

CHILDREN

On the Eve of Their Greatest Festival, Here is a Startling Statement that a Vast Number, Rich as Well as Poor, Are Undernourished, and a Hopeful View of a New Movement for Child Betterment.



Indoor Ball Games Have Been Started as an Important Feature of Recreation Centers.



A Boys' Shoe Shop Where Mending Was Taught as a Useful Accomplishment.



The Vegetables That Are so Necessary to Child Health.



Scene in an Improvised School Dormitory During a "Sleep Time" Established as a Part of the New "Better Nourished" System.

BY EULA McCLARY.

ON the eve of the greatest of children's festivals, when the needs and wishes of children are reaching the heart of the world as at no other time, there is timely justification for taking note of a highly significant movement that is likely to affect the welfare of children in a wide and momentous way.

The movement might be expressed in a single anxious and rather dramatic question: Are a vast number of children, rich and poor, undernourished?

It is said by national and international authorities on education and health that the most dramatic figure today, awakening world-wide interest in a new standard of child health, is the undernourished child. This is not so startling an announcement as the unanimous agreement of these authorities, based on studies and surveys, that the undernourished child is by no means peculiar to the congested and poor districts, but that he is found in the homes of the very rich and the well-to-do middle class where the lack of sufficient food can do as much for the child as it does for the people who, under the lash of economic conditions, find it a difficult thing to bring their children to healthy manhood and womanhood.

Ignorance of food values and the proper combination of foods, plus commonsense living habits, is responsible for the mal-nourished children of the middle and upper classes. Economic conditions, often allied by ignorance, are responsible for the mal-nourished children of the poor. In the former cases a little education of the parents will work a health revolution; in the latter the community not only has a moral obligation to the suffering children but an economic and civic responsibility to itself that cannot be ignored. Upon the civic center rests the

responsibility of the community. Undernourished children present as malignant a menace as leprosy. Malnutrition in childhood is, indeed, a heavy collector in adult years of tolls that had much better have been spent in building up a healthy community instead of trying to cure those suffering from diseases that are preventable by the birthright of all—a healthy, happy childhood.

Making the City Tolerable.

Last summer, in New York City, the federation for child study enlarged upon a method they had previously tried out in a smaller way, to make possible to 1000 children from 4 to 15 years of age, a healthy, happy summer within the city. All of the children who were accepted as pupils for the summer health play schools, as the seven centers where the experiment was to be tried on a large scale were called, were undernourished. The plan, briefly, was this:

School opened at 9 o'clock. A daily bath followed. After the bath until lunch time there was kindergarten to keep the little ones busy, and work and play of all kinds for the older children. Then lunch—the kind of a lunch every growing girl and boy should have. Of course the glass of milk that all children need with their meals and nourishing thick soups, plenty of green vegetables and greens, eggs, cereals, fruits, sandwiches made of a flour that was guaranteed to make buns and muscle, and a cake or some sweet to top off with. Following lunch a nap for all. Then more work and play for active brains and busy fingers until 4:30. At that hour another glass of milk and some more good bread and butter. School closed at 5 and the children returned to their homes, rested, well fed and in happy spirits, to take to those at home something of the joy and happiness they had found above the dirty, hot streets. Once a week every child had an outing to one of

the big parks or the country near by, and the picnic lunch was eaten with a relish. Ice cream was often served by some good fairy who had more money than the little children's family.

Care on Scientific Lines.

Once a week each child was weighed and measured, and where medical care was needed a doctor from the New York Academy of Medicine took time to make an examination and give advice and find a clinic where the trouble would receive the best attention. Teeth were scrubbed daily and a dentist was on hand to repair cavities and other troubles, which cause all sorts of aches more enduring and serious than just aching teeth.

