

## Our Women and Children

Conducted by Lucille Skaggs Edwards.

### THE HOUSE FLY

For years the house fly was regarded simply as a petty thief, helping itself freely to our table delicacies. But we have learned that what the fly leaves in our dishes is of infinitely more consequence than the little it takes away!

Feeding where there are cases of typhoid and other enteric diseases, it brings into our homes on its hairy feet and in its amazingly constructed stomach, the germs of these deadly disorders. Wherever it walks, it leaves a trail of them, depositing them everywhere in the numerous "f y-specks."

Beyond a doubt this active little household Mercury, winging its way from the sick room to the dining table, is responsible for the spread of many malignant diseases.

At first thought the fly appears to be very fastidious in its personal cleanliness. In amazement we have watched its systematized washings, rubbings and brushings! How can this apparently neat little insect leave such a trail of virulent poisons across our food?

Let a house fly walk over a plate of cold meat which has been boiled and jellied. In a few days, springing from each tiny footprint, a growth of bacteria may be plainly seen. Try it—it will make you shudder—and think!

The table may be spotless, the silver handsomely chased, the china of the latest design—the guests may be witty, wise and beautiful, but the house fly, with its germ-infested feet, makes it a banquet of death.

By the medical world the house fly has been condemned as being the most active and harmful of all man's foes, carrying death to more human beings than have all the beasts of prey and poisonous reptiles put together.

What a fearful charge! But wait! A member of the United States Public Health Service is authority for the statement that the "story of the danger of disease from the house fly has been only half told." Think of it—only half told!

What must we do?

As soon as settled warm weather comes, flies begin to breed. Garbage, damp, moldy cloth and paper, decaying vegetables, in fact, any fermenting animal or vegetable matter serves as a breeding place.

If there are flies about, find their breeding place, and remove it.

Drive all flies out of a sick-room, especially where there are cases of contagious diseases. Let not one escape.

Cart way, bury or burn all decaying matter about your homes.

Screen all foods, whether in the house or on sale at the stores.

Cover tightly all garbage; scald cans often.

Watch your sewage system closely. It must not leak. It should not be exposed to these active little pest carriers; screen every door and window.

And after you have taken every precaution—still you will have flies!

The problem is a vexatious one. It is much more than this, it is fraught with real danger. What are you going to do about it?

A common sense fly paper, open to no criticism on the score of danger from poison, a harmless, always ready

weapon in your war of extermination, is one of your most valuable allies.

Defying fly traps, swifter than the nimblest pursuer armed with a "swatter," your household foe, so minute yet so mighty, cannot resist the lure of its appetite. Harmlessly buzzing, it swoops down hungrily upon the appetizing meal spread in its very sight—and it never gets up from the table!

While you are complaining about them, flies are multiplying. Statistics showing what mischief they are already responsible for will not serve to rid you of them.

Be enthusiastic in your active campaign against these enemies of the family's health and happiness!

When there has been a real awakening to the perils of the germ-distributing dynamo called the house fly, it is doomed.—People's Home Journal.

### DREAMS

By Rosamond L. McNaught.

A humble woman stands at her tubs  
The whole of a summer day;  
With splashes and shakes, and wrings  
and rubs,

She washes and washes away.  
And think you the duty an ugly  
thing?

A stupid grind it seems;  
And the worker does not smile or  
sing;

But—over the tubs she dreams and  
dreams.

Above her sewing a woman bends,  
And cuts and bastes and fits;  
And over mistakes that she sometimes  
mends

Perplexed brow she knits.

Then at her machine, past the set of  
sun,

She stitches the long, long seams;  
And though her task is a homely one,  
'Tis illumed with the flame of a  
woman's dreams.

With a "Rock-a-by-by" a woman  
swings

Her babe in a rocking-chair;  
And she lays her hand, the while she  
sings,

On the darling's silken hair.  
Both maid and nurse, she is tired to  
death,

But her face with glory beams!  
For, quickened by balm of the babe's  
soft breath,

She strings in the dusk a chaplet  
of dreams.

### DISOBEDIENCE

By Frances McKinnon Morton

I am convinced as I grow older and see more of children and am better able to project myself into their world that it is very rare to meet with actual intentional disobedience in young children. Very young children fail of a full understanding of the requests made of them, and many poor little tender hands have been smacked when their owner was ignorant not only of his offense but more than that, still in ignorance of the meaning of the original request. The feeling that a parent has been cruel or unjust rouses anger, ill-will, and fear, in a child, and finally out of this mental disease there grows the desire to deceive—to withdraw the inner self from the misunderstanding

parent. It is safe, in our dealings with very small children, to go on the general principle that none of them really wish to displease or to be disobedient. One very frequent cause of disobedience in little children is the bad habit so many of us have of giving commands in the negative rather than the positive form. A little child does not understand the meaning of the word "don't," and as it represents no concrete object it is not a word easily defined to a child's limited intelligence. One baby that I knew, when asked if she understood "don't" replied naively, "Yeth, it'th the smack word."

### SOME DON'TS.

Don't lose faith in men because one man whom you have placed upon pedestal has disappointed you. Your mistake was in putting any man on a pedestal. It is like putting children on dress parade before your company. They go to "acting up" just at the wrong time. When you put your friend on a pedestal you expect too much of him. You expect him to be superhuman and hold him to account when he does just about as other men would do under similar circumstances. It will be better if, instead of elevating any one man above the human ken you raise men generally to that common level where you can accept them generally as pretty good folks after all with their inconsistencies and their weakness. None of us has wings and few of us have horns.

Politics is a game and whatever the religious professions of men may be, if they have a political machine, they play the game according to the old time rules. None of them play it according to the scriptures.—The Omaha Nebraskan.

Miss Oleatha Alexander, the only Colored pupil in the graduating class of Franklin school, was awarded a certificate for her excellence in penmanship.



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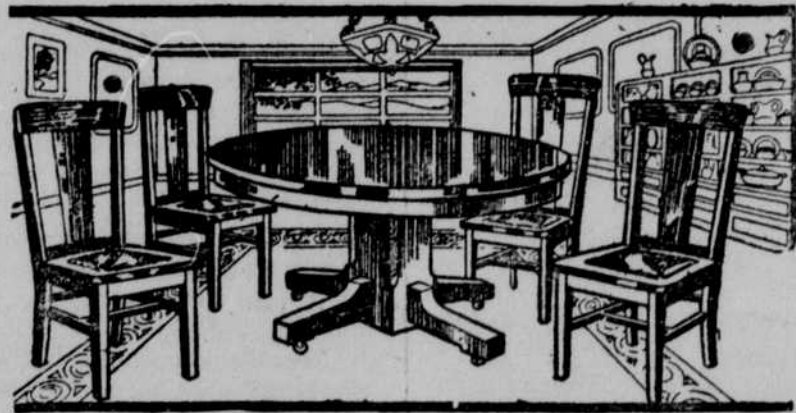
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