

THE HYGIENE OF SLEEP AND RELAXATION

SOME SOUND ADVICE TO HOME-MAKERS AND BUSINESS WOMEN
ON THE SUBJECT OF THE PRESERVATION OF HEALTH

"It is not insomnia, I do not know what you call it," said a tired-looking woman who had just detailed her symptoms to the patient family physician one day last Summer. "Can't you give me some medicine that will make me sleep?"

"I can, but I will not," replied the doctor tersely. "You do not need a sleeping potion. You are not in physical pain and we must get at the root of the evil. How many hours do you spend in bed?"

"Oh, I don't know," answered the woman vaguely.

"Well, what time do you retire?"

"About 11. It is that hour before the room cool off, so we stay out on the porch."

"Do you go right to sleep?"

"Yes."

"And what time do you wake up?"

"Oh, just as soon as the light breaks. That spoils it. I don't get another wink of sleep." The physician's face cleared.

"Have you shutters on your bedroom windows?"

"Certainly," answered the woman with wide open eyes. What has that to do with it?"

"Close the shutters and keep the sunlight out and you will learn for yourself," said the physician rising to take his departure.

The woman did learn that she could sleep until 7 or 8 o'clock if the light was not streaming into her room, and herein lies one of the secrets of fitting out a Summer sleeping room.

If ever a woman, young or old, should give thought to the planning and furnishing of her bedroom, it is in Summer. Particularly in this time of the woman who stays in town through all the hot weather season. In Summer the necessity to have less resisting power than in the bracing cold weather, and time spent in soothing the mind and body is never wasted.

However gaily a girl may deck her room in Winter, Spartan simplicity should reign within its four walls in Summer, and this should be taken into consideration when the Spring house-cleaning is accomplished.

Carpets should be removed and the floor polished or painted so that the only cover needed will be a small rug before bed, bureau and washstand. Grass fiber rugs are particularly healthy. Painted walls are the ideal finish for a bedroom, but if paper must be used, that having a washable finish, such as is employed for the walls of bathrooms, is the most desirable, as it can be wiped off with a damp cloth.

Furnishing the Bedroom.

If two girls occupy one room, let each have a bed if it is nothing more than a cot. If the white iron twin beds are beyond their purse, get two of the plain hospital cots with iron frames and hard mattresses which have neither head nor foot and which may be placed on either side of the room, like divans and fitted according to girlish fancy. A cot of this sort may be bought for \$5, and the price of the mattress will vary according to the quality of the filling, whether it is cotton, hair or one of the new patent fillings so extensively advertised. Linen, crash or denim, with scalloped edges bound in flat braid makes ideal covers for this Summer couch, and the girl who spends money on her own room can make no better investment than in a very light, fluffy all-wood blanket and a down comfort. Heavy covers like an already exhausted frame and all cheap coverings are heavier than higher priced goods. That is particularly true of uncomfortable or quilts.

It is hardly necessary to warn girls in this day and age against the feather bed, but any girl who is addicted to the habit of burning herself in a mass of feathers should register a vow to break the habit in this Summer of 1905.

Do not litter the walls with trinkets which you collect on trips to beaches, or dance fairs and souvenirs of various sorts. With the windows open they gather more than the ordinary complement of dust, and dust is a germ dispenser.

For Summer a pale green or a soft blue is the ideal color for south rooms, and a figured wallpaper is never restful to the eye, however its prettiness may appeal to the housewife. If a figured paper is used the pattern should be simple, and, if possible, self-colored; that is, pale yellow on a deeper ground, or vice versa. Geometrical figures are more trying to the eyes than graceful sways of flowers. For the north room yellow or softly toned rose is a desirable shade.

Various Health Hints.

If the house is not supplied with shutters (and few of the modern city houses are) a girl can choose one of two ways for darkening her room. She may have in addition to the white or ecru shade a dark green Holland shade which will effectively close out a box in which she plants some fast growing vine such as morning glory. Or if she wishes to have it held over from one year to another, try can be substituted.

Physicians agree that cut flowers are not healthy in a sleeping room. It is a great temptation for the city girl who goes out on a half-holiday or Sunday trip in the country to keep a bowl or jardiniere of flowers and shrubs in her room. It is more sane, however, to let her carry these into the bathroom or set them on the fire escape over night. The flowers themselves will stay fresher for being taken to the room at night.

Do not burn any more gas in your bedroom than is absolutely necessary. Gas absorbs the oxygen and you need all you can get of this precious health-giving factor in Summer. Lamps, especially when the oil burns low, give forth an odor that is positively vitiating. For the little light needed to retire at night a candle gives the ideal Summer illumination and it is particularly pretty as a bedroom ornament when set forth in one of the dainty china sticks which come to match all the popular bedroom fittings.

Bedrooms should not only be aired thoroughly during the day but at night perfect ventilation should be secured. If there is only one window, the door should be left ajar and the window raised at the bottom and lowered from the top, creating a strong current of air. A low screen may be placed just in front of the door to secure privacy, and this will not interfere with the ventilation.

Running water in a bedroom is a convenience, but it also harbors germs of danger. If you have a stationary washstand, leave a little water in the bowl at night and spread a damp cloth over the top of the basin, covering it completely.

So much for the furnishing of the Summer bedroom in town. A girl who goes for the Summer to some resort with its tiny hotel or boarding-house bedroom, is in some ways less fortunate than her city sister. On the other hand, the girl who goes camping is right in line with the fad for outdoor sleeping, which is said to be an almost certain cure for incipient tuberculosis. A city girl who is threatened with this dread disease, and who could not afford to leave town, had the second story porch of her own home screened with Japanese porch curtains and her bed moved out into the air for the Summer. She continued to sleep thus every evening until cold weather set in, and the cure was complete.

Next to the furnishing of the room,

the mental and physical condition in which a girl retires has much to do with the quality and quantity of sleep which she enjoys during the night. She should never retire with a weight of small worries and irritability on her mind. Neither should she realize that she is hot and dusty and physically uncomfortable. The little time which she takes to soothe her nerves and her body

should shut herself in her own room and give strict orders that no one is to be admitted for at least half an hour. The regime which she considers necessary for her growing child includes the daily nap. It is none too good a habit for the busy housewife.

A girl employed downtown probably has no couch or easy chair on which to snatch the mid-day rest unless she

belongs to one of the working girls' clubs. But she can relax even in her office when everyone has gone out for the mid-day meal. Let her select the coolest and darkest corner of the office and the easiest chair, then lean back with eyes closed and every muscle relaxed.

The American woman who tries to keep pace with her ambitious husband or brother does not know how to seize

moments of relaxation. If she is waiting for a package or her change in a department store, she sits on the edge of the stool, every muscle tense, a frown on her face and her fingers tapping nervously on the counter. If instead of this she would relax during the brief wait and think of something more restful and pleasant than her shopping list, she would gain strength for the re-

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