to dress our minds and hearts for
breakfast, luncheon or dinner as care-
fully as we clothe our bodies, and
more carefully for that matter, for
only when we are cheerful does good
digestion wait upon good appetite.

What a travesty to ask God to
"bless this food to our use" and then
give vent to ill-humor, start a grue-
some conversation or launch upon a
family quarrel.

RELAXATION

There are exercises to pep you up
and exercises to do just the opposite.
Unfortunately, most women in this
noisy and busy world need these aids
to relaxation just as they do correct-
ive exercises for their figures.

When your nerves and muscles are
all screwed up at bedtime, so that
you can't drop off to sleep immedi-
ately, no matter how tired you feel, a
few minutes of easy relaxing exercise
will bring sweet sleep much more
quickly and peacefully.

When evening engagements loom
rather terrifyingly ahead of you at
the end of a busy day, you may dash

out crossly with your body and dispo-
sition all tied up in knots. Or you may,
much more pleasantly, recapture ease
and serenity with one or two exer-
cises. They'll help you to start the
day right, if you've slept tensely and
wake up tired and stiff.

Relaxation means limppness—limp-
ness of mind as well as body. Make a
pact of mutual assistance between the
two; a relaxed mind will help to
loosen the tension of the body and the
other way around.

Start in the lying down position,
which makes it easier to relax the
muscles.

Lift the right arm and let it fall
like a dead weight. Do the same with
the left arm, and alternately with
each leg.

Open the jaw and relax the muscles
of face and neck. Raise the head and
let it drop back on the bed.

Raise both arms over the head,
stretch then relax completely. Stretch
legs downward from hips, heels lead-
ing. Relax completely.

Stretch arms and legs at the same
time, pulling as if the body could
come apart at the waist.

Repeat four or five times. Don't
think!

You're beginning to turn into a new
serene woman. Try another:

Kneel with the body upright, arms
raised upward and head dropped
back. Drop the body forward until
hands and forehead are in relaxed
position touching floor and chest
touches the knees. Return to original
position. Repeat ten times, not emer-
gently, but slowly.

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MORE SYMPATHY IS SOUGHT FOR AVERAGE DEAF PERSON

Social Activities Limited by Loss of Hearing as
Compared to Total Blindness

(By Dr. James W. Barton)

I find myself writing about the deaf
or hard of hearing more often than
about those who are blind or nearly
blind because to be deaf or hard of
hearing means little or no sympathy
from family, friends or employers,
whereas blindness brings out noth-
ing but sympathy and a desire to help.
Yet those who know most about blind-
ness and deafness from having ming-
led with those who are blind or deaf
tell us that the deaf are really as de-
serving of our sympathy as the blind.

It is gratifying to know then that
there is the National Society for the
Hard of Hearing with headquarters in
Washington, D.C., and branches in
cities of the United States and Can-
ada, and also the National Institute
for the Deaf in London, England.

The secretary of this National In-
stitute for the Deaf, A. J. Story,
states, "that an enquiry should be
made into the psychological (mental)
contrasts between the deaf and blind.
Lifelong association with the deaf, as
children and adults, including 29
years with the blind of all ages has
led me to know that these contrasts
are very great.

The loss of sight imposes serious
physical handicaps in activity and

industry, but it leaves mental and so-
cial possibilities unimpaired. The
blind are welcomed everywhere and
can take almost any position in life.
The loss of hearing leaves physical
aptitudes untouched, but it definitely
separates from ordinary intellectual
and social activities. It isolates man
from man, and hinders the higher
things of life on which true happi-
ness depends. Most people shun the
deaf, and their opportunities in the
higher walks of life are extremely
limited.

Comparison of the blind with the
deaf clearly shows that in prompting
human happiness the ear is far more
potent than the eye.

Helen Keller, who is both blind and
deaf, says: "The problems of deaf-
ness are deeper and more complex, if
not more important than those of
blindness. Deafness is a much worse
misfortune. For it means the loss of
the most vital stimulus—the sound of
the voice—that brings language, sets
thoughts astir, and helps us in the
intellectual company of man."

It is not hard to realize as we read
the above that deafness may alter the
disposition and character. I am writ-
ing this so that we may all be more
sympathetic, more helpful, less im-
patient with those who are deaf.

NO CODDLING IN TRAINING OF PRINCESS ELIZABETH

Heir Presumptive Has Rigid Schedule for Her
Activities

LONDON, Feb. 8.—The Princess
Elizabeth, heir presumptive to the
British crown, lives the simple life—
as simple as her parents can make it,
considering the royal family's 'job'.
Her day is methodically arranged so
that every minute is utilized.

