

Our Women and Children

Conducted by Lucille Skaggs Edwards.

"DON'TS" IN THE CARE OF CHILDREN.

By Director Ziegler of Phila. Dept. of Health.

Don't permit the child to go to school without breakfast. Tea or coffee and a roll is an inadequate and improper meal for the growing child.

Don't send the child to school with dirty face and hands. The hair should always be well combed and the clothes tidy and clean. Body vermin spread rapidly among unkempt children.

Don't allow the child to spend the lunch money for candy and pies or to buy any foodstuffs from street vendors. Pretzels which have been exposed to the street dust are unfit for food.

Don't expect the child to make its own lunch at noon. The mother should never be too busy to provide an adequate noonday meal for the child.

Don't forget that children are very susceptible to the frequent changes of weather and should therefore be clothed according to the temperature of the day and not according to the season. Rain clothes should be provided for them.

Don't allow the children to stay up late at nights. They require plenty of sleep in a well ventilated bedroom.

Don't fail to teach them good habits. They should never spit on the floor upon the sidewalk or upon the slate, as this is a filthy and dangerous practice.

Don't ever allow them to put the fingers in the mouth. Disease is often carried into the system in this manner.

Don't allow them to wet the fingers when turning the leaves of books. This custom is unnecessary and may lead to the spread of disease.

Don't permit them to put pencils in the mouth or wet them with the lips.

Don't forget to warn them against the practice of putting money in the mouth. Many a child has swallowed a coin without harmful effects, but others have had serious trouble when the coin lodged in the throat.

Don't allow them to put pins in the month.

Don't permit them to "swap" candy, apple cores, pencils, chewing gum, partly eaten foods, whistles or anything that may be put in the mouth.

Don't fail to provide the child with a clean handkerchief. Many children have the nasty habit of wiping the nose upon the sleeve. They should be severely reprimanded for this habit, but parents are deserving of more criticism when the child is not provided with proper means for wiping the nose.

Don't permit them to put foreign bodies into the ears or nose. Beans, peas, buttons, cotton and numerous other articles have been found by doctors in the nose and ears of children when the parents were unable to account for the cause of their complaints.

Don't fail to teach them that disease is transmitted by coughing or sneezing into another's face. They should turn their face in order to avoid this.

TWO WAYS OF LOOKING AT IT.
"The hardest thing I have to do," said Johnny with a pout,

"Is to look pleasant, when there's not a thing to smile about."

"The hardest thing for me to do," said Teddy with a smile,
"Is to be cross and out of sorts, and fretting all the while."

"I'd rather smile when things go wrong, than cry, for don't you see
"A smile is worth a dozen frowns, for you as well as me."

THE GOODWILL HABIT.

A habit of holding a kindly attitude of mind towards everybody has a powerful influence upon the character. It lifts the mind above petty jealousies and meanness; it encircles and enlarges the whole life. Where we meet people, no matter if they are strangers we feel a certain kinship, with the friendliness for them, if we have acquired the goodwill habit. In other words, the kindly habit, the goodwill habit, makes us feel more sympathy for everybody. And if we radiate this helpful, friendly feeling others will reflect it back to us. On the other hand, if we go through life with a cold, selfish, mental attitude, caring only for our own, always looking for the main chance, only thinking of what will further our own interest, our own comfort, totally indifferent to others, this attitude will after a while harden the feelings and the affections, and we shall become dry, pessimistic and uninteresting—Ex.

CHILD'S EVENING PRAYER.

I thank Thee, Lord, at close of day
For lessons learned, for fun and play,
For father, mother, playmates,
friends,

For all the gifts Thy mercy sends.
I pray Thee, make me loving, true,
Obedient, brave in all I do
Bless all the friends who for me care;
Bless little children everywhere;
Watch o'er me, keep me through the night,

And wake me with the morning light
That I may walk with Thee again;
I ask for Jesus sake. Amen.

—James Dexter Taylor.

EVENTS AND PERSONS.

Andrew Reed entertained a number of friends at a stag New Year's eve.

George Jones of Twenty-first and Paul streets, died New Year's morning from blood poisoning. He is survived by a wife and his mother. The body was shipped to Paris, Texas, Tuesday by the G. Wade Obee undertaking company. Mrs. Jones accompanied the remains.

Prof. Robert M. Herrington and Mrs. W. L. Seals of Omaha and Prof. Walker and wife of Kansas City, Mo., "Big Four Classy Dancers," had the honor of introducing the latest dances before a large audience at the Omaha Dancing Academy, 18th and Douglas streets, Thursday night, December 30. This is the first time that colored people have introduced the latest dances in Omaha in a white dancing academy before a white audience. The dancers were given a hearty welcome and a return date.

APPLICATION.

Like the star that shines afar,
Without haste, and without rest,
Let each man wheel with steady sway
Round the task that rules the day,
And do his best.

A FAST MOVER.

Three days after the storm struck Potlach, Okla., Jackrabbit Smith, a prominent citizen, was discovered two counties northeast in a somewhat rumpled condition.

"Were you blown here by the cyclone?" He was asked.

"Heck, no!" he replied, "I outrun it."—Kansas City Star.

NIGHT COURT.

"Where's your attorney?"
"I don't want any, your honor; I intend to tell the truth."

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