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Our Farm Women

Edited by MRS. W. N. HUTT

HOW TO KEEP WELL IN HOT WEATHER

Sleep, Rest, Eat, Drink, and Bathe Wisely During the Hot Months and You Will Keep Well

HOT weather comes without warning, therefore, be ready for it. It has been found that but little thought has been given in the past to the depressing power of heat to most persons. If we paid more attention to the thermometer in the house, particularly those rooms in which we sleep and in which the baby lives, there would be less need of wasting money on artificial tonics at \$1 per bottle.

I.—Ventilation

IT IS not the outdoor heat that usually causes the depressed condition of the body during the hot weather, but the heat which women endure in the kitchen and the close atmosphere in the bed rooms during the nights. Therefore it is very important that there be excellent ventilation, both in the kitchen and in the bedrooms. The family who sleeps on well-screened porches usually ends

ing a small place on the back porch. A slatted floor was put over the regular floor, that a person might not stand in the water. Water was pumped to a barrel on a shelf about 8 feet high, just outside the porch. There was a pipe with faucet brought down, a rubber hose attached and an ordinary can sprinkler put on the end of it. The boys in the family had great fun sprinkling themselves each night, at the same time making themselves stronger men.

V.—Clothes

THE baby should be dressed for comfort and not for style. A little thin, flexible band of the finest wool, and a diaper made of birds' eye is enough for the baby on the hottest day. This advice about baby's clothing, however, must be administered with good sense.

For the grown-ups the thin knitted cotton union suits are good. They are 50 cents each and half a dozen suits will permit a change of clothing every day and will last two or three summers. They are easily rinsed out. Experts say that thin cotton underclothes for men, with a single cotton and wool top shirt, are best for men

JOHN ANDERSON MY JO

JOHN Anderson my jo, John,
When we were first acquaint,
Your locks were like the raven,
Your bonnie brow was bent;
But now your brow is beld, John,
Your locks are like the snow,
But blessings on your frosty pow,
John Anderson my jo.

John Anderson my jo, John,
We clamb the hill thegither;
And monie a canty day, John,
We've had wi' ane anither;
Now we maun totter down, John,
But hand in hand we'll go
And sleep thegither at the foot,
John Anderson my jo.

—Robert Burns.

the summer in as good health as they begin it.

II.—Sleep

DURING the time we sleep the wear and tear of the body is made good. Therefore get plenty of sleep, the kind of sleep in which you neither toss nor wake. There is a tendency on the long warm evenings of summer to sit up late, dozing in the chair, or because the evenings are cool and pleasant, to let the children play late. If there ever was a time in which everyone needs plenty of undisturbed sleep it is during the hot weather. Therefore, if you have comfortable beds in airy, well-screened positions, go to bed early, get your beauty sleep and have your full quota of sleep before the sun and the roosters call you. Plenty of undisturbed slumber wards off nervous indigestion as well as bodily depression.

III.—Rest

THERE is no use in my telling you not to work hard in summer, because if the work is there to be done it must be done. However, you can adjust your work. Try, if possible, to make a period at dinner-time in which you can rest. With many children and men to feed this sounds impossible, but some women have accomplished it and perhaps you can too. The husband usually takes a nap of half an hour, and is the better for it. Let one of the older children take care of the babies and you let the dishes wait for half an hour, if necessary. It pays.

IV.—The Care of the Skin

SINCE one-fifth of all the poisons of the body are eliminated through perspiration, it is a wise person who keeps the pores open that no poisons may be thrown back upon the body. One or two good hot baths a week, with soap, and then a generous sponging with cool water night and morning will keep the pores of the skin free.

It is a very simple and inexpensive thing to make a shower bath in any country home. The simplest one I have ever seen was made by enclos-

working out of doors, as they guard against sudden changes and the wool permits the free escape of perspiration. Taking off all underclothes during the night and replacing them with thin loose night dresses will add to the night's comfort.