This does not mean, however, that
all her waking hours are given to
training and study. Play and recrea-
tion have important periods on the
schedule.

"I do not think any child could be
more sensibly brought up," her
mother said to a friend one day 'She
has such a simple life and she is al-
ways punished when she is naughty,
although, really, she is rarely very
naughty."

The Queen made this remark some
time ago, before the abdication of
King Edward VIII had placed her
husband on the throne, but this still
remains the policy which actuates
her parents in her upbringing today.
The fact that she is heir presumptive
is not to affect her mode of life at
present.

Three women guide the Princess:
day—her mother, Queen Elizabeth;
her adored 'nanny,' Mrs. Mary Knight
and her governess, Miss Crawford.

Her day begins at 8 a.m. in winter,
at 7.30 in summer, when she and her
little sister, Margaret Rose, are awak-
ened. School begins at 9 a.m., right
after breakfast. Miss Crawford has
complete charge of the lessons of
both girls but each subject has its
special mistress. The basis of study
is the familiar 'three R's' but lan-
guage and geography already have
been begun.

Princess Elizabeth is an apt pupil
in most subjects, but some appeal to
her more than others, with obvious
results. She is fond of French and
gives promise of linguistic abilities.
She recites excellently simple French
rhymes. Her favorite study, however
is geography. She loves maps and
learning about the various parts of
the world, especially 'where daddy
and mummy have been.' She is learn-
ing Latin, but doesn't like it as well
as French. Arithmetic is not one of
her strong points.

At 11.30 a.m. comes a play period in
the garden of her Piccadilly home,
the grounds of Buckingham Palace or
great Windsor Park, depending on
which home the royal family is occu-
ping. If they are at the Royal Lodge,
Elizabeth's favorite pony, Snowball,
will be ready for a ride.

Lunch is at 1 p.m. and once a week
only French is spoken at this meal to
given Elizabeth practice in the lang-
uage.

The King and Queen are strong
believers in a rest after lunch and on
until 2.30 the Princesses are able to
follow their own inclinations. They
usually play with their dolls at this
time, or perhaps they knit or crochet.

since Nurse Knight has taught them
to do both. Incidentally, their father
King George VI, is skilled in needle-
work and sometimes whiles away
time on a train by embroidery or
crochet.

At 2.30 comes another hour in the
classroom, but the afternoon sched-
ule is considerably varied from that
of the morning. This period is devoted
to dancing and simple physical train-
ing—sometimes shared with the lit-
tle daughters of Lady Allandale or Lady
Annaly, friends of Queen Elizabeth
who live nearby.

On certain days a music lesson
takes the place of these exercises.
At 3.30 p.m. on most days comes a
drive in the park, a visit to friends
with her mother, or, joy of joys, a
visit to the circus or a children's
theatre matinee. In the summer the
little Princess sometimes plays ten-
nis in the afternoon.

Tea is at 4.30 and from this time
until 6 the Queen is always acces-
sible to her children. Princess Eliza-
beth is allowed to 'help' her mother
entertain during the Queen's 'at
homes' and delights in meeting her
elders.

By 6.30 p.m. the children are in the
nursery, where they are allowed an
hour more of play. At 7.30 Princess
Margaret Rose says her prayers and
goes to bed; Princess Elizabeth, be-
cause she is older is permitted to
remain up a halfhour later until eight
o'clock.

On Christmas, Elizabeth was per-
mitted to remain up and dine with
the King and Queen. This, however,
will not become a practice for several
years.

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THREE YEAR OLD GENIUS NOT TO BE PROMOTED

Extreme Youth of the
Child Considered
By Teachers

NEW YORK, Feb. 8.—A little dis-
couraged because he was not promot-
ed to second grade this year, three-
year-old Joey Ford brushed up his
scholastics today and prepared to
confound Columbia University's
learned doctors.

Joey, who at the age of two showed
a great capacity for learning and
carrots, sailed through first grade in
Los Angeles Professional School with
ease and charged back this year to
tackle addition, subtraction and the
multiple difficulties of the second
grade.

But there he ran into grief. Be-
cause of his extreme youth, teachers
thought it best not to promote him
despite his first grade honors.

That's why Joey is here—to get a
special intelligence test at Columbia.
Doctors think he's about four years
ahead of himself. When reporters
visited him, Joey read a hilarious
tale of a rabbit, detailing the diffi-
culties of a bunny who was caught
stealing jam.

"You see," he told them, "the
naughty bunny was in a jam."

And when the newspapermen told
him puns were obnoxious things,
Joey countered with, "Don't be so
impatient."

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