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1918

Practical
Child Training



PART II

MENTAL
TRAINING



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Practical Child Training

PART 11

EASY LESSONS FOR TEACHING MORALITY

By

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MATTERS OF SLEEP

If your child tosses in sleep it is a sign of nervous irritability and may be due to digestive disturbance or anxiety over lessons. If it be the latter, it is well to allow no reading or mental work after school hours; also to have the eyes examined for possible eye strain and the throat examined for probable adenoids.

There comes a time when a boy of eighteen, deeply involved in novel undertakings, becomes extraordinarily careless in respect to sleep. He endures the necessity of spending a little time in sleep, but abandons all pretense of regular hours.

EXAMPLE

Erman Hamilton lived on a large farm. He was now old enough to choose for himself. He worked diligently in the field, but was either absent from home

or read and played games very late in the evening, and when any special occasion called for it, he would arise at 3:30 or 4 o'clock in the morning. Sometimes he slept as late as 8 o'clock.

Father: "How are you feeling these days, Erman?"

Erman: "I'm all right. Why, anything up?"

Father: "No, only I'm thinking if you are going off to the engineering school this fall, you would do well to get lined up for it in good shape."

Erman: "Well, of course. I'm getting on well enough, I think. Anything on your mind?"

Father was silent as he helped himself to the dishes set before him on the breakfast table. Presently mother spoke:

"Yes, Erman, father and I are very much concerned about your starting out in your first year away from home. When you leave the very active life on the farm and settle down to a student's life, I'm so afraid that you'll not do well."

Erman: "I'll be in athletics and keep my muscles in good shape."

Mother: "But you can't make any headway as an athlete if you are irregular in habits."

No more was said at that meal, but at supper-time mother said:

"I propose that we all have regular hours for meals and for sleep. The rush of spring work is over. I'll have breakfast at 6 o'clock sharp, dinner at 12 and supper at 6:30. What time shall we set for going to bed and getting up in the morning, Erman?"

Erman: "Well, I suppose 10 o'clock for going to bed and 5:00 for getting up will be good enough. I can't keep to that plan, perhaps, every week, but I'll try."

Erman showed some signs of improvement, but unnecessary irregularity persisted.

The following devices were employed: meals were put through on the hours set with unfailing regularity; farm tasks were discontinued with unusual punc-

tuality; at bedtime father and mother were punctilious about putting things finally in shape, and retiring at 10 o'clock; two alarm clocks were bought, one for the parents and one for the son; with his consent mother managed both; father had formerly given his son a good massage treatment on his back each morning on awaking him, this practice was revived as Erman had always enjoyed it; the breakfast table was made specially attractive and appetizing.

By mid-summer this whole program was in good swing and Erman had succumbed to the patient and skilful genius of father and mother.

COMMENTS

It is interesting to observe that no revolutionary measures were necessary. Nothing more was done than to systematize and improve the customs already established. The appeal to future necessities was far more effective than any urging to regularity for its own sake.

Without taking up all of the detailed points in the example just related it is important to speak on one point. The mother's fear that her boy would not do well should not have been expressed in the boy's hearing. Such expression almost invariably has an undesirable effect upon a youth. The most commendable feature of the whole affair is that father, mother and son had very intimate relations and a strong sense of co-operation.

ARISING IN THE MORNING

To induce a child to arise on waking it is well to introduce a little "make-believe," but immediate rising must be secured. Play-acting for children may be more than just acting. Often the child lives so in her part that it influences her to be more like the character she admires. This love of acting may often be used in the discipline of children.

Beatrice, eight years old, hated to get up promptly in the morning, dawdled about her dressing, and was altogether

unruly during the hour before breakfast.

“Beatrice,” her mother would call, “it is time to get up! Your dear Daddy wants his little girl to be at breakfast with him.”

But Beatrice would grumble, “I’m too sleepy.” Her mother would then insist upon her getting out of bed and had no end of trouble in inducing her to dress herself. She would sit and dream for half an hour if not continually prodded. Finally her mother decided to play with her; she liked to pretend she was Natalie Rivers or some such a story-book girl, so it was decided to call her by the name most in favor at the time.

“Natalie,” her mother would say, “when the bell rings the girls all rise. At the second bell they descend to the dining-room.”

Do you suppose that the bell was unheeded the next morning?

“Natalie” heard the first tinkle and was cheerfully ready with her hair brushed and face washed when the second stroke of the bell sounded.

“ I love to be Natalie,” said she, “ and be ready on time and see papa in the morning and the sun so bright and lovely! I think early morning is the loveliest time! ”

That the mind plays an immensely important part in the physical health, we have seen. That it is, therefore, your duty to keep your children’s mind fresh and beautiful with ennobling and helpful thoughts of physical health where it touches the mental plane, is surely clear to you.

PROBLEM

“ My two-year-old daughter has been cutting teeth and unconsciously I humored her about going to sleep, holding her and singing to her a while before putting her in bed. The time of holding her gradually lengthened until I decided I would have to undo the newly formed habit. I tried kindness, sternness and leaving her to cry it out, but she insists on standing up as soon as I disappear. Can you suggest a remedy? ”

SOLUTION

Find out what song soothes your child most. Children generally have favorite songs. Notice carefully as you sing to her which seems best to quiet her. Having discovered this, put her to bed at the proper time and just as you lay her down, pass your hand five or six times along her spine with a soothing stroke. Then stroke each little arm and each leg and foot in the same way, for just a moment each. Sing her favorite song while you stroke her and continue it afterwards, letting it get softer and softer as she closes her eyes.

If after stroking her she refuses to lie in bed at all, let the matter rest for that night and the next night lie down by her while you stroke and sing to her. If she refuses to go to sleep while you are lying by her keep her lying down by you, very gently pushing her back when she tries to rise. Sing all the time so that she will associate the song with a recumbent position. No matter how much she cries

let her understand that she is to lie down and stay down after being put to bed.

Gradually lessen the length of time you remain in bed with her. When you first leave her before she sleeps, keep on singing but gradually move to another part of the room until she again is content to be left alone immediately upon being put to bed.

In starting the new habit, it might be well to set the time for her nap an hour later in the day and arrange for her to be somewhat more in the mood for sleep. Have her exercise a half hour before the scheduled time for sleep, so that she will be a little tired and more ready for rest.

There should be no excitement of any kind just before the sleep period. During the period, the room must be absolutely quiet and at least partly dark. See that there is plenty of fresh air in the room before bedtime, so that the room will be cool and comfortable for sleep.

CARE OF THE SEXUAL LIFE

When your child enters school at seven years of age, he will almost certainly learn the facts of life in a vulgar and garbled manner. Children gossip. And morbid children like to get in corners at recess and talk pornographically. Girls perhaps are as bad as boys in this respect because they approach such subjects from morbid curiosity, knowing from their more highly developed consciousness that they are sneaking information for which they would hesitate to ask mother.

SEXUAL HYGIENE

In matters of sexual health the parents are the natural advisers of every child. Owing to our traditional attitudes on this theme, parents often turn aside an inquiring child or repel a confidence that would be most valuable to him.

LESSON 9

AIM

To encourage the growing boy's complete trust and win his whole heart when he wishes to talk on sexual subjects.

DEFINITE INSTRUCTIONS

Theodore rushes in from school. "Say, mother, can you spare five minutes?"

Instead of saying, "I'm too busy to listen now, don't worry me," just talk to him as to a grown person, saying, "I'm so interested. I want to hear now, but these three letters have to catch the mail. Let's make an appointment. Suppose we say four o'clock at the sundial, shall we?"

He comes later to tell you a boy at school has spoken pornographically.

