

PHYSICALLY ABNORMAL YOUNGSTERS ARE TREATED—NOT EVERY UNDER-NOURISHED CHILD COMES FROM POVERTY-STRICKEN HOMES, BUT MANY ARE FROM WELL-TO-DO FAMILIES—TUBERCULOSIS VICTIMS NEVER ACCEPTED.

BY LOUISE F. SHIELDS.

Children at the Mills open-air school like their daily routine of rest, special diet, study and play as much as they find any other building where transferred to other schools. The children are well-nourished and are physically normal.

Allen, who came from a comfortable home in a distant part of the city, began to reason at the end of the second term at the school that he might have to leave. He said, "Mother, I am five pounds overweight. I am fat. I will be transferred. I'll go light on the food from now on."

Contrary to the common impression, the Mills school does not accept children with tuberculosis. The Oregon Tuberculosis society because of its preventive value in caring for children who have been infected with this disease.

Building Accommodates 50. The building at East Sixtieth and East Stark streets accommodates only 50 children in its two open-windowed classrooms, but it accommodates more than 100 during a season through the fact that the doctor transfers the children to other schools just as soon as they build up a certain resistance.

Miss Anna Thompson, principal of the school, has a waiting list of more than a dozen, largely because of the exhibits made in the periodic health examination. Many parents have just begun to realize that their children's failure in examinations or discipline may have a health reason.

Visit Paid California. Miss Thompson has just returned from two weeks in California at the invitation of the school hygiene department for addresses and conferences at the Oakland health exposition and a study of the health organizations of Alameda county.



Pupils at Mills open-air school, one of the institutions in Portland which is rendering magnificent service and which transforms underweight children into lively, full-weight specimens. Note the satisfied smile on face of the youngster in the foreground.

them to like vegetables than I forced them to take a large helping and try to swallow with prejudice for a sauce.

Red Pepper heard the story of "Red Pepper" and suggested that he and mother call at once upon their neighbors and welcome them into the community. Thirty minutes after they left the house they returned bringing "Red" with them, and saying they found Mr. and Mrs. Burns had gone out for the evening, but Red had finished his lessons and consented to come over for an hour of games with them.

Red Pepper Preferred as Name to Algernon. Candace dropped her books on the table as she and the three other Ginger children bounded into the living room where their mother sat darning the family stockings.

Red-Haired School Boy Pleaded With Playmate's Nickname. Candace dropped her books on the table as she and the three other Ginger children bounded into the living room where their mother sat darning the family stockings.

Physical examination upon entrance to the school revealed that the child's throat, teeth and chest examinations, weight and height measurements. A notice of defect is sent to the parents and the child is made by the nurse as soon as possible. If the parents are not financially able to provide needed medical services, the school will provide them by consent of the parent.

Parents are invited to come once a month for an individual conference. They are supposed to be members of Parent-Teacher association in their home districts. Here the group is advised by the school nurse.

Menu Copy Sent Home. A copy of the menu of the dishes for the following week is sent home each Friday, so that the mothers will know how to supplement them with the right kind of sandwiches or other light foods. The past week the menu has been: Monday, hot milk toast; Tuesday, apple popovers; Wednesday, lamb chops with potatoes; Thursday, hot cocoa; Friday, hot rice.

Lighted Windows—Announce by hand and through the windows that the carolers will try particularly to sing where lights, whether candles, lamps or electric bulbs, are conspicuously placed in the window as a symbol of welcome.

Routes.—The officers should arrange for each group to have a section as near as possible to their own neighborhood. Two or three blocks will be enough if many respond with lighted windows.

Music.—Only the best standard hymns and carols to be sung. The current popular songs, good for other occasions, are not appropriate for Christmas eve. The words and music of not more than three carols should be memorized by the singers.

Costumes.—Old-fashioned lanterns will add picturesqueness. The use of horns and the wearing of comic costumes should be discouraged as out of keeping with the carols and hymns.

Transportation.—If in the country or in a remote part of the city, town, have committees on automobiles or sleighs.

Expense.—1. Carolers give the time and voices and enthusiasm. 2. Certain business men give the trees.

Other business men give light decorations. 3. Groups of Scouts or other boys clear the streets of snow if needed.

For Indoor Programs.—Community has two little plays which require one or two rehearsals. The first is "The Little Boy Who Lost His Shoes."

A large Christmas tree should be placed in a central part of town (already planned for the business district) by the Community Service committee of the Federation of Women's Clubs, with many-colored lights and a star on top.

In a large town several trees may be in different sections so that all may conveniently enjoy them.

Setting Up the Tree.—Many groups will assist. The firemen might secure and set up the tree and the electrical workers string the colored lights.

The Carolers.—Choir leaders and other musicians in the towns and rural districts are the natural leaders. Mothers and teachers may help.

Public education is the birthright of the child. It is now the duty of the state to provide public affairs and teach him to think.

Chance Open for Young Portland Women. Three to Be Picked for Bryn Mawr Summer School.

THREE young women who represent Portland at the Bryn Mawr 1922 summer session for women in industry are eager to find just the right candidates for the trip the coming summer and to that end ask suggestions of social workers.

Those eligible are "women working with the tools of their trade" and not in any supervisory capacity. They must be between the ages of 19 and 25, though 18 is named as the lower age limit.

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FAITH IS DECLARED ESSENTIAL REQUISITE FOR SUCCESS IN LIFE

Higher Life With Which Man Is Endowed Is What Mainspring Is to Watch, Says Rev. Edward Constant—Delicate and Fragile Quality Is Easily Displaced and Put Out of Order, Asserts Pastor in Discussion.

BY REV. EDWARD CONSTANT, Pastor of the First Baptist Church.

We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

It is strangely mistaken who thinks it is an easy thing to live. It might be if living were simply breathing and sleeping, eating and drinking, merely so many physical movements.

We have a higher life to live than the bodily. The body may weigh and measure and be marked by weeks, months and years. The real life of the man is not to be so gauged or limited.

That higher life with which man is endowed is to the individual what the mainspring is to the watch, delicate and fragile, easily displaced and put out of order.

Often the real man is a veiled character. There are veneered builds. Many things are given a artificial appearance. We may be acquainted with the features of a man, recognize him by his dress or walk and yet distinguish him from others by his accent, but the secret workings of the individual soul come not within our ken.

There are numbers who have a fierce and painful struggle for daily bread. Some of them have well-nigh worn off their finger ends in scratching for their physical needs.

There is more than romance in that episode of Jacob at Penelie in the time when he wrestled with the stranger. It is no less than soul history told in a simple and yet so appreciated by those who at times have felt themselves to be in the grip of the contest.

Incident Is Emblematic. That incident in Jacob's life was emblematic. What a warfare was that man's career! How it was darkened by deceit and selfishness!

Every-Day Life Similar. It is not that very much like our every-day experience. To lift the human soul to lift itself up to the heights of God! Aspiration itself is of slight avail unless we are aided by the power divine.

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The human heart is the battleground where right and wrong contend. We are swayed by impulse and desire, love and hate. Duty often points in one direction and inclination in another.

Every man must bear his own burden. We are the ones who will be held responsible. Hence the importance of the words "work out your own salvation." We can hire no man to be our spiritual valet or our religious chores.

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bravery of a Socrates drinking his hemlock. It is not the wound, the pain or the cross we need fear. There are other things to be dreaded than pain. Why be troubled if we are in the minority if we are right? We are in the right even if all hell be against us!

Let us never be forgotten that the life of blessedness is entered by means of the strait gate. That is not a strait gate which is wide and easy to enter, but a narrow and difficult one.

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