

er makes nor mars. One must learn to make his own environment—at least to make it subservient to his endeavors. It is not where we work, so much as how we do the work. One that is determined to succeed will become so absorbed in the business he is about that he will make his own environment. In order to succeed at anything, we must work now, and here. As it is out in the world, so it is in the home—we accomplish only by earnest, persistent doing, and never growing weary of doing; by plotting; planning, thinking, experimenting, and then by working out the plans and experiments to the very best of our ability.

Many busy people are shameful wasters of time and opportunity, simply because they do low things when higher ones are possible. They read a poor book when they might read a better one; they squander time with inferior companions when good ones are possible; they waste time in half-doing things, in botching; bungling and blundering, and then in doing things over and over because they were not done right the first time.—Marden, in Success.

**The Child-Labor Problem**

The agitation for the doing away with child labor is bringing to the front another question: After the labor is taken from it, what is the child to do? It is easy to say, "Put him in school, and let him grow," but the fact stares most of people in the face that in order to keep the child in school and growing, there is stringent need of money. Somebody must work. Where there are several children, even with steady work and wages, the average wage-earner finds it a problem, at times, to stretch his "pay envelope" so as to cover the needed expenditures for his family. The mother should not—though in many cases, she must—be called upon to add the duties of wage-earner to her already over-full hands. The demands of motherhood, with the additional cares of the housework and home-making are too often beyond her strength; while, the constant supervision of the doings and the looking after the whereabouts of the idle children, and trying to keep them in "the way they should go," is one of the most nerve-wrecking problems of the day. Many a well-to-do mother, with helpers about her work, goes to bed at night after the nerve-stretching experiences of the day too tired to even utter a prayer. While the conditions for the child are being bettered, let us try to look the question in the face, and try to contrive some satisfactory answer—"What are we going to do with the child?" We must not forget that a child has other appetites than that of the physical body. There must be associations provided for him—recreations, as well as lessons; habits must be taught him—habits that will fit him to become the man we would have him to be. There must be moral, as well as physical training, and the play ground must ultimately give place to the workshop. Many wise, child-loving people are beginning to say that the workshop, itself, must be the play-ground; the early lessons of life should take form as in the kindergartens of our public schools. For the girls, this "kindergarten training" may take place in the home; but for the boy—there is little found in the home work to fit the boy for the rush and whirl of the life in the business world. What are we to do with the child?

**The Real Issue**

It is becoming patent to all close observers and students that the real question of "race suicide" has not to deal so much with the number of the children brought into the world, as with the conditions under

which they come, and the heredity they bring with them. The real evil lies far back of the immediate parentage in many instances; often it began generations ago, and we have not far to look for the cause of it all. One of the rarest things to be found in this world is a mentally, physically and morally sound man or woman. Indeed among the great majority, it is the exception, rather than the rule, to find a really, comfortably healthy individual. Almost every one to be questioned has some ailment or disease of a more or less serious character. In the case of a fine physique, the mental or moral (or both) have been neglected, and it is seldom that a really fine mentality has a corresponding physical development. One can not gather figs of thistles, or grapes from thorns, and the law of heredity passes on to the offspring the defects and ailments of the parents "even to the third and fourth generation." We sternly condemn the parent who would neglect a sick child, or wilfully thrust a helpless being into absolute danger; but what must be said of the person or persons who, knowing their unfitness, deliberately afflict the unborn with the consequences of their frailties and vices? Instead of trying to enforce marriage and parentage upon irresponsible people, it should be demanded of them that, for the sake of future generations, they should possess a knowledge of and a respect for the ante-natal laws of being, as well as a healthy body and a sound mind, to offer upon the marriage altar. One can not build without material, and the value of the structure we rear will depend upon the worth of the material of which it is constructed. Generation "is better than education, and while we are building and endowing institutions for learning, let us not forget that the well-born child, without educational facilities such as these supply, will be vastly the superior, through natural ability, of the weakling school child who comes into the world weighted down with a cruel heredity. "Compulsory education" would be a good thing for the lawmakers, as well as for the people for whom the laws are made.

**Earning Money at Home**

One of our readers who lives in the country, sends us the following, which contains much truth: "There is plenty of work here for any one who is able and wants to work; but in order to get the work, one must go to it. Work must be away from home, and there is little that can be carried to the home of the worker. It makes me tired to read those articles in women's departments of the newspapers and magazines, telling how women may make money in the home. The writers thereof do not know what they are talking about; they write to fill space, and are paid for it by editors that know as little about it as they do. I wonder if they ever think how many anxious girls and women will read their stuff, hoping to find something that will help them to solve the dreadful problem of earning a little money by which to eke out a starved subsistence, or how misleading such stuff invariably is! Personally, I do not attempt any of their fool experiments, but I have known many who have believed in them, only to fool away what little money they had, and it all ended in grievous disappointment." "Earning pin money, or bread money," at home is just one of those things in which "so many things make a difference." Work at home is governed by the same laws as work outside, and so much depends on conditions, environment, market and marketing facilities, the demand for the supply, the time, health, strength, endurance and persistence of the worker—all these things must be considered. Where one succeeds, hundreds would fail;

where one business would pay, another would be a flat loss; what one woman or girl could do profitably, another would be "plum crazy" to attempt. Not all women can plan wisely, or wisely follow a plan. In such matters, one can but offer suggestions, hoping for the best; but the best suggestion may not fall in the right place. The problem of making a living—"earning bread-money," even in these supposed prosperous times is, to very many people, a very serious and distracting question. It is hard to plan for another.

