



Our Farm Women

Edited by MRS. W. N. HUTT

A WONDERFUL WORLD

IT'S a wonderful world when you sum it all up,
And we ought to be glad we are in it,
The fellow who drinks from old Misery's cup,
Gets the goblet of joy the next minute
In a wonderful way
In the course of a day
Strange changes occur as by magic
There are solemn and sad things
And joyful and glad things,
And things that are comic and tragic.

It's a wonderful world, full of wonderful things,
No two days alike in their passing;
Some new joy or sorrow the rising sun brings,
Some new charm the former outclassing.
And yesterday's glad,
Are perhaps today's sad,
And yesterday's poor may be wealthy,
Oh, the changes are quick,
Even yesterday's sick
May today or tomorrow be healthy.

It's a wonderful world, for we never can tell
What for us has the morrow in store;
Things happen as though by some magic spell
That never happened before,
And nobody knows
Or can ever disclose
What the joy of the future may be,
But of one thing I'm sure
Despite all we endure
'Twill be worth while to hang on and see.
—Edgar A. Guest.

BATHING AND BATH CONVENIENCES

The Wide-Awake Girls and Boys Learn That Bathing Is Essential to the Best Bodily Conditions

THE children were still having a hilarious time in the swimming pool when Miss Margaret came down the hill. They hastily scrambled into their tents made of brush and leaves whence they emerged in a few minutes all glowing rosily—that is, all but Edith; she was shivering and blue.

"Why, dearie, you are all cold. 'You must have stayed in too long."

"No-oo-o, only a few minutes, Miss Margaret, but I just hate the water. I am always cold in the water and never get warm, no matter what I do. I go in merely because the others do."

"I see your reaction is not good. You probably should not go into the water but just stay around the edge and paddle like little Gracie and Billy. One who does not feel warm and glowing after a cold bath should always take a lukewarm one or hot one, whether a tub or pool bath. The shock of the cold is too great for them. It is as foolish for one who stays cold and blue to go into cold water as it is for one to eat sawdust food and pretend she likes it."

Hot and Cold Baths

"ARE hot or cold baths best, Miss Margaret?"

"That is determined by the individual. What is good for one person is bad for another, and so each person must watch himself closely, and if the after results of a hot bath are found to be harmful, cold or temperate ones should be taken, and vice versa. If a person can stand it, it is well to take a cold plunge in the morning, for it is stimulating and has no detrimental reaction for one who can take it. If you are obliged to exercise a great deal after bathing for the purpose of getting warm, it is a sure indication that your vitality is too low for such a bath. When the cold water comes in contact with the skin, the superficial blood vessels contract and the blood is driven to the internal organs, the temperature there being raised while the temperature at the surface is temporarily lowered. Then when the reaction takes place the skin vessels dilate, the blood rushes back to them, and the bather experiences a pleasant glow over the entire body.

"A hot water bath, as a rule, should be avoided, especially by those that

are nervous. While it is a powerful stimulant to the nervous system, it is usually followed by a strong reaction. The fibrous ends of the nerves, extending over the surface of the body, are thrown into a state of excitement and so-called nervous leakage follows. Should you insist upon taking a hot water bath, it should be taken immediately before retiring. If taken during the day, do not fail to follow it with a plunge or, at least a dash of cold water."

"A warm water or tepid bath is best for those who cannot take a cold bath. The effect is soothing, the blood flowing into the relaxed vessels of the skin, and thereby increasing its action. As heat facilitates the bodily functions, a warm bath will often do more to freshen a fatigued person than a longer time spent in sleep. If the bath be only moderately warm (tepid), it acts as a sedative to the nervous system. Those who take the cold daily bath should take a warm bath, with soap, at least once a week, for the sake of cleanliness."

Bathing Essential to Health

"IS BATHING necessary to health, Miss Margaret? I know some seemingly perfectly healthy children who never bathe."

"It is well that you said 'seemingly,' Alice, for bathing, daily bathing, is necessary to obtain the very best bodily conditions. Health requires that the four eliminating agents of the body, that is those that carry away the poisons, (lungs, kidneys, bowels, skin) should be kept normally active. Deep breathing is essential to the first; water, inside and outside, for the three remaining agents. The primary use of the bath is to secure cleanliness, to remove from the surface of the skin the accumulations of refuse matter brought out through the pores. Perspiration contains a considerable percentage of solid matter, which remains on the skin while the moisture is evaporated or is absorbed by the clothing. This material soon becomes offensive, and, according to some authorities, is taken back into the body if not frequently removed by bathing, and it may produce a slow poisoning. The pores become clogged and their natural function is disturbed. For proof, look at the yellow skin and dull eyes of those who do not bathe daily."

"Isn't it funny that most all children hate to be bathed?"

"I think, dearie, that comes mainly from children being 'scrubbed' once a week instead of being put every day into a nice, big tub full of warm water, where they can splash and have fun. Children, especially, should have daily baths and frequent changes of underclothing. Everything in the shape of dress should be loose and easy, both to allow free circulation and to permit free exit to the perspiration which leaves the body, winter as well as summer. Thus much of the bed wetting and many of the skin diseases so prevalent among children may be avoided."

"Aunt Margaret, why cannot all country homes have a bathroom? It is almost impossible to indulge in bathing without one."

"Why, almost every country home could have some form of bathing conveniences if they only wish to have them hard enough, at least many that do not have them. There are many different systems of water supply and more and more farms are getting water in the house, with kitchen sinks and bathrooms. If one cannot afford to put in a system of water supply, there are many economical ways of getting water into the house, running rainwater or pumping well water into the elevated barrel being the simplest. However, if it is impossible to

get this, each family has big wash tubs and there is no reason for not using these. The closet with a slanting cement floor and an overhead shower is very popular and can be built by any boy with some ingenuity and a couple of dollars to spend."

