

MOTHERS and TEACHERS

A Tribute and A Talk

SYNOPSIS OF THE PRACTICAL AND POWERFUL ADDRESS DELIVERED BY DR. BARTLE TO THE MOTHERS AND TEACHERS OF NORTH BEND.

THE LITTLE ONES.

O little child, O wide-eyed wondering child!
Well do I know you are a captured wild
Bird from the outer line, that beats
his wings
Against the barriers of material things,
How many miles into the awful vast
Your mother must have soared—to
glide you fast
And bring you back with her, to be
a white
Proof of the 'careless journey! The
sunlight
Still half bewilders you, and in your
sleep
You smile because the darkness is so
deep
After the earth-glare, and the rest so
kind
After the search for One you cannot
find.

You are the Dream made flesh. You
are the goal
Pilgrim—another, passionate and
frail
Leaving the House of Beauty for the
quest
Of that high Vision by no man pos-
sessed.
Indomitable must be God's desire
To realize Life's secret and acquire
Mastery, when He sends you one by
one,
Eternally, to question the bright sun
And the dark earth and the indiffer-
ent stars!
O Baby, will you pass the golden
bars
Guarding the pathway to the great
abode?
Or will you leave your dust to make
the road
Softer for one who follows? I am
blind,
Even as Love or Justice, and I find
No answer to the riddle that has
wrung
The souls of mothers since the
world was young.

ELSA BARKER.

At a recent meeting of the Mothers and Teachers' Club of North Bend, Dr. Ira B. Bartle of North Bend delivered a most able and instructive talk on the rearing of children, touching on the mental as well as the physical development of the child. Only a limited number heard the address and they were so impressed with it that they had a copy of it made and forwarded to The Times with a special request for its publication.

In this connection, it should be stated that the Mothers' and Teachers' Club of the North Bend schools is starting out in a manner that bids fair for the accomplishment of much good. Superintendent Raab of North Bend, is highly pleased with it as it brings the patrons and teachers closer together in the work for the common good.

Dr. Bartle's address was in part as follows:

Mothers and teachers, I shall preface my little talk with a few plain truths tersely stated, not in a spirit of levity or flattery, but in a spirit of humility and deference.

I consider it a greater honor to address you mothers and teachers than to address The American Medical Association, or any political or social gathering. Do you ask why? Because—First, there is no profession in existence, that of my own not excepted, that carries the responsibility of the teacher; second, there is no person on earth that is the equal of our mother; third, I am going to speak for a little while this afternoon on a subject that I have given years of thought and research to and that, getting aside the first or theoretical part and coming to the latter or practical part, is probably from both a physical as well as a financial point of view the most important question before the people of the world, the care and rearing of our children.

I shall use a few scientific terms, but they will mean as much to you

as any other term, and there are no other names for what I want to tell you about. Hence, I am not using them to show any superior knowledge, but rather crave your pardon for my ignorance of other terms, and I will endeavor to make myself perfectly plain in the first part, else to you the latter part is lost.

The entire body is composed of cells. The nervous system is made up of nerve cells. These are protoplasm surrounded by a very delicate cell wall. These cells are grouped in centers, both for sensation, motion and thought. The axons are direct and connecting axons. Some cells have no other function than connecting, while others go directly from periphery to center. Thus in thought of any kind certain dendrites reach out and form connection with a dendrite from another cell, quite similar to the procedure gone through in connecting a telephone system. Not only is this dendritic connection and connection made in regard to thoughts that require action, but to concrete and abstract thoughts. Thus one thought arising from nerve cell irritation in one center will often start a train of dendritic connections which will eventually give a conscious thought in an entirely different center.

This dendritic movement may be entirely directed and under the control of the will. Hence the connections may be made and maintained by the will, as is done in solving mathematical problems, etc., sleep is a retraction of dendrites whereby there is practically no nerve connection except in the centers concerned in vital life. During sleep most nerve cells are at rest, but among some few activity remains. The will and reason are resting. Dreams covering several years are gone through in several seconds.

Now in face of the facts presented to you the conclusion I wish to draw is that the development of the human mind is precisely the same procedure as that of the human body, that action develops nerve cells the same as exercise develops muscular cells, that the duty of the teacher lies in ascertaining the weak points in a child's mind and developing them, in finding the strong points in a child's mind and guiding them. Hence it is that the result of mental training is never lost, any more than the results of physical training is lost. The present prohibition tendency all over the United States is the result of the teaching in the schools twenty years ago of the result of alcohol and narcotics on the human system. No concentrated, systematic teaching is ever lost. The result will always come either in the present or succeeding generation.