Everybody in the city seemed interested in giving the Summer Health Play School children a chance to get well. The children's specialists of the New York Academy of Medicine gave their valuable and expensive time. The board of education gave teachers, Dr. Josephine Baker of the New York board of health supplied nurses to visit the children's homes as well

as to watch over the health of the children at school. The Association for Improving the Condition of the Poor, which had large kitchen and luncheon equipments, loaned the equipment. Dr. Mary Swartz Rose of Teachers' College, Columbia university, gave talks to the directors of the work and the mothers who cared to come. She told them what to give their children to eat and how to prepare it. Then she organized some student dieticians and they visited the homes of the mothers who wanted to know how to feed their children properly, and gave them lessons over the meagre stoves and brought in hygiene and its relation to pure food. The home standards were improved through these visits. The Central committee of the Ethical Culture society organized a canteen squad that helped the dietician in charge of preparing the food each day at a community kitchen. Miles away in the country the Westchester League of Community Workers, augmented by individual workers, shared their garden supplies with the children who had vegetables each day picked that very morning in the gardens of their

country friends. Then there were the women who wanted to help and sent the ice cream, or loaned their automobiles; a little dressmaker who had no money to give so she came and taught the girls how to make their own dresses; the daughter of one prominent woman who came to dance for the children each week; the pianists and singers who gave concerts, and Cho-Cho, the health-stow, who makes health facts fun for little children with his cowbell and basket of vegetables, and hosts of others.

Results of a Season's Care.

At the end of the season, which was eight weeks long, every child but two was in much better health than when school began. Those two were suffering from serious physical troubles which kept them from gaining. The scales and tape line, used the last day of school, showed that the majority of the children were no longer in the undernourished class, that the good food, the fresh air, the happy, busy hours and clean habits had done all that could be wished for in eight weeks.

Not contented with the summer experiment the Federation for Child Study is actively trying to force the city of New York to introduce health play schools after school hours, and is suggesting the same course to other cities of the country. If the Federation members, and the other organizations and individuals who have interested in their practical experiment, succeed in their intention, no longer will the schoolhouse be closed at 3 o'clock. The children who have to spend the hours between school and 6 or 7, or even later, on the streets because they have no place else to go, until their working parents, or parent, as is often the case, comes home, tired and nervous, will have the same chance to have a daily bath, a nourishing lunch, play and work that



Typical Undernourished Child Eating the Right Sort of Lunch, With an Added Glass of Milk.

the summer health play school pupils have had. The dramatic figure, the undernourished child, has awakened the world to the need of the new child health standard and 1000 pioneers have enjoyed and benefited by being the practical demonstration of one way—democratic and logical—to

establish those standards, not in New York city alone, but throughout the land and the great wide world.

This is the encouraging word that comes with the Christmas season. Could any word, dropped into the consciousness of the people, be more encouraging?

PLATE GLASS REALLY FADES, SAYS SCIENTIFIC AMERICAN

Writer Relates Incident Where Enamelled Lettering Was Removed and Sign Remained Readable at Certain Angle.

THAT plate glass actually does fade seems to be indicated by the following incident vouched for by a writer in the Scientific American:

Several years ago a contract was taken to supply a vertical installation of prism in a store front of a haberdasher in the main business thoroughfare of Indianapolis. To install the prisms properly it was found

necessary to cut off five feet from the top part of the plate glass, which had been in position for a number of years and exposed to the sun's rays during much of the time.

After the prisms had been installed the five-foot piece of plate glass salvaged was thoroughly cleaned and polished and consigned to stock for resale. In the course of time this salvaged piece of glass was sold, to be

used in a front window of a new residence in one of the principal streets in the fashionable residence section. The house was completed and the owner, having taken possession, was thoroughly enjoying the sensations of the new home, when the family began to receive telephone calls of a rather puzzling and perplexing nature, asking the price and how quickly delivery could be effected in various quantities of "Shirts Made to Order."

The daughter of the house became thoroughly aggravated and annoyed at what she presumed was a practical joke of some sort, proceeded to make an investigation on her own account, which resulted in the writer being requested to call at the house. He was greeted at the front door by Mr. Owner and asked whether the plate

British Leather Trade Reviving.

LONDON.—Export trade in British leather goods is reviving and manufacturers say they are hopeful of capturing the higher grade American markets. An official of the international shoe and leather fair says that British manufacturers are pooling resources, markets and funds in an effort to increase export trade.