"Could I do it, myself?" said John.
"Of course, you could. Ask The Progressive Farmer how to lay the cement and the rest will be easy."

"I love to bathe," said Dan.
"Me, too," replied John.

"I am very glad you do, for it is true that 'Cleanliness is essential to healthfulness, and both are conducive to a spirit of godliness.'"

WHY THE YOUNG DOCTOR IS TO BE TRUSTED

The Young Doctor and the Intelligent Young Mother May Well Be Entrusted With Our Future Citizens

"WILL you please write me what it was you published in The Progressive Farmer some time ago,—something for expectant mothers to take for constipation? All I can remember is figs, prunes and senna, and it was to be ground up in the meat chopper. I suffer so much from constipation, and our doctor prescribed salts and cream of tartar, but so much of that makes me weak.

"I think we need better doctors anyway. After hearing your talk on the new-born baby, I tried to get our doctor to do some of the things you said do when my last one was born, and he just laughed at me; and if you could have seen the bungled wad of cotton, not even sterilized, just old, common, dirty cotton, that was put on the baby's navel, you would have made a speech, I am sure. But I am helpless; they make out like they know more than I, and they do, of course, and say that I had better quit reading all that mess in The Progressive Farmer and Ladies' Home Journal, The Woman's Home Companion, etc."

Such a letter as this rouses all the motherliness in a woman. It makes me want to be a mother not to one little bride only, but to all mothers of young children who live out in the rural districts.

Salts and cream of tartar have their places but, like calomel, their places are very few and far between. More and more are those who keep up with the world's progress aware of the fact that to regulate the body through food is better than to use all the medicines in the world.

And the more I go about the country and the more I see of doctors and mothers and babies, the more my admiration goes out to the young doctor, the one who has just come through a most excellent course of training of seven years, and then added to this two years or more of hospital experience. He knows what the world has discovered for the good of the human body, he knows the influence of mind upon the physical well-being, and, withal, he is keenly alive, his heart is not seared by much suffering, and he has taken the surgeon's oath to place the welfare of the patient before that of his own.

This does not reflect upon the wonderful usefulness of the older doctor who has kept pace with the world, for many of these elderly doctors go away for a month every year and study under the best specialists to be found. They take magazines and read; their offices may not be fine, but they have the equipment of which many a more showy office cannot boast. These are God's true messengers, but in balancing experience against knowledge, knowledge rises above experience in many places, and when it is combined, blest indeed are those who have their services.

Let me give one or two experiences that have come under my observation recently. There was a little baby who began to lick its mother's face and neck and everything with which

it came in contact. She thought it very sweet and cute, as long as it was confined to the family, but was fearful when outsiders received the same treatment. One day the young doctor came and he said, "That is not right; any unusual symptom has a meaning. Don't you know what your baby wants? Salts—just give it orange juice strained, well cooked cereal with a little salt and lime water in its milk. His suggestion was followed and then the licking soon ceased. Parents should watch any unusual tendency of the baby, and investigate the cause at once.

Another baby of seven months had never been able to sit up; the mother thought it was lazy; but the grandmother feared there was trouble and insisted upon an examination which disclosed curvature of the spine. Treated in time, this can be remedied; left "to outgrow," as is so many times advised, it results in the hunchback for life. The young doctor or surgeon knows that it could have been remedied, while the older doctor says, "a dispensation of Providence."

Within a day or two I came across another illustration: The old family doctor treated a boy for years for "epileptic fits" of increasing violence and frequency. A young surgeon came into their midst and discovered that he needed circumcision. Before circumcision, the boy had frequent epileptic fits; three months after the boy had grown stronger in every way and the attacks have been growing less.

Likewise, what is true of the doctor is true of the dentist. As with the elderly doctors, I class the dentists who have read and thought and studied with the young ones, because they are young in heart and intelligence. However, take your child to the one who is old in other things as in years, and he will tell you that sugar decays teeth; that it is well to pull out the child's first teeth because the second ones soon fill their places; that it is foolish to spend much money on that same first set. But the young dentist will not do this. He would fill the child's teeth for nothing rather than see the little thing suffer, or ruin the prospects for sound second teeth by lack of care of the first. I have known young dentists to go to schools to teach the children how to care for their teeth, and actually present children with tooth brushes if they would promise to use them. A mother told me this summer that she had to spend five dollars to have her child's teeth cared for. I considered it money well spent when I saw the child.

Now, coming back to the matter of using common cotton for the baby's navel, it would seem that the most ignorant member of the laity that ever read a newspaper would know about germs and the serious danger of infection. Sterilized absorbent cotton or gauze is not so expensive but that anyone could afford a roll for the baby's navel. Five cents' worth would be more than sufficient.

The superstition about these things is appalling. One young doctor told me that he had several cases of tetanus among babies, caused from the use of soot beaten out of a rusty stove pipe and put on the umbilical cord by an ignorant mid-wife.

May I conclude by urging every prospective mother to write to the Child Welfare Bureau, Washington, D. C., for bulletins on Prenatal Care; Infant Care; the Feeding of Children, and read them as earnestly and prayerfully as she does her Bible? They cost only a postal card, while the knowledge they contain is beyond price. May I also add, in this day and time, it is little less than criminal to thrust into being a life without this knowledge by the mother who gives that soul being?

May every little mother in the country know that she is right in reading all she can for her baby's welfare and practicing what she learned! God has given the care of the tiny baby only to the mother's arms; He has given that mother the