"I'm so glad you told me, dear. It's sad that poor Paul spoke that way, because it wasn't funny any more than arithmetic or geography is funny. Paul

shouldn't speak of such private home things at all excepting to his own people. If he does it again, I think it might be well for you to bring Paul to me."

Learn precisely what information was offered to Theodore. Presumably the essential facts have already been given to him by yourself at some previous time; if so, briefly review them and convince Theodore that you know far more on the subject than do his young friends and that he may speak with you about them as freely as about food or clothes.

COMMENTS

When Theodore hears you speak of the four o'clock hour he feels three inches taller. He will punctually keep that appointment, looking most important and confidential, with his sensitive feelings unhurt instead of outraged. Humiliation destroys confidence.

If intimacy in conversation has been established the recurrent interviews can be devoted largely to deepening impres-

sions and prejudices that make for social purity. Mere knowledge of hygienic facts will not save a child from disgrace; there must be a repeated training of sentiment. But a child will not accept your attitudes unless you can capture his interest and confidence by providing him with desired information; hence, a wise parent keeps far ahead of any of his child's companions in sexual wisdom and freely shares it with his child.

If the father is to handle the case he may wish to come more directly to the point, though he will lose an opportunity to give a little very useful information. Sometimes a father is the chief confidant for his daughter. Annabel Radcliffe was thrown into a fit of illness by the downfall of a girl friend.

Father was busy weighing coal when the telephone rang. He was not surprised to hear a voice from his home speak to him, for daughter Annabel brought her father into her affairs as often as possible because he chummed with her so well. "She's sick! What's

the matter? Fever, that's too bad—yes, just as well call the doctor, of course . . . you know what the matter is but can't tell me now! . . . Good-bye."

In order to establish unbroken, unquestioned personal purity in girl and boy from infancy, go yourself each night to "tuck up" Tommy and Mary. Never delegate this task to another. Nurses are sometimes lax in morals and teach evil-doing.

See that the boy goes to sleep lying prone on his stomach. Notice if his eyes are dilated (a sign of sexual excitement). Talk lovingly to him for a minute or two.

"We dream of what we think of last, dear, so suppose you go to sleep thinking of Sir Launcelot, the brave knight we read about today. Perhaps you'll dream you are King Arthur's Knight riding a noble horse out in a great green forest. Wouldn't that be fine?"

Now go to Mary's crib. See that she sleeps with her hands outside the bed-clothes. In cold weather a warm *light*

“comfort” will keep her hands and arms from being cold.

Say, “Mother loves Mary’s hands. They are such clever little hands and will do so many useful things some day. Mother always thinks of the beautiful things Mary’s hands are going to do.”

The child will instinctively thrust them out and think of them as tools. Her last thought will be of what mother has said.

LESSON 10

AIM

To teach a child of five years how to avoid blunders due to irritations.

DEFINITE INSTRUCTIONS

“If your skin irritates, just tell mother. She will look at it and put something on to make it well. Your nails become soiled by playing in the garden. If you scratch yourself you may be poisoned.

“You have a very sensitive skin; you could easily hurt yourself very, very much.”

Speak of the bodily parts together. If you are a fine, wise mother, physical matters will not be subjects of social conversation, so there will be little need to impress secrecy on the children. Teach them it is vulgar to speak to anyone but father, mother and the doctor about their bodies.

Private affairs must never be mentioned outside the home. Strangers cannot be interested, would know nothing about such matters, and might be nauseated by hearing of them.

COMMENTS

This appeals to the desire for good health and is probably always to be preferred to a moral appeal as a basis for sexual hygiene. It is a common-sense point of view and seems effective with thinking children of all ages.

Mother can always look after a child's

health without creating surprise, since she is a recognized guardian of it. From this vantage ground other appeals may be introduced as occasion permits.

At fifteen Roy is exposed to grave temptations. Vicious acquaintances tell him vile fables pandering to manhood's baser passions. These you can contend with.

LESSON 11

AIM

To answer correctly a youth's question as to continence in the male.

DEFINITE INSTRUCTIONS

Roy will ask you one night as you sit on his bed waiting, if it be true that a manly boy must yield to temptation. You will say, "My dear son, the best scientific authorities agree that perfect continence until marriage will not only result in stronger children, but that the

seminal fluid is absorbed into the brain. College work, therefore, as well as athletic pursuits, benefit from continence. You know all athletes in training are forbidden absolutely to indulge in sex intercourse."

Speak frankly, simply and straightforwardly. Do not get breathless or excited. Do not touch on the moral side.

"Then, too, Roy, frightful results may come from even one lapse. Mother knew a boy who yielded after drinking one night with some bad companions. That boy died afterwards with his face a mass of sores and his reason completely gone through syphilis. Bad men will tell you there are other diseases less serious, and in a sense that is true; but gonorrhoea—the lighter form—will return again after it is apparently cured, and may poison your wife, forcing her to lose the whole or part of the genital organs, destroying forever her chance of bearing you children."

In broaching this subject, keep away all sentiment. Be terse, accurate, scien-

tific, not by using long words, but by facts that the boy can *prove*, if need be, for himself. Remember one thing: a young man approaches a prostitute through curiosity and animal craving. There is no love in the matter. His attitude is much the same as when he goes to the circus. Treat the matter in this way. Make your points *clear*:

- a. That sex intercourse is not necessary or even helpful.
- b. That if promiscuously indulged in, it almost invariably induces some form of venereal disease, which will mar his career, maim and disfigure his children and make his wife a mental and physical wreck.

Feel as you would in demonstrating a problem in mathematics, making each point clear and logical.

Then say casually, "I wonder if you'd like to go with father to the museum at Blank Hospital. You can see specimens there of diseased organs, male and female. It is interesting because it makes one

realize that a man may, by self-indulgence, destroy in twenty minutes what took months in a woman's body, and hours of pain so great that it cannot be remembered, to bring into the world. Good-night, son, tell father about that museum if you feel like it. I can't go with you, because men and women may not go in together."

COMMENTS

That "men" sounds good to Roy. You leave him with food for thought, clean cut, easily memorized. By your restraint he realizes that you have given him facts, not mere sentiment, that you are not prolix on sex matters.

LESSON 12

AIM

To deal with the fifteen-year-old girl on the matter of sex indulgence.

DEFINITE INSTRUCTIONS

“Mary, dearest, you are fifteen now, and you are so big you look almost like a woman. I want you to realize that I expect great things of my girl. I want you to be beautiful and fine and free.” Cultivate her self-respect. In telling her of the prostitute say:

“But these poor creatures are rarely if ever normal in mind or physique. They are often neglected, motherless servant girls, or half-starved shop assistants. By the way, that’s one reason, Mary, I always deal with certain stores that I know treat their help rightly, paying them a *really* living wage, and realizing they are women first and saleswomen afterward. You and I are responsible

for prostitutes, if we buy clothes that are made in sweatshops, that is, where no one *could* live decently on the wage paid.”

Let Mary ride horseback, play games, read fine, breezy books, and not pore over sentimental novels. Head off those of her companions who would lend her pornographic literature.

Have the boys at your home. Never show you are shocked at Mary's caprices. Keep her well and plainly fed.

COMMENTS

Here you arouse her pride by giving the social and economic sides of prostitution. You speak of it as of an abstract problem, not as a concrete temptation; by which she will gather you have no fear of her personally falling, but that you think she should know of the existence of such things in order to help with all good women in fighting the evil. All along she feels her co-operation with you, and by the fact that you forbid nothing,

she feels she has girded herself with purity of her own free will.

LESSON 13

AIM

To make the menstruation period an incidental feature of growth and not an illness or an important event.

