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-Makes a Girl Healthy

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—Makes a Girl Healthy
By Rosemary Koeberle

If you could stand on the Knoll some morning when the chimes are playing, and watch the girls hurrying from the halls and houses; or, if you could stand on the top steps of Central building some noon and see them rush by in every direction; or, again, if you would come out to the playground at 4 o'clock in the afternoon and watch them playing basketball, hockey, tennis, baseball, or trooping by on a hike—if you could do any or all of these things you would be somewhat surprised and wonder just how they do it.

Really, it isn't easy. Every Iowa State girl knows that. Our days are crowded with lectures, recitations, "labs" and activities. We are busy, but we enjoy it—oh, so much!

Here I've gone way off my subject, trying to impress you with our activities, when I really mean to tell you why we can be so happy when we are so busy.

In the fall, when we come to school as "preps," we hear rumors of physical examinations and dimly wonder what it is all about. It is that examination which is the foundation and beginning of all this happiness, for through it we learn what physical activities we can participate in, and which ones we should refrain from doing. If a girl has a weak heart it is not wise to play hockey, but she will find archery a fascinating sport. What a thrill it is to hit the ball's eye four times out of five!

If a girl has weak arches, she will, no doubt, be advised to forego the pleasures of these exhilarating five mile hikes. Why worry when there is swimming, which cannot possibly harm one's feet? Even in the coldest weather we have our Palm Beach sport, and we find many perfected side and crawl strokes, also fascinating jack-knife and backward dives. But swimming is good for more than supplementing hikes. It is the origin of all grace and good carriage, for which all of us strive.

And in the spring the tennis courts are crowded with eager, active players. Six o'clock in the morning until twilight always finds them occupied. Tennis brings a sparkle to the eye and that "school girl complexion" to the cheek.

Perhaps if you watched all those girls hurrying by, something else would attract your attention. Some would appear graceful and well poised—even in their haste their movements would be lovely. Natural dancing classes help to develop this charm. Our dancing is not the ballet or fancy type you may have seen on the stage. It is more of a study of rhythm and balance worked out to music. A year of dancing does much to produce graceful movement and self confidence in carriage.

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Infantile Tetany
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The supply of calcium in the diet. It is invaluable in diets low in milk, as are the diets of Chinese children.

Cod liver oil also furnishes this antirachitic substance known as vitamin D. During the more recent years, well controlled experiments, both on rats and on the human infant, have demonstrated beyond criticism the efficacy of cod liver oil in the prevention and cure of rickets. This also applies to tetany as it is the same type of deficiency disease as rickets and is prevented and cured by exactly the same means.

“Now, Mrs. Young-Mother, I want to conclude this consultation with a few suggestions regarding the treatments with ultra-violet light.

“It will be necessary for you to go either to your physician or to a hospital for this quartz-mercury lamp treatment. From this source of artificial sunlight your baby will receive the beneficial rays which have the power to penetrate the skin and to act upon substances found there, in a way to form vitamin D, which in turn assists the body to use the calcium brought into the body through the foods. As I stated earlier this morning, tetany has been cured by means of irradiation with ultra-violet rays.

“Do not be alarmed if your child continues to have slight convulsions for a time, but follow the diet outlined faultlessly and start the ultra-violet irradiation immediately, and I feel sure that she will respond by a cessation of this tetany.”

Mrs. Young-Mother departs with her young daughter, feeling very grateful and much encouraged.

—Makes a Girl Healthy
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The Campanile is a vital factor in determining our happiness. We work and play according to schedule time, rising at seven and retiring at ten-thirty. Our daily program becomes a regular habit.

And so we work and play at Iowa State College, developing skill and interest and friends on our dear campus. We learn how to enjoy life and how to live life. That is the secret we are initiated into at Iowa State. That secret is waiting for all the “sweet girl graduates” who will be coming to Ames next fall.

Students should be equipped with NORMAL vision as well as with BOOKS when they enter school. That is our business exactly: making the vision normal.

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