**Something About Milk**

The Good Book assures us that "in the multitude of counsel there is wisdom," but we are often so confused by the contrariness of the counsel that we are unable to recognize the wisdom when we see it. In the matter of milk for the babies, we are solemnly warned that it must be either boiled or sterilized; in the next breath, we are told that boiled or sterilized milk is unfit for the baby's consumption. In one case, it is a cemetery; in the other, it is an aquarium. Pure, fresh milk, we are told, contains a preservative in the form of a beneficent bacteria, which stand ready to make war on the intrusive "bad" germs, and the boiling or sterilizing kills these good police-germs, and leaves the door unguarded for the entrance of the poison-producing conditions. In any case there will be trouble, for the milk will be unfit for use in a short time, anyway. If the milk is not heated, the primary-police force will be killed by the invaders, and if it is sterilized, the heat does the work of destruction, and the milk "goes bad" all the same. Then, the doctors tell us of diseased cows, and the hygienists tell us of unclean methods of the milkers. What shall we feed the babies whose mothers have failed them?

**Comfortable Clothing**

We are told by the fashion writers that not only long, but very full skirts will again be worn—some of the extremes in fulness measuring eight yards at the foot-line. These lengthy skirts are for formal and dress occasions. But we are comforted by the advice that, for street-wear, the skirts are made to clear the ground entirely, being two or three inches short. Thin materials are taking the place of even light-weight woolens, though light-weight serges and English mohairs make up nicely for occasions, and the blouse suit is coming into favor for serviceable wear. Wash goods for all kinds of costumes, wears and occasions are in favor, and will greatly lessen the expenses for clothing, while at the same time increasing the bills for laundering.

**For Summer Wear**

Blouse suits are to be worn for all traveling, even for short trips to and from the city. It is an American custom to insist upon coat suits, and to equally persist in carrying the coat over the arm, as it is constantly done on hot days. The tendency is very strong to substitute for these costumes the simple, cool washable blouse suits, which are not at all expensive.

The class of women who have little money to spend, and who wish to spend it to the best advantage, should not buy the black or blue suit for summer wear and trail it through the hot days with the inconvenient coat burdening the arm, but should expend a couple of dollars on a black and white striped or checked cotton fabric, or a solid gray or blue, or brown, and make it up at home into a plain blouse and skirt, a leather

belt, a turn-over white collar, a small straw hat with a wing in front and a veil or invisible net over the hair, makes a fresh, cool, convenient costume at small expense. One could afford several of these suits, if made at home, for the cost of one coat suit. The skirt should be cut quite short, and the waist should be lined. The soft turnover collars of embroidery can be made at home quite inexpensively.

Wash goods are much used for summer wear, and nothing is more cool and becoming than these freshly-laundered blouse and skirt suits. Linen gowns will be much worn, and are suitable for nearly every occasion. The linen frock with the jumper waist having the large armholes, and the skirt with fan plaits, as well as linen coat suits, and the blouse and skirt suits. The goods may be white or colored, or any of the fancy linens.

There is little difference in the colors worn by older and younger women this season. White is always a good choice, and no woman is too old to wear this in every fabric. Black and white stripes in muslin will answer many doubts as to material for an afternoon gown.

**Consumption of Liquids**

Liquid nourishment, we are told by the American Magazine, should be sipped, or spooned—eaten—that it may become mixed with the saliva. Liquids taken between meals, before the stomach is empty, disturbs digestion. Clear coffee, chicken broth, lamb broth, oatmeal, tea, clam water, whey, and milk mixed with an equal amount of vichy are among the best. The practice, however, is a bad one. Faintness, "goneness," and other symptoms of indigestion that invite this practice may be caused by it. The taking of semi-solids at soda fountains between meals is to be earnestly condemned. Water alone should be taken at a draught, and ice water, which checks the flow of saliva, should not be taken when eating starchy foods. Four glasses of water a day, clear, and of the temperature that suits, is sufficient for the sedentary person.

**CHILDREN SHOWED IT**

**Effect of Their Warm Drink in the Morning**

"A year ago I was a wreck from coffee drinking and was on the point of giving up my position in the school room because of nervousness.

"I was telling a friend about it and she said, 'We drink nothing at meal time but Postum Food Coffee, and it is such a comfort to have something we can enjoy drinking with the children.'

"I was astonished that she would allow the children to drink any kind of coffee, but she said Postum was the most healthful drink in the world for children as well as for older ones, and that the condition of both the children and adults showed that to be a fact.

"My first trial was a failure. The cook boiled it four or five minutes and it tasted so flat that I was in despair but determined to give it one more trial. This time we followed the directions and boiled it fifteen minutes after the boiling began. It was a decided success and I was completely won by its rich delicious flavor. In a short time I noticed a decided improvement in my condition and kept growing better and better month after month, until now I am perfectly healthy, and do my work in the school room with ease and pleasure. I would not return to the nerve-destroying regular coffee for any money."

"There's a Reason." Read the famous little "Health Classic," "The Road to Wellville," in pkgs.