VI.—Food For the Summer

LIMIT the amount of meat and foods fried in fat, and pie, just as much as possible. Have more vegetables, fruits, and salads. Try to have a variety, a few things only at each meal, as it is very important that the appetite be maintained. Rather dry bread broken in milk, with a little gingerbread and fruit dessert, make a very nice summer supper for the young people. If there is anyone who is old or not strong, frequent light meals are better than a few heavy ones.

VII.—What to Drink

WATER should be taken freely between meals. However, it should not be ice-cold. The free use of buttermilk is also very good in summer. Don't forget that the baby gets thirsty, too, and should have plenty of cool, boiled water.

If the woman would put up plenty of fruit juices during the summer, bottling the superfluous juice in canning strawberries, and every other fruit, there would be plenty ready for the next summer's use. A little of this juice with water and a little lemon makes a delightful and healthful cooling drink for the man who comes in from the field. The habit of adding a little sugar and molasses to the water jug that is to be taken to the field is very good. It is said that in China the laborers add a pinch of ground ginger to the water that is taken to the fields. Our grandfathers used oatmeal water. It goes without saying that the person who cools himself with any alcoholic beverage, from beer to brandy, is a very unwise individual indeed.

VIII.—Constipation

IT IS particularly important that the body eliminate the waste in summer, yet because so much of the fluid that would stay in the bowels

and soften the food passes out as perspiration, people are more apt to be constipated in summer than in winter. Above all things, do not use pills or any other patent medicine unless the doctor especially recommends them, and no doctor who knows what is in these medicines is likely to do this. If a few glasses of fresh water each morning at least half an hour before breakfast, and a liberal amount of fruits and vegetables does not remedy the constipation, then try using plenty of lettuce and mayonnaise or French dressing.

For those who cannot train themselves to like these life-giving foods, I give the following prescription which is advised by one of the best physicians in North Carolina. It is the taking of an oil that will not pass out of the intestines freely and will remain to soften the contents of the lower intestines. This is called Russian Oil, or Liquid White Vaseline. It is without color, odor or taste, and is inexpensive. It does not give rise to gas or colic, as do most medicines. The first doses should be large until it accumulates a little and then gradually reduced. The first few doses should be a dessert spoonful three times a day. The second day there might be two doses and the third day one, and as the elimination of waste becomes normal one spoonful every other day will do. The bowels should have at least one movement daily.

Summary

BRIEFLY speaking, bodily depression during the hot months is avoided by:

- Plenty of sound slumber in the fresh air.
- Short periods of relaxation during the day.
- Clean skin, with clothes that do not bind or confine.
- Plenty of wholesome drinks, with light and frequent meals.
- Avoidance of constipation.

IS THE FLY ANY MORE FILTHY THAN THE FLY SWATTER?

A Dead Fly May Be Disgusting, But He Is Not Dangerous

A FRIEND writes: "Is the fly any more disgustingly filthy than the fly swatter?"

The answer from T. B., a most estimable man, is: "Candidly, I confess that the 'fly swatter' gets on my nerves' more than the fly. Visibly the 'fly swatter' is more 'disgustingly filthy' than the fly. The only redeeming feature of the 'fly swatter' is that it is the end of the matter, while the fly may continue to carry on his filth and disease-spreading activities for considerable time and into many places. The 'fly swatter' is nauseatingly filthy, but perhaps it is the lesser of two evils. But we cannot help wishing that some one would invent something a little less disgusting and repulsive than the 'fly swatter,' that will do the work as well."

It is true that the fly swatter was not created for beauty. There are, however, instances of the end compensating or justifying the means—the cleaning of a chicken, for instance—and if the swatter will lessen the world's supply of typhoid-carrying flies ever so little, blessed be the fly swatter.

When a mad dog is in the garden the men go after it without any regard for the feelings of a few sympathetic souls, and yet flies carry more death than all the lions, tigers, snakes, and mad dogs in the world—and they are right. So should men and women go after flies and keep at them until every fly is killed.

We women can, however, make of ourselves an awful and irritating nuisance when we use the swatter more than our heads.

It really takes cooperation, judgment and everlasting industry to use the swatter effectively.

1. The house must be screened, double-screened if necessary. I have