

Understanding CHILDREN

By ANGELO PATRI

"I am in trouble with my neighbors. We live in an apartment house and my small son likes to make noise. He will take anything that he can lay hands on and pound it on the floor, so hard it makes him blinks. How can I stop him?"

You can't little children grow by resistance. That is, they must use what strength they have in pushing, pulling, pounding exercises. Nature forces them to do this in order to develop their muscles and nerves. Children must grow by their own exertions and pounding things is one of the ways.

Of course, we cannot let them pound over the heads of other people, nor in the house where the family would suffer from the process. Provide for this exercise out of doors. Even in the city that is

possible. If there is a stump of a tree, it offers wonderful opportunities for pounding. Give the child a wooden mallet and let him pound away. One family managed to secure an old butcher's block, and that was a wonderful find. A stout bit of plank does well, too. But the thing to be pounded must be stout enough to offer the pounder's thumbs.

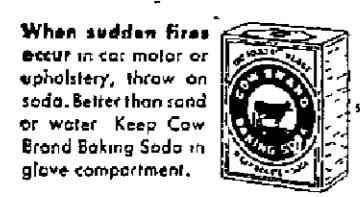
Everything a child does as he goes about the world calls for resistance. To walk he must push hard against the floor, to grow his legs be jumps and runs, always pushing hard against the earth under his feet. His hands gather power by pushing a hand and squeezing things, and his mind grows by requiring ignorance and pushing for knowledge. Curiosity, we call it.

Trying to rear a healthy child in a city apartment is a very difficult matter. He is noisy, he makes the place untidy, he cannot conform to the ways of adults and he becomes a thorn in the flesh to the outsiders, especially to those who have no children.

I think the open country is the best place to rear children, but many, many people cannot have that help. The only way out for them is to try to live in the apartment where there are people who have like problems with growing families. Misery loves company here as elsewhere, and one burdened mother will understand and help another. Usually a way can be worked out with the neighbors, provided they have things in common, such as young children. The neighborhood in which most of the people are retired, then children grown up and married is no place for the young couple to start home-making.

Children must grow according to their needs and pounding, shouting, hand rough playing are some of their needs. Grown people must adjust to this and at the same time, provide time and place for it so as to avoid as much of the annoyance it causes as possible.

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Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D.
Today, I'm going to tell you how to blow your nose. Now don't snicker. This is not as silly as you might think.

I'll bet the majority of you don't blow correctly. And improper blowing might have serious and painful results. You have to be especially careful when you have a head cold and sore throat. Let me explain.

In Early Stages
During the early stages of a head cold, your nose secretes mucus which reaches the back of your throat.

To get rid of it, you probably press your nostrils tightly together with your handkerchief and blow violently. Occasionally, you might feel your ear drums snap upon an exceptionally hard blow.

This is a warning of what might happen. The air pressure you generate can push this mucus from your throat through the eustachian tube into the middle ear. When this happens you're apt to have trouble. May Cause Infection.

Inflammation may fill the chamber with pus. Swelling of the eustachian tube might close the tube, trapping the pus in your ear. Pressure of the pus on your ear drum will cause intense pain and maybe complications such as mastoiditis.

Aided by new drugs, your doctor can usually clear up such complications, but he may have to lance your ear drum to do it.

You can avoid trouble simply by blowing your nose correctly. Take your handkerchief and hold it loosely. Be careful not to press both nostrils closed at the same time. Then, blow easily.

There is one more precaution, which, while not always polite, is proper as far as your health is concerned.

Generally the safest thing to do when you have a cold is to sniff the mucus to the back of your throat and then spit it out.

Society, however, frowns on this method. Blowing is much more gentlemanly.

QUESTION AND ANSWER
K. K. I have been troubled with dizziness for a period of six weeks. What would be the cause of it?

Answer: Dizziness is caused by various conditions, among which are constipation, high blood pressure, heart and kidney trouble, and disturbances of the eyes or ears. It would be advisable for you to have a thorough physical examination by a physician to determine its cause.

Mrs. V. L. B. Will you please tell me something about glaucoma?

Answer: The cause for glaucoma is not known.

In this condition, the circulation of the fluids in the eyeball is obstructed and the pressure of these fluids increases, eventually resulting in blindness unless relief is obtained.

An operation may be required to produce a cure.

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