The law of heredity not only applies to the physical, but to the mental body as all life begins from a simple cell, and the law of heredity is simply a matter of cellular development or deformation transmitted. Nerve cell development transmits tendencies and it would be possible in six generations to develop a race of hereditary specialists, of mental freaks, and practically relegate the well balanced thinker, the mental jack-of-all-trades to the past, to have one class of people, who would of necessity think certain things as right and have to have their laws and customs accordingly, and another, others, and so on through the entire list. Thus genius is a monstrosity, an anomaly, and not a well balanced mind. As I stated in the beginning the entire body is composed of cells plus their products.

Now the origin of this cellular body is the product of the union of its parent cellular bodies. Now given its perfect parent cellular bodies and barring accident we will have as a product a perfect cellular body, but imperfections on the parent cell appear in the resultant offspring, if not in the first generation in later. Now unite the parent cells of similar imperfections and the product will have this imperfec-

tion, if not in the first then in some succeeding one. Now again unite this imperfect cell with a similar imperfect one and repeat a few times and you have a product stable in its imperfections, and whose imperfections has become perfection in the new order. The imperfections which the parent cells acquire after the birth of the product are not transmitted.

There are two tissues recognized, cat and guinea pig. Cat tissue is a firm resistant tissue. Guinea pig is loose and susceptible to disease. These tissues are transmitted, hence the way to begin the changing of constitutional hereditary tendencies is to begin young and continually work to develop perfect healthy cell formation until maturity. As we have shown that thought and moral and mental tendencies are the product of a perfect normal cell movement, hence moral and mental tendencies are transmitted in precisely the same manner in which physical tendencies are transmitted, and in keeping the health of the young animal lies the hope for physical and mental purity, not in the old. That consumption could be blotted out in ten generations is a cold fact. Most nervous diseases could be put in the same class.

The duty of all education is to guide towards well balanced mentality, and above all to try to carry the young to maturity with as good bodies and as good minds as possible. As far as transmission is concerned, and cellular construction is concerned, Osler spoke a solemn truth when he said a man at forty-five was out of the race and should be shelved, even though it hurts some feelings. The forty-fivers are good only as retainers and not as generation builders. Our thoughts make us and we make our thoughts, and the coming generations think what we make them. Is it plain the responsibilities we have as mothers and teachers?

From a health standpoint, the first few months or years of an animal's existence are the most important in the future development of that animal.

Breeders of good stock long ago recognized this fact, hence at the birth of the animal, its environments, food and exercise, are made to be in conformity to the end desired in the finished animal. An animal designed for beef is fed to the limit and not allowed too much exercise. A colt for speed is fed for bone and muscle and exercised to develop the same.

Under proper and thoughtful care, a weakly off-spring can be developed into a strong, robust animal. Every fancier of high grade stock understands the principles of development and feeding, the laws of the survival of the fittest and of atavism.

When the ancient Spartan brought his babe of a few days old, to the chief of the tribe, and it was inspected and passed upon, if the babe was weak and puny, or dwarfed or misshaped it was exposed to death. If it was healthy it was allotted land and its training began. Under the inhuman shell of this custom there was a large kernel of meat. By it the Spartans developed a race of perfect men and women, physically. The law of the survival of the fittest and hereditary were complied with. The manual training of a Spartan child began at his birth and the physical constitution that was his birthright had been transmitted to him by ancestors, who before had stood the test of the chiefs and had lived a life tending toward physical development. Underlying this barbarous custom, of killing sickly and dwarfed off-spring, was a great principle which barring its inhuman aspect had a far reaching effect upon the nation. So much so that the products of these tested children gave the world its best fighting men, and law givers for hundreds of years. The laws of animal existence are the same today that they were when Adam discovered Eve. They are as immutable as the laws of the Meads and Persians, and the results attained from their observance or non observance are the same.

In the race for wealth, fame and education, our physical bodies are greatly neglected. The introduction of athletics in our universities and colleges is a long stride in the right direction, the adoption of physical culture is of untold good and the good effect of the practices will be felt for six generations to come. There is much to be accomplished along these lines. Athletic, physical culture and the simple life must be put in a form whereby there beneficial results will be lasting.