DEFINITE INSTRUCTIONS

“Your arrival at the age of womanhood has brought an outward manifestation. You may have a slight pain, but more likely a mere discomfort.” Incidentally note: if the pains are really severe, causing vomiting, have the girl thoroughly examined by a specialist. Such pains may be due to uterine retroversion and demand expert medical care. “Drink as much hot water as you care to; have your bath warm daily, only don’t stop long in the tub; and only let the water reach your waist. I needn’t tell my

girl to be extra careful as to cleanliness, for I know how careful she is! If you feel 'achy,' lie down a while on the bed. Don't drink cold water or eat ice cream. There! Remember, it isn't an illness. It's just nature's way of preparing you for the happy motherhood I pray will one day come to you, so you will not complain about it."

Your girl may "pose" a little in order to focus attention. Pretend not to notice anything unusual. You may say, "If you are ill, we will send for Doctor Jones. If you aren't ill, wouldn't you like to help mother arrange the flowers on the dining table? Uncle Victor comes tonight, you know."

COMMENTS

You have diverted her thought from herself—a very important feature in adolescent psychology. You have shown her quite clearly that you aren't "fooled" by her wiles. She will love to help arrange the flowers and enter with anima-

tion into the idea of entertaining the guest.

If you keep the daughter with you as much as possible, letting her comrades be "outdoor types" (if she is good at games these will be her choice), take her to good concerts, and have good books in the home, you will bring her as well as the boys through the difficult years to the time for college with wholesome bodies and a clean record.

LESSON 14

AIM

To teach a girl of ten years some of the facts of "life."

DEFINITE INSTRUCTIONS

"I'm so glad you told mother. Now what you heard was right in so much as the little baby forms part of the life of his father and his mother, but he told you other things that are quite, quite false. If you will come to me this evening

after I have put Mary and Jasper to bed, I will tell you truly all about this wonderful lovely thing. It is such a beautiful secret—all between mother and you, and mother thinks you will enjoy hearing it very, very much.”

“Come over here to me, Caroline; your eyes are full of questions. I think I shall be able to answer some of them at least, before the sun sets. Look, the weather-vane-rooster is turned to gold! And the birds are singing us good-night; and the frogs are tuning up their voices, ready for the summer evening’s music we so love. . . . What is this big, big question that you want to ask mother? Ah, I see. About how all this sweetness comes into the world? Well—it is a story for a spring evening. And I think you will agree with me there is no better nor sweeter story in the whole world.

“In the first place, my darling, I will give you a beautiful thought. Is it not lovely to feel that in one way you and I, and all the people in the world,

are alike. Also that we are like the flowers, the trees, the birds, the dear animals, that we are all so close to each other. That is perhaps the reason we feel such great love for all things, because we all share in this big, beautiful secret mother is telling you tonight.

“For it is a great secret. We do not tell each other about our prayers, because they are secrets between ourselves and the good God. So we must never tell of this secret, for it is between a little child, his father and mother and his God. And God first whispers the secret to a little boy’s father and then to his mother. And out of it comes the most perfect thing in all the world.

“Now, I told you we were all alike, did I not? I will tell you just how it is. Give me that rose—no, not that one, but the one that is withering. Thank you. Now scramble back into mother’s lap. Look! Inside the flower. Do you see this little cradle? You did not know it was a cradle? Well—it is. That is the resting place of the little baby seed.

Outside this little bed are those thread-like stalks with these little—‘blobs’—? Is that what you call them, dearie? Well, that will do. You are too small to learn big names yet. On these ‘blobs’ is this fine yellow powder.

“When this powder is carried from one plant to another plant (very often by a bee) it makes a new baby plant. The flower has pretty color to tempt the bee to come for his honey; and after the little seed is made ripe by this powder (called pollen) it is ready to leave its little bed and wait in the earth to grow up, a new, beautiful plant.

“Sometimes the wind blows earth or dead leaves on it, and it finds a home. Sometimes mothers or little children find it and dig out a home for it in the fresh, warm earth. Poor mother plant can do nothing to help her babies grow.

“Then after it has lain sleeping in the ground a long while, it sends out little sprouts and you run to me and say:

“‘Oh, look, mother, there is a dear little new—whatever plant it may be—

coming up.' Do you not? And this is the sweet secret of the baby flower.

"I told you this spring evening was a beautiful time to tell such secrets. Have you wondered just why the birds sing so loudly and so happily in spring? Well, little heart, it is because they are especially happy in the springtime. Ah—that's right! They are making ready for their babies.

"Father and mother bird work hard to build their little nest. Then mother bird lays her eggs and sits on them, and while she sits on them, father bird brings her food and drink and sings to her his merry songs.

"Do you know that mother bird's body has a little nest for eggs, even as the flower's for her seed? That she needs air and sunshine and food and water to keep her well, even as the plants, and even as you and I.

"But instead of taking her food by roots, like the plant, she takes it as we do, through her mouth. Mother bird builds a nest for her babies, which the

plant cannot do, so when her eggs are ripe, she has a home ready for them, lining it very often with her own soft feathers to make it cosy for the little bird babies.

“Then, after the eggs have been kept warm under mother bird’s soft body, as the tiny seed was kept warm under the good, red earth, the little bird pecks his way through the egg shell and comes out into the nest.

“And now, little heart, we come to the dear animals. Do you remember a little while ago, I told you not to take up ‘Blue Ribbon’ (the Persian cat)? Well, there was such a beautiful reason why ‘Blue Ribbon’ could not play just then. What? ‘She had her kitties to think about,’ you say. Well, I will tell you ‘Blue Ribbon’s’ secret.

“In her body, as in that of a flower or a bird’s, is a soft, warm nest, and in that nest, when she has heard God call through the spring to her, are some tiny seeds which, after long days have passed, become tiny kittens. If you had lifted

her then, you might have hurt those weak little kittens hidden away in her nest.

“And so we come to our own great, little secret. See the twilight has fallen and veiled the hills with mist; the birds’ songs are hushed. I think even the nature things are waiting in reverence while mother tells you this, the greatest thing in the whole, wide world.

“Long years ago, when mother was a little child as you are today, she held in her body, some tiny, tiny seeds. As her mother (now your grandmother) loved her very much, she told her what I now tell you.

“If you want some day to have beautiful babies come to you, little heart, you must love everything that is sweet and good and true. Birds and beasts, trees and flowers, friends and pets, you must love and be kind to all these. You must speak sweet, gentle, loving words and think gentle, sweet, loving thoughts. For, dearie, those little, little seeds within you are acted upon by the way you think and the things you do. And, remember

this always, little heart, as you think every day now, so one day will your little baby think and do. Doesn't that make you want always to be good and glad, so that your little baby may one day be always good and glad?

“For I must tell you, little heart, that in your body is a sweet, warm nest. If you love to play and work and do right things, laugh and be merry all your child time, then this little nest will grow strong, and when God calls a good man to bring you his gift by his love through marriage, you may receive it into a perfect, healthy nest, from which one day will come forth your dear, little baby.”

When speaking to your son, omit part of the foregoing and continue:

“And as God made you to be the Little Knight, you must be always brave and pure and strong, never a coward, never an untruth-teller, but playing well and working well so that one day you may go forth as a grown-up Knight to find the dear lady whom God has found for you, calling through the spring, so

that you may marry her and make her a mother to your little babies.

“And that is why little children only speak of this beautiful secret to their mothers, until the day comes for their marriage, when they live it in truth with wife or husband.

“And now you know why mother loves you so much. She held you in her thoughts nearly all her life; in her hope after she heard the call of the spring; in her body after her knight had made her his lady, by marriage; and while you lay in her body she ate for you and drank for you, of pure, plain foods, and thought for you all the noble thoughts she could think or could find in great and beautiful books, and great and beautiful pictures.

