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It's Easy to Be Healthy...

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Home Management in Hotels...

In Far-off New Zealand

NEW ZEALAND coeds have cooperative dormitories, too, but theirs are not much like the cooperative halls at Iowa State College. Twelve girls act as a committee to cook dinner for 65 in Clara Barton Hall here, but just 3 girls cook dinner for 50 in the hostels, or cooperative dorms, at the University of Otago, Dunedin, New Zealand.

The hostels serve as home management houses for home economics students at the University of Otago, according to Miss Winifred Stenhouse, foods instructor there, who visited the Iowa State campus from Oct. 16 to 20. Every home economics student, even girls who live in Dunedin, must stay a month in one of the three hostels. Each girl spends 2 weeks in the kitchen, where she takes charge of ordering food and cooking it, and 2 weeks on dining-room duty. Girls from outside Dunedin stay at the hostels during their entire 4 years in college, for these are the only dormitories at the university.

One girl alone cooks breakfast for the 50 girls in a hostel, and just 2 cook supper. Dinner at noon, the big meal of the day, requires the work of 3 cooks. The other girls in the hostel help with the serving and dish-washing.

"The aims and objects of our Home Science Department are the same as those of yours," Miss Stenhouse said. "It is really your Home Economics Division on a small scale."

THE Home Science Department at the University of Otago was founded about 18 years ago by a man who had studied the organization of home economics courses in the United States, according to Miss Stenhouse. It grew from a very small group of students to a department of about 100 girls taught by 17 instructors, she said. It offers a 3-year, a 4-year and a 6-year course and awards a bachelor's and a master's degree. It has a small extension staff of women, who go out into the New Zealand provinces to give home economics information.

"It is not possible for us to have the variety of courses that you have, because our school is small," Miss Stenhouse explained. "Beginning applied art courses are offered, but knowledge of art principles is included in the house planning, interior decoration and costume design courses. Chemistry, beginning foods courses and a nutrition course are a part of the regular curriculum."

"Most of our home economics graduates have found positions as teachers in the work," said Miss Stenhouse, "but now these positions are filled and our recent graduates are looking for work."

Some of them have home-cook shops, she said, and some are managers of lunch-rooms or university 'canteens.'

Until recently no major was chosen for undergraduate work, but every student took the same freshman home science course, Miss Stenhouse explained. For a master's degree a student was required to major in social economics, nutrition and advanced chemistry, or physiological chemistry. But now undergraduates take a general course the first year, just as home economics students do here, and then follow a chosen major field until graduation.

BECAUSE the dean of home economics at the University of Otago is an American, the department is very American, Miss Stenhouse said. Most of the students are Scotch, English or Irish girls, who live in all parts of New Zealand. The University of Otago has the only college of home economics in all New Zealand.

It's Easy to Be Healthy...

By Betty Melcher

IOWA STATE coeds are 'corn-fed!'

Such was the statement made by Dr. Sarah B. Kalar, medical advisor to women at Iowa State College, when she finished the physical examination of 222 new women students last week. The girls examined included freshmen, transfer and new graduate students, and according to Dr. Kalar, they are, for the most part, good, healthy girls.

Of the 222 examined, 81 were overweight, 129 were underweight, and 14 were normal. Twenty percent, or 42 of the total number, reacted to the tuberculosis test. This does not necessarily mean that 42 new students have active tuberculosis. It signifies that they have had the germ at some time during childhood and may be free from any activity at present. X-rays of positive reactors to tuberculosis have not revealed any active cases.

All of the freshman girls have not had their physical examinations, but from present records, the percentage is not materially different from that of last year.

The percentage of tuberculosis reactors on the Iowa State campus is low in comparison with other schools. Most colleges' physical reports show somewhere between 33 and 34 percent of reactors.

The reason Iowa State coeds are healthier may be due to the fact that a large proportion of them come from rural districts or small towns where the environment is healthier than in cities. If a girl comes from a rural community, she is used to more sleep, more wholesome food, and a more quiet routine of living than the city offers.

THIS year the new students are running a higher blood count than in previous years. This means less anemic freshmen!

"Girls are living outdoors more than they ever have before," Dr. Kalar states. "High schools are teaching physical education more effectively. During the summer the girls go swimming. In so doing, they absorb the valuable ultra violet rays of the sun."

Perhaps the most prevalent defect among the girls examined was in their posture. But through the cooperation of the Physical Education Department, this defect won't remain a defect long! Corrective physical education soon cures that!

