

A New Style in Babies Physique, Not Beauty, Is What Counts



Mrs. Mary Watts,
Originator of
The Health Contests
And Superintendent of Work
in United States.

Iowa Woman Develops New Method in Judging Prize Babies Which Has Been Adopted in Oregon Baby Shows—Measurements of Perfect Children—Taking Care of the Little Folks.



CHAS. BELL



A
Product
of Iowa,
scored
90 points.

George
Beymer,
scored 97
1/2 points.



One of
the
Prize
Winners.

THE fertile state of Iowa, so long justly proud of its prime pork and abundant, high-grade corn, now proposes to set a new style in babies.

That's rather a big order these confident residents of the Hawkeye State have given themselves, isn't it, especially in view of the fact that the cry "Healthier babies for all" is a slogan that has only recently been considered anywhere?

Nevertheless, the work is going forward and one of the big features at Iowa state fairs today is the baby health contest.

The whole matter started with a little woman living at Audubon, Iowa—Mrs. Mary Terrill Watts, who is also a prominent member of the Iowa Federation of Women's Clubs. Not only has she the backing and encouragement of the Federation, but also the enthusiastic support of the Mothers' Congress and the women physicians of the public health committee of the American Medical Association. They are scientifically seeking how the perfect child, that is, the healthiest, best proportioned and strongest, may be produced and reared.

One day Mrs. Watts noticed on a neighboring farm a curious contrast that struck her most forcibly, the hogs on the place looked remarkably plump, prosperous and lively; but the children of the family were peaked, thin, scrawny looking. It seemed absurd, brutally, criminally absurd, that this state of affairs could possibly prevail, or that any one would leave stone unturned to bring about an equality of conditions between the pigs and the children.



Charles Elmer O'Toole,
36 Months, Born and
Reared in Hotel Bed
Room, scored 96 1/2 points

calling attention to the need of care for babies that she understands human nature. Everyone knows how mothers will enthusiastically rush to enter their children in a beauty show. It's a natural and praiseworthy instinct, this mother's pride, that impels them to pit the excellent qualities of their babies against those of the same age. Only, of course, Mrs. Watts did not have beauty, but health, as the basis of considering the merits of the entries.

Mrs. Watts
Measuring
The Baby of
An Indian
Woman

The enterprise proved a big success. The babies were there in large numbers; so were the spectators to witness this novel display. It took as the state prize a difference of exactly five-eighths of a point, she scoring 97 1/2. Her age was 2 3/4 years also. In this second contest, prizes to the amount of \$500 were distributed. In 1911 45 babies were entered; in 1912 brought 253 of them to the big tent—crawling, running, playing out, part of the time the soft pink and white skins of their little bodies totally uncovered. There wasn't much crying or quarrelling either. What self-respecting baby could be peevish or unhappy if it were robust and able to enter in a state health contest?

Measurements of Perfection. Here are the figures that little Dorothy Klusmeyer's mother points to with a just and pardonable pride, and the young lady herself will probably do likewise when the contest is over, to understand it all. Height, 36 1/2 inches; circumference of head, 20 inches; chest measure, 21 inches; weight, 27 1/2 pounds. Another youngster, a "boy from the country," of exactly her age, made a close second. His figures were as follows: height, 37 inches; chest measure, 22 inches; weight, 25 1/2 pounds. These statistics mean much or little, according as one knows what the ideal baby should measure up to. The American Medical Association for the age of 36 months places the standard as follows: height, 35 inches; head measure, 19 1/2 inches; chest measure 20 inches; weight, 21 pounds.

easily be ascertained and a comparison made to see how closely they approach the standard set. The male is taken as the basis. Girls average the same height, but should weigh one pound less. At birth the weight should be 7 1/2 pounds; height, 20 1/2 inches; chest, 13 1/2 inches; head, 14 inches. At one year the measurements should be—weight, 21 pounds; height, 28 inches; chest, 18 inches; head, 18 inches. At two years, weight 28 1/2 pounds; height, 32 inches; chest, 19 inches; head, 19 inches. At three years, weight, 31 pounds; height, 35 inches; chest, 20 inches; head, 19 1/2 inches.