“See, there is a star—one great, beautiful star. Jump down out of mother’s lap, for the beautiful darkness has laid its finger on our lips to close our secret safely, and it is time for little eyes to close, too, in sleep.”

COMMENTS

Be sure to make both children realize the secret is not for other ears. To cheapen a perfect thing is not to be tolerated. If you understand a girl you can find a way to reach her heart and a strong appeal to a manly boy will have great influence.

In approaching sex topics, remember your boy is naturally sensitive. A word in season is sometimes enough. Boys sin mainly through lack of realization.

Let your daughter be with you whenever possible, but do not let her tell you about her "feelings." Let her know the facts of life clearly, scientifically and, if possible, illustrated by pictures in a medical book. Let her regard her approaching maturity as a responsibility to lead one day through marriage to a holy fulfillment.

Do not shirk detail to spare your (pseudo) "modesty." All natural processes are beautiful. If you will try to realize you are teaching your girl a beau-

tiful truth that is the finest and highest thing on earth, you will forever make it impossible for her ears to endure its being treated cheaply or trashily.

With your boy you can largely use the same methods. Tell him of his enormous future responsibility; of all it means that he reach fatherhood with clean hands. Spare no detail. Show him illustrated plates of normal processes and the effects of their violation. Make him doubly your "pal"—as you can do by this confidential talk. Be gentle, and if you show him plainly that you believe him to be naturally fine and noble, he will not disappoint you by his conduct in the coming years.

If the boys and girls are thoroughly examined by a competent medical man who keeps "tab" on their condition from the tenth to the fifteenth year, and he finds nothing amiss, then dismiss complaints by substituting a new amusement or a fresh study calling for really close attention and occupying all their thoughts.

Healthy acquaintance between the sexes is desirable in order that unlovely shyness may be overcome.

LESSON 15

AIM

To save a girl of fifteen from indiscretions.

DEFINITE INSTRUCTIONS

You think Algie was rude to kiss you—or try to—but your arm was stronger than his, and you say you nearly knocked him down! He certainly was impertinent to the last degree. But many girls make themselves cheap to young men, not knowing how silly it is.

“In France girls meet men only in the presence of relatives, and in this respect their social usages are wiser than our own. Even in England, well-bred girls go only to teas, matinées or concerts alone with their fiancés. One rule

for life and happiness—which is health—is: never make yourself cheap to a man.”

COMMENTS

If the daughter heeds your injunctions she can easily sense many possible dangers. She sees her pride will suffer, and pride kept intact is a great protection. You may also tell her that her “looks” will suffer. This will hinder many a normal child from foolish practices.

Let the mental basis be the ground on which all friendships are formed, and the silly self-consciousness that leads to much folly and even ill-doing will be greatly modified.

CLOTHING

DRESS

The dress question as regards health must needs be handled. Flannel next the skin is considered undesirable in all

cases excepting when rheumatism has laid hold of the system.

Cotton next the skin, with flannel, if necessary for warmth, over it, is usually advisable both for child and adult. If bathing and friction be used daily, so that the skin is kept absolutely healthy, there will be less need for muffling up (a most deplorable practice) at the coming of cold weather. At the same time, the children must be kept reasonably warm.

If you wish your daughter to be well and suitably dressed from a social and esthetic standpoint in her grown-up years, do not urge the wearing of unlovely or unbecoming clothes on the grounds of modesty. A very décolleté gown is rarely good form—certainly never good form on a young, unmarried woman. But, let the offered substitute be equally, if possible more appealing, by daintiness and general attractiveness. Girls are made to shudder at the word “modest” on account of its frequent recurrence on the shapeless lips of unbeautiful wives, or

scrawny old maids whose good works' (?) teach them apparently in time to conceal their own lack of attractiveness.

Always make goodness, modesty, true womanliness, appeal by their beauty. There was a time when even health was deemed vulgar, and the consumptive had what might be called a "boom." Now our doctors tell us she is a yellow-cheeked menace, a source of danger everywhere she goes.

Having learned sense and sanity of viewpoint, do let us show the beauty of all fine, sane and lovely things. If you teach your daughter to associate over-décolleté dressing with the jewelry of the ten-cent store, and spooning with the love-making of Bridget and the man who cleans the sewer you will make her desist from the practice. You must associate them with what is socially beyond the pale. She craves success. Vulgarity is not the short cut thereto.

SAFETY FIRST

Many of the ills of grown-up persons are caused by minor carelessness or lack of sense of proportion in childhood's days.

CHILD SAFETY

About half of the pitiful deformities and life-long physical misfortunes are due to children's carelessness on public highways or to preventable emergencies.

Statistics show a ghastly record of children killed or seriously maimed by perfectly preventable accidents on railroads or street cars, from accidentally discharged firearms, from playing with matches or from carelessness in the streets.

You cannot too early impress on your child the necessity of alertness and intelligence in dealing with the preventable dangers of daily life.

You cannot too early impress him with the belief that bravery never con-

sists in taking foolhardy risks. Many accidents result from a child's daring another to do some perfectly foolish thing.

LESSON 16

AIM

To prevent a child of seven from running in front of railroad trains or playing on tracks.

DEFINITE INSTRUCTIONS

“George, you may come and sit here on the little chair in front of me—so; that's right. Now I was grieved to see a number of little boys (and girls too) in your grade at school, playing on the railroad tracks.”

“Yes, 'n they dared me to stand till an engine came up ever so close. But I wouldn't do it because you told me if I did I might get my legs chopped off.”

ON THE TRACKS

“That was right, dear. Now you know when father takes us out in the car, he is very careful to read all the notice boards the railroad people have put up to take care of people, and prevent their being hurt or killed. Also when we ride on the street cars the conductor always jumps off and runs to see if the steam cars are coming before he allows his motorman to bring our car across the track. Now these are all brave men. For a man must be very brave who can take out a car full of men, women and little children, knowing that he has to take care of them all, and bring them safely to their journey’s end. They do not run any risks. They take care. And they heed all the cautions that the railroads put up for their safety and ours when they are taking us on their car.

“If little children, some of whom can scarcely read, are so foolish as to climb over walls and run on the track where

big men do not think of running, sometimes a freight train or an engine with no cars attached, comes along; and a little child is killed or loses arms or legs.

“George, never mistake foolhardiness for bravery. It is brave to bear pain. It is foolish to hurt yourself to show you can bear it; in fact, it is wrong, for it is simply showing off. To dare anyone to do a dangerous thing is wicked, for if the person did it and died, it would be your fault.”

COMMENTS

This point is too hazy in the minds not only of children and adolescents, but of a fair per cent of adults.

Definitions are too vague; and simple facts frequently ignored. It is said by other nations that Americans hold life cheaply. Their own careless disregard of the laws provided for their safety is alone responsible for this very serious and often palpably true indictment.

You can apply the same method in

dealing with street cars. Little children deliberately wait until a car is within some thirty feet, and run across the track, whooping defiance—at death.

We hear much talk of a safe and sane Fourth of July. We do not hear of the many appalling accidents caused by children, of all ages, being allowed to play with firearms. There should be a stringent rule that any gun, whether a long-distance rifle or an ordinary duck-gun, shall be kept in a locked place where the children *cannot* find it.

From their earliest years, you must train your children *never, never, never* to point *any kind of gun* whether rifle or air gun at anyone whomsoever.

While guns are usually kept unloaded, it is a deplorable fact that many a dear friend has been killed by the accidental discharge of a loaded gun, pointed in playfulness in the belief that it was harmless.

No one has a right to endanger public safety by foolhardy play, and the careless use of firearms is the deadliest form

of foolhardiness. You cannot too much press home this most vital lesson.

Matches, again, should be kept in a closed receptacle, preferably a tin case, where they are absolutely out of the children's reach. Apart from the danger of poison—and many a tiny tot forfeits his life by cramming matches in his mouth—one of the earliest delights of a child's life is to strike matches.

