

Our Children

By Mrs. W. B. Davis



Bedtime like mealtime, may be a most enjoyable adventure, or a much dreaded ordeal. If a mother values her peace of mind, if she would spare herself the discomforts of hearing her child sob himself nightly into uneasy sleep, she must be careful how this all important event of going to bed is approached. If crying and struggling have occurred on a series of nights, the child comes to associate his bed not with sleep but tears - a poor preparation for instant and quiet sleep. When this has happened on two or three successive evenings the habit of resistance to going to bed becomes fixed, and, like all bad habits, it is difficult to break.

A tactful mother will arouse baby's interest in a new pursuit in which he can play the chief part, the putting away of his picture books and toys. In the waving goodnight he is an expert and takes a legitimate pride. And bed time brings the prospect of new delights: learning to brush his teeth, drinking water from the cup, climbing on the "toidy," helping to wash his face and hands, making his simple prayer by his bed if he is old enough—otherwise, learning to bow, his head and fold his hands while mother offers a short prayer for him—listening to mother tell a nonexciting Bible Story or perhaps read from one of Uncle Arthur's bedtime story books when his years number at least two. The lights are then turned out and the door is left ajar, while music of a lullaby softly reaches his ear. Such a bedtime program takes time and thought, but it is inestimable cultural value, molding the child's literary and musical tastes for life. Thus bedtime becomes a pleasant and important part of a child's health program. Much effort has been put forth to determine the causes which lead the child to refuse food, in order to discover methods to prevent or overcome this difficulty, but the habit of refusing sleep is as common and almost as distressing as the habit of refusing food. One child finds every possible way to avoid going to bed; another goes to bed willingly enough, but

plays and talks instead of going to sleep. Then there is the child who goes to bed and just as promptly gets up and rejoins the family group again, or stays in bed and annoys mother with repeated calls for a drink or something trivial he wishes to say. And many a child has to have things just exactly so before he can drop off to sleep.

Alpha Phi Alpha Fraternity Anticipates Initiation.

Seven pledges to the Alpha Phi Alpha Fraternity, are expecting to be initiated into the Beta Beta Chapter, Inc., Saturday night, May 24th.

- Ira Gibson Knife Dog
- Charles Goolsby..... Cheesey Dog
- Bernard Grice..... Mangy Dog
- Samuel Gooden..... Fork Dog
- Welcome Bryant..... Spoon Dog
- Price Terrel..... Mangy Dog II
- Eugene Harrison..... Cheesey Dog II

Initiation will be held in Omaha Beta Xi Lambda, graduate chapter, is sponsoring the initiation: Alpha Phi Alpha is a College fraternity.

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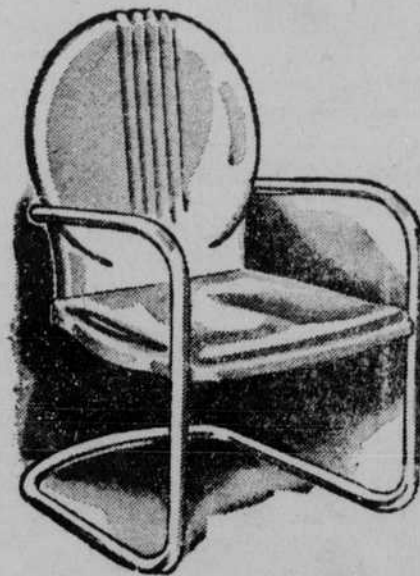
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