

THE SERIOUSNESS OF THE PURE MILK PROBLEM APPEALS TO THESE TOTS; WHY NOT TO YOU?



MILK SUPPLY FACTOR FOR HEALTH AMONG WARDS OF BABY HOME

Not a Death Has Occurred Among 188 Babies Received in Past 16 Months.

By Vella Winner.

During the past 16 months 188 babies have been received at the Baby Home. Some of these were mites of humanity were but a few hours old, a majority had been born under abnormal circumstances and frequently of afflicted parents, yet in the entire 16 months there had not been a death in the home, a record unequalled by any similar institution in the world.

Many factors are responsible for this remarkable record. The home is extremely fortunate in having a board of directors made up of intelligent and sympathetic men and women, whose aim is the furthering of the interests of the home and its little helpless inmates. Again, the home is favored in having a medical staff of some of the city's best known and most successful physicians and specialists. Probably even more important than either of these is the very excellent corps of nurses and attendants of whom Miss Morse is the superintendent; their vigil is a never ending one and with their scientific training and experience they combine a warmth of sympathy and genuine love for their little charges that never fails to strengthen tired limbs and aching bodies for their long hours of labor.

But there is still another factor, the most important of all—five of them, in fact. They are four legged factors and they each answer to the name of Bosky. Without doubt the gospel of pure milk, as exemplified by the chubby, healthy babies of the Baby Home is the most telling argument that could be made in its favor.

Cows Well Cared For.
More than a year ago there was erected at the home a new concrete barn, not large, but of the most modern and sanitary sort. Its floors are washed every morning, just as the floors of the home itself are. Five cows are used to supply milk for the babies. They are washed before being milked and the man who does the milking always has clean hands and wears a white suit. The pails and strainers are boiled after each using. As soon as milked the milk is put in the big white enamel refrigerator—where it remains until ready for modification. The milk is prepared by Miss Morse, as she is a firm believer in having the fluid handled by as few people as possible and then holding them responsible

for its cleanliness, purity and condition. There are now in the home 30 babies on bottle formulae, a total of 200 bottles being prepared every day. If, for any reason, there is ever a shortage of milk, the best milk obtainable is bought, no prepared foods ever being used in the home.

Young babies are fed every three hours during the day and every four hours at night, from two to three ounces of food being given each time. If a baby weighs less than seven pounds at birth even a smaller amount is given, and if the baby is premature it is fed oftener. Premature babies are also seldom given the regulation milk food, but for a time they are fed on buttermilk, on which they thrive until their stomachs are equal to digesting fresh milk. The buttermilk is made from the tablets, now so generally recommended by physicians, and thus the babies receive all the fat, yet in a form easily digested.

Cow Milk Is Modified.

Miss Morse has no set rule for modifying the milk. The usual formula averages about one-third milk and two-thirds boiled water with sugar of milk and lime water. These proportions are varied, however, according to the needs

of the child. Some can care for more fat than others, and each child is supplied with the richest food he can digest.

Great granite kettles of water are boiled every morning and set aside to cool for use in diluting the milk the next day. The milk is kept at an even temperature, this being the best preventive from souring. The bottles are washed first with lukewarm water and soap, a brush being used, and they are rinsed and boiled for half an hour and then set aside to cool. The babies are kept on the bottle until they are from 11 to 14 months old. However, according to the new German method, they are given food as young as 6 months. The food consists of gruel and soft mushes, which have been cooked five hours, this food alternated with the milk making an ideal diet for children, judging from the condition of the babies now taking it.

Although the home is not a sanitarium or a hospital, no baby is rejected and if after it is received it is found that it can be better cared for in a hospital or sanitarium it is taken there, for the real aim of the home is to give the babies, one and all, of whatever race, creed or color, a chance in life.

EUGENICS MOVEMENT MAKES THE GREATEST ADVANCE IN OREGON

Significance of Better Babies Idea Effectively Set Forth by O. M. Plummer.

A reputation for national leadership may have its penalties and pains. Oregon leads all other states in eugenics. Oregon babies have scored highest. Oregon people have shown greater interest in the better babies science. Other states have fallen into line. They have copied after Oregon. In 23 states this year the Oregon idea of eugenics exhibits at state fairs is being used.

But now comes from the vicinity of Boston, Massachusetts, to O. M. Plummer, president of the Oregon Eugenics

society, the anxious question, "If eugenics produces babies of uniform mental and physical efficiency what is to become of the geniuses? Hadn't we better do without eugenics than without geniuses?"

"Better have all good average babies than part scrubs for the sake of having one or two geniuses in a generation," is Mr. Plummer's answer.

Being president of an eugenics society that has furnished the ideas to all the rest of the country has crystallized in Mr. Plummer's mind some epigrammatic truths. Here are some of them:

"It's as much an offense against society and the race to be an accidental parent as to be sterile."

"Pre-natal influences have 75 per cent to do with what the child becomes."

"The healthy born child has only a little better chance to live than the unhealthy born, if it gets improper food. Three times as many bottle babies die as breast fed babies. Twice as many babies nursed by foster mother die as babies nursed by their own mothers."

"Therefore the leaders of society ought to start a new league with two departments—one by promoting the way of feeding babies that nature provided and thus give them a chance, and the other to demand a pure milk supply."

"There ought to be some efficient way of opposing accidental parentage. The union of the unfit—the feeble minded

and the diseased—ought to be prohibited by law. Sterilization will do more to promote strength in the race in 10 years than positive eugenics will in 100 years."

"The rearing of normal, healthy children is the desideratum. I don't want to be understood as advocating it, but the method the old Spartans had of turning the weaklings out upon the mountain slopes certainly kept up the physical standards."

"We ought in this country to come to the plan some of the old country people have—they feed the prospective mother the kind of foods she needs to sustain the strength of herself and child, and after the child is born they still continue to prescribe the mother's diet. This plan has decreased the infant mortality rate by 50 per cent."

"Ignorant mothers cause many infant deaths. They don't know how to feed them. They are frequently too lazy or too selfish to breast feed them. They don't know or they don't care what substitute foods should be. Not long ago I found a mother you'd expect to know better putting two tablespoonfuls of straight whiskey in baby's milk bottle. Her baby, she said, never cried any and slept most of the time."

"Sometimes doctors are to blame. The baby of a mother I know, was ailing. She called the doctor. He prescribed raw eggs, sugar and whisky. Anyone who knows anything knows that whisky

coagulates eggs and no baby stomach can digest such a mess.

"Education, pre-natal and post-natal, of the public generally is necessary to promote eugenics. Choice foods, kind of thoughts, care—all these things are involved."

"When I was up at Goldendale the other day," continued Mr. Plummer, "I met Mrs. Rex Russell, whose son, Rex Jr., won the Oregon prize for the best baby. Since that prize was awarded the Russells have brought into the world a little girl strictly according to eugenic methods and it is a wonder."

"Oregon leads all other states in the promotion of eugenics. This year at the state fair we distribute \$1300 in eugenics prizes, and this is more than is offered for any single line of livestock. Governor West is going to award the prizes. At San Francisco, I predict, Oregon will exhibit the \$25,000 prize baby, the best in the world."

Will Probated Before Death.

For the first time in the history of Somerset county, Pa., a will has been probated before the death of the testator. The instrument is that of Israel Fullum, of Summit township. Fullum and his wife, Mrs. Fullum, Lydia Wright Fullum, made a joint will. Mrs. Fullum died several days ago and the will has been probated.

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