Two kinds of matches alone are safe: the Safety and the Bird's Eye.

Grown-up people are unbelievably careless on the question of fire. Women strike matches on the soles of their shoes while wearing muslin dresses. An imitative youngster will certainly try to emulate what he regards as a fascinating stunt.

Another bad habit consists in extinguishing or partly extinguishing a match and flinging it into the waste paper basket. There it will smoulder, and later, perhaps, cause the loss of house, property and even child life. Again it is courting disaster to carry lighted matches

into a dark closet. If you have children, you are bound to take care for their safety. Should it be impossible to have your wardrobe closets electrically lighted, then carry an electric torch. Carelessness and children cannot exist in the same house without courting disaster.

Bonfires are a never-failing source of delight to children of all ages, but they should be enjoyed under direct, responsible supervision.

All children should be taught that if their clothing should at any time catch fire, they must at once roll on the ground, and have a heavy coat or rug wrapped around them.

LESSON 17

AIM

To teach fire drill.

DEFINITE INSTRUCTIONS

IN CASE OF FIRE

“Now we will practice fire drill. We will suppose that the house has caught fire. Gertrude, throw yourself on the floor. James, wrap that rug around Gertrude. The staircase is in flames. What shall you do? . . . You aren't sure? Well, I will tell you. You must make a knot in the corners of the sheets or blankets you take from your beds, this way, both so; then knot these ends the reverse way, that is, away from you, and pull them tightly as you can, so that, after tying them to the bed-post, they will bear your weight. Before lowering yourself out of the window, throw out both bedding and mattresses.

“ If you should have to go through a space filled with smoke, crawl on your hands and knees; the air is clearer the nearer you get to the ground.

“ If you should ever be in a high building when fire comes, go to the window and *wait* for the hook and ladder men. *Never* jump out. If the ladder should not be high enough to reach you, the fireman will throw a rope, which you will tie to the bedstead as well as you can, and lower yourself by it, as you would have done by the sheets or blankets here.

“ If, when you are older, you should stay alone at a hotel, always, on your arrival, find where the fire escape nearest your room is situated. Then in case of fire in the night, you could go out quietly and safely instead of losing your way in a panic.

“ If you should ever be in a church or theatre when the cry of ‘ fire ’ is heard; *keep your seats as you value your life*. In the history of fearful fires, few people are recorded as actually being burnt

to death. They are killed in the rush to escape.

“Keep your wits about you. It is self-control all the way, dear, as I have always taught you. Don't waste energy in crying or screaming, Gertrude. And think about the other fellow, James, holding him in his seat if necessary. In this way you will surely be rescued. Now, fire drill is over.”

COMMENTS

If you have taught your children self-control from the beginning, if you have made them watch themselves in the little things, when the big experiences come to them, they will not fail in coping with each difficulty.

It is hoped you are not one of the many women who, to save ten cents, cleans her gloves at home, instead of sending them to the cleaner's. This necessitates the use of gasoline. Gasoline is not allowed to be kept in garages, except in a separate building. Yet many



women keep it—in small quantities, it is true, but nevertheless keep it—in a living-room where children play and where the merest accidental air bubble in the glass of a window might cause a serious conflagration.

Emulate the European housewife and economize rationally by avoiding the wilful waste in things which are thrown away in your garbage pail. Do not economize in those things where the alternatives are hazardous, the possible outcome disastrous.

SAFETY FIRST

Use safe disinfectants such as chinosol or sanitas; never crude carbolic acid, lysol or other virulent poisons. Never keep "Rough on Rats" in a home with little children. Some day you will forget.

Be very careful to teach children how to use elevators at hotels or department stores. *No child under fifteen should be allowed to use the automatic elevator.*

Wait for the elevator to stop before



alighting or entering it. It is dangerous to try to enter an elevator after the operator has begun to close the doors, as the power starting the elevator shuts those doors. Hideous accidents occur this way.

Do not touch the mechanism. It is the operator's job, and to interfere with it is not minding your own business—a rule you have made inflexible in dealing with your children.

When the children go out rowing let them understand that people who know about boats keep still. Let them realize that it is bad form in an athletic sense to move about in a small boat. Do not be fussy over it, or nervous in your manner. Be a "sport" yourself and tell them as a sportsman that what is safe and sane is truly sportsmanlike.

When the children go fishing, do not let the fact that a fish has "bitten" cause them to lean over the side of the boat. Never let them stand up when fishing from a boat.

Finally, in the matter of boating, no

one should be allowed on the water until you are assured of his power as a swimmer, clothed and otherwise. For the sake of your own nerves, insist on each child being able to swim *well*. Then camping and river parties will cause you fewer grey hairs and less responsibility.

Crowded city streets or highways and racing motor cars are fruitful sources of accidents. Teach your children caution.

LESSON 18

AIM

To teach care in crossing streets.

DEFINITE INSTRUCTIONS

CROSSING A STREET

“You want to be like grown-up people. Well, they look most carefully before they cross the street. If you see people rush after moving cars, or taking

risks, they are small-minded people who value themselves little, and are therefore not greatly valued. People and life take us at our own valuation. That is, if we think ourselves precious, others will agree with us. Now you are precious to yourself, because one day we hope you will be a great man and good man; you are precious to father and mother who are trying to help you grow into a great and good man. So you must take reasonable care of yourself, when you are where you might, if you were careless, be hurt.

“If the streets are slippery, be careful how you walk. If you see a banana or orange peel, kick it in the gutter where it can harm no one. If you are in the city, cross by the regulation crossing; that is, where a traffic officer takes people safely across the streets.”

Teach your children to look most carefully in each direction, for some “joy riders” evade or ignore traffic regulations, and never to cross the roads or streets if they hear the fire department

or ambulance, even in the extreme distance.

COMMENTS

So much does the city strive to care for the pedestrians, that no compensation will be paid to persons injured crossing the streets at any but the prescribed places.

Only the foolhardy waste or risk life and limb unnecessarily. If, in any walk of life, we hold ourselves cheap, we suffer. In the accounts of street accidents, the victim is, in ninety-nine cases out of a hundred, an habitually careless person.

A cool head and steady nerves will come out on top all the time. See that you insure them in the matter of preventable common accidents.

No success is possible for your boys or girls unless they be absolutely healthy. They will be shunned and despised by their mates, overlooked by employers, a burden to their family, and a source of misery to themselves.

Never discuss your own health in the presence of adolescents. Indeed it should be made penal for women to sit and compare operations. Occupy your girl's mind from morning until night. If you allow "nerves" to creep in now, you are running a grave risk of maiming her future success in business or married life.

By this is not meant that a real physical pain is to be called a "growing pain"—growing pains are rheumatic pains—but to be very observant that her quickened imagination is not seeking to focus attention by means of some slight discomfort or purely imaginary ailment.

It is well to watch a girl of fifteen years so that you may guard against anemia. This will be indicated by pallid, puffy face, colorless swollen lips, general listlessness and an "always tired" condition. Anemia demands perpetual fresh air and good food and the constant attention of a physician, as it may lead to tuberculosis or other serious disease.

Dancing classes are splendid for developing graceful, well-poised bodies in

young girls. So also are gymnasiums. Fencing is admirably adapted to the acquisition of agile movement and acuteness of perception. Only be sure the dancing classes are conducted in well-ventilated rooms, that the gymnasiums are kept clean and well-aired.

Swimming pools are excellent, but they are best patronized when semi-private in character, such as those connected with the Y. M. C. A. or Y. W. C. A. There is great danger of infection in the public swimming pool, the water of which is infrequently changed.

