

THE COUNTRY IS THE PLACE for CHILDREN



Health and Vigor for the Children in Out-Door Romps

SOME years ago (a sigh is breathed with the realization that it would never do to tell the exact number) I spent six glorious months of my carefree childhood in the country, and the memory of those halcyon days lingers like a subtle fragrance of an indescribably sweet flower.

Alas, had the program of succeeding summers included outings of similar length, a sturdier constitution would have been the result.

There is no more efficient way of promoting the physical and mental development of children than to give them benefit of country life, if not for the whole year, then at least their vacation time. The invigorating exercise in the "open," coupled with the nutritious diet and the sound healthy slumber that follows as a natural sequence, produces a rugged hardiness that cannot be acquired in any other way.

Under these mellowing influences many real and supposed ills in children and grown ones,

too, for that matter, vanish under the magic influence of kindly Mother Nature.

Children who are naturally weak or those closely confined to city life, become altogether different little creatures, stronger and robust in every way when several months are spent in the open country, storing up vitality and endurance which are always needed in later life.

If the money that goes in doctor bills each year were wisely put in summer outings, there would be marked change for the better in the average child's health.

The ever increasing growth of suburban colonies and the annual influx to farms and summer cottages prove conclusively that the call of the country is not a passing fad, but a sane, philosophical understanding of the laws that promote the betterment of mankind.

GIVE THE CHILDREN FREE LANCE.

If your child is a hot house plant, an anaemic weakling, and you are wise in your choice of

a country outing, for goodness sake cast your foolish prejudices to the winds and allow this immaculate, proper creature to get himself gloriously, scandalously dirty.

This accumulation of healthy soil is ten times better than all the pill dosing ever given. He gets right back to the environments of primitive man; back to the health-giving soil.

Don't be afraid to let him engage in miniature farming, digging, raking, hoeing to his heart's content. Let him paddle in a shallow creek, sail his boat or build bridges, and when he gets into the inevitable discussion with another mother's darling let him learn the rules of self preservation in the gold old-fashioned way. If he accepts several punches, you may be sure that he will not be long learning how to land them. By this I do not mean to encourage the fistic efforts of the embryo pugilist, but merely of allowing him to see the necessity of protecting his own rights, and of being equal to the task.

The legitimate occupation of a child is play, and it is interesting to see how he will work out the problem for himself, and how every act to which has been given the name of play has for its object the development of his physique. Some diversion brings his muscles into play, others develop his quickness of perception, the alertness of his eye and his sense of calculation in determining power of estimating distances.

Have you ever noticed how instinctively children will adapt their various sports and diversions to the season of the year, the time and place?

Places should be provided for children so that they may engage in their play or occupations without constraint or fear of bringing disapproval by their noise and antics. And the location of the same should never be so remote that they are entirely withdrawn from guardianship; neither should they be made unpleasantly aware they are being watched.

An older person should make it a business every day to spend a part of the time with the children, engaging in their frolics and pleasures; also a quiet hour in reading and storytelling, that which will instruct as well as interest.

Nature studies are very absorbing for children and inspire a longing for a better understanding of growing things. It broadens their ideas and inculcates a certain vague desire for the knowledge of the life about them.

PROPER CHOICE OF CLOTHING.

Put him in simple serviceable togs so that the usual strenuous wear given them will not cause their hasty exit. There are many styles of play clothes easily put together and very inexpensive. Have a few garments for the girls cut with low necks and elbow-length sleeves, which may be appropriated on warm days.

Impress upon the youngster's mind the abso-

lute importance of wearing hats when playing in the sun, of avoiding the noonday heat with his positive abstinence from cold water when overheated.

Garments made all in one for small children greatly simplify the clothes question, and are less inconvenient for the little wearers.

Many children are wild with delight when allowed to run barefooted. Of course, discretion must be employed in this matter, as children not accustomed to come in contact with Mother Earth are subject to colds, and should never be permitted to run through the dewy grass in the morning or after nightfall.

The next best proposition is the wearing of sandals, as they protect the soles of the feet and prevent them from spreading colds, though without fear of contracting colds, though sandals should be worn in rainy weather.

But whatever you do don't pamper, quell their healthy animal spirits. You over-kill child once, too.

MARJORIE