The American people are undergoing an epidemic of fadism, and the

disease usually lasts from a few months to a year or two. With physical culture as a fad, there is more harm than good acquired, a set of muscles are developed only to lapse into greater atrophy. The entire system prepares itself for physical activity to find on the completion of its preparation the programme changed, and condition of relapse more profound than any before imposed. Consequently, athletic and physical culture should be put on a basis of rationality which will assure their being followed until their maturity. Nevertheless, with all the details of these, perfectly arranged and carried out, the one great phase of physical development has been neglected. Namely the intelligent care of the childbirth until it reaches the hands of the public instructor; and this period of time is the time when constitutions are made or ruined, when hereditary disease is routed or housed. This is the crucial period of human existence; and the time when the future development is made or marred.

Children of the upper and middle classes are at this epoch generally cared for lovingly but too well. With great maternal solicitude and little intelligent common sense. How many children of today who were then taken to the old Spartan chiefs, would be consigned to the chasm, are reared in luxury and ignorance, and are allowed to do triple duty in the extermination of the race? Now is the time for the modern tribal chiefs to step in and begin to elevate the physical conditions of the race. These tribal chiefs are the mothers.

I am firmly convinced that by proper education of our American mother, tuberculosis and kindred diseases can be totally eradicated as far as the hereditary tendency is concerned.

The technique of this procedure is simplicity itself, and its results are far reaching. Today when a child is both, weak and with poor antecedents, every attention is bestowed on it that the means of the parents will permit, trained attendants are required, the best medical skill secured, and the babe is started on its incubator, hot-house rearing, day after day and month after month aggravating the condition which poor ancestry has forced on it.

The manufacture of a loose cellular and muscular structure (guinea pig tissue) goes on where there should be a foundation of compact tissue (cat tissue) laid at this time for the betterment of the future generation.

True the feeding is often overdone and the use of predigested and prepared foods, peptogenic milks, are pushed when a coarser and more homely diet would have been better. Often the beef preparations are essential and I know of one ailing baby who made a good recovery on raw beef steak, dirt and sunlight. This child is now 15 years old and a perfect specimen of girlhood. The entire secret of raising sickly babies rests in wholesome food, judicious bathing, continued fresh air, earth and sunlight. By sunlight I do not mean an occasional stroll in the park or being wheeled out in a baby cab dressed for people to look at but dressed only sufficient for the weather and placed in a clean sand pile, and left alone by the hour. These sand and sun baths need not be of simply an hour or two a day, but as many hours a day as a child will use without too much fretting. Babies but a few months old thrive well under this procedure and those old enough to walk should be provided with a pair of brownies, a few blocks, a small shovel and a sand pile and then turned out until they are at least five years old. At this age the public should take the child and then its future rests much with its instructors.

I have in mind a boy who, at birth, was so dwarfed and misshaped that his body could be put in an ordinary bowl. The family physician was of the good common-sense variety and ordered sunlight and out of door life and through the perseverance of the father this was given him. The babe was taken out every day, laid in the sand by the river, given stones to play with, systematic exercise of the limbs was given and the diet carefully watched. This same careful lavish use of air and sunlight was kept up until he arrived at school age.

He is now fifteen years old and an excellent specimen of young manhood. I can mention many cases similar to these but this is not necessary.

This out-door living must not be limited to the two or three pleasant days in the week but to all days



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Tuberculosis and other kindred diseases are not transmitted directly from the parent to the child, but the tendency is, or rather a tuberculous antecedent will beget an off-spring which is susceptible to the ravages of the disease. If this off-spring with a known hereditary predisposition can be changed so that in every respect he is like a child of good antecedents, there is no reason to suspect that he would be more liable to the ravages of disease than the other, provided this condition is maintained and guarded for three or four generations.

The solution of the problem of tuberculosis lies in prevention and maintained prevention and not in cure; more of the simple life in babyhood and this sand pile theory continued from generation to generation until it is no longer a matter of family history that father, mother, aunt or uncle died of tuberculosis.

The child of today should be passed upon as was the Spartan of old and the sickly ones ordered to the sand pile and God's free sun light instead of the chasm.

NOTICE TO EAGLES.

All members to meet at Eagles' Hall Sunday May 2, at 2 o'clock P. M. to attend our Annual Memorial services By order of the Aerie. R. E. PINEGOR.

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