LESSON 19

AIM

To impress on children of all ages the danger of the public towel and drinking cup.

DEFINITE INSTRUCTIONS

USE OF TOWEL

“ You saw me take our own towels to town, yesterday, when we spent a day

shopping. There is danger even in using any one else's towels in our home. One of us might have pimples or a sore eye. These could be given to others.

“ But in using towels at a department store, lavatory or public toilet, there is grave danger. People go there suffering from loathsome diseases and these can be given us by using dirty or half-cleaned towels.

“ Also, never sit on the seat of a public toilet. Turn up the wooden part, wipe the china with paper, pull the water to flush the pan, then use the toilet. There is danger of the ‘plagues’ and also of loathsome insects called pediculi which infest people's linen and bodies if they are not cleanly in their habits, and which could crawl on to you.

“ You cannot be too careful in these things. Mary, never use another girl's powder puff, or above all, one in a public place.

“ The idea is disgusting, but I have seen some refined women do this thing, so I warn you lest you follow their example.

“For the same reason as I taught you when you were small, never eat after each other, or use each other’s fork, spoon or glass.

“Public fountains are fairly safe, as they have no cup. But of course a public cup is unsafe and must *never* be used.

“When we go out for the day we always take paper cups because they can be thrown away after using and can hurt no one.

“If we always keep our teeth and our mouths clean, never wear soiled linen and are scrupulously clean in our persons, including nails and hair, we are less likely to hurt others and much less likely to suffer ourselves from the carelessness of others. Will you try to remember what mother tells you?”

COMMENTS

By cleanliness comes health; by it also is health retained.

If the bowels are kept well open—not by cathartics but by well-chosen laxative

foods; if regular defecation be insisted on from the days when your little child is placed on the utensil on rising each morning; if the teeth receive regular attention; if, as we have indicated, the life lived be simple, active and wholesome, you will have little trouble in maintaining discipline in health and other matters.

See, therefore, that you keep your house airy, your children happy, clean, wholesomely fed, and yourself sane and calm, realizing that by the way of prevention we reach the palace of health.

Keep in a *locked* closet:

- a. Antiseptic cotton, bandages, sharp scissors.
 - b. A clinical thermometer.
 - c. "Nuskin," iron styptic, peroxide of hydrogen.
 - d. Syrup of figs (simple laxative), syrup of white pine (simple remedy for coughs and colds),
- and not an amateur pharmacopœia. If there is a rise in temperature above 99.8 send for your family physician. If there is a symptom you don't understand, or if

the girl or boy seems "queer," send for your physician. Do not use patent medicines. Do not talk to Mrs. Jones and ask her what she would do. Do not talk about your family's ailments to anybody but the doctor. It is his business and he is to be consulted and his instructions obeyed. Do not make the coming of the doctor an occasion for alarm. He is no "bogey" man; he should be one of the family's truest and best friends. If he be a really fine type of man he is able by his calling to achieve the very heights of success—knowing, as he perforce has to do, the very depths of human nature.

Many such doctors there are, and it is for you to find a really competent physician to look after the physical well-being of your little brood.

TEMPERANCE

Since the creation of the world, there has been no tyrant like intemperance, and no slaves so cruelly treated as his.

—*William Lloyd Garrison.*

TEMPERANCE

As love and self-respect are the pillars of the home life, so intemperance is the certain destroyer of the home, attacking as it does the very fabric upon which it rests.

Very many people imagine temperance refers to abstinence from, or moderation in drinking spirituous liquors, beer or narcotic drugs.

It is possible to be intemperate in words or actions. For example, Mrs. A. declares "she simply raved about a certain play." If she did she was insane. Or Miss B. plays tennis immoderately; that is, to the detriment of her health, her time or her money. If so, Miss B. is intemperate in action.

You teach your babe at the breast to be temperate when you feed him at the prescribed time only, and not every time he screams or cries. You teach him in-

temperance when you give him a pacifier to keep him quiet, or teach him the habit of sucking his thumb.

LESSON IN TEMPERANCE

If you wish to teach temperate (moderate) habits to a four-year-old child in respect to eating candy you may say, "Andrew, here is one chocolate. You may have one now, one after dinner, and one after supper." If he clamors for more, *do not give it*. Children whose jaws are continually working on candy or gum are preparing the way for the cigarette and liquor habit in after years.

If your child eats candy until he is sick, he is certainly intemperate; that is, he has indulged appetite at the expense of reason.

At this early age he is not to blame. You are his conscience until he attains his seventh year. It is for you to form the habits by which he will be controlled; for you to choose his ultimate master, intellect or appetite.

WARNINGS

You know of some failing in the family—a tobacco-ridden grandparent or one whiskey-obsessed. That being so, you realize you have hereditary predisposition with which to contend, the tendency he brought with him into the world. This tendency must be overcome unless your child is destined to poverty, disease and shame.

A fruitful source of over-indulgence in young children is the prevalence of “penny” candy stores—“school stores” as the children call them.

“Penny” stores surround the school buildings. The Jenkins school is on the corner of a block. A “penny” candy store is located on each of the intersecting streets just opposite the two entrances of the school building. The children are permitted to be on the street during intermissions. At recess time and before and after each session of school these stores are filled with children who are buying a cent’s worth of candy (so

called), a taffy apple, a dill pickle, or a penny toy which lasts from five minutes to two days. The clerk in a bakery store near this school said, "We sell our stale goods to the school children!" Like the candy these stale cookies, doughnuts, etc., are eaten between meals with unwashed hands.

Among the fourteen hundred pupils are always enough leaders, whose parents are careless of results, to keep the fashion going of buying "penny" products. What should be done about it?

At the Parent-Teachers' Club, the mothers should be reminded of the evil effects of this intemperate habit. If the pennies are not furnished to the children the stores will naturally close.

EXAMPLE

Mrs. B. told her boys that they must not eat some very old candy-men dressed in tarlatan, which had hung in the attic ever since they were stripped from last year's Christmas tree. Not long after-

ward one of the boys came to her and said very seriously, "Mother, I have something to tell you. We ate the candy-men and threw the clothes out the window into the back yard."

Mrs. B. thought hard for a moment and then said, "Well, you have eaten what you wanted—*no dessert* for three meals—breakfast not counted." The boys did not complain the first meal nor the second, but by the third they had begun to wonder how much longer they would have to go without dessert and asked if breakfast couldn't be counted!

Mrs. B. says she had no more trouble with her boys about eating "forbidden fruit."

Wholesome candy, bought or made at home, should be furnished to the children after their meals. The penny toy should be boycotted. Americans need to be trained into the habit of demanding real worth in exchange for money.

Show the child the wisdom of saving "pennies" and putting them into a savings bank. Say to him, "What toy can

you get for a penny? How long does it last? Your money ought to pay you better." Name things father might buy but refrains from buying because there are better things he wishes to buy.

When you use flavoring extracts, use the best. That way only lies safety.

SMOKING

From the point of view of the average boy, there are a few arguments in favor of smoking. The fact that as many boys smoke as actually do is sufficient ground for this statement, regardless of what some *adults* may think of those arguments.

Since competent authorities on health—those who know—tell us that the use of tobacco by boys under eighteen is harmful, we are justified, of course, in strongly combating the habit of smoking in our children. But it is the method of combating it that especially interests us here.

THE WRONG WAY

Students of this Course will know better than to approach the subject as so many, untrained parents approach it—somewhat in this fashion: “I simply can’t see for the life of me why you want to smoke, John. It just worries the life out of mother.” This method is utterly wrong.