These health contests have taken Iowa by storm. The enthusiasm engendered has gained such momentum that, not stopping at the state line, it has rolled across into Missouri. Oregon always alive to the tendency of the age, has sensed the spirit and fallen into line, barely beating out, in the matter of time, Colorado's baby, the winner. Plans are under way to have a baby health contest in every county in Iowa, but the promoters are not satisfied with the present interest in it, and they have but begun the work. They won't rest content until every county in every state in the Union has taken up the prize baby idea, and with the prize winners of the county contests entered at the state contest. The plan then may be for the victorious contestants to go to the National contest. Wherever this National contest may be held, there is no question but that the whole United States will make the keenest interest in it, and wonder, prophesy and wager, as to which one of the entries will be voted "the healthiest baby in the world."

As has been stated, the contests are carried on away from beauty shows, the homely, snub-nosed, freckle-faced little towhead may have an equal chance with the handsomest baby in the land; perhaps indeed, a much better chance of taking the prize. However, as in the long run health and beauty must necessarily go together, the outcome of these contests will make not only

only for superb health but for beauty as well.

Even the Indian women on the reservations have been aroused to take an interest. In the last Iowa state contest a squaw of the Sioux with her little brown darling came to make the entry. He did not average remarkably high, however.

Harriette Seward Hurd, one of the women behind the movement, says: "The term race suicide has become popular, but it is hoped by the means employed by the health committee not to make the birth rate less, but to lower the death rate by giving to the babies the care they need."

The official score cards are carefully preserved in the files of the American Medical Association, as data upon which to make further study into this all-important question of eugenics or race betterment. The hope is—and it is a hope confidently held—that from the results of these various health contests definite rules may be deduced and formulated into simple terms that any one can understand—rules that will give practical instruction for the scientific raising of babies. Among the things it is proposed to regulate by the new method is the proper feeding of children. vast numbers of good, kind mothers are today not fully alive to what constitutes proper feeding. They don't know that because father and other grown-ups, after a hard day's work are able to eat corn, cabbage and cucumbers, that little Johnny's stom-

ach is not yet prepared to receive so heavy a diet. Hence, if he grows thin instead of waxing fat and shows an irregular appetite, sometimes apparently being surfeited and at other times ravenously hungry, it is taken for granted that he needs more food. As a matter of fact, of course, he is underfed, but not in the way the mother believes he is.

That is part of the work being done at the Iowa health contests. The physicians, on learning from the parents what kinds of food the child has been reared on and other conditions relative to his well being, point out mistakes, and thus an excellent opportunity is given to rectify them. The parent upon returning home has not only a new basis upon which to intelligently care for her child, but has become an enthusiastic propagator of the good health tenets.

From all this it looks as if there were bright lines ahead for the infants of our land, doesn't it? The training of the parents themselves has not of course arrived as yet, but the day of preparing for parenthood will surely come. And the movement that has been set on foot by the energetic Mrs. Watts is gaining an impetus that is going, ultimately, to produce tremendous consequences for the welfare of the race.

Meantime it would do no harm if every parent should ask himself the question: "How does my baby measure up to the standard set by the official score book used in the Iowa baby health contests?"

THE MASTERPIECE

DOCTOR MAGGIOLI was the oldest of a coterie of friends, men and women, interested in artistic and literary problems, liberal in views and tendencies, who met frequently at each others' houses. Their discussions were unfettered, entirely free from conventional considerations, and none was heard with greater attention and deference than the venerable doctor himself; although, as will be seen, many of his experiences bordered on the incredible.

less, in the flesh, immortal creatures that would give birth to other similar beings, and would probably form the nucleus of a new humanity."

It and admired it before, though I could not tell where, and this time I found it more beautiful than ever.

Suffragist Invasion of Washington

and extended his arms with the hands open in the manner affected by hypnotists when they seek to influence their subjects.

experiment before the experiment was completed. Only two days before I had been with him in the laboratory watching his great animal of the portrait and had gone away half-incredulous. I asked myself: "Is it possible?" then answered my own question by saying: "I don't doubt it."

In Luxembourg Afoot.

BY LUIGI CAPUANA