

Questions for Home Education Part I – VI. Conditions of Healthy Brain Activity

1. What is the first condition of successful education?

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2. Show that daily efforts, intellectual, moral, and physical, are necessary for children.

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3. On what principle is the blood-supply regulated?

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4. Show the importance of rest after meals.

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5. What is the best time for lessons? Why?

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6. On what principle should a time-table will be arranged?

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7. Show that brain activity is affected by nourishment.

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8. Under what conditions does food increase the vital quality of the blood?

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9. Why must food be varied?

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10. Show that children are spendthrifts of vitality.

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11. Give a few useful hints concerning meals.

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12. Why should there be talk at meals?

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13. Give some rules to secure variety.

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14. Show fully that air is as important as food.

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15. What have you to say of the children's daily walk?

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16. What is meant by the oxygenation of the blood?

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17. Show that oxygen has its limitations.

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18. What are the dangers of unchanged air in spacious rooms?

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19. 'I feed Alice on beef-tea.' Why?

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20. What of Alice's mind?

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21. What are the joys of Wordsworth's 'Lucy'?

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22. Show the danger of stuffy rooms.

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23. What principle must regulate ventilation?

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24. Why was night air wholesome in Charlotte Mason's time? Is it still the case?

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25. Upon what physical facts does the need of sunshine depend?

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26. Show that the skin does much scavenger's work.

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27. Why do persons die of external scalds or burns?

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28. Why is a daily bath necessary?

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29. Give some instructions Miss Mason had for clothing children.

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