Some girls assume bad postures to be stylish, in Dr. Kalar's viewpoint. They slouch. If they are slaves to certain fashion magazines, they are apt to try to imitate the models. As a result, they bear an uncanny resemblance to a partially collapsed rubber doll. Bad posture

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Children Need Toys

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active equipment for children of all ages. No play room is complete without blocks and a convenient place to store them. This year one can buy unusual blocks, made with rounded edges and no sharp corners, and a low, strongly-made wagon in which to store them. Blocks that lock together are especially fascinating to the three- and four-year-old.

Strictly dramatic toys, or toys which help the child to dramatize life about him, such as individual puppet theaters, costumes and toys for housekeeping, gardening and traveling, will afford delightful opportunities which parents often neglect.

Pets are ideal, if there is an adult who can and is willing to share part of the responsibility for their care.

There are some really new and unusual toys on the market—and some very attractive old ones. A sandbox built like a boat with sails is most exciting.

A baby’s treasure box is a most fascinating toy for children of 18 months to 2 years. It is a box with holes of different shapes to drop things through and a lid to take off so that children can get them out again. The toys can be dropped in again and again.

Bingo, the pounding board, is something new for a dollar. Pegs of different sizes are to be pounded with a mallet through holes of corresponding sizes, and then pounded back again.

Transportation toys stimulate and develop imagination. Around trains and ships so many adventures are built! The floor is the ocean, the footstools are islands between which sea crafts ply their way hour after hour. What could better satisfy your creative child than a set of boats with a light house and a bell buoy to give the last happy touch to a perfect gift?

GIFTS for baby who is old enough to sit up should be “holdable,” “dropable,” “biteable” and easily washable playthings. A rattle shaped like a ring is easily grasped. A hard rubber doll which may be boiled—bells on a webbing make a sweet, merry noise—gay-colored rings—a soft doll of washable powder-puff material—all of these are just about right.

The toddler period is one of rapid learning. The baby has set out to learn his small world. He begins to discover shape, size, sound and color likeness and difference.

The baby peg board gives an opportunity for him to learn that a square peg will not fit into a round hole.

Color Mountain is a nest of small, gay boxes that fit together or may be turned over to make a tower. A sturdy pull-toy like a walking dog or a little wagon with a strong pull-cord is what the toddler needs to help him turn his wobbly step into one which is firm.

Books with large, clear animal pictures should have stiff cloth covers.

Other good toys are wheelbarrow, sandbox, pail and shovel, doll carriage, toy broom, unbreakable doll, telephone and bells on a leather strap.

The children of ages 1 to 4 would soon busy themselves with any of these—large crayons in primary colors; blocks of unit sizes and good construction; musical instruments; beads, large and wooden of bright colors; dolls, both cuddly and the bending or stand-up kind; simple doll clothes and blankets.

From 4 to 6 the tendency of the child is to react to what he sees, and to construct a world of his own. The following are desirable for a child of this age—skaters, fire engines, large halls, wooden trains, dump cars, clothes wash set, doll with clothes, toy stove, cowboy suit, steam shovel, boats, printing sets, clay for modeling, cash register and play money, art case and baseball set.

From 6 to 10 years the child’s toy interests change. Supply him with some of these—a desk, water colors, puzzle map, globe, weaving loom, paper dolls, bicycle, sled, jump rope, marbles, roller skates, books, table games, Boy Scout supplies and tools for woodworking.

Be Healthy

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not only looks bad—it is bad! It is an easy path to travel to poor health. Good posture gives one the sense of well-being.

Dr. Kalajar praises the new girls by stating, “The girls this year are very sensible. I have never seen girls more anxious to get a complete physical examination. They are concerned about their health and are desirous of correcting any defects they may have. They are up on their toes!”

FOR the first time in the history of physical examinations at Iowa State College, not one girl has missed her appointment for her physical examination or conference.

Dr. Kalajar gives the following hints on how to keep healthy:

1. Get at least 8 hours sleep every night.
2. Eat good, nourishing foods through the aid of a well rounded diet.
3. Do not “piece” between meals.
4. Practice hygiene living, with temperance in all things.
5. Set apart some part of the day for play and relaxation.
6. Select some outside activity in which to center your interests.
7. Do a normal amount of work according to your own capacity.
8. Be happy.

A roll of paper towels kept for the children’s use when they come in from play saves both laundry bills and wear on towels.