

OUR PRIZE COMPETITION.

GIVE TWELVE RULES, WITH REASONS, FOR
SECURING HEALTH.

We have pleasure in awarding the prize this week to Miss Ména M. G. Bielby, Cranford, Middlesex.

PRIZE PAPER.

Incalculable harm has been done by the fallacious saying, "Health is priceless." The price of health is the denial of self-indulgence. To secure it we must have—

1. *Pure Air.* On the oxygen inspired depends the continuance of life through the oxygenation by the lungs of the blood and the bodily tissues. From the stuffy, small room or pure Alpine atmosphere we obtain widely different degrees of oxygen. Between these extremes, according to the degree secured, much of our health depends. It is the antidote to harmful germs both within and without the body. Stagnant air becomes poisonous through respiration. Ventilate freely. To secure pure air without chilling the individual should be the aim of every householder.

2. *Suitable Food,* selected for its body-building value, not solely to please the palate. Conservative cooking should be employed, avoiding methods involving loss of food-value. Whole wheat, finely ground, and not worthless white flour, should be eaten. Cold water, taken before meals, forms an important part of diet. Eat fruit daily.

3. *Adequate Sleep.* Starvation on this point is highly injurious to the nervous system, and to children especially. During sleep the life-forces are renewed, and the waste of the waking hours is made good. Sleep is most valuable obtained in the earlier part of the night, and in the purest air possible. Rest at intervals during the day is the handmaiden of sleep.

4. *Sound Teeth.* These are a vital necessity. In the work of the teeth digestion commences. If through dirt and neglect the teeth decay the digestive processes are bound to fail in a greater or less degree.

5. *Personal and Domestic Cleanliness.* By the elimination of waste matter through the pores of the skin the body and clothing are soiled. Unless cleansed, these pores become choked, and toxic matter is re-absorbed. A daily bath, or at least a wash all over, should be made possible for all. Clean apparel is essential, and all clothing should be aired after wear. The deposit of organic matter from human lungs on wall, furniture, &c., should be

removed. All domestic vermin should be exterminated as dangerous germ-carriers.

6. *Sunshine and Light Indoors.* The Sun is the great Life-giver; we must live in its rays to gain vitality. Only in great heat should sunlight be excluded, as it destroys disease germs and stimulates healthy growth. Let in the light.

7. *Suitable Clothing.* This should be chosen for its lightness, porosity and warmth-conserving qualities. The shoulders should bear the chief burden of it. All faults and follies of fashion should be avoided, as much ill-health is traceable to these, notably as results of compression by the corset and destroying the natural poise of the body by wearing high heels.

8. *Physical Exercise.* This should be chosen according to temperament and physique. All should perform daily breathing and muscular exercises in order fully to expand the lungs, and to counteract the tendency to rigidity of muscle as life advances. Quick walking is one of the most health-giving forms of exercise. Outdoor games provide much exercise in a short space of time, as does dancing.

9. *Warmth.* This should be attained by a rational system of house-heating, by heat-giving foods and suitable exercise. If cold baths can be taken these regulate the heat-centre, and protect the body from the evil effects of sudden changes of temperature. The endurance of cold is injurious to very many.

10. *Temperance in all things,* especially regarding the social poisons—alcohol and tobacco; tea and coffee, taken in excess, are also very injurious.

11. *Work.* The healthiest life demands regular work; many interests. Monotony kills. Altruistic work is beneficial.

12. *Right Habits of Thought.* Purity, benevolence, idealism, kindness, unselfishness, make for physical health. Their opposites work as poisons in the life.

Prevention is better than cure. As Kingsley wrote: "Nature . . . kills, and kills, and is never tired of killing, till she has taught man the terrible lesson he is slow to learn, that Nature is only conquered by obeying her."

HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss M. A. Jarman, Miss B. Towers, Miss M. James, Miss G. Truman, Miss Marian Gillam.

QUESTION FOR NEXT WEEK.

What are the principal diseases of the nervous system, and the nursing points to be observed in caring for them?

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