Confidence *always* is the basis of influence. One of the best ways of gaining or keeping a child’s confidence is to show him that you see things from his point of view. Most parents, by their method, shatter the very basis of control over their children in regard to smoking. The tendency is simply to give one hard blow after another to the whole idea of smoking without any “ifs” or “ands” or modifications or any admission whatsoever that the boy has any points in favor of it. One undesirable result of this method is that the boy considers the father or mother blind, narrow and unable to see two sides to a proposition.

The other, more disastrous result, is that the parent, in the boy's estimation, has exaggerated a fact which actually shakes the boy's faith in the parent.

If we try, can we not easily see the boy's side? Compare what the boy is told with what he sees. He, perhaps, is told that the poisonous nicotine from cigarettes may make him blind, that there is a terrible disease of the eyes which rapidly becomes incurable; yet, he has never seen anyone who is blind from smoking. He is told that smoking makes people deaf by causing catarrh of the middle ear; yet, he has never seen anyone deaf from smoking. He is told that many people die from tuberculosis brought on by smoking and yet he quickly thinks of someone who had tuberculosis who never smoked and, above all, he sees daily dozens of persons on the streets who smoke and seem to enjoy it and he doubtless reasons that in the world there must be thousands who smoke and enjoy it, with apparently no bad results.

With these conditions in mind, it is

obvious that parents should guard against exaggeration and be exceedingly conservative in their statements concerning the ill effects of tobacco. It is true that the use of tobacco slightly handicaps not only the physical, but the mental and moral development of boys; yet we should avoid making too broad statements relating to the harm of it.

Instead of telling the boy we can't understand why he wants to smoke, it is better to assume the opposite attitude that we understand the situation perfectly. Let him know at once that we have analyzed the whole proposition into its simplest terms. We know the chief reason why boys start to smoke, we know the next to the chief reason, we know a third reason why other boys do. We know the points in favor of smoking. We know the points against smoking. We know there are temptations. We know how a boy without smoking can become the most admired young man in a community. This is the proper attitude.

INDUCE A RECEPTIVE MOOD

When a boy is caught smoking or doing any forbidden thing unawares, it is best not to begin to scold him at once but simply ask him in a low, confident tone to come to you. When he comes, don't ask him why he did it, because this suggests that you don't understand him. Talk calmly about something that interests him in order to put him into a receptive mood. By this is not meant a lengthy talk about something irrelevant to his offense but a simple statement or preferably a question or two addressed to him in a slow, calm manner, which indicates that you are in a proper mood for conversation.

After you have talked on something irrelevant long enough to be sure that your boy is in a reasoning mood, then you may, in the same calm manner, ask a few questions about the companions who furnished the tobacco—where they secured it—what kind of tobacco, etc. Simply talk in a natural way.

THE PROBLEM ANALYZED

This same method, of course, should be applied whether you have caught the boy smoking or simply have learned that he has smoked and wish to approach the subject. Do not contradict any of his statements at all. Agree with him in practically everything he says. Even though he says something which you are tempted to contradict, be silent for a time rather than openly contradict it. Remember, your object is to get him started to agreeing with everything you say, and this can be done only by agreeing with him. Some time after he has made a statement, you can contradict it without seeming to do so or in such a way as not to create any antagonism.

Boys from twelve to fifteen acquire a taste of smoking for precisely the same reason that they are anxious to wear their first pair of long trousers. *Pride* is the chief instinct involved. They want to be like men. Next to this strong appeal is that of *sociability*. Your boy feels

that he must "do as the crowd does," if he would be sociable. There is something unpleasant about being in a group of people who are doing something which you alone are not doing. *Pleasure* in doing the act is a third reason why boys want to smoke. They see business men smoke with every sign of enjoyment and the smell of the smoke of a good cigar is alluring. Then, too, after the habit has started, not only do boys get pleasure out of having smoke in their mouths but even the muscular movements of the hand and fingers in holding the cigar or cigarette become habitual.

It is quite obvious that with a boy whose smoking has become habitual—especially after he has practiced the habit long enough for his system to seem to demand it—it is necessary to set up some very strong substitute in his mind. That is, his time must be literally filled with positive thought along some new line. For example, it would be an excellent idea if he could visit for at least two or three weeks in some entirely different

environment, away from his former associates. If possible, get him interested in some new line of work. Talk with him very frequently about this work. Buy a book of information on the particular subject in which he is interested, talk over with him a few important points in this book and in every way show your willingness to co-operate with him.

GAIN CONFIDENCE OF COMPANIONS

Co-operate not only with your own son but with each of the individual boys with whom your boy associates. Invite them to your home for "eats" and a jolly time. Don't preach to any of them but aim first to get their confidence. Make them think of you as their best friend. Get them to respect you and your views. As they visit your home from time to time, make it a point to get close to them, especially to the leaders of the group. Through the medium of their individual interests become more and more confidential and friendly with

them. This is the only method by which you can hope that your wishes will be taken into account at all.

The idea of making oneself "solid" with the group applies not only to the mother whose son has started to smoke. Remember, it is far easier to prevent a habit than it is to break it after it has started, so if you are not at the present time considered one of the best friends of your boy's chums, you have a very definite and practical duty before you.

Many wise mothers have been responsible for keeping not only their own daughters straight but the daughters of a great many other mothers by simply opening up their homes to the girl friends, offering helpful suggestions and incidentally supervising their various amusements.

A USEFUL PREJUDICE

With a boy under ten years of age, it is well to create a prejudice against smoking in the 'teens. The most effective way to do this is simply to take

advantage of concrete cases as they arise. For example, a youth of seventeen or eighteen years commits some offense for which he has to be sent to a reform school. You may say, "I feel sorry for that fellow. He used to be liked by everybody until one day a couple of fellows got him started to smoking. He had never been taught by his parents to say, 'No,' and at the time he thought it was smart. After that it was harder for him to study, he didn't care how he looked and people didn't like him nearly so well. I understand he has to go to the reform school for two years for doing ——. I certainly feel sorry for him."

Don't generalize. Don't say, "That's the way it always goes when a boy smokes." As a matter of fact, that would greatly weaken the effect of the related incident. Simply cite the case for what it is worth, giving only the facts. The boy will make his own conclusions and the very conclusions you want him to make if you give him a chance.

The method just suggested may be used so long as the boy has not started to smoke.

HOW TO START AND MANAGE A TALK

If your son has started to smoke, make it a point to talk to him sometime when he is not busy. Suppose he has finished his breakfast and has taken a chair to rest a few minutes. This would be a good time to talk with him. You might start out by some such words as the following:

“Harold, I’ve always found you a pretty good fellow to reason with. I wanted to get some of your views on the matter of smoking. Have you carefully considered all the points for and against smoking and decided it would be best for you to smoke?”

The words here suggested will make a good setting for your talk. Without exaggerating, you flatter him by your simple statement that he is a good fellow to reason with. In the rest of your talk,

he will try to live up to this reputation and not be too one-sided in favor of smoking. By your frank admission that you want to get some of his views also, you show him that you are broad-minded enough to consider two sides of a question, and this will be a further reason for him to be reasonable.

LET THE BOY EXPRESS HIMSELF

After asking him if he has carefully considered all of the points, you should give *him* a chance to say something. A great fault in so many interviews with children and especially with adolescents is that the parent does too much of the talking. Let your boy express himself frequently during your talk. In fact, it really would be better not to call it "your talk" but rather *a conversation*. By getting your child to express himself, frankly, you readily can tell when you have made a statement which did not appeal and can then modify it to satisfy him.

Be very sure that you make no statements which he could possibly object to on the ground of exaggeration. Be conservative. Grant all the advantages which he and you can think of before you attempt to enumerate with him the disadvantages. Remember, there will be even more gained than lost by mentioning some advantage in smoking which your boy had not thought about, because it will gain the boy's confidence in you and he will be more likely to give consideration to the points of objection to the habit. Get him to pass his own judgment as to whether there are more advantages or disadvantages to the habit.

