

A LITTLE CHAT ABOUT YOUR FAMILY'S HEALTH AND SOME HINTS FOR THE HOME NURSE

INVESTING FOR HEALTH

WHILE a periodic physical examination is probably the very crux of all good measures in which to invest future dividends, there are many other ways than small amounts may be "invested" for reaping enormous benefits in later life. For instance, the United States Public Health Service has an important suggestion to make, in this matter of "investment," for health's sake, and one that is within the means of practically everybody in the country, as follows:

Many systems of ventilation and heat regulation have been devised, and many are good. But if the room that you occupy is not provided with such a system, or if your system does not operate satisfactorily, other means may be resorted to. If you will invest a small amount of money in a good average thermometer, you can get along almost as well as if you had a more expensive ventilation system; and if you are willing to invest just a little more and place substantial window-boards or wind-shields on one or more of your windows, you can do better still. These window-boards in the form of inclined planes, usually made of glass, will direct the current of air well upwards when the window is open, and enable you to avoid drafts. Equipped with these simple conveniences, you will find that by keeping the temperature of your room as near 68 degrees Fahrenheit as possible, the ventilation of the room and humidity of the air in the room will take care of themselves automatically in a reasonably satisfactory manner. Of course a temperature of 68 degrees does not guarantee that the air in

one's room is pure, though with the present tendency to overheat, a tendency to overheat, a temperature of 68 degrees usually means the free admission of outside air.

The method of regulating temperature in a well-heated room is simple. If the thermometer goes much below 68 degrees Fahrenheit during the waking hours, close the window; if the thermometer rises to 70 degrees, open the window until the room cools off.

In most living rooms while artificial heat is used it may be advantageous to have placed in one or more radiators a pan of water with a large evaporating surface, unless of course there is some other method in use for maintaining a proper degree of humidity.

In the case of old people and infants, the temperature may be kept around 70 degrees. Old people are more sensitive to cold and more susceptible to its effects than are younger people.

When one retires for the night, the heat should be turned off and the window opened. After retiring, it is all right for the temperature of the room to drop to 60 degrees or even as low as 55 degrees if one is warmly covered in bed.

All school rooms should have their temperatures made a matter of written record at least three times a day. Seventy degrees Fahrenheit should be regarded as an infallible signal to suspend exercise and open windows long enough for the rooms to cool off. The pupils may be given light calisthenic exercises in their own rooms during the period when the windows are all open.

THESE CHILDREN OF OURS

By GEORGIA JEWETT HALE

SAVING MONEY

WILLIAM has had a savings account since the day he was born, but he doesn't seem to know any more about the value of money than he did on that very day! an amazed and disturbed mother exclaimed the other day.

William was now fourteen and it did seem as though it was about time he learned that a dollar will only go so far. True, he had had a bank account since the day he was born, and once every birthday and holiday thereafter, loving aunts and uncles had added gold pieces to the steadily mounting hoard. But all it meant to William was a little book with numbers in it, which was quite useless to William. His mother said that it meant he had so many dollars "saved" but William hadn't saved them so how could he know anything about saving? And as they were not a bit of good to him (as he wasn't allowed to use them) saving seemed a totally futile thing to him.

Whenever he wanted anything, mother bought it for him. He wasn't allowed to earn any money, and often had a pretty miserable time, thinking hard things about mother and father because they wouldn't buy him a toy automobile that had a real engine, and other expensive toys.

William's mother overlooked the

In Europe With Helen



HELEN WILLS