If your boy agrees with you that it would be a good idea to quit smoking at least for a short time as a trial, pay strict attention to his physical well-being. Give him light, attractive meals. Encourage him to drink a great deal of water between meals, to rise and retire early and to protect his eyes from strain of any sort. Arrange that he have frequent baths, with a cold shower or rub-down

to follow. See to it that he takes plenty of éxercise in the open air. Laugh with him a great deal and keep him as happy as you can all of the time. Commend him for doing things as often as you have opportunity. Aim to make him so happy just after he stops smoking that he will say to himself, "It pays not to smoke."

Direct his thought as far away from smoking as you can. Fill his mind with fascinating ideas which you want him to think about and carry out in the future.

DRINKING

LESSON 1:

AIM

To cultivate an aversion to strong drink in a seven-year-old boy.

DEFINITE INSTRUCTIONS

"Yes, Allan, I expect you were frightened. That man had taken whiskey and he was intoxicated. He did not know what he was doing."

Tell enough of a neighbor's disgrace to impress a child without over-emphasizing repulsive details. Hold Allan spell-bound with the brief story and teach him in the final remark that the cause of the trouble is liquor.

Older children may be told:

“Drink not only robs people of money and happiness, but it makes them incurably sick. Blindness, paralysis, insanity, all these are frequently caused by liquors, and doctors tell us that no good can come from their use. They never ‘strengthen’ people as old-time physicians taught; they are just slow but certain poison.”

COMMENTS

Modern physicians agree in the opinion that there is no good in any liquor that cannot be found in a harmless substitute.

To describe an extreme case which the boy knows to be real is an excellent method to get him thoroughly disgusted with the idea of drinking. It is the well-dressed young man in any community

who appears to be a sport and who is known to drink in moderation that exerts the strongest influence upon a youth.

The best method of cultivating an aversion for strong drink in a child of any age is that of describing extreme cases, showing unfortunate results in the form of cruelty to wife and children, etc., without moralizing in the least.

A child whose ancestry included several hard drinkers was told by his mother to inhale at the same time the fumes of whiskey and ether. The child subsequently would vomit whenever he smelled the fumes of spirits.

AN EFFECTIVE LESSON

“I read in the paper this morning that John Doe was taken to the State Hospital for the Insane last night, mother. That’s the end of him,” remarked a boy to his mother.

“He was the first physician we called to our home. He came when you were born, Garrett. Sixteen years ago he had

a steady nerve and most remarkable skill in handling patients.

“He was two years out of college. I heard yesterday that he has been a secret drinker since he came back from school. No one ever saw him drunk on the street, but he has been found dead drunk in his office. It seems nothing could save him. His remarkable skill has always brought him a lucrative practice, but he’s a bankrupt now. Last week his house was sold, his mother and wife go back to the farm. And now he goes to the insane asylum. Terrible! Terrible!”

“What made him do it?” asked Garrett.

“Heaven only knows! If anyone knows what liquor does for a man, surely it is a doctor. I suppose it was the first glass that blinded him and he never saw what was before him.”

REPORTING INCIDENTS

Tactful rehearsal of an incident is a fine lesson in abstinence, especially if it follow a visit to a state hospital. The

sights there, the information given by those in charge of such places, will cause some big, positive thoughts and resolves against alcohol to be recorded in your boy's brain.

If a boy is attracted to liquor, it is small use to preach its ill effects; show him the human document—the shambling, blear-eyed, broken-down, dirty reprobate without a cent, who once owned (and lost) an office building. Tell him this man was upright and handsome “like father.” It sets the boy thinking.

He realizes that you and statistics speak truth.

FATHER'S EXAMPLE

Let your boy see his father “turn down” proffered liquor. He will probably do it lightly, half jokingly, “Me for the water wagon. Can't take such things.” “Nothing doing.” “Doesn't agree with me.” All these are final refusals in that there is no getting by

them. Lightly spoken, they arouse no opposition. The temptation is side-tracked; the boy is shown that manly men who drink respect truly manly men who abstain.

To make yielding as hard as possible, rob liquor of every advantage. Get the facts and tell them:

“You have been told that a ‘good mixer’ who gets on in the world has to drink. It is a big mistake. The old days of traveling or advertising men who made sales by buying drinks are over. Nowadays the big firms will not employ men who drink. The reason is economic. Big money is not wasted on erratic workers.

“The newspapers—once notorious for drinking men—now ‘fire’ a reporter for a single offense. Employers recognize that no business is safe in the hands of a man who is liable to be intoxicated when most needed.

“Hotels demand sobriety; the humblest kind of help has no chance unless temperate. When half the automobile

accidents are due to drunkenness on the part of owners or their chauffeurs when driving, the latter have to show a clean sheet to obtain a job. The railroads in all branches reject drinking men. So you see, son, on the practical side it's 'Success Versus Booze,' as father said last night."

Tell a boy such facts as he can prove for himself. That is the crux of your teaching. Have all data handy for verification, that is, statistics of accidents, etc.

Tea and coffee taken in excess affect the mind. Many a woman who would shrink in horror from nicotine (tobacco) is herself pronouncedly neurotic from caffeine or theine (the drug stimulants in coffee and tea). Weak China tea, freshly infused, never allowed to stand or stew, is comparatively harmless. Green tea is artificially colored and is highly poisonous. No tea or coffee should be given to children. Give them simple drinks that will help them to grow.

The very best and finest boys in the

land are total abstainers as well as athletes and fine scholars. These are the chums for your son. Tell him how Jack London quit booze, directly he felt his genius quicken within him, and started to make good. It is just the spectacled weaklings, too effete or stupid to play games, who affect a spurious manliness by mocking men's vices—veritable “sissies” at heart, borrowing money from wives or mothers sooner than do honest work.

There were, according to recent statistics, over 310,000 feeble-minded and 160,000 insane and epileptics in the states; and these are largely recruited from the army of tobacco fiends and liquor drinkers.

The world's champion boxer attributes his success to his life-long abstinence. Marksmanship is dependent on the perfectly cool head and steady hand of the non-drinker.

Do not give boys or girls pious biographies of sickly weaklings who preached or practiced temperance. Give definite

facts of dead or living men of intense virility, sportsmen, athletes, boys' heroes in every sense of the word, who were also abstainers. Substitute the Blue Book for the old time goody-good pamphlets. Robust men and those abundantly humorous, fine, too, morally, preach temperance by their daily lives. Tell your boy the following story:

EXAMPLE

“ Well, hello! Fred Clapp, as sure as I'm alive! When, where from? Tell me? ”

“ I just came in over the Burlington. I have a furlough for six weeks. Then I must go to Panama. ”

“ What? Panama! What were you doing down there? ”

A MAN WHO STUCK

“ I'm Third Assistant Engineer in the Canal Zone. ”

“ You! Is it possible? Tell me. How did you make it? I haven't seen you

for twenty years, when you were physical director at old Southwestern.”

“After you left I took an engineering course and began to climb. That’s the long and short of it.”

“And you’ve had no trouble to make a name and place for yourself?”

“Well, no. Only one thing. Queer—but I was just going over the facts this morning; at Southwestern all my pals were straight and never touched liquor. Since I’ve left there I can count fifteen men with whom I have been closely associated who have gone down with drink.”

“And you’ve stuck?”

“I’ve stuck. I’ve had the fight of my life trying to hold up these fellows and to take care of myself. I’ve stuck. If I hadn’t I know where I’d have been.”

In this case a man conquered simply and solely by force of will, by fighting booze all the time. This way spells success and the boy who desires the big pay check can get it quicker by traveling the no-liquor route than in any other way.

All that you can ever hope
to be of good to any